

MRG Policy for the Appropriate Work-up of Breast Pain

Recommendations based of the ACR Appropriateness Criteria, 2014

Breast Pain: Cyclical and noncyclical

Distribution: “Diffuse” is defined as pain involving greater than 25% of the breast. “Focal” is defined as pain involving less than 25% of the breast tissue and/or can be pinpointed.

There is no data to suggest MRI, BSGI or PET meet the risk/benefit or cost-effectiveness criteria to be considered useful in the work-up of breast pain.

Variant 1: Cyclical. Unilateral or bilateral. Age <40.

Imaging is considered not appropriate for work-up. If requested, consider ultrasound.

Variant 2: Cyclical. Unilateral or bilateral. Age ≥ 40.

Imaging is considered not appropriate for work-up. If requested, consider ultrasound and mammogram.

Variant 3: Noncyclical. Focal. Unilateral or bilateral. Age < 30.

Imaging should include breast ultrasound. Mammogram is not considered appropriate.

Variant 4: Noncyclical. Focal. Unilateral or bilateral. Age ≥ 30.

Imaging should include a diagnostic mammogram and ultrasound.

Variant 5: Noncyclical. Diffuse. Unilateral or bilateral. Age < 40.

Imaging is considered not appropriate for work-up. If requested, consider ultrasound.

Variant 6: Noncyclical. Diffuse. Unilateral or bilateral. Age ≥ 40.

Imaging should include a diagnostic mammogram. Ultrasound is considered not appropriate.