

My mom has just been diagnosed with cystic breast disease -- a big relief, as it was a lump that could have been cancer. Her doctor says she should go off caffeine and chocolate for 6 months, as well as stopping the estrogen she's been taking for menopause-related reasons. She's not thrilled with this, I think especially because she just gave up cigarettes -- soon she won't have any pleasures left! Now, I thought I'd heard that cystic breasts were common and not really a health risk. Is this accurate? If so, why is she being told to make various sacrifices to treat something that's not that big of a deal?

Thanks for any information.

-- Chris

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Note: My mailer tends to garble subject lines.