

POOSH

WHY DO MY NIPPLES ITCH *Before My Period?*

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@peraznalove

Sorry, not sorry, but having our period can suck. If the menstrual cycle's discomforts only occurred when we were actually bleeding, it might not be so bad, but no such luck.

Right before "that time of the month" hits, pesky pre-period symptoms like bloating, cravings, excessive hunger, fatigue, headaches, and irritability (among others) get together to seemingly kiki and give our menstrual cycle a LFG pep talk. But one PMS symptom that is just as common and uncomfortable but not talked about as much is nipple itching.

Is there anything worse than being in public and, out of nowhere, needing to scratch your boobs? WTF is going on? [Dr. Thaïs Aliabadi](#) a Board-Certified OB-GYN and Founder of Trimly is here to explain this nip nonsense.

"The exact reason for nipple itching before menstruation isn't fully understood, but it's believed to be linked to hormonal changes," she says. "Fluctuations in estrogen and progesterone levels can cause breast tissue to swell, become tender, and sometimes itch." The hormone monster isn't the only culprit. "Increased blood flow to the breasts during this time may contribute to the sensation of itching," she adds.

Dr. Aliabadi shares her six favorite hacks to help alleviate nipple itching before your period.

1. Get proper support. Wearing a well-fitted, supportive bra can help reduce friction and irritation.
2. Be a smooth operator. Applying a moisturizer or soothing cream designed for sensitive skin to the nipples can provide relief.
3. Swap your shower products. Avoid harsh soaps or body washes that may further irritate the skin.
4. Ice, ice, baby. Using a cool compress or ice packs wrapped in a cloth can help soothe itching and reduce inflammation.
5. Pop a pill. Over-the-counter antihistamines or topical hydrocortisone creams may also provide temporary relief, but it's best to consult with a healthcare provider before using any medication.
6. Chill the F out. Practicing relaxation techniques such as deep breathing or meditation can help reduce stress, which may exacerbate nipple itching.

Dr. Aliabadi assures us that nipple itching before our period is normal, but there are some red flags women should be aware of. "If nipple itching becomes excessive or persists beyond your period, it could potentially be a symptom of an underlying health issue," she explains. Dr. Aliabadi advises women to watch out for additional symptoms like redness, swelling, discharge, or changes in breast texture in conjunction with the itching, as a combination may indicate a larger medical issue.

"Other conditions such as eczema, dermatitis, fungal infections, or even breast cancer can also cause itching." She urges women to "consult a healthcare provider for proper evaluation and diagnosis if the itching persists or is accompanied by other concerning symptoms. Early detection and treatment of any underlying health issues are essential for optimal health outcomes."

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