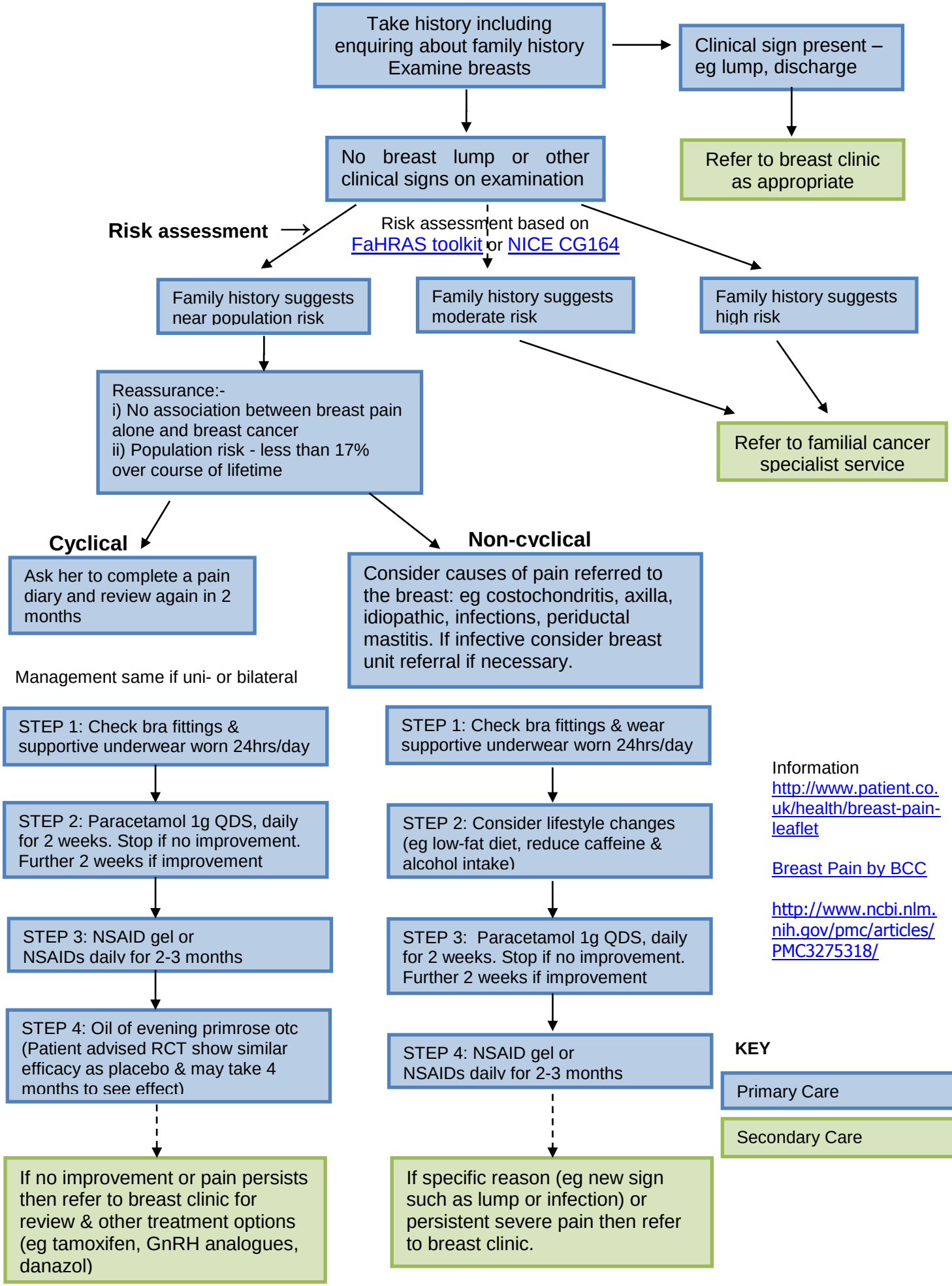Pathway for management and investigation of mastalgia