

## **Granulomatous Mastitis**

This is a condition that occurs when the body attacks the breast. We are not sure why it occurs in some people and not others. It may be both genetic and environmental.

GM causes inflammation of the breast tissue. It can cause redness, swelling, pain, lumps, abscesses, and holes in the skin (“fistula”). It is not cancer. It will not become cancer. It is not an infection. Urgent care may think GM looks like infection and give patients antibiotics. But antibiotics don’t make the disease go away.

If you know anyone with rheumatoid arthritis, you may have seen their joints become red and inflamed. This is not infection. This is the same thing that is happening in your breast. Crohn’s disease, an inflammatory condition in the intestines, also causes similar symptoms to granulomatous mastitis in the breast.

Treatment depends on your preferences about medication.

Mild conditions are treated with Celebrex (a prescription medication that reduces inflammation).

Moderate conditions are treated with injection of steroid in your breast.

Severe conditions are treated with a prescription medication, azathioprine or methotrexate.

These medications are prescribed by a rheumatologist, a person who specializes in inflammatory conditions. We will provide a referral to a rheumatologist.

We will continue to see you in breast clinic to make sure you are feeling better.

More information is available in English and Spanish at [KatrinaMitchell.Org](http://KatrinaMitchell.Org)

