IDIOPATHIC GRANULOMATOUS MASTITIS - REPORT OF 101 CASES: CLINICAL FEATURES, AND MANAGEMENT

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ABSTRACT

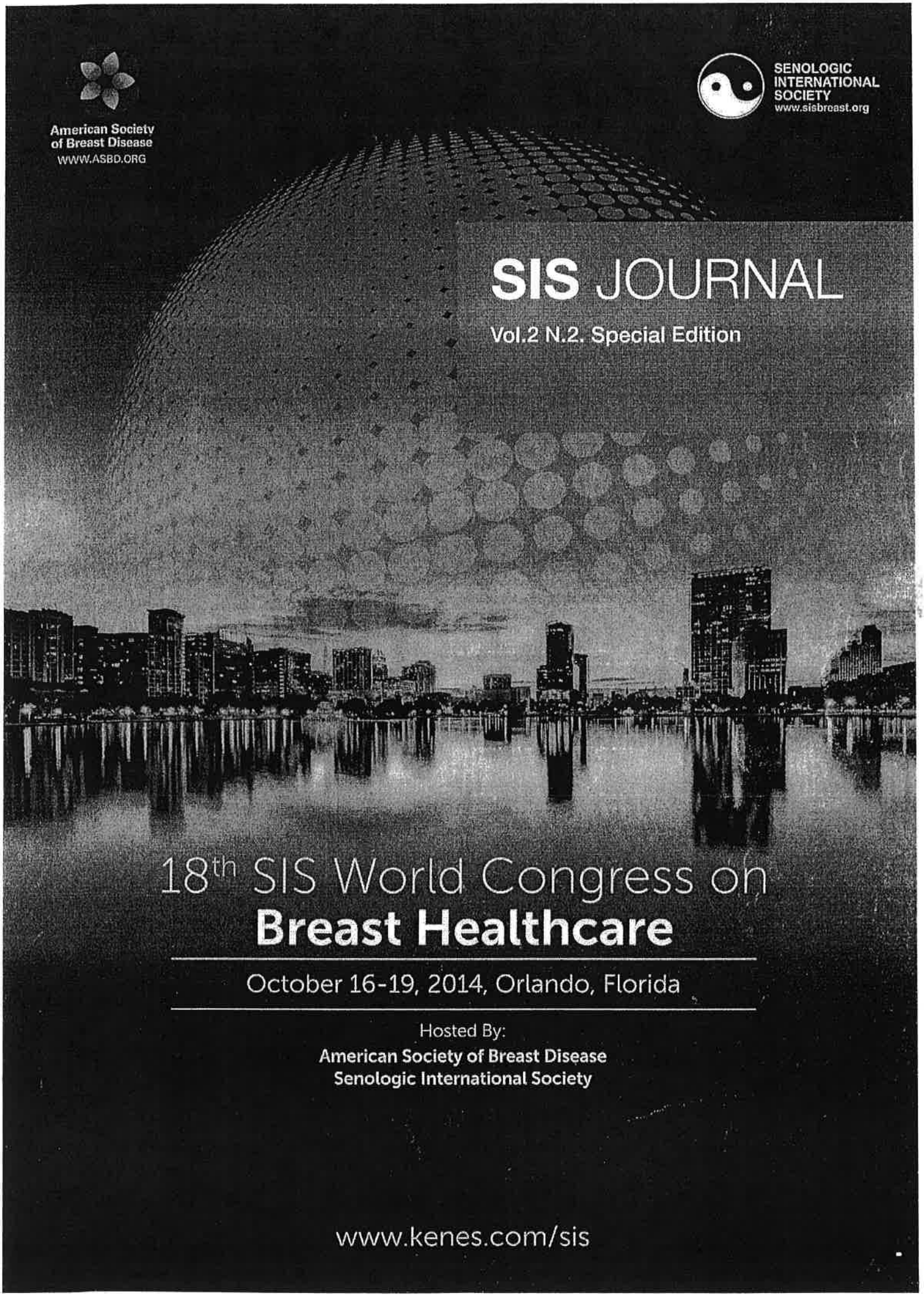
INTRODUCTION: Idiopathic Granulomatous Mastitis (IGM) is a rare benign inflammatory breast disease of unknown etiology. It may mimic breast carcinoma clinically and radiologically. The treatment of IGM remains challenging.To our knowledge, this study is the largest series of Idiopathic Granulomatous Mastitis (IGM) to date.

AIMS: To report the largest series of IGM from Turkey, to investigate the contributory factors for the disease and review our experience of different therapeutic strategies.

METHODS: Between 2009 and 2014, 101 women with biopsy-proven granulomatous mastitis, managed by our mastitis team, were rewieved retrospectively. Demographic and clinical data, different treatment modalities, response to the treatment, recurrence, and the follow-up data were obtained from the medical records.

RESULTS: The mean age was 33.1 ±5.7 years. The most common presenting symptom was a hard mass, which was detected in all of the patients. Currently, only 12 (11,9%) patients were resistant to the drug treatment. The rest of the patients had complete recovery. 40 (39,6%) patients had no recurrence during a mean follow-up period of 21 months (range: 11–26 months. There was no significant association between smoking and the response to the treatment (p=0.6). There was no significant association between contraception and the resistance to the treatment (p=0.95). There was no significant association between the age and the resistance to the treatment (p=0.795).

CONCLUSIONS: IGM isa rare benign disease which usually affects women of childbearing age. Oral steroid theraphy is an effective treatment for IGM. However expectant management seems to be a rational choice.


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