

40 - Title: Racial Distribution and Management of Idiopathic Granulomatous Mastitis: A Single-Center Retrospective Review

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Background:

Intro: Idiopathic granulomatous mastitis (IGM) is a rare inflammatory breast disease with unknown etiology and variable clinical manifestations. The epidemiology of the disease has not been clearly described in the literature. Treatment options range from observation or prednisone to more invasive treatments including surgical intervention. The purpose of this study is to compare racial patterns and results of management of IGM at a tertiary academic center in New York.

Methods/Research Design.

Methods: A retrospective review was performed on all patients with a diagnosis of IGM from 2018 to 2024 at Stony Brook University Hospital. Patient characteristics such as: age at diagnosis, sex, race, imaging (ultrasound and mammogram BIRADS score), presentation (pain only, painful mass, painless mass, abscess, multiple abscesses, or abnormal imaging), management strategy, and outcome (no recurrence, indolence, recurrence, or lost to follow up) of IGM were recorded.

Results (or Preliminary Results, as applicable for a project in progress):

Results: Twenty cases of IGM were identified by chart review. Hispanic women were significantly overrepresented in women with IGM ($p < 0.0001$). There was no racial disparity in outcome ($p = 1.91$), management style ($p = 0.13$), or BIRADS score ($p = 0.69$). Hispanic women with IGM were significantly younger (35.14 ± 6.89 years) than white women (53.40 ± 12.20 years) at diagnosis ($p = 0.007$). There was a significant difference in presentation by race with 100% ($n = 14$) of Hispanic women presenting with an abscess or abscesses or a painful mass, compared to 60% ($n = 3$) of white women with IGM presenting due to abnormal imaging ($p = 0.045$). Management style was associated with significant differences in outcome ($p = 0.026$), with 71.43% of patients with no recurrence having had treatment with prednisone ($n = 5$).

Conclusion (or Preliminary Conclusion, as applicable for a project in progress):

Conclusion: This retrospective review suggests that a racial predilection to IGM exists, specifically affecting mostly younger Hispanic women. Most patients without recurrence of their disease had been treated with prednisone. Further studies are needed to develop the most effective treatment strategy for IGM.