Memorandum

To: Family Physicians, General Internists, Gerontologists, Obstetricians/Gynecologists (primary care), Adult Primary Care Nurse Clinicians

From: Grant Greenberg MD, MA, MHSA, Guidelines Clinical Lead
Van Harrison, PhD, Guidelines Process Lead

Subject: UMHS Clinical Care Guideline Update: Common Breast Problems

This guideline is a compilation of guidelines for four different breast problems:
- Palpable breast mass
- Inflammatory breast disease
- Breast pain with negative exam
- Nipple discharge without other abnormal findings on exam

What’s New.

- Updated, simplified algorithms for palpable mass and for nipple discharge
- Initial evaluation of galactorrhea:
  - Rule out medical illnesses (e.g., hypothyroidism, prolactinoma) and medications as a cause
  - Manage and reassure patient.
- Special populations:
  - Pregnant women with breast complaints
  - Men with breast problems, pain, enlargement, mass
  - The augmented breast, special problems and considerations
- Breast cancer screening for high risk women is addressed in UMHS cancer screening guideline

Key Aspects. Key aspects of care include:

- While mammogram and ultrasound are the most accurate ways to evaluate a palpable mass, they are not perfect.
- Persistent mass should be an indication for referral to a breast care specialist.

Patient education material.

Patient education sheets are available by internet:
- Breast Pain
- Fibrocystic Changes
- Galactorrhea
- Breast Problems and Conditions (ACOG)