

a personal binder for

My Granulomatous Mastitis Journey



Records, reflections, and a place to keep everything in one calm space.

This binder belongs to _____

Diagnosis date _____

Started this binder on _____

Emergency Information

Keep this at the front of your binder. Share with anyone who may need to advocate for you.

Full name	
Date of birth	
Blood type	
Primary language	
Home address	
Cell phone	
Preferred hospital / ER	
Insurance carrier	
Policy #	
Group #	

Emergency contacts

Name	Relationship	Phone	Notes

Allergies & critical conditions

Current medications (short list)

Medical Timeline

A running record of every major event in your GM story — symptoms, appointments, treatments, milestones.

Date	Event type	What happened

Physician Contact List

Every provider on your care team, plus how to reach them quickly.

Provider name	Specialty	Phone / portal	Notes

Medication Log

Track prescriptions, supplements, and anything you're taking for GM.

Medication	Dose	Frequency	Started	Stopped	Reason / side effects

Symptom & Flare Tracker

Log flares as they happen — patterns often only show up after weeks of data.

Date	Location	Pain 0-10	Redness/heat	Drainage	Notes / triggers

Rate each day 0 (none) to 10 (worst). Circle any day with a flare.

Imaging Log

Every ultrasound, mammogram, and MRI — with a place for your own summary of findings.

Date	Type	Facility / radiologist	Findings & next steps

Biopsy & Pathology Tracker

Every biopsy, culture, and pathology report — dates, results, and the language used.

Date	Procedure type	Ordering provider	Result summary (attach report)

Lab Results Tracker

CBC, CRP, ESR, prolactin, autoimmune panel, cultures — whatever your team orders.

Date	Test	Result	Normal range	Notes / interpretation

Surgery & Procedure Log

Incisions, drains, aspirations, excisions — plus recovery notes.

Date	Procedure	Surgeon / facility	Recovery notes

Appointment Notes

Date

Provider

Reason for visit

What we discussed

Plan / next steps

Follow-up scheduled

Write questions as they come. Bring this page to every appointment.

- Do I need a biopsy, and what type do you recommend?
- Have you cultured for *Corynebacterium*?
- What treatment options are best for my case, and what are the trade-offs?
- What is the chance of recurrence with each option?
- How will we monitor my response, and how often?

Insurance & Billing Tracker

Track claims, denials, appeals, and out-of-pocket costs so nothing slips through.

Date	Provider / service	Billed	Insurance paid	You paid	Status / notes

Remission Milestones Journal

The wins — big and small. Wound closed. Off steroids. First pain-free week. Every step counts.

♥ First diagnosis / name for what's happening	Date _____
♥ Assembled my care team	Date _____
♥ First imaging complete	Date _____
♥ Biopsy / pathology complete	Date _____
♥ Started my treatment plan	Date _____
♥ Longest gap between flares so far	Date _____
♥ Wound / incision fully closed	Date _____
♥ Weaned off steroids	Date _____
♥ First pain-free day	Date _____
♥ Cleared by my specialist	Date _____

My own milestone to celebrate

Monthly Health Reflection

Month / year _____

How my body felt this month

Symptoms & flares (frequency, intensity)

What seemed to help

What made things worse

Emotional & mental state

Goals for next month
