

## Gynecomastia (Man Boobs)

"It's more common than you think — and it's treatable."

### What is Gynecomastia?

Gynecomastia is the **enlargement of male breast tissue**.

It's a **benign (non-cancerous)** condition caused by an **imbalance in hormones**, especially **estrogen and testosterone**.

### What causes it?

- **Hormonal changes** during puberty or aging
- **Certain medications** (e.g. steroids, anti-ulcer drugs)
- **Obesity** (increased fat can mimic or worsen it)
- **Alcohol or drug use**
- **Health conditions** (e.g. liver or kidney disease)

Sometimes, the cause is **unknown**.

### How do I know if I have gynecomastia?

- A **rubbery or firm lump** under the nipple
- **Visible enlargement** of one or both breasts
- **Tenderness or pain** in the area
- Embarrassment or **self-consciousness** about chest appearance

It's different from just having chest fat ("pseudogynecomastia"), which is **fat without glandular tissue**.

## Treatment Options

### 1. Observation

- In teens, it often resolves on its own within 1–2 years.
- Regular monitoring is enough if it's painless and mild.

### 2. Medical Treatment

- Hormone therapy may help in **early stages** (rarely used).
- Treating the **underlying cause** (like stopping a medication) can reduce the breast size.

### 3. Surgery – Male Breast Reduction

If it persists or causes distress, surgery is **safe and effective**:

- **Liposuction:** Removes excess fat
- **Gland excision:** Removes firm glandular tissue
- Often both are combined for the best contour



Daycare procedure



Recovery: 1 week for daily activities



Natural chest shape restored

### Why Men Choose Surgery

- Boosts confidence and body image
- Frees them from hiding behind loose clothes
- Allows them to swim, work out, and live freely

**You don't have to live with it. Gynecomastia is common — and treatable.**

Talk to a plastic surgeon to know your options.