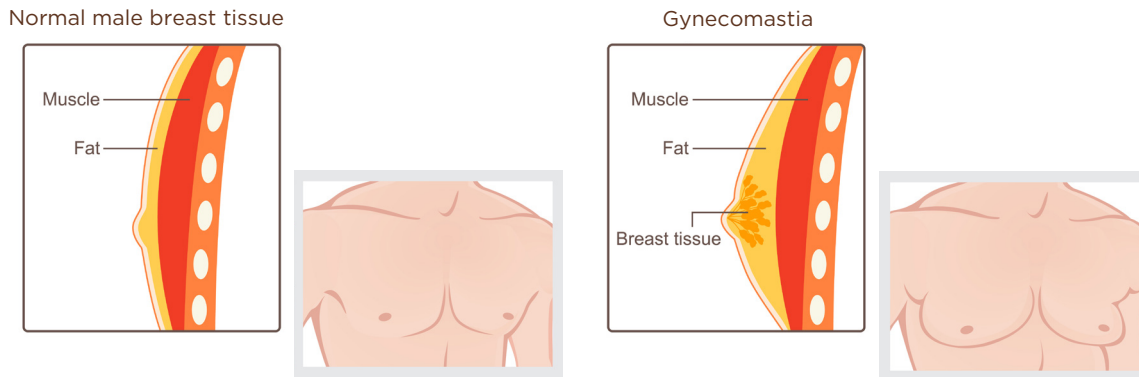


Gynecomastia

WHAT IS GYNECOMASTIA?

- Gynecomastia is abnormal growth of breast tissue in males.
- It is usually caused by an imbalance of hormones, typically high estrogen and low testosterone.
- It can affect one or both breasts, causing varying size or pain.



IS GYNECOMASTIA DANGEROUS?

- Generally, gynecomastia isn't a serious problem but can be difficult to cope with regarding pain and/or body image.
- Infrequently, it is a sign of another health condition.

SYMPTOMS:

- Swollen breast-gland tissue, breast tenderness, nipple discharge and swollen nipples are the most common symptoms.
- Physical appearance may result in psychological or emotional stress due to insecurity.

CAUSES:

- Natural hormone changes. Boys going through puberty can develop temporary gynecomastia from normal changes in hormone levels. Pubertal gynecomastia often resolves on its own in 90% of cases within three years.
- Obesity.
- Certain medications.
- Illicit drug use.
- Alcohol use.
- Certain health conditions, such as hypogonadism, Klinefelter's syndrome, pituitary insufficiency, tumors (testes, adrenal glands, pituitary), hyperthyroidism, kidney failure and liver failure.

WHAT TO DO?

- Treat underlying conditions, typically by an endocrinologist.
- Weight loss, if related to obesity.
- In adolescents, typically observe and monitor every 12 months. If not improved by late adolescence or is severe, then surgery may be considered.

WHAT DOES THE SURGICAL PROCEDURE INVOLVE?

- The operation consists of a combination of liposuction and removal of the fat tissue.

POSTOPERATIVE CONSIDERATIONS:

- The breasts will be very tender following surgery. Wearing something that is snug fit may provide compression and comfort.
- Postoperative pain is generally controlled with Tylenol (acetaminophen) and Motrin (ibuprofen).
- Physical activities, such as sports and physical education, will need to be avoided for several weeks.
- Although the surgeons do their best to ensure an excellent result, there are occasions when healing is asymmetric and secondary procedures may be indicated.
- If related to weight, there is a chance of recurrence after surgery if weight gain occurs.

FOLLOW UP:

- We can monitor this condition over time. Your surgeon will determine appropriate follow-up, if needed.

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