

## Gynecomastia in Men

### What is gynecomastia?

Gynecomastia is when tissue in the male breast becomes enlarged and tender. A man may feel firm tissue in one or both breasts. A man may describe his breast as feeling rubbery or firm. It occurs in babies, teens, and adult men of all ages.

### What causes it?

Medicine, disease or hormone changes can cause it.

A lack of testosterone and an increase in estrogen may be one cause. Your doctor may prescribe treatment with hormones. It could be caused by your thyroid not working as it should.

Your doctor will ask for a list of medicines you are taking. Some medicines that cause this problem fall into these groups:

- Heart
- Steroids
- Anti-epileptic
- Anti-depressants
- Anti-ulcer

The use of alcohol, marijuana, and other “street” drugs may be a cause.

In rare cases, breast cancer may be the cause of breast tissue growth.

### How is it diagnosed?

Gynecomastia is often found during an exam. Your doctor may suggest a mammogram or ultrasound of the breast. If your doctor suspects breast cancer is the cause, you may need a biopsy of your breast. You may have lab tests done to look at your hormone levels and health.

### How is it treated?

Most of the time, you do not need treatment. It will go away with time. Your doctor may stop the use of certain medicines. You may need to meet with a surgeon to discuss surgical options.

Please follow up with your doctor for further treatment.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©7/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7074.