

## Gynecomastia in Men

**Gynecomastia** is when tissue in the male breast becomes enlarged and tender. You may feel firm tissue in one or both breasts. Your breast may feel rubbery, firm or painful. It occurs in babies, teens, and adult males of all ages.

### Cause of Gynecomastia

It can be caused by

- **Medicine:** Your doctor will ask for a list of medicines you are taking. Some types of medicines that cause this problem fall into these groups:
  - Heart
  - Steroids
  - Anti-epileptic
  - Anti-depressants
  - Anti-ulcer
- **Disease:** If you have any changes in your breast, it is important to follow up with your doctor because in rare cases, breast cancer may be the cause of breast changes.
- **Hormone changes:** It can be caused by a lack of testosterone and an increase in estrogen.
- **Alcohol, marijuana, and other “street” drugs.**

### Diagnosis

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

### Treatment

Most of the time, you do not need treatment. It may go away with time or stay the same. Your doctor may stop the use of certain medicines. You may need to meet with an endocrine specialist for further care or with a surgeon to discuss surgical options if symptoms persist.

Please follow up with your doctor for further treatment.