

QUESTIONS?

*Make an appointment
with one of our providers.*



*Gynecomastia is a condition
of overdevelopment or
enlargement of the breast
tissue in men or boys.*

- *breasts become larger*
- *they may grow unevenly*
- *often happens when a preteen or teen is going through puberty, but can also happen to babies and men as they age.*



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What is
GYNECOMASTIA?

What causes GYNECOMASTIA?

Gynecomastia is usually a benign (noncancerous) condition. It may be linked to many different causes of hormone changes. In many cases, the cause isn't known.

Gynecomastia is often caused by changes in levels of the female hormone (estrogen) and the male hormone (testosterone). But it can be caused by other things as well.

Gynecomastia can be a side effect of certain medicines, such as antidepressants, antibiotics, chemotherapy, prostate cancer medicines, ulcer or cardiovascular medicines. Illegal drugs, such as anabolic steroids, heroin, or marijuana.

How is it TREATED?

Your healthcare provider will figure out the best treatment for you based on:

- AGE
- YOUR HEALTH
- MEDICATION SENSITIVITY
- SEVERITY

Most cases of gynecomastia happen during puberty. The condition usually gets better on its own without treatment. This may take from 6 months to 2 or 3 years.

If a medicine is causing your breast enlargement, you may need to stop taking the medicine. That can solve the problem. If a disease is causing the condition, the disease will need to be treated.

Hormone therapy may be used to treat gynecomastia.

In rare cases, surgery may be used to remove the extra tissue.

How is it DIAGNOSED?

Your provider will take your past health and medicine history and give you a physical exam.

To rule out other diseases or conditions, you may also have tests including:

- Blood tests, including liver function tests & hormone studies
- Urine tests
- A low-dose X-ray of your breast (mammogram)
- A small breast tissue sample (a biopsy) may be removed and checked for cancer cells

*In some cases, tests are not needed to diagnose the condition