

Fast Facts

Gynecomastia

- When a boy or man has an increase in breast tissue
- Can affect one or both breasts and can affect them unevenly
- Typically, it's caused by an imbalance of the hormones estrogen and testosterone. Usually, estrogen controls female sex traits and testosterone controls male sex traits. It's important to note that both are present in men and women
- In gynecomastia, men have estrogen levels that are too high resulting in the enlargement of their breasts
- At certain points in life, this imbalance isn't uncommon
- For male infants, being born with gynecomastia is fairly typical due to the effects of their mother's estrogen. Within two to three weeks after birth, should go away
- When going through puberty, hormonal changes can cause gynecomastia—it should disappear within six months to two years
- Adult men between 50 and 69 also have it due to hormonal changes
- Certain health conditions can cause it, including hypogonadism, tumors, hyperthyroidism, kidney failure, liver failure, cirrhosis, and malnutrition/starvation
- Many different types of medication can precipitate the development of the condition, such as anti-anxiety medications, tricyclic antidepressants, antibiotics, ulcer medications, cancer treatments, heart medications, stomach-emptying medications, AIDS medications, anabolic steroids, androgens, and anti-androgens
- Several substances, like alcohol, marijuana, heroin, methadone, and amphetamines, can also result in the disorder
- Some plant oils used in shampoos, soaps, or lotions have been found to cause it

Symptoms	Treatment	Prevention
<ul style="list-style-type: none">-Swollen breast tissue-Breast tenderness-Nipple discharge in one or both breasts	<p><i>Hormonal Imbalances:</i></p> <ul style="list-style-type: none">-Resolve by themselves-Treat underlying conditions-Change medications if necessary-Avoid illegal drugs and other products that are known to cause it	<ul style="list-style-type: none">-Manage medical conditions-Know the possible side effects of any medications you take-Drink alcohol only in moderation-Avoid illegal drugs

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