

Gynecomastia

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Gynecomastia (enlarged breast tissue) can happen in infant, adolescent and adult men. It can affect one or both breasts. Gynecomastia is benign (not cancerous).

Causes

Gynecomastia can be caused by:

- puberty
- decrease in testosterone (male hormone) level
- increase in estrogen (female hormone) level
- side effects of some prescription medicines
- liver or kidney problems
- thyroid problems
- street drug use.

Signs and Symptoms

You may have swelling in your breast tissue, breast tenderness or both.

Treatment

Your health care provider will review your health history, family medical history, and give you an exam.

Treatment options may include:

- changing medicine(s)
- taking medicines to increase testosterone or decrease estrogen levels
- surgery to remove breast tissue (severe cases).

Your health care provider may suggest tests to check for another disease or condition.

When to Call Your Health Care Provider

Call your health care provider if you have any of the following in one or both breasts:

- pain, swelling or tenderness
- nipple discharge
- a lump that feels hard or firm.