

# Gynecomastia

## Gynecomastia

Gynecomastia (enlarged breast tissue) can happen in infant, adolescent and adult males. 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.