

GYNAECOMASTIA

INTRODUCTION: :

Gynaecomastia is a common condition where men or boys develop excess breast tissue, leading to a noticeable enlargement of the breasts. This can affect one or both sides of the chest and is often benign, though it may cause discomfort or self-consciousness.

CAUSES:

Gynaecomastia is typically caused by an imbalance between estrogen (female hormones) and testosterone (male hormones). It is common during puberty, when hormonal fluctuations occur, and usually resolves on its own. In adults, causes can include natural hormone changes with aging, obesity (which increases estrogen production), certain medications (like some anti-anxiety drugs, antibiotics, or steroids), and conditions that affect hormone levels, such as liver or kidney disease, thyroid problems, or tumors.

TREATMENT:

Treatment depends on the underlying cause and severity. In many cases, no treatment is needed, as gynaecomastia may resolve over time, especially in pubertal cases. If a medication or other health condition is contributing, addressing that issue may reduce breast tissue. For persistent cases, treatment options include medication to balance hormone levels or surgery to remove excess tissue. Lifestyle changes, such as losing weight, may also help reduce symptoms. Consulting an endocrinologist or other healthcare provider can help determine the best treatment approach.