

# Gynecomastia

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**Gynecomastia** is an enlargement of the mammary gland **in men**. We distinguish:

1. *True gynecomastia* - mammary gland proliferation;
  2. *Pseudogynecomastia* - increased fat in the breast area;
- the cause is an absolute or relative **increase in estrogen concentration**.

## **Physiologically**

- in newborns;
- in puberty;
- in men going into a senium.

## **Pathologically:**

- some estrogen-producing testicular tumors or kidney tumors ;
- cirrhosis;
- thyreotoxicosis;
- drugs (spironolactone, cimetidine, psychotropic drugs);
- gynecomastia occurs in 56-88 % of cases of Klinefelter's syndrome.<sup>[1]</sup>

## **Therapy:**

- elimination of root causes;
- in pubertal gynecomastia - androgens, antiestrogens;<sup>[2]</sup>
- surgical therapy.

## **The course of surgical removal**

Gynecomastia in men can also be removed surgically by performing a plastic operation, where an incision is made around the areola. This operation takes place under general anaesthesia.<sup>[3]</sup>



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## **Resources**

### **Related articles**

- Endocrine disease of gonads

### **References**

1. VISOOTSAK, Jeannie - GRAHAM, John M. Klinefelter syndrome and other sex chromosomal aneuploidies. *Orphanet J Rare Dis* [online]. 2006, vol. 1, p. 42, Available from <<https://ojrd.biomedcentral.com/articles/10.1186/1750-1172-1-42>>. ISSN 1750-1172.
2. Zvětšení prsou u mužů je běžné. *Idnes* [online]. Praha, 2007 [cit. 2021-10-27]. Dostupné z: [https://www.idnes.cz/onadnes/zdravi/zvetseni-prsou-u-muzu-je-bezne.A070920\\_095937\\_zdravi\\_bad](https://www.idnes.cz/onadnes/zdravi/zvetseni-prsou-u-muzu-je-bezne.A070920_095937_zdravi_bad)
3. Gynekomastie. *Medicom Clinic* [online]. [cit. 2021-10-27]. Dostupné z: <https://www.medicomclinic.cz/gynekomastie> (<https://www.medicomclinic.cz/gynekomastie>)

### **Literature**

- MAREK, Josef - BRODANOVÁ, Marie, et al. *Vnitřní lékařství Svazek VI.* two edition. Praha : nakladatelství Galen, 2002. 266 pp. pp. 102 - 111. ISBN 80-7262-169-6.

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