

Gynecomastia in a Young Male

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Case History

A male patient, aged about 23 years, reported to the Outpatients' department of Glocal Hospital, Krishnanagore, India, in April 2016. He stated that he has noticed that his breasts are enlarging (Left more than the right) for the past several months. He informed that he was not taking any drug. At times he gets pain in the enlarged breasts. Gynecomastia (Figure 1) is not uncommon in males. During puberty,

many boys develop breast enlargement. It is generally caused by hormonal imbalance, particularly decreased level of testosterone in blood or oestrogen therapy for prostate cancer. Although it is not a serious disease in males, but it may cause embarrassments and even psychological disturbance. Usually they subside on their own over a period of time. However, if any cause can be pinpointed like cirrhosis of the liver, which should be treated by following the recommended principles. Surgical intervention may be required in selected cases.



Figure 1: Gynecomastia in a young male.

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