

**△ GENERAL INFORMATION**

This is the enlargement of one or both breasts in an adult male to an abnormal size.

- It is seen in men being treated for cancer using female hormones.
- It also occurs in persons with liver disease, especially cirrhosis, and a number of other diseases.
- Also, gynecomastia can result from taking certain medicines.
- Marijuana abuse can cause breast enlargement.
- In older men, cancer of the breasts can manifest as an enlargement of the breast.
- Finally, certain tumors of the testicle can produce female hormones that make the breasts (usually both) become larger.

**COMMON SIGNS AND SYMPTOMS**

- More commonly, both breasts are enlarged.
- The breast tissue feels somewhat nodular. If the enlargement is on one side only and if the breast tissue is firm to hard, cancer should definitely be considered as a possible diagnosis, even though cancer of the breast in men is not at all common.

**DIAGNOSIS**

- A careful history and a thorough physical examination will be done to be certain some general disease or medicines that you may be taking are not responsible for the breast enlargement.
- The testicles will be examined for the presence of a tumor.
- Many persons who are obese have enlarged breasts. Examination shows the enlargement of the breasts to be simply soft, fatty tissue in this area. It's easy to tell the difference.
- Enlargement of only one breast needs to be looked at very carefully, especially if the enlargement is firm and off to the side of the nipple.
- Mammography: This can be helpful but is not foolproof.
- Needle biopsy: The skin over the mass will be painted with an antiseptic solution. A fine needle will be used to inject an anesthetic to make the area numb. A needle will be placed through the numb skin and into the mass, and cells or tissue will be removed (a *needle aspiration* or *core biopsy*) for examination in the pathology laboratory.
- Open biopsy: The skin is prepared as for a needle biopsy. Here, a short incision is made in the skin down to the mass and a small piece of the mass is removed for examination in the laboratory. This is a simple outpatient procedure.

**○ TREATMENT**

- Most often, close observation of the breast mass every 4 months is reasonable under the following circumstances:

- There is no concern about cancer.
- There is a general illness, or medicines are being taken that are known to cause breast enlargement.
- There is serious concern about appearance.
- The medicines can be changed if this is thought to be the cause.
- The breast tissue can be removed for cosmetic reasons.
- If a biopsy shows that cancer is present, then a different and more radical operation is necessary. It will not be described or discussed here now because we don't yet know the diagnosis.

**PREOPERATIVE PREPARATION**

- You will have routine examination of the blood, urine, heart (EKG), and lungs (chest x-ray).
- Do not eat or drink anything for 8 hours before the operation.
- You may be given some medicine that will make you feel drowsy before you are brought into the operating room.

**□ OPERATION**

- The operation can be performed under local anesthesia with sedation or with you asleep. The choice will be discussed with you beforehand.
- The operation generally takes about 1 hour.
- You will not need a blood transfusion.

**POSTOPERATIVE CARE**

- You will wake up in a recovery room. When your blood pressure, pulse, and breathing are stable and you are completely alert, you will be taken to your hospital room.
- That evening, you will be helped to get out of bed.
- You should be able to go home the next morning.
- Pain can be controlled with medicine.
- Arrangements will be made for your pain medicine, follow-up office visit, and stitch removal.
- As with any operation, complications are always possible. With your type of operation, they can include bleeding, infection, and possibly others.

**⊕ HOME CARE**

- You may walk about as you wish, even climb stairs.
- Eat as you wish.
- You may shower if you wish and with any dressings on or off.
  - There may be narrow strips of tape across the incision. It's all right if they get wet; they will be removed in the doctor's office.
  - After you dry yourself, replace any dressings with clean, dry ones.
- Driving a car with an automatic shift is not too

demanding. But if you suddenly have to slam on the brakes or twist to turn a wheel, you may strain the sutures or tear something. During the follow-up visit, let's discuss when you can resume driving.

- You may return to work when you feel up to it.

 **CALL OUR OFFICE IF**

- The incision becomes red or swollen, or there is drainage from it.
- You develop a temperature higher than 100°F.
- You have any questions.