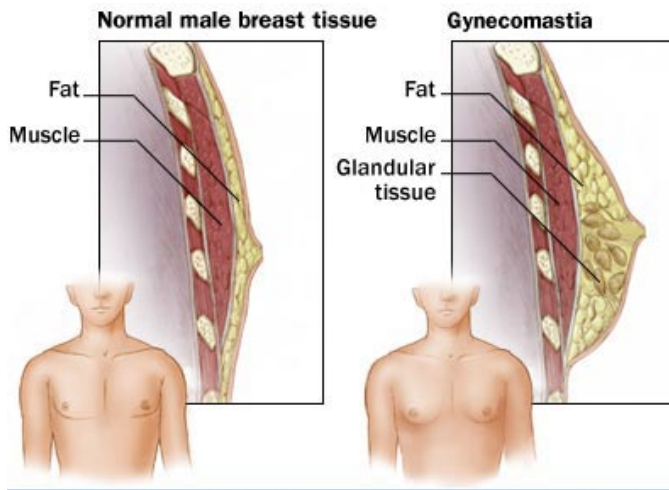


DR. HAILEY DISCUSSES GYNECOMASTIA



Gynecomastia is triggered by a decrease in the amount of the hormone testosterone compared with estrogen. The cause of this decrease can be conditions that block the effects of or reduce testosterone or a condition that increases your estrogen level. Several things can upset the hormone balance, including the following:

Natural Hormone Changes seen in infants, during puberty and between the ages of 50 and 80.

Medications including anti-androgens, anabolic steroids, anti-anxiety meds, anti-depressants, antibiotics, ulcer meds, cancer treatments, cardiac and cholesterol meds, etc.

Street Drugs and Alcohol. Alcohol, amphetamines, marijuana, heroin, methadone.

Health Conditions like hypogonadism, aging, tumors, hyperthyroidism, kidney or liver failure, malnutrition and starvation.

Herbal Products. Plant oils (tree and lavender) used in shampoos, soap and lotions.

Work up and Treatment

Imaging with Mammogram +/- Ultrasound is necessary to evaluate the breast tissues. CT Scan and MRI may be needed. If testicular masses are noticed – ultrasound of the testicle may be needed.

Treatments usually consist of treatment of the underlying cause (if one can be found). Anti-inflammatories and binding agents can be used if the condition is symptomatic. There are no medications approved by the FDA for specific use in gynecomastia. **Surgery** can be utilized for extreme or worrisome cases of gynecomastia. *Mastectomy* or *liposuction* are the mainstays of surgical intervention.

Gynecomastia can be very worrisome to the patient. To the Physician – as long as the imaging and exam show no worrisome findings – the area can be followed conservatively for as long as the patient desires. Should excision be entertained – the patient must have “realistic” expectations of the surgical outcomes. In addition, if this condition causes stress or embarrassment – counseling is warranted and should be discussed with your physician. There is also good information on the internet for gynecomastia.

Prevention could be the key. Don't use illegal drugs, avoid alcohol and review new medications with your providers to be sure of the side effects.

Should you have additional questions/concerns after reading this – please alert our staff.



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