

## 'Man boobs': Growing number of men opting for reconstruction surgery

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Over 40% to 60% of men suffer from a condition called gynecomastia commonly referred to as "man boobs". This is causing a growing number of men to opt for cosmetic surgery to reduce the size, a report by the Daily Mail revealed.

What causes gynecomastia? A hormone imbalance that begins at puberty which is caused by several factors like drugs, weight gain and even steroid use. The psychological effect on men suffering from the condition can be damaging.

Dr. Miguel Delgado, a San Francisco-based plastic surgeon talked to the Daily Mail about the common forms of man boob and the process of correcting it.

Common forms:

- \* **Puberty:** Swollen male breast tissue is common in teenage boys during puberty. Dr. Delgado explained that it goes away in 50% of those who get it at this stage.
- \* **Steroids:** The development can occur in men when body builders or athletes use steroids even if it is not a big amount. It is the second most common form. If the breast tissue grows due to steroids, it will continue to grow.
- \* **Pseudo-gynecomastia:** Build up of fat in the breast area caused by weight gain is known as pseudo-gynecomastia. It does not grow breast tissue.

Dr. Delgado who has performed these kinds of surgeries describes what he's witnessed due to the build-up of tissue in men.

- \* Puffy nipples
- \* C and D-cup size breasts
- \* Leakage
- \* Weight gain sometimes prevent the fat from going away

The kind of surgery performed depends on the type of gynecomastia and the amount of tissue that needs to be removed. A procedure of this kind doesn't come cheap and can range from \$8,500 and \$12,000.