

Male Breast Development

All males have a small amount of breast tissue. Normally, it does not develop into breasts. If it does, the condition is called gynecomastia.

Male breast development often goes away on its own. If it doesn't, or if it causes pain, talk with your health care team.

When to Ask for Help

See your health care team if you are male and any of these signs happen in one or both sides of your chest:

- A lump
- Breast growth in a short time
- Breast growth when there is also a lump on one of the testicles
- More than 2 to 3 inches of tissue under the nipple
- Pain or tenderness around or under the nipple

Also, talk to your health care team if breast development makes you feel worried or embarrassed.

If you have signs of breast growth, your health care provider will feel the area to check for breast tissue or fat tissue, which are not the same.

Sometimes your health care provider will need to take a mammogram of the breast area. You may also need blood tests to check hormone levels.

How Male Breast Development Is Treated

Many treatments can help with male breast development. The type of treatment depends on several things:

- Cause of breast growth
- Length of time breasts have been present
- Amount of breast growth
- Level of breast pain

In teenage boys, normal hormone changes can cause breast development. The breast growth usually goes away without treatment. If it does not, talk with your health care team.

In adult men, a health problem or dietary supplement may be the cause. It can also be a side effect of certain medicines. Treating the health problem or stopping the medicine or dietary supplement usually stops growth. Men who have had breasts for more than a year may need surgery to reduce the size.

Men with prostate cancer who take hormone therapy sometimes develop breasts. If you are among these, talk with your cancer care team.

If you have questions or concerns, please call Huntsman Cancer Institute's Cleone Peterson Eccles Center for Breast Health at 801-213-4269.