

Male Breast Development

All males have a small amount of breast tissue. Breast tissue and fat tissue are not the same.

Some medications and conditions can cause breast tissue to get bigger or make it look like you have breasts. The growth of male breast tissue is called gynecomastia.

Gynecomastia often goes away on its own and is not usually serious.

What causes breast growth?

In teens, normal hormone changes can cause breast development. This breast growth usually goes away without treatment.

In adults, a health problem or dietary supplement may be the cause. Breast growth can also be a side effect of certain medicines.

Prostate cancer patients who take hormone therapy may notice breast growth.

When should I see a doctor?

Call or visit your doctor if you notice:

- A lump in your chest or breast
- Breast growth within a short time
- Breast growth plus a lump on one of your testicles
- Breast growth that doesn't go away
- More than 2 to 3 inches of tissue under the nipple
- Breast growth that is painful
- Pain or tenderness around or under the nipple

You should also see a health care provider if breast development makes you feel worried or embarrassed.

If you are taking hormone therapy and notice breast growth, call or message your doctor.

Your health care provider will feel the area. They may order blood tests to check hormone levels.

Sometimes your health care provider will need to take a mammogram of the breast area.

How is male breast growth treated?

Many treatments can help.

If you have a health problem, treating that problem usually stops growth. If a medicine or dietary supplement is causing growth, your doctor may suggest that you stop taking that medicine or supplement.

Your doctor might recommend other treatments for you depending on:

- What is causing the breast growth
- How long your breast tissue has been growing
- How much breast tissue you have
- How much pain you have

Your doctor can let you know if any treatment is needed and talk to you about your options.

If you have questions or concerns, contact your care team via MyChart or call the Center for Breast Health (Clinic 2K) at 801-213-4269.