**Gynecomastia**

**What is Gynecomastia?**

Gynecomastia is a disease that makes the male breasts tissue to swell up, and it usually happens due to the imbalance of two hormones in your body. One thing to be noted down is that the development of breasts in males is not similar to females, because there is less amount of breast tissue present in men.

Men mostly produces a hormone called testosterone which is responsible for their sexual growth during puberty. But they also make some amount of estrogen (a hormone abundantly found in females) for their sexual growth.

The imbalance of the two hormones normally happens when a boy is going through puberty or when a body of an old man makes less testosterone.

So when this process is in progress, a high percentage of estrogen compels the breast tissues to grow which is the main reason why there are some young boys or older men over 50 suffer from having rather larger breasts as compared to other men.

In addition to this, gynecomastia is not a thing to worry about, there is a very small probability that it could cause you pain in breasts but that happens rarely. Other it can go away on its own, but if it remains then you should be going for a surgery.

**How does steroids cause Gynecomastia?**

Steroids by nature are converted by the body into estrogen. So this process ultimately increases the amount of estrogens in a men’s body which then becomes the cause of the growth of unwanted breast tissue. Gynecomastia is not confined to just one kind, there are many types of Gynecomastia that are brought by steroids into your body.

But not all steroids are prone to gynecomastia but affects you in different ways. Anadrol and Dianabol have higher chances of causing Gynecomastia, but don’t think of others as the least. Estrogens when high in the body appends to breast tissues and directs their growth.

During the puberty of whether it is an estrogen (female sex hormone) or androgen (male sex hormone), there becomes an imbalance in their levels and it is evident that one could increase and other will decrease.

So if in this transitory state estrogen levels increase then you are very close to be the victim of Gynecomastia. If it happens due to temporary adjustments in hormones then it may take up to six months to totally disappear. But if all this happens during puberty then it can take as long as two years to go away.

**How to prevent Gynecomastia?**

Twenty percent of Gynecomastia is often caused by medications and with the reaction of some chemicals. Those drugs and chemicals that cause testosterone levels to come down lets Gynecomastia take place in your body. There is one chemical component known as phenothrin, has been declared as Gynecomastia causing drug. These can cause you some serious cell damage leading to extreme Gyencomastia.

When thyroid organ turns extra energetic then hyperthyroidism takes place, and is seen as a major reason of gynecomastia. If this condition can be diagnosed early on then a lot of damage can be stopped.

Gynecomastia may also occur during puberty process in males which is somewhat a normal thing and it can go away itself after some time. Male infants are also liable to fall victim to Gynecomastia.

Aging is one of the factors which prompts such diseases and causes reduction in testosterone level. So ultimately the risks of male breast enhancement are increased to 99% and obviously this marks the beginning of fatal diseases if you opt to going for medicines that would actually do more harm than good to you.

**How to get rid of Gynecomastia?**

There are so many medical treatments out there for Gynecomastia. So far FDA has not approved any drug to be the effective solution for treating Gynecomastia, but some medicines have been in use and are said to be the perfect cure so far. These are:

.Testosterone replacement is proven to be effect in aged men who have low levels of testosterone.

.Clomiphene if taken up to for six months regularly can help improve Gynecomastia.

If you are facing somewhat pure Glandular Gynecomastia then of course the only way to get rid of this is going for a surgery. And if you are afraid of the surgery then you can go for the pills or wear shirts especially designed to hide all of your enhancement. But this thing is very temporary and will not be pleasing you for a longer time.

You have to make sure that either this really is Gynecomastia you are having. Because sometimes you get extra fat in your chest (a condition known as pseudo gynecomastia) and you start fearing you have gotten gynecomastia. So it is advisable to go see your doctor before you take any step on your own.

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