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A doctor specializing in male breast reduction talks about how he had big "breasts" when he was a teen. He said his tailor would comment exactly how chesty he looked in his suit. Ultimately, this doctor saw just how participating in games can come to be fearsome as other children would taunt him because of his bouncing or sagging chest.

Just like this doctor, other men suffer the stigma of having enlarged breasts, a condition called gynecomastia. It is a medical case that impacts two-thirds of pubescent boys and about half of adult males. Typically, the enlarged breasts of pubescent boys are results of hormonal imbalance, which normally disappears in a matter of months.

But for men who still have extraordinarily big breasts, their situation might come to be permanent. The reason for this is that older males have lower testosterone levels and gain more weight. Another condition called pseudogynecomastia is created by the deposit of fatty tissue under the breast. This fatty tissue can sometimes house a small amount of estrogen that further fuels male breast enlargement.

Mental Injury and Health Indications. Aside from appearing physically odd because large breasts are associated with women, numerous males see themselves as "freaks" due to their condition. Some males attempt to conceal their condition by avoiding beach or pool parties, wearing baggy garments or athletic tape, or never going out shirtless. Additionally, having big breasts could indicate other health conditions such as having reduced levels of testosterone, genetic abnormality, overactive thyroid, or possible breast cancer. As a result, speaking with a board-certified Tampa plastic surgeon is one way to safely figure out to securely rebuild a man's enlarged breasts.

Getting Breast Reduction Done. Male breast reduction is the process of getting rid of excess fat or breast tissue through numerous methods. The liposuction method utilizes a cannula to drain out fats or tissues, while an excision method uses a knife to cut under the breast and a syringe to drain fats or tissues. These treatments are only done by a certified plastic surgeon. Tampa patients prefer under local or general anesthesia. The surgery can be completed in about an hour or two with bandages placed on the man's chest for about a week.

Stitches can be removed after seven days for post-surgery assessment. Although discomforts such as tenderness and swelling could be experienced temporarily, they can be treated by medications prescribed by Tampa plastic surgeons. Depending on the person's condition, he can return to his daily activities in a week after the surgical treatment, although vigorous activities must be avoided for the first six weeks after the surgical treatment.

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