

# Gynecomastia and the Gay Community

by Dr. Babak Dadvand, M.D.

**G**ynecomastia comes from the Greek words gyne (meaning female) and mastos (meaning breast), but it is also a condition that causes enlargement of a man's breasts and affects men of all ages.

Aside from the physical impact on the chest, there is a real emotional and psychological impact for men who suffer from this condition.

As a plastic surgeon specializing in gynecomastia correction, I have a large male patient population. Starting my practice in West Hollywood, I developed a large gay clientele, not just for gynecomastia surgery, but for a variety of cosmetic procedures and injectables.

One common theme that my gay patients tell me is that in parts of the community

work out hard enough, or does not watch what he eats. This could not be further from the truth! Gynecomastia has a variety of real causes, from hormone imbalances to medications to certain tumors to genetics. However, for at least half of the men who develop gynecomastia there is no known identifiable cause.

There is however, a treatment for this condition. The treatment does not come in a cream or a pill bottle or the inside of a gym. The treatment of gynecomastia comes in the operating room.



**Surgery for gynecomastia, as shown in these before and after photos, can have a strong impact on the self-esteem and confidence of men.**

there is a self-imposed pressure on looking and being physically fit. It's not just that thin is in, but a sleek, toned, muscular physique is the goal in this segment of the gay community.

Some of my gay male patients have told me that this pressure comes from needing to prove that being gay does not mean they are not masculine. Needless to say, having gynecomastia can have a real impact on these men. In a society where having enlarged breasts is still the butt of jokes, with terms such as man boobs, moobs, and bitch-tits, it is no wonder that gynecomastia can impact the self-esteem and confidence in these men.

Many of these men come in wearing multiple layers, dark colors, or shirts with patterns. They tend to slouch because sitting upright causes their chest to stick out even more. There is a real impact on their quality of life.

Most people think that gynecomastia occurs because the man is lazy, or does not

As a board-certified plastic surgeon who performs over 150 gynecomastia surgeries per year, I have developed surgical techniques that can accurately and predictably treat this condition. The key is to individualize the treatment for each patient. This is not a cookie-cutter operation and the surgical plan needs to be tailored to the individual man's physique, skin tone, and tissue quality. This takes years of experience in order to achieve consistently great results.

The surgery is an outpatient procedure and most patients are surprised by how little pain they experience right after surgery. Most patients are back at work within four to five days and back in the gym after a month. For me success is measured in how confident my patients are with their new chests. I tell my patients that if they can leave their house without thinking about their chests, then I have done my job.

If you want to learn more about what I do please visit [drdadvandplasticsurgery.com](http://drdadvandplasticsurgery.com) or call us at 310-278-4200.

*Dr. Babak Dadvand is a board certified Plastic Surgeon, with offices in Beverly Hills.*