

## Large male breasts: embarrassing, but common

According to iAfrica.com, men are keen on breasts, unless they start growing their own. Breast enlargement in men, known as gynecomastia, is a common occurrence amongst males of all ages.

This abnormal enlargement of one or both breasts in males, due to the benign proliferation of breast glandular tissue, may include - in some cases - lactation and milk production. Cape Town plastic surgeon Stuart Geldenhuys says that the reduction of large male breast is ranked as one of the top five cosmetic procedures performed on men.

Gynecomastia, Dr Geldenhuys says, is a source of embarrassment, intense frustration and mental anguish necessitating modifications to many aspects of a patient's daily routine and lifestyle. Men sporting a pair of enlarged breasts inevitably feel uncomfortable taking their shirts off in front of others, and may avoid certain physical activities and even intimacy. Thankfully, iAfrica.com reports, gynecomastia surgery offers sufferers the opportunity to regain their confidence.

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