

# Gynecomastia and Body Dysmorphic Body Disorder

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## Gynecomastia

is a physical condition in which one or both breasts are enlarged in a male's body. This condition usually accrues during puberty and in some cases will disappear on its own within a year from first appearing. In other cases this physical change will remain. In this article we will explain how the Gynecomastia surgery can help men to treat this condition and obtain their desired breast appearance.

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## Gynecomastia

surgery is usually requested by men because they feel their life has been inhibited in some way because of their breasts. The ideal patient may be an adolescent that is faced with ridicule from peers which prevents them from participating in activities, socialization, and perhaps, avoiding normal day-to-day functions. Body builders may desire Gynecomastia surgery because they are dedicated to an improvement that cannot otherwise be obtained without male breast reduction surgery. Gynecomastia patients may be the average man that still abstains from activities that he refrained from when he first developed enlarged breast during adolescent years.

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these types of men are usually candidates for male breast reduction. When Dr. Blau performs Gynecomastia, he takes special

care to evaluate each patient and create the refinement that would be most beneficial for their life. In some cases, Dr. Blau performs a mere refinement which may be satisfactory for his patients. Should the patient desire a greater enhancement, Dr. Blau may perform this on the first occasion or it may be performed during a secondary procedure. Secondary procedures do not occur often but can touch up results from an initial male breast reduction procedure. In both case scenarios, most every patient is fully satisfied with the results of the procedure.

Though, there have been a small number of cases worldwide which have documented that the patient is not satisfied with the results of Gynecomastia surgery, despite an obvious enhanced appearance. When this occurs, the plastic surgeon may speak with them about the possibility of Body Dysmorphic Disorder. Body Dysmorphic disorder affects approximately 2% of men and women in the U.S. -1- This is considered a mental disorder that causes such men and women to be overly concerned about their physical appearance, often a specific feature such as enlarged male breasts. When Body Dysmorphic Disorder becomes out of control, it can contribute to steroid abuse, requests for additional plastic surgery, depression or suicide, in extreme cases. Body Dysmorphic Disorder is a condition that patients are screened for prior to going through male breast reduction surgery.

The good news is that body Dysmorphic disorder can be treated through cognitive behavioral retraining and medication, when necessary. Because Body Dysmorphic Disorder is a rare disorder that is usually detected by eighteen years of age, most Gynecomastia surgery candidates do not need to postpone or refrain from Gynecomastia surgery. If you have any concerns about body Dysmorphic disorder.

Please free feel to discuss your concerns with Dr. Blau.

Dr. Blau has over 25 years experience screening patients for body Dysmorphic disorder and can help in sending you in the right direction when necessary.

For more information regarding body Dysmorphic disorder and Gynecomastia surgery visit [Gynecomastia-md.com](http://Gynecomastia-md.com).