

An End To Embarrassment And Shame For Middle East Males Thanks To A Simple Surgical Solution Now In The Spotlight

In recent months there has been a significant amount of media attention given to what is medically known as “gynecomastia”, the development of female-like breasts on men, and what can be done to alleviate this frequently embarrassing and distressing problem. A growing number of men in the Middle East have been turning to Elite Plastic & Cosmetic Surgery Group clinic in Dubai who provide a proven surgical solution to this not-uncommon condition.

The medical condition known as *Gynecomastia* (or *Gynaecomastia*) is something that effects a not insignificant percentage of the male population at some time in their lives. In many cases it can be both embarrassing and distressing, particularly in the case of younger males. However, whilst a recognised and proven surgical solution has for long been available, many sufferers have simply been too ashamed to go and seek help.

But now, thanks in great part to increasing media exposure which has placed this problem firmly and squarely in the public spotlight around the world, a growing number of men are grasping the nettle and coming forward to seek medical help. And the Middle East is no exception. In recent months the Dubai Healthcare City clinic of Elite Plastic & Cosmetic Surgery Group, whose Lead Surgeon, Dr Allen Rezai, is a specialist in both male and female breast surgery, has seen an influx of enquiries and patients seeking both information and a medical solution to this problem.

Discussing the condition, Dr Rezai explains that “Gynecomastia can be an embarrassing condition, but it is surprisingly common. It is not infrequently found in young adolescents, and indeed almost half of all males may experience the condition at some time in their lives. The condition can also appear or re-appear later in life, in middle age and older adulthood. Gynecomastia appearing during puberty regularly disappears of its own accord. When it appears later in life, the problem can often be traced to medications or treatments for prostate cancer.”

According to Dr Rezai, the origin of the problem, especially during puberty, is an imbalance between the female hormone *oestrogen* and the male hormone *testosterone*. When oestrogen levels get too high, the breast glands can begin to grow. Research published very recently also indicates a close correlation with increased levels of the insulin-like growth factor-1 (IGF-1). However, in about 90% of cases the condition disappears of its own accord with maturity. But for the remaining 10% the problem persists into adulthood.

When [Gynecomastia](#) occurs later in life, it can also be due to hormonal imbalance. This is because as men age their testosterone levels decrease whilst their oestrogen levels increase. This is frequently accompanied by an increase in body fat which further increases the likelihood of the condition. Certain medications can also lead to excess breast growth in men. In such cases doctors can try changing the medication. But when this fails to produce the

desired result, recourse can be made to surgery such as breast reduction or liposuction to remove the excess tissue. In its most common form, however, Gynecomastia is simply directly related to general obesity. But whatever its cause, medical treatment targeting the underlying condition rarely results in complete reduction in breast size. And in such circumstances surgery is the only option.

Concerning the Gynecomastia surgery itself, Dr Rezai explains that it is performed under general anaesthetic with patients requiring an overnight hospital stay. It will take approximately 60 to 90 minutes. There are various aspects requiring consideration which will determine the precise nature of the surgery. For example, if there is significant glandular tissue present, this may require surgical removal. And if there is too much excess skin over the chest, a form of breast uplift might be needed. However, in the majority of cases, all that will be required is liposuction. Following surgery, an adhesive dressing and support vest are worn for about one week, after which time any sutures will be removed. Most patients are able to return to work after one to two weeks and resume their normal activities within a month. All of these aspects will be evaluated and discussed in detail with each patient at consultation.

In conclusion, Dr Rezai explains that the overall outlook for Gynecomastia sufferers is good. Today there is no longer any need to suffer in silence. And it will undoubtedly come as quite a surprise to most men just how many of their fellow males have the very same problem. A problem that can be discussed with their doctor or specialist consultant without the slightest need for embarrassment, and with the likelihood that in most cases a solution will be available, permitting them in future to be able to enjoy life to the full, perhaps participating in sporting activities, or simply being able to relax on the beach, at last freed from the constant concerns and self-consciousness brought about by their former condition.

More detailed information regarding Gynecomastia and male breast reduction surgery can be found by visiting the Men's Procedures section on Elite Plastic & Cosmetic Surgery Group's website at <http://elitecosmeticsurgery.ae> .

They can also be contacted through their clinic in Dubai Healthcare City as follows:

Elite Plastic & Cosmetic Surgery Group FZ-LLC

Al Razi Building 64, Block C
4th Floor, Unit 4012
Oud Metha Road, P.O.Box 127610
Dubai Healthcare City
UAE
Tel: +971 4 431 2396
Fax: +971 4 431 2397
e-mail: office@elitecosmeticsurgery.ae