AgelessCoach™
AGE STRONG. LIVE LONG.

Gynecomastia: Gland Tissue or Fat

How the two feel different under your own hand, the medicine classes Mayo Clinic links to it, and the five changes that mean book an appointment.

✓ **Verified against published guidance** from Mayo Clinic, Cleveland Clinic & Johns Hopkins · sources below

See a member of your health care team for swelling, pain or tenderness, discharge from one or both nipples, a firm or hard lump, or dimpled skin on the breast. Mayo Clinic names all five. Never stop or change a prescribed medicine on your own.

✓ Do This

Feel for the Disc

- A button sized growth under the nipple
- It may move within the tissue
- It may be tender to touch

COACH'S TIP Cleveland Clinic's description.

Write Your Medicine List

- Prescriptions and over the counter
- Include alcohol and any steroids
- Bring it to the appointment

COACH'S TIP The cheapest step available.

Check the Common Culprits

- Finasteride and spironolactone
- Cimetidine and omeprazole
- Digoxin and calcium channel blockers

COACH'S TIP All on Mayo Clinic's own list.

Ask About the Other Causes

- Liver, kidney and thyroid disease
- Testicular and lung cancer
- Adrenal or pituitary tumours

COACH'S TIP Johns Hopkins names each one.

Expect a Physical Exam

- History plus a physical exam
- Blood and urine tests if needed
- Sometimes a mammogram

COACH'S TIP In some cases no tests are needed.

Give Puberty Cases Time

- Most start during puberty
- Most get better on their own
- 6 months to 2 or 3 years

COACH'S TIP Johns Hopkins on the timeline.

✗ Do Not

Do Not Assume It Is Only Fat

- Gynecomastia is gland tissue
- Pseudogynecomastia is fat
- Mayo Clinic separates the two

COACH'S TIP Only one answers to fat loss.

Do Not Stop a Medicine Yourself

- Ask the prescriber first
- A switch may be possible
- Cleveland suggests asking directly

COACH'S TIP Raise it, do not act on it.

Do Not Assume Cancer

- Not linked to breast cancer
- Breast cancer is rare in men
- Tests may still rule it out

COACH'S TIP Johns Hopkins on both points.

Do Not Ignore Nipple Discharge

- Mayo lists it as a reason to be seen
- So is a firm or hard lump
- So is dimpled skin

COACH'S TIP Five signs, one appointment.

Do Not Train Through It

- Training changes fat
- It does not change gland tissue
- Find out which one you have

COACH'S TIP Diagnosis before programme.

Do Not Sit On It for a Year

- Adult onset needs a cause found
- In many cases none is found
- That is still worth confirming

COACH'S TIP One visit closes the question.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

Over 50%	of males affected, Cleveland	
5	changes that mean call, Mayo Clinic	
6 months to 2 or 3 years	puberty cases clear, Johns Hopkins	

Sources: Mayo Clinic, Cleveland Clinic, Johns Hopkins Medicine. **Educational content, not medical advice.** Talk with your doctor.

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