

Salisbury Breast Clinic Information for Male Patients (page 1 of 3)

Clinic Location

The breast clinic is located in the Breast Unit. The Breast Unit shares its entrance with the Gynaecology department.

From the main entrance (level 3) follow signs for Sarum Entrance and exit the main building. Turn left and the Breast Unit entrance is on the right, up some steps. It is located opposite the tennis courts.

For car park users, parking is available at the rear of the site in car park 8. Follow signs to the Sarum Entrance Breast Unit entrance is on the right, up some steps.

Clinic days and times:

One Stop Breast Clinic	
Monday	1.30 – 5.00pm
Tuesday	1.30 - 5.00pm
Thursday	9.00 - 11am
Thursday	1.30 - 5.00pm

Please read this leaflet carefully before coming to clinic.

Before your clinic appointment

You have been referred by your GP to the Salisbury Clinic because of enlargement of the tissue in the breast area. The most common cause of this is a condition called gynaecomastia. The purpose of the breast clinics is to confirm this diagnosis and exclude other causes of breast swelling or lumps. Please read this leaflet carefully before you confirm that you need to come to clinic. It may be that you find the information in this leaflet sufficiently reassuring that you no longer feel that you need to see us, at least in the first instance. You can always contact us if the swelling becomes more noticeable. If you do come to clinic, please fill in the section on the back page of this leaflet and bring it with you to your clinic appointment.

What is Gynaecomastia?

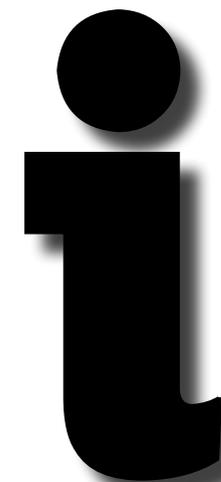
Gynaecomastia is enlargement of the male breast.

How common is it?

Swelling in the breast area is common in men. In one study of 306 healthy men, a third had some breast swelling.

Breast Secretary

Tel: 01722 336262 Ext 5910 or 5913



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

What causes Gynaecomastia?

There are four main causes.

Hormone imbalance. About two-thirds of all newborn babies have temporary breast enlargement which gets better by itself. The second peak is around puberty. This usually resolves over several months or years. The third peak is found men 60 - 80 years, this is probably due to reducing levels of testosterone.

Gynaecomastia can occur as a result of various diseases. These include alcoholic liver disease, endocrine disorders and some tumours. Rarely, breast swelling is caused by a cancer of the breast itself.

Medications. Some can cause breast swelling, these include spironolactone, digoxin, ketoconazole, cyproterone acetate, flutamide and cimetidine.

Sometimes no cause can be found. This is described as **Idiopathic gynaecomastia** and is the commonest cause of breast enlargement.

Your clinic appointment

All new patients are assessed by a fully trained surgeon to ensure that consistent quality of care is provided.

You will be asked what symptoms you now have.

Following this, you will be examined to confirm your family doctor's findings.

How is the swelling investigated?

The doctor will ask you some questions and examine your breasts. We need to know what medication you take, approximately how much alcohol you drink and whether you have noticed any other changes in your health, particularly the swelling of a testicle. The examination will distinguish between simple fatty enlargement of the breast caused by being overweight and a real increase in the amount of breast tissue.

Blood tests

If, as rarely happens, we are concerned that there is a specific disease underlying the breast swelling, such as liver disease or a tumour, we will organise blood tests.

Mammogram

A mammogram is an Xray of the breast that takes approximately 30 minutes. It visualises normal breast tissue and any abnormalities within it. A series of X-rays are taken at various angles. In order to achieve the maximum information on the X-ray, the breast will be compressed by using specially designed equipment. This is uncomfortable rather than painful.

There is a small dose of radiation with a mammogram but the risk of a mammogram causing cancer is very low.

Ultrasound

Ultrasound is simply a way of looking at the breast tissue.

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In some instances, ultrasound of the breast is performed at a separate hospital attendance.

Needle test

There are two types of needle test that can be performed to assess breast problems.

Fine needle cytology

This test uses a small needle to obtain a sample of breast tissue.

Core needle biopsy

This test uses a larger needle and is performed using local anaesthetic. The test is sometimes performed by the Consultant Surgeon, and on other occasions by the X-ray Consultant.

The result takes a few days to become available. We will usually arrange a separate clinic visit for you within a week to come and discuss the result.

When are these done?

We aim to perform all your investigations at this clinic appointment, but we cannot guarantee that all patients will have their investigations performed on the day of the clinic visit.

Treatment

Gynaecomastia often goes away without any treatment. Please note that if you are discharged from the clinic you should continue to check for changes in the breast swelling. You also need to be aware of any changes in the testicles. We would be happy to see you again if you have any further concern.

If you are taking drugs known to cause breast swelling, we may ask your GP if these can be stopped or changed.

Drug treatment

Two drugs, Danazol and Tamoxifen, can be used to reduce breast tenderness and these sometimes reduce the swelling. These can be tried for 6 to 12 weeks. This can be repeated if it has helped and the swelling returns at a later date.

Surgery

Men can have an operation to reduce the size of the breasts but this is rare and not currently funded by the NHS.

After the clinic

After you have been seen in the clinic, we will be in touch by post, with any outstanding results.

If you have any new symptoms or concerns, and you would like to be seen in the clinic again please do not hesitate to contact the Breast Secretary on 01722-336262 Ext 5510 or 5913. Please contact us in the same way if you decide not to attend clinic at this stage.

Please fill this in before you come to clinic and give it to the Consultant

Breast Secretary

Tel: 01722 336262 Ext 5910 or 5913

Past Medical History

(i.e. previous operations and illnesses)

Regular Medications:

Family History:

(Please list any close relatives on either side of your family who have had Breast or Ovarian Cancer, and their age when this was discovered)

