

# INTERNATIONAL SUMMIT ON DIABETES, ENDOCRINOLOGY, AND METABOLIC DISORDERS



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## Subareolar incision as treatment of choice for gynecomastia in adolescents

### Abstract:

**Intro:** Gynecomastia is a benign glandular proliferation affects many adolescents inducing at first an important phycological distress. Generally, it is idiopathic but underlying endocrinological conditions must be excluded. Different surgical techniques exist, subareolar correction achieve the goal of satisfactory aesthetic result for patients.

**Methods:** we collected all patients with diagnosis of gynecomastia. Laboratory tests and ultrasound were made to exclude endocrinological disorders. Subareolar incision with gland excision was made in all cases. Body – q chest module was submitted to all patients during follow up.

**Results:** 47 adolescents with median age of 15 underwent to surgery. 3 had endocrinological disorder. Grade of gynecomastia was III in 40 patients and II in 7 patients. Postoperative complications occurred in 5 patients. BODY – Q chest module result were 70/100.

**Conclusion:** Gynecomastia has an important psychological impact on adolescents. Pediatric endocrinological assessment is mandatory to exclude underlying conditions. Subareolar incision is feasible in all grades of severity, with good aesthetic results and low incidence of complications in gynecomastia of any grade and severity.