

Etiological study of gynecomastia. Results of a prospective study and recommendations

Etiología de la ginecomastía. Importancia de no subdiagnosticar una ginecomastia patológica

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Background : Gynecomastia can be physiological or pathological. A limited study of gynecomastia is recommended during puberty and in the elderly, ages in which gynecomastia is usually considered physiological. Other authors suggest that this condition should be studied when it is painful, rapidly growing, of recent onset, when its diameter is more than 4 cm and when is associated to testicular masses. **Aim:** To investigate the causes of gynecomastia and to evaluate the above mentioned criteria to exclude pathological conditions. **Material and methods:** Prospective study of 117 patients aged 10 to 83 years, consulting for gynecomastia. All were subjected to a standardized study including a clinical examination and measurement of plasma estradiol and testosterone levels. **Results:** Forty one percent of gynecomastias were considered pathological and the rest, physiological. Among pathological conditions, 18 patients had an endocrine etiology (hypogonadism in ten patients, estrogen secreting tum