

What Most Men **Worry** About

**vs**

What's Actually **True**

Gynecomastia?



## MYTH?

**Gynecomastia** only happens in men who are **overweight**



## FACT!

**Gynecomastia** can affect **men of all body types**

It's commonly linked to hormonal imbalance, genetics, certain medications, or natural changes during puberty or adulthood, not weight alone. Even men with a strong, athletic build can have **persistent gland tissue**



## MYTH?

If I eat clean and work out harder, it will eventually go away

Not enough



## FACT!

While weight loss reduces fat, true **gynecomastia** involves breast gland tissue, which does not shrink with exercise or calorie control

That's why lifestyle changes alone often don't fully flatten the chest



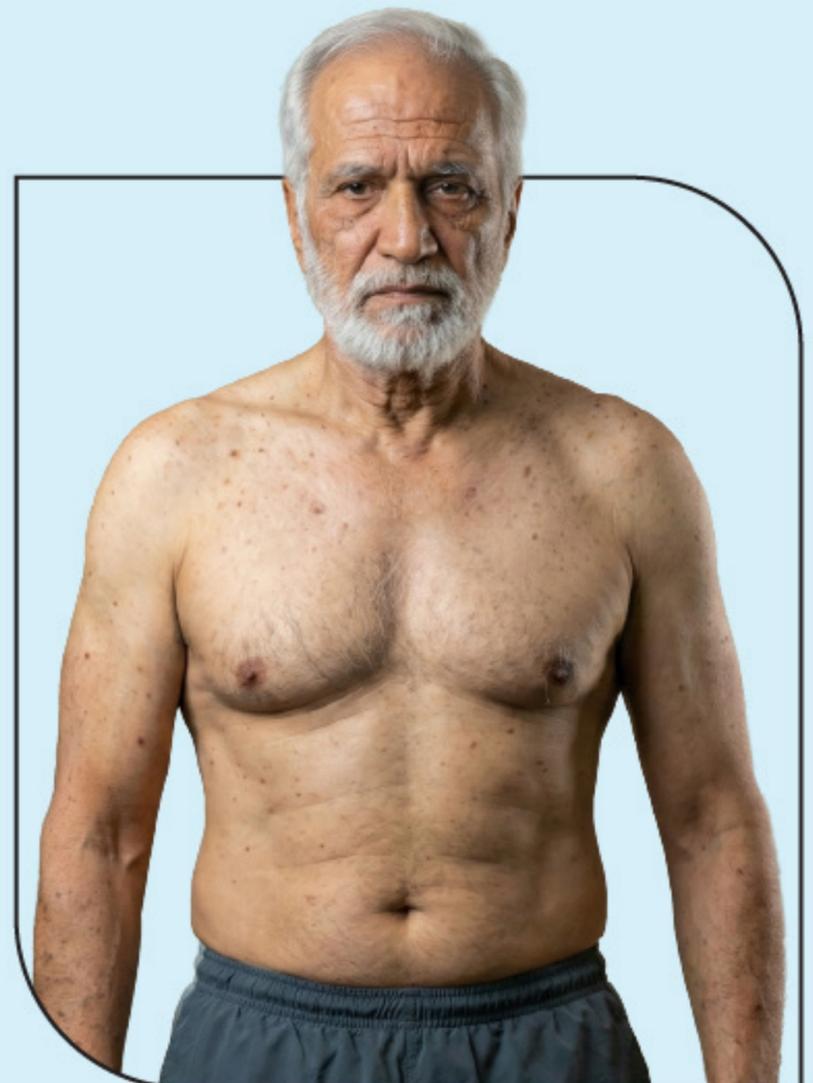
## MYTH?

Gynecomastia is only a **teenage problem**



## FACT!

Gynecomastia can appear at **any stages of life** during adolescence, in adulthood, or later years often due to natural hormonal shifts, ageing, or long-term medication use



## MYTH?

Everyone can notice it and they're **judging me**



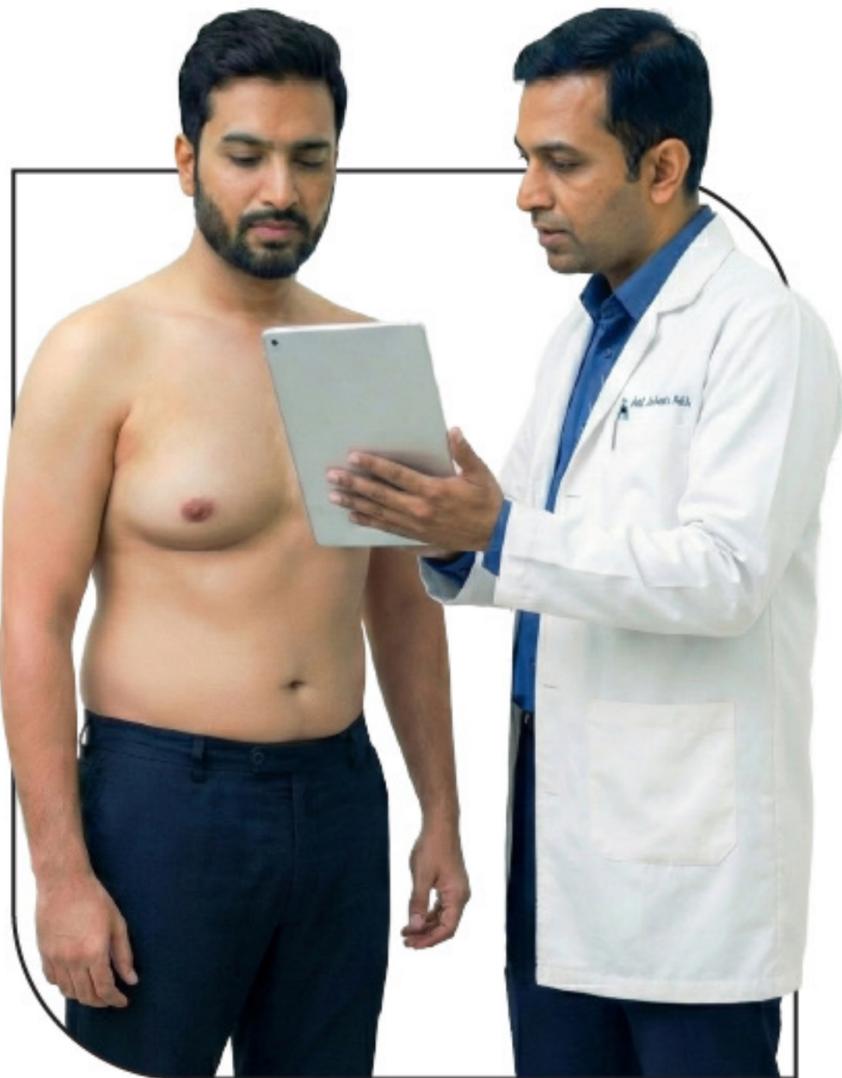
## FACT!

**Gynecomastia** is more common than most men realise  
With the right treatment and care, both physical appearance and self-confidence often **improve significantly**



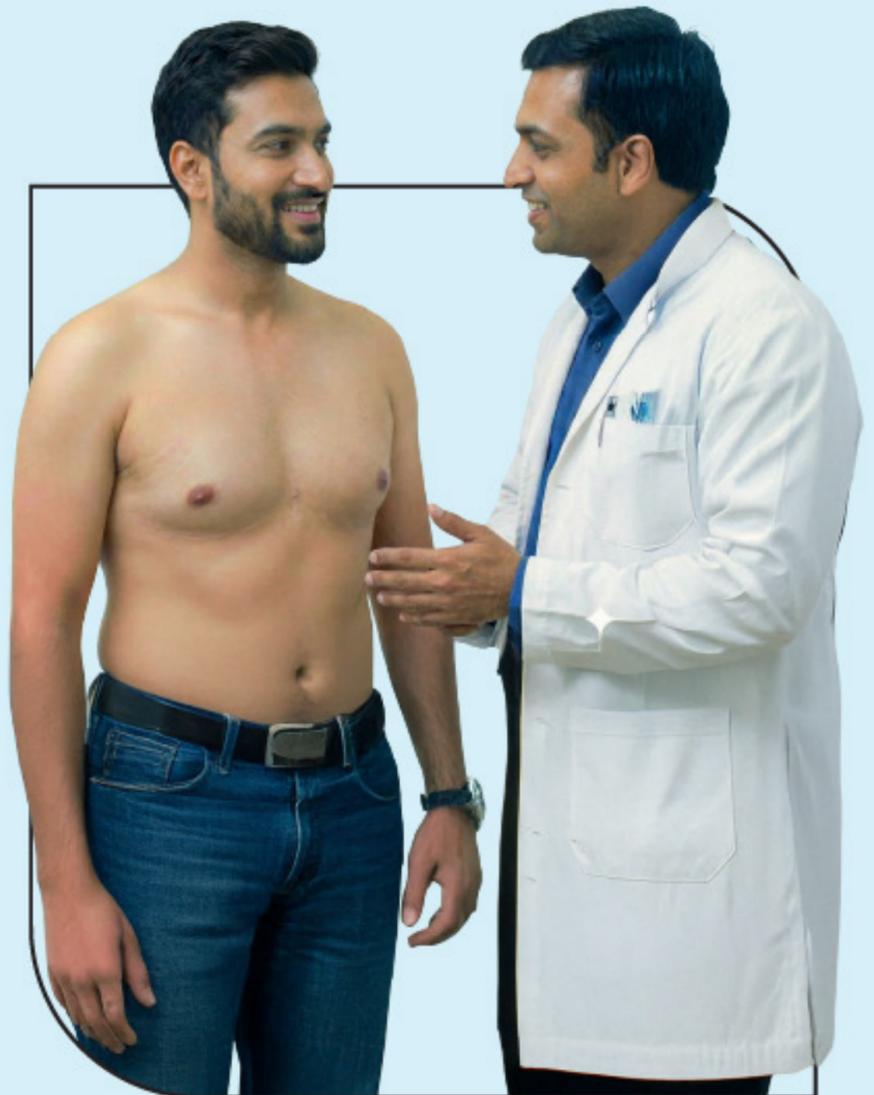
## MYTH?

Gynecomastia surgery is risky  
or **isn't safe**



## FACT!

With modern techniques,  
gynecomastia surgery is safe  
and minimally invasive when  
done by qualified, **experienced**  
**surgeons**



## MYTH?

Gynecomastia surgery leaves  
**obvious scars**



## FACT!

**Modern techniques** use small, carefully placed incisions, usually along natural skin folds. Once healed, scars are barely noticeable, with the focus on a smooth, natural chest contour.



## MYTH?

Even after surgery, it will  
**come back**



## FACT!

When glandular tissue is fully removed and the underlying causes are addressed, **recurrence is uncommon**. Most patients experience long-term improvement in chest shape and comfort.



# Let's wrap it up

You don't have to keep adjusting your posture, avoiding fitted clothes, or feeling self-conscious at the beach

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The right medical approach can restore not just chest shape, **but confidence**



**Schedule your consultation**

Get a doctor-guided evaluation and a treatment plan designed for you