

Tackle body worries and get Perfect Pecs, say Harley Medical Group

/EINPresswire.com/ UK (Submitpressrelease123.com - press release) The new year is the perfect time to tackle any body worries ahead of the summer season. [The Harley Medical Group](#), the UK's leading cosmetic surgery provider, can help restore confidence amongst men who are tackling the dreaded man boobs, an embarrassing and common condition.

[Gynaecomastia](#) is suffered by 40-60 per cent of men (<http://www.harleymedical.co.uk/encyclopedia/gynaecomastia/gynaecomastia.php>), and is typically caused by a hormone imbalance, and excessive oestrogen (the female hormone). Those who have perfected their physique through rigorous diet and exercise can become very frustrated with the condition. Gynaecomastia can leave fat deposits in the breast that are resistant to diet and exercise, meaning it can be hard for men to tackle the problem without cosmetic help.

However, the symptoms of Gynaecomastia can be treated by the experts at The Harley Medical Group with male chest reduction surgery. Male chest reduction surgery uses similar techniques to those used during liposuction or fat removal surgery, with a short recovery time - and a huge impact on confidence levels.

The procedure normally takes 1-2 hours to complete, takes place under local anaesthetic, and requires no overnight stay.

Peter Smith, Gynaecomastia patient at The Harley Medical Group, says: "I'm so thrilled that I've decided to have male chest reduction surgery at The Harley Medical Group. It is a problem that upset me all year round - I looked like I had breasts underneath my clothes, it was so embarrassing. For the first time in years, I have the confidence to wear whatever I want - on or off the beach."

For information please see: <http://www.harleymedical.co.uk/encyclopedia/gynaecomastia/>

Find Harley Medical on the web and social media:

Twitter: <https://twitter.com/harleymedical>

Website: <http://www.harleymedical.co.uk/>

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NOTES TO EDITORS

The Harley Medical Group is the UK and Ireland's largest cosmetic surgery provider, performing more procedures and with more clinics than any other cosmetic surgery group. It has been established since 1983 and is one of the most highly regarded Cosmetic Surgery Groups operating in the UK. It has treated over 500,000 patients to date.

The Harley Medical Group works tirelessly to maintain the highest standards in the industry for the benefits all cosmetic surgery and non-surgical patients. We are currently at the forefront of the campaign to ensure that the Government continues to regulate the use of certain laser types used in cosmetic surgery and non-surgical treatments, such as [laser skin treatment](#), so that patients are protected from rogue practitioners.

In 2004, The Harley Medical Group's Chairman Mel Braham, at the request of the Department of Health became a member of the department's Steering Committee, set up to oversee the introduction of new regulations covering the entire Cosmetic Surgery sector. All of The Harley Medical Group's clinics are registered with the Care Quality Commission. There are now 31 clinics in the UK and Ireland: London (Harley Street, Wimbledon, The City, Chiswick, Finchley & Watford), Marlow, Birmingham, Leeds, Brighton, Bristol, Manchester, Newcastle, Chester, Nottingham, Southampton, Cardiff, Chelmsford, Dublin, Northampton, Cambridge, Maidstone, Belfast, Reading, Sheffield, Liverpool, Bromley, Glasgow, Cheltenham, Leicester and Guildford.

The Harley Medical Group is renowned for introducing and pioneering most new surgical and non-surgical techniques to the UK and Irish markets. All new treatments and techniques are first thoroughly researched and tested before they are submitted for approval by the Group's Medical Advisory Board.

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