

Austin Plastic Surgeon Discusses Gynecomastia Causes and Treatment Options

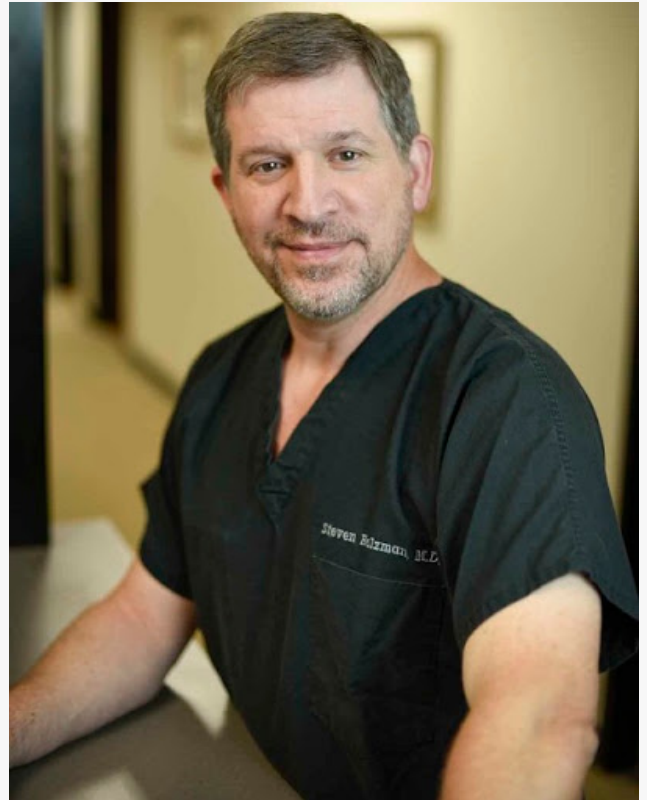
Dr. Steven Holzman, a plastic surgeon in Austin, explains how gynecomastia can be caused by different hormonal, genetic, and medication-based factors.

AUSTIN, TX, UNITED STATES, May 13, 2025 /EINPresswire.com/ -- Gynecomastia, a condition characterized by the enlargement of male breast tissue, can be a source of significant emotional and physical distress for men of all ages. Dr. Steven Holzman, a board-certified [plastic surgeon in Austin](#), provides insight into the causes of gynecomastia and available treatment options to help individuals regain confidence in their appearance.

Dr. Holzman notes that gynecomastia is a more common condition than often realized, affecting a significant percentage of men at different stages of life. While most cases will not resolve naturally, more prominent occurrences may require medical intervention to achieve a more masculine chest contour.

Several factors can contribute to the development of gynecomastia, including hormonal imbalances, genetics, weight fluctuations, and the use of certain medications or substances—such as marijuana or anabolic steroids. An imbalance between estrogen and testosterone levels often serves as a primary cause, particularly in adolescents during puberty and in older men experiencing natural hormonal changes. Medical conditions such as liver disease, thyroid disorders, and certain cancers may also contribute to the development of gynecomastia. However, in general most cases of gynecomastia are idiopathic meaning that there is no particular reason for its occurrence.

For persistent gynecomastia, surgical treatment can offer long-term relief. Advanced [male breast reduction](#) surgery typically includes [liposuction](#) to remove excess fat and excision techniques to



eliminate glandular tissue when necessary. In more severe cases, skin removal may be performed to improve chest contours.

The goal of gynecomastia surgery is to create a natural-looking, masculine chest that aligns with overall body proportions. A personalized approach ensures optimal results for each individual. In addition to surgical intervention, lifestyle modifications such as weight management, avoiding hormone-altering substances, and addressing underlying medical conditions may assist in preventing or reducing gynecomastia.

Dr. Holzman recommends that men struggling with male breast development consult with a qualified medical profession—such as a board-certified plastic surgeon—to learn more about the condition and potential treatment options.

About Steven Holzman, MD, FACS

Dr. Steven Holzman is a board-certified plastic surgeon operating in Austin. With over 20 years of experience, he has helped countless men achieve their aesthetic goals with procedures tailored specifically to meet their needs. During the consultation process, he takes the time to understand an individual's concerns so that he can recommend the most effective treatment option. Dr. Holzman has won numerous "top doctor" awards, and he is an active member of the Texas Society of Plastic Surgery and the American Society of Plastic Surgeons (ASPS). He is available for interview upon request.

For more information about Dr. Holzman and his practice, please visit austinplasticsurgery.com or facebook.com/DrStevenHolzman.

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