

## An Evaluation of Gynaecomastia Management in the Aintree University Hospital Breast Unit Compared with the Association of Breast Surgery Guidance

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### Abstract:

**Background:** Gynaecomastia, a benign proliferation of male breast glandular tissue, affects up to 30% of men and may cause psychological distress despite its non-malignant nature. The Association of Breast Surgery (ABS) issued guidance in 2019 outlining best practice for assessment and management.

**Aim and Objectives of the Study:** To evaluate the diagnostic and management pathway for patients with gynaecomastia in the Aintree University Hospital Breast Unit and assess adherence to ABS recommendations.

**Study Design:** A retrospective review of male patients attending the Aintree Gynaecomastia Clinic between July 2021 and June 2022. Data were extracted from electronic records and analysed for demographics, investigations, and referrals across three age groups (<30, 30–50, >50 years), comparing practice with ABS guidance.

**Inclusion Criteria:** All male patients presenting to the gynaecomastia clinic during the study period (n=414).

**Results:** Radiological imaging was performed in 56% of patients, with only 19 cases indicated per ABS criteria. Laboratory investigations were completed in 14% of referrals, fewer than half appropriately. Most patients were referred to secondary care without recommended primary care investigations. Referrals to endocrinology (5%) and cosmetic services (1%) aligned with guidance.

**Conclusion:** Significant variation from ABS recommendations was identified, particularly in the overuse of imaging and suboptimal primary care evaluation. Improved adherence to national guidance could reduce unnecessary investigations, optimize resource use, and enhance the care pathway for men with gynaecomastia.