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# MEN DON'T LIKE BIG BREASTS!

Embarrassed of drooping boobs, the number of men going under the knife for corrective surgery has increased by 30 per cent

KUMAR SAURAV

kumar.saurav@mid-day.com

NEW DELHI: Hrithik Roshan, Ranbeer Kapoor, John Abraham, Dino Morea left millions of women drooling over their naked torso. And what's true for Bollywood also applies to the metrosexual Indian male in an equal measure, if not more. While millions are hitting the gym and pumping iron to get in shape, an increasing number is also not afraid to go under the knife to become a hot property.

For a man who has breasts on his chest, beaches, swimming pools, and religious ceremonies are moments of embarrassment. Considering this, the metrosexual Indian men are going in for breast correction surgeries or gynecomastia.

"It's undoubtedly on the rise. I will put it at 40 per cent annually. Men want to look good, which is possible only if every curve of your body is maintained the way it should be. And shirt is something which you want to take off carefree. An unusually increased breast area is certainly a cause of worry for men who go to salon for bleaching, slog at gym, visit spa, or who are associated with glamour industry," said Dr Anup Dhir, senior cosmetic consultant at the Apollo Hospital.

## Peer pressure

Senior cosmetic surgeon at Mumbai's Breach Candy Hospital Dr Mohan Thomas



**BIGGER ISN'T BETTER:** Overall obesity excessive use of steroids and genetic disorder are some of the reasons for the formation of male breasts. REPRESENTATION PIC

said out of every 1,000 men who consult for male breast reduction at least 160 actually go under the knife. "The reasons vary from individual to individual but in most cases it is professional pressure, the knowledge that it is a painless procedure and attending several Indian religious rituals that demand a man to take his shirt off," said Dr Thomas, who is also founder of the Indian Society of Cosmetic Surgery.

"There are no medicines which can correct male breasts and only corrective surgeries can help. Two years ago only 10 per cent of the people who consulted

for surgeries actually came took it, now it has doubled. Even actors come in for the surgery," he added.

## Genetic disorder

Overall obesity excessive use of steroids and genetic disorder are some of the reasons for the formation of male breasts. The surgery depends on the amount of fat deposit and the level of drooping in the chest area.

There're three grades of operation. Grade one (where drooping is less) can be addressed by a minimal access two-hour surgical procedure with high definition liposuction and local anaesthesia. If the drooping

## THE MALE BRA

**MALE bra** (also compression bra or vest and Gynecomastia vest) refers to brassieres that are worn by men. Adolescent boys and middle-aged men sometimes develop breasts. Male bras typically flatten rather than lift.

is more and the nipples appear smaller then a combination of liposuction and minimal access surgery is done, which normally takes three hours. It comes under grade two.

Grade three cases are where drooping is or more than one finger plus. This requires an extensive surgery involving removal of skin in the area. Though the patient can return to work in a day or two, the number of resting days may vary from a day to five days. There're also certain restrictions on exercising, swimming, weightlifting and driving.

"I used to look at my visible nipples and it actually felt really odd. That's when I decided to get operated. I didn't even feel the pain. Yes there were minor discomforts which vanished within a week of operation. I look good, and feel better," says Ranveer Pratap Singh, who got operated early this year.

## Rs 2 lakh

The estimated cost of male breast