



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكرو فيلم



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التوثيق الإلكتروني والميكروفيلم

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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**Comparative Study between Inverted U
Shaped Incision & Round Block Technique
in Management of Grade II & III
Gynecomastia**

Thesis

**Submitted for Partial Fulfillment of Master
Degree in General Surgery**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قَالَ

سَبَّحَانَكَ لَا أَعْلَمُ لَنَا
إِلَّا مَا عَلَّمْتَنَا إِنَّكَ أَنْتَ
الْعَلِيمُ الْعَظِيمُ

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List of Contents

Title	Page No.
List of Abbreviations.....	i
List of Tables	iii
List of Figures	i
Introduction	1
Aim of the Work	4
Review of Literature	
📖 Embryology	5
📖 Anatomy of Breast.....	11
📖 Aesthetics of the Breast	17
📖 Gynecomastia	19
Patients and Methods.....	66
Results.....	81
Discussion	88
Summary	94
Conclusion	96
References	98
Arabic Summary	--

List of Abbreviations

Abb.	Full term
<i>FSH</i>	<i>Follicle stimulating hormone</i>
<i>GnRH</i>	<i>Gonadotropin- releasing hormone</i>
<i>HCG</i>	<i>Human chorionic gonadotropin</i>
<i>HIV</i>	<i>Human immune virus</i>
<i>IMF</i>	<i>Infra Mammary fold</i>
<i>LAL</i>	<i>Laser-assisted liposuction</i>
<i>LH</i>	<i>luteinizing hormone</i>
<i>NAC</i>	<i>The nipple-areola complex</i>
<i>ND: YAG</i>	<i>Neodymium-Doped, Yttrium Aluminium Garnet</i>
<i>PAL</i>	<i>Power-assisted liposuction</i>
<i>SAL</i>	<i>suction-assisted liposuction</i>
<i>UAL</i>	<i>Ultrasound-assisted liposuction</i>

List of Tables

Table No.	Title	Page No.
Table (1):	Pathologic Classification of Gynecomastia	24
Table (2):	Common drugs associated with gynecomastia	25
Table (3):	Demographic characteristics among the studied cases according to used technique	811
Table (4):	Showing differences in duration of operation, use of liposuction, drain duration and volume in each technique	822
Table (5):	Distribution of anaesthesia, complications & surgeon evaluation.....	844
Table (6):	Distribution of Aesthetic outcome results	866

List of Figures

Fig. No.	Title	Page No.
Fig. (1):	Sites of accessory breast tissue along the embryonic milk line	6
Fig. (2):	Development of the breast	7
Fig. (3):	Drawing of the axillary artery and its main arteries	16
Fig. (4):	Classification of gynecomastia according to Cordova	28
Fig. (5):	Regnault classification for breast ptosis.....	30
Fig. (6):	Diagrammatic algorithm for a practical approach to the surgical management of gynecomastia.	411
Fig. (7):	Periareolar incision for G1, Liposuction followed by periareolar incision for G2.....	433
Fig. (8):	Liposuction followed by double circle incision mammary adenectomy for G3, Inverted T mammary resection with NAC migration in G4 ...	433
Fig. (9):	VASER Machine	500
Fig. (10):	Different areolar incisions for subcutaneous mastectomy	52
Fig. (11):	Preoperative markings for the transaxillary approach.....	555
Fig. (12):	The preoperative markings around the breast and the trocar incision sites.	566
Fig. (13):	Concentric circum-areolar technique.....	58
Fig. (14):	Preoperative markings of inverted- T pattern	600
Fig. (15):	Intraoperative photos of inverted- T pattern	61

List of Figures (Cont...)

Fig. No.	Title	Page No.
Fig. (16):	Preoperative and postoperative photos of Lejour mastopexy	62
Fig. (17):	Free nipple areola technique.....	63
Fig. (18):	Hypertrophic scar, Patient previously treated by a general surgeon for gynecomastia.....	65
Fig. (19):	Preoperative marking.....	68
Fig. (20):	Intraoperative de-epithelialization (Inverted U shaped incisions).....	700
Fig. (21):	Pre-operative marking (round block technique).....	71
Fig. (22):	Intraoperative de-epithelialization & skin closure (round block technique).	71
Fig. (23):	Pre-operative showing marking Case #1.....	733
Fig. (24):	Intra-Operative De-Epithelialization & Skin Closure Case #1.	744
Fig. (25):	One month post-operative, Showing Wound dehiscence at left NAC. Case #1	744
Fig. (26):	Pre-operative showing marking & two weeks post-operative case # 2.....	755
Fig. (27):	Pre-operative & two weeks post-operative case # 3... ..	766
Fig. (28):	Pre-operative & month post-operative case # 4.....	777
Fig. (29):	Pre-operative & month post-operative case # 4.....	788
Fig. (30):	Post-operative haematoma, seroma, wound infection & dehiscence.	79
Fig. (31):	Demographic characteristics among the studied cases according to used technique.	811

List of Figures (Cont...)

Fig. No.	Title	Page No.
Fig. (32):	Duration of operation & drain duration in each technique.....	822
Fig. (33):	Showing cases with liposuction in each technique.....	833
Fig. (34):	Showing drain volume in each technique.....	833
Fig. (35):	Showing types of anaesthesia used.....	844
Fig. (36):	Showing complication result.	855
Fig. (37):	Showing surgeon evaluation for each technique..	855
Fig. (38):	Showing Aesthetic outcome results.	866
Fig. (39):	Distribution of patient satisfaction.....	877
Fig. (40):	Distribution of scar hypertrophy.	877

INTRODUCTION

Gynecomastia is defined clinically as generalized enlargement of the male breast tissue, with the presence of a rubbery or firm mass extending concentrically and symmetrically from the nipple, accompanied by histopathological benign proliferation of the glandular male breast tissue. It usually occurs bilaterally and is the most common breast condition in males (**Carlson, 2011**). It may be idiopathic or due to drugs or pathological condition accompanied by absolute excess of estrogen and decrease in circulating androgens. In addition, increased use of anabolic steroids or environmental contamination with xenoestrogens or estrogen-like substances may stimulate glandular proliferation in male breast tissue (**Barros et al., 2012**).

However, a related condition, pseudogynecomastia, manifests as fat deposition without glandular proliferation and occurs most frequently in obese men, where the number of patients with pseudogynecomastia is increasing. In mild cases, simple reassurance coupled with advice on diet and exercise may be sufficient. However, in more severe cases, medical and/or surgical intervention are required (**Barros et al., 2012**).

Various classification schemes of gynecomastia have been proposed, incorporating evaluations of the appearance of

the breast, severity, and the composition ratio between fat and glandular tissue (*Waltho et al., 2017*).

The most frequently used classification is based on the tissue components involved in gynecomastia and distinguishes three types.

- True gynecomastia, when only glandular tissue is the cause of breast enlargement,
- Pseudogynecomastia, which refers to chest lipodystrophy,
- Mixed gynecomastia, which corresponds to a breast with hypertrophy of both fat and glandular parenchyma (*Simon et al., 1973*).

Alternatively, according to the breast size and redundant skin, the grade of severity of gynecomastia can be assessed using the Simon scale (*Simon et al., 1973*).

Depending on morphology and volume, gynecomastia is classified according to Simon (1973) in four different groups (it is the most common classification). (*Johnson et al., 2009*).

The surgical technique used depends on the degree of the gynecomastia and the distribution and proportion of the different breast components (fat, parenchyma and looseness of the skin envelope). The most commonly used technique is subcutaneous

mastectomy which involves direct resection of the glandular tissue using a peri-areolar or trans-areolar approach, with or without liposuction. More extensive surgery, including skin resection, is required for patients with marked gynecomastia and those who develop excessive sagging of the breast tissue (with weight loss). Liposuction alone may be sufficient, if breast enlargement is purely due to excess fatty tissue without substantial glandular hypertrophy (*Bailey et al., 2016*).

Regardless of the type of gynecomastia, if it persists for more than a year the breast tissue will become more fibrous and resistant to medical treatment. At this stage, resection is the mainstay of management (*Lee et al., 2014*).