

Gynaecomastia – Nigel's Story

Nigel Freshman

I'd always had 'man-boobs' from a young age – I used to get teased at school but it was something that I'd learnt to live with.

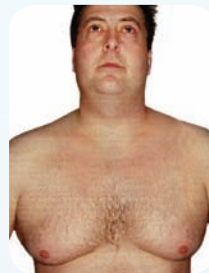
I'm currently a radio DJ and before my operation with Transform I would openly make jokes live on-air about them so everyone knew about my problem. My wife was great, they'd never bothered her and she never made it an issue.

In recent years, I'd gradually put on more weight and this made my cleavage grow even more. It got to the point where I was getting really sick of having to cover up when I was on holiday and I just wanted rid of them.

First of all I started dieting and exercising to see if that would make any difference, but it didn't. I then checked out other options for men in my position and decided to have a breast reduction operation.

The actual operation only took an hour – the surgeon explained that my man boobs were linked to my chubbiness so they lipo-ed the fat from my chest area.

After a week I was able to remove all the dressings – I really did feel like a new man. I feel much more comfortable wearing certain types of clothing and I'm glad that I went through with the operation.



Before



After



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