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That Herbal Substance You're Taking To Increase Muscle Mass Can Actually Cause The Development Of Male Breasts!!

New York, NY October 2002– Girls aren't the only ones who suffer from body image anxiety. According to a recent *New York Times* article, there has been an increase in use of steroids by American boys anxious about their body images and eager to bulk up even if it means resorting to steroids. Doctors warn of side effects that shut down normal adolescent development, while narcotics police find themselves breaking up high school steroid rings. Use of body-enhancing drugs has taken off, particularly among non-athletes, in high schools of middle America and gyms that cater to students off campus; nearly half million US teenagers use steroids each year, and among sophomores. Alarmingly, use more than doubled from 1992 to 2000; sales of legal, largely unregulated steroid precursors like andro have soared among young people, prompting moves in Congress to treat them as illegal drugs when they are not prescribed.

Numerous teen-age boys have been downing an oral substance called **Androstenedione** sold over the counter at vitamin and health food stores nationwide. Because Andro is considered an herbal rather than a drug, it is not subject to FDA scrutiny. The drug's intended purpose is for older men who have lower levels of testosterone and take the remedy to improve sexual function. Its more common use has been to add muscle mass to the male body. When champion baseball player Mark McGuire attributed his bulked up appearance to Andro, teen-age boys everywhere were clamoring for the substance. Andro functions much in the same way as a steroid by increasing levels of the male hormone testosterone. What Mark McGuire was doing, was admitting to a legal form of steroid use. For the unsuspecting boys who have taken Andro, larger muscles have come with an embarrassing, shocking price.

Dr. Bruce Nadler is a Manhattan plastic surgeon as well as an accomplished body builder. In recent months, he has seen dozens of young men in his office who suddenly developed female breasts. In most of these cases, the patients themselves were able to make the direct link to the use of Andro and the development of breasts. Unfortunately for these patients, once the breast development has occurred, it is permanent, although ceasing use of the product will halt any further breast formation. Although not every user of Andro will develop male breasts, a significant number do. A person's propensity is determined by genetic receptor sensitivity in the breast. Dr. Nadler describes young male patients coming to his office, truly distraught and wondering what to tell their family and friends to explain the appearance of female breasts. At this point, Dr. Nadler has performed dozens of gynecomastia (male breast reduction) procedures on young patients who fell into the seemingly innocuous perils of this still legal substance. Dr. Nadler would like to inform parents and teens as to the dangers of this substance.

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