

Name of treatment or procedure

Reduction mammoplasty (breast reduction) for men

Description of treatment or procedure

This is the surgical removal of excess breast tissue which is giving the appearance of a larger than normal male breast.

Patients are given general anaesthetic to send them to sleep for this procedure.

There are several techniques the surgeon could use, but generally the operation involves:

- **making a cut** around the nipple
- **Sucking out excess** fat (liposuction)
- **extending the cuts and moving the nipples** if there is a lot of tissue to remove

Current policy

This procedure is not routinely commissioned except on an exceptional basis where **ALL** of the following criteria are met:

- The excess is enlarged glandular breast tissue, not fat
- An underlying endocrine (hormone) or liver abnormality has been ruled out
- The condition is not due to recreational use of drugs such as steroids or cannabis or other supplements known to cause this
- The condition is not due to prescribed drug use
- The condition has not responded to medical management for at least three months, for example by the use of Tamoxifen.
- The patient has gone through puberty
- The patient's body mass index (BMI – a measurement that uses a person's height and weight to see if their weight is healthy) is less than 25 and stable for at least twelve months
- The patient is experiencing persistent pain
- The patient is experiencing significant problems with activities of daily life
- In cases of idiopathic gynaecomastia in men under the age of 25 then a period of at least two years has been allowed for natural resolution.
- At least two years has passed when the condition occurs in men under the age of 25 and the cause is unknown to see if it resolves naturally.

Non-core procedure Interim Gender Dysphoria Protocol & Service Guidelines 2013/14:

Where the provision of “non-core” surgeries is appropriate, the Gender Identity Clinic (GIC) should apply for treatment funding through the Clinical Commissioning Group (CCG); the GIC should work in partnership with the CCG.

Proposed change(s)

No change is proposed to the position on the policy – breast reduction for men will not be

routinely commissioned. However, the criteria outlined in the policy would be removed to avoid misleading content and make the policy more clear for both patients and clinicians.

Additionally, the reference to gender dysphoria protocol would be removed for clarity as patients undergoing gender reassignment will be treated via NHS England.

Reason for proposed change(s)

The current wording of the policy is misleading as it indicates there are criteria to be met for the policy, however this is not a routinely commissioned procedure.

Impact of proposed change(s)

Impact would be limited as there is no change to the current service. All patients are able to apply for this procedure through an Individual Funding Request. This is a process by which a patient may apply for this procedure and a panel at the CCG will consider the request and make a decision on whether it can be funded for that particular individual.