

## A MALE INFANT WITH GYNECOMASTIA-GALACTORRHEA

A 3 month-old-male infant was brought for evaluation of increasing breast size. As a cultural custom, parents had manually expressed milk on a daily basis. An increase in breast size made them seek medical advice. Examination showed hypertrophied and spontaneously milk-secreting breast nodules of approximately 6-cm diameter each (Figure; available in color online at [www.jpeds.com](http://www.jpeds.com)). Investigation revealed increased levels of estradiol and prolactin but normal  $\beta$ -human chorionic gonadotropin, follicle-stimulating hormone, and luteinizing hormone. One firm advice—"no breast manipulation"—was given to parents. At follow-up 1 month later, milk secretion had stopped, there was no sign of the previous breast hypertrophy, and estradiol and prolactin levels had returned to normal.

"Witch's milk," associated with larger than average breast nodules, is a common occurrence in neonates of either sex and may sometimes persist until 2 months of age.<sup>1,2</sup> Maternally transferred estrogens and secondary hyperprolactinemia are responsible for this physiologic phenomenon. Continuous manual expression can result in production of milk over several months.<sup>2,3</sup> Beliefs that "if milk is not repeatedly expressed, witches would suckle infant's breasts and leave their curse or mark" or "daily expression from 7 days to 7 weeks of life or until breasts dry ensures good shape of breasts at the age of marriage" result in this unhealthy practice still followed in many cultures across the world.<sup>4,5</sup> Management of this condition requires only "observation but no interference."

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**Figure.** Enlarged breast nodules with galactorrhea.

## REFERENCES

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