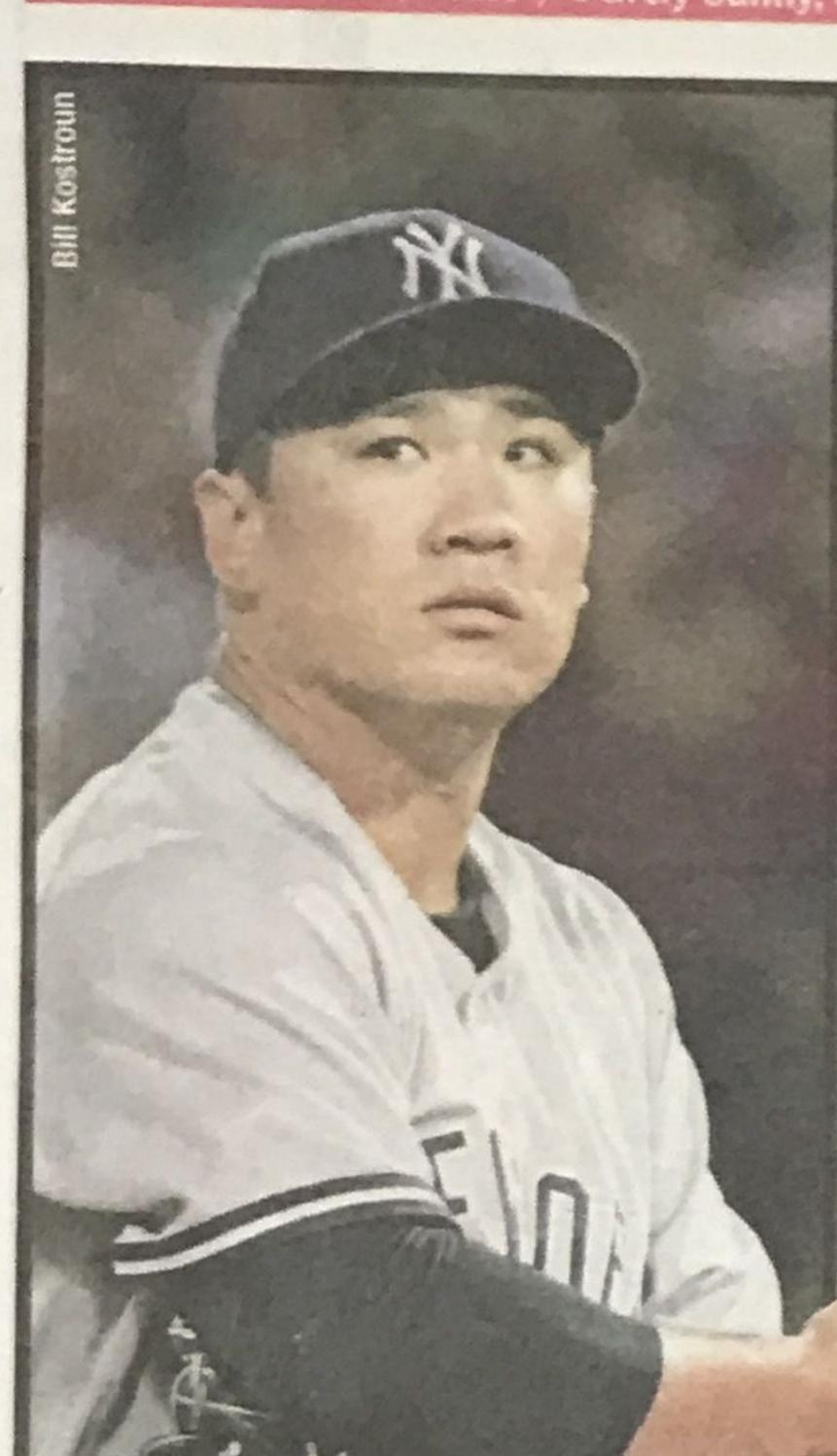


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Dead at age 89 PAGE 15





EXCLUSIVE: PAGES 4 & 5

Win and lose to Red Sox

Husband reveals torment of churchgoer after sex attack

Style& Beauty

niques to permanently remove fat and

breast tissue, with minimal scarring, Jacobs

says. The procedure usually takes less than

two hours and is performed under local

anaesthesia. Patients are required to wear

in a month.

with it.

a compression vest for two weeks

after, but the downtime

post-op is minimal: Most

men are back at their gym

Even so, it takes some

men more time than oth-

more, LI has been going

back and forth to an endo-

crinologist since he was 13

years old. "I couldn't wear

certain T-shirts," says the

aspiring cop. "You could

see it with everything."

ers to decide to go through

Joe Marciano, 21, of Bell-

Treasure chests

Why men with gynecomastia are shelling out big bucks to look better in their T-shirts The surgery uses liposuction-like tech-

By DOREE LEWAK

HEN Miguel Francisco looked into the mirror, the 31-year-old Washington Heights man didn't notice the narrow waist or chis-

eled abs that came from his long workouts.

All he saw were a couple of unmanly "t-ts."

And that wasn't the worst of it, Francisco tells The Post: He says that after he took anabolic steroids 10 years ago, "there was leakage coming out of my nipples."

Francisco, who works in medical billing, has gynecomastia, a condition in which an imbalance in the hormones estrogen and testosterone results in excess

Miguel Francisco was unhappy with his chest

until he had breast reduction surgery.

BEFORE

formed Marciano's surgery. "Guys get really worried about it psychologically," says the Manhattan doctor, who notes that, in the past five years, he's seen an uptick in millennial men opting for the surgery. "Their whole life is con-

In May, Dr. Emmanuel Asare per-

trolled by this," Asare says. "They can't take off their shirts. They're very conscious about their

chest — they think everyone's looking at them."

These days, Marciano doesn't mind the attention.

"There's a little tiny scar on the side and that's it," he says. "Everything healed in two weeks. I already went shopping for tighter shirts."

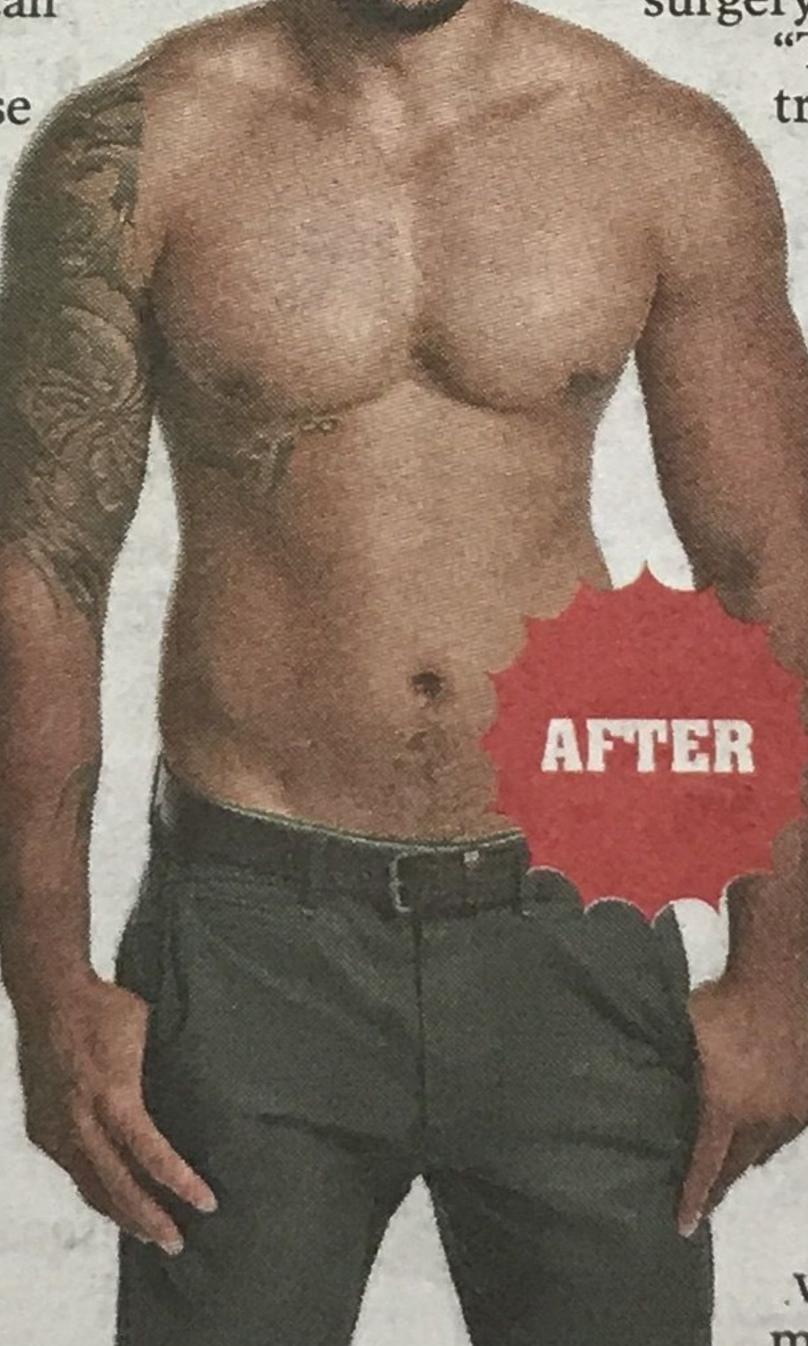
Francisco is also strutting his stuff. "I walk more confidently," he says. "I walk straight with my chest out. It's animal stuff. Girls look at that."

breast tissue. The surgery needed to fix it costs anywhere from \$3,500 to \$10,000, depending on the amount of tissue and other factors. Male breast reduction usually isn't covered by insurance, either, since it's generally a cosmetic issue. Nevertheless, the American

Society of Plastic Surgeons reports a 36 percent increase in men seeking breast reductions since 2000.

"There's a huge number [of men] who just think, 'Oh, it's fat, I can work it out," says Dr. Elliot Jacobs, the Upper East Side plastic surgeon who operated on Francisco in June 2016. "But it doesn't really change that much when you work out. When you put on muscle, it pushes [the tissue] out further."

Nor does weight loss help, either: "You can lose weight, but it's still there. And it almost looks worse because the body looks slimmer."



Anne Wermiel/NY Post