



### **Why Do We Wear Bras Anyway?**

Breasts consist of glands, fat and fibrous tissue. The glandular tissue can enlarge during times of hormonal fluctuations, such as puberty, pregnancy and even premenstrually, when the secretion of estrogen is increased. Fatty tissue will increase and decrease with weight changes. The breast tissue found just underneath the surface of the skin is very elastic and can change in size as the glands expand. However, Cooper's ligaments, which are the fibrous tissues that serve as an anchor and provide support, do not share this quality of elasticity. The elastic tissues can expand and contract, whereas Cooper's ligaments will stretch out and not get back to their original length.

With time, all this wear and tear on the breast tissue can lead to flattening of the breasts. Use of a bra can provide external support, taking pressure off of the Cooper's ligaments, which helps keep breasts from flattening.

Women with large breasts will benefit the most from wearing a properly fitted bra. A specialty lingerie shop is the best place to go for a proper fitting and specialized service. A well fit bra can alleviate such problems as back pain, neck or shoulder pain and headaches.

Active, athletic women should use a sports bra with a snug fit and firm support when exercising. High impact activities put extra stress on the fibrous, supportive breast tissue. Even low impact activity has an effect, as does gravity. Thus all breasts, regardless of size, require support and that support is best provided through a properly fit bra.