

## Breast Health Tips

Breast health isn't something to just think about during annual checkups – there are simple things that can be done year-round to help promote better breast health.

### 1. Eat Fresh Foods

Estrogen-like compounds can be found in packaging plastics, additives and canned foods and drinks. Eating fresh foods helps reduce this added compound in the body. High-fat diets can also encourage the body to produce too much estrogen.

### 2. Drink More Water

Many drinks – coffee, tea, soft drinks, wine and beer – contain chemicals called methylxanthines that trigger increased production of stress hormones. These hormones are linked to breast lumps and tenderness. Studies show that reducing or eliminating such drinks, and instead drinking more water, can diminish symptoms.

### 3. Give Yourself a Massage

Breasts benefit from “tissue mobilization” – a regular self-massage that can increase circulation and help break up fibrous tissue. Try 50-100 light circular motions in each direction over the breast tissue and gently rub over the entire breast and underarm area to circulate the lymph glands and restore the flow of energy.

### 4. Wear the Right Bra

Consistently wearing bras that don't fit well can interfere with cellular health in the breasts, causing soreness or pain and worsening symptoms of Fibrocystic Breast Condition (FBC). It's important to get measured and wear a bra that is snug to provide support, but is not too tight.

#### Bra Fitting Tips

- Sit down when you're trying on a bra. It helps determine whether the bra is pulling away from your body – which could indicate the need for a larger cup size.
- If your breasts are two different sizes, which is common, it's best to fit to the larger breast and then add appropriate padding to the other breast.
- If you fluctuate in weight, even as little as five pounds, you may need to get resized for a new bra. Having multiple sizes of bras in your drawer to wear at different times of the month is common.

#### Calculating Bra Size

- *Calculate band size:* You can use a tape measure to measure your underbust. Make sure the tape is parallel with the ground. If the measurement is an odd number, round up.
- *Calculate bust size:* Use the measuring tape to measure the fullest part of your bust, making sure to keep the tape measure parallel to the ground.
- *Determine cup size:* Cup size is determined by subtracting your band size from your bust size. If there is no difference, you are a AA, 1 inch difference is an A and so on.

