

FACT OR FICTION?



MAY YIP busts a few myths about breasts

FICTION

Drinking more milk will increase your cup size.

Milk provides calcium which is essential for healthy bones but has no effect on the size of your breasts.

FICTION

Women with small breasts are unable to breast-feed successfully.

Women with large breasts do not necessarily produce more milk than women with small breasts or vice versa.

Breast-feeding makes your breasts sag.

It depends. Breasts enlarge and the skin stretches during pregnancy and breast-feeding in the same way as the abdomen does when a woman is

pregnant.

Most of the time, the skin will contract back to normal size after breast-feeding stops just like the stretched abdominal skin contracts gradually after delivery. Sagging is due to loss of elasticity in the supportive tissues of the breast.

Breasts sag when women do not have adequate bra support, for example when they do vigorous sports like jog or play tennis, or when the breasts are large and heavy. Women who engage in sports should wear specially designed sports bras for the additional support.

Doing regular "breast-enhancing" exercises can give you bigger breasts.

Not entirely true. Some exercises strengthen and tone the chest muscles. Toned chest muscles in general improves the appearance of the upper body and hence the appearance of the bust.

FICTION

All skinny women have small breasts and bigger women have larger breasts.

Thin women can have large breasts. Most bigger-sized women may have larger breasts because of a general larger percentage of body fat.

FACT

Wearing a good bra regularly during puberty will result in more beautifully shaped breasts in adulthood.

It is important to wear a well-fitting bra from the onset of puberty. It gives adequate support and prevents excessive sagging in the future due to the additional weight.

FICTION

Only women can develop breast cancer.

One per cent of all breast cancers diagnosed yearly occur in men.

FICTION

Breasts can grow if massaged regularly.

There is no clinical evidence for this,

just as eating chicken breast meat won't make breasts bigger.

FICTION

Champagne glasses were modelled on Marie Antoinette's breasts. The indulgent queen of France was beheaded during the French Revolution.

Champagne was invented in the 17th century when a Benedictine monk discovered a way to trap carbon dioxide bubbles in wine. As for the glass, it was designed and made in England especially for champagne around 1663, according to snopes.com

FACT

The underwire of a bra can set off metal detectors at the airport.

An underwire bra may set off the alarm and require additional screening, according to the American Transportation Security Administration website.

Answers provided by Dr Tan Yah Yuen, consultant, KK Breast Unit, KK Women's and Children's Hospital.