

# HIGH FASHION

## M A G A Z I N E

### Sagging Breasts: The Causes and Solutions



Let's face it: Sagging breasts are a fact of life. It's not a fun conversation topic and certainly not a pleasant reality, but is ptosis of the breasts (the medical term) really gravity's fault?

We caught up with New York City plastic surgeon Dr. Stafford R. Broumand to get the low-down on how to lift our girlies up. In addition to explaining what contributes to the physical drooping, he touched on a new study that suggests bras may actually be hurting our efforts to fight the southern pull (what?!).

#### **So tell us, what causes breasts to sag?**

First at fault is your family tree, says Dr. Broumand. "It can be related to genetics, meaning the skin and tissue elasticity." Pregnancy is another a common culprit, because in addition to the extra weight that's put on in the bust area, "after breast-feeding, the gland can atrophy, leaving a deflated look," he says. Lastly, "with aging and loss of collagen, breast can sag," he adds.

#### **There's a lot of collagen boosting creams for our face — does the concept not translate to the bosom?**

"It does not translate to increasing collagen of the breast. The collagen that suspends the breast are called Coopers Ligaments or septa, which are deeper than the skin and surround the breast gland tissue."

READ: [How to Get More Bust From Your Bra](#)

#### **Can anything be done to prevent breasts from sagging?**

"There is no scientific evidence that preventative measures can be taken to avoid sagging breasts," says Dr. Broumand. Yet, "The French 'bra study' suggests that for young women, bras may potentiate sagging."

#### **Can you tell us more about this French 'bra study'?**

"A French sports science professor gathered data on hundreds of women who stopped wearing bras and found that they had a slight elevation of their nipple position and decreased back pain," he says. While the outcome may have some validity in the proper patient, Dr. Broumand notes, "Certainly more complete studies need to be done."

**What are your surgical options to fix sagging breasts?**

There are several choices to reverse drooping breasts, says Dr. Broumand: Fat grafting, breast implants, breast lift, or any combination of these three.

“**Fat grafting** uses your own fat from other areas of your body, then injects it to fill out any volume deficiency,” he explains.

“A **breast augmentation** uses implants to achieve a similar result by filling the skin envelope.” He notes that with this procedure, over time the implant will need to be replaced.

“A **breast lift** involves a small scar around the areola and/or sometimes a lollipop incision to lift the gland to tighten and tuck the skin.”

Of these three surgical procedures, “they’re all similar in scope to lift and fill the breast,” he adds.

*For more on Dr. Stafford R. Broumand, [click here](#).*