

Researcher: Toss that bra for a better shape

French group says bras could be to blame for sagging breasts

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BOSTON — A surprising new study that says if your back is aching and your breasts are sagging — your bra could be to blame.

A French researcher says that "bras are a false necessity" and they may make your breasts lose their buoyancy even faster.

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During 15 years, the research team followed 330 women and found that those who took off their bras for good experienced firmer, perkier breasts each year that they didn't wear a bra.

"Gravity pulls everything down. There's no way you can walk around day after day and not wear a bra and have your breasts feel up and perky," said Linda Becker, who owns a chain of bra stores.

But Dr. Stafford Broumand, a cosmetic surgeon, said there could be some legitimacy to the French findings.

"In younger women, it seems like it would work to help increase the elasticity and therefore decrease the sagging of the developing breast," Broumand said.

Broumand is quick to add that women who are breastfeeding or growing older may still benefit from bras.

"If you are having children and your breasts are large and you want to have the support, it could be helpful to wear a bra, and if you're aging and you want to have a better look to your décolletage, it could be helpful," Broumand said.