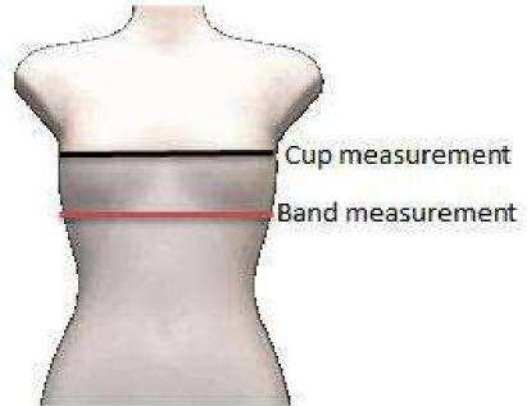


Bra Measurement

How to Correctly Measure Your Bra Size

Getting the correct bra measurement is very important for every woman, young or old. A well-fitting bra leads to good posture, while a poorly-fitting bra can lead to severe back and shoulder pain, as well as bad posture. Despite the simplicity of measuring for the correct bra size, millions of women in the United States alone are not wearing the right size bra. To get started, all you need is a measuring tape (the cloth or paper kind used in sewing).



1. Measure the circumference underneath your breasts. Round up to the nearest inch. This is your band size.

2. Measure the circumference of your breasts. Do NOT wear a bra while you do this. You want to be certain to measure your breasts at the largest spot, which may require bending forward slightly, if your breasts are larger than average.

3. Subtract your breast circumference from your band size. Each cup size equals an inch of this difference.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
A	B	C	D	E/DD	F/DDD	G	H	I	J	K	L	M	N	O

Notice that "E" cups are often sold as "DD" cups, and "F" cups are often sold as "DDD" cups.

Example 1: Sarah's band size measures 36 inches. Her breast circumference is 38 inches. The difference between the two is 2 inches, making her a "B" cup, a "36B" in bra size.

Example 2: Deborah's band size measures 32 inches. Her breast circumference is also 38 inches, just like Sarah. The difference is 6 inches, giving Deborah an "F" (sometimes sold as a "triple D") cup, a "32F" or "32DDD" bra size.



Examples of common bra extenders.

Be aware that bra size changes overtime. You should measure your bra size at least once a year. Additionally, bloating (particularly bloating associated with menstruation) can cause the band of your bra to feel tight. When bloated, use a bra extender.

If you find that you are a hard-to-find size, do not despair. You need not resort to finding the "closest fit" at your local department store. Simply do an online search using your bra size, such as "32F bra" or "42A bra," and many results will come up for online retailers offering brassieres in your size. Better yet, if you find you need a different size, they will readily exchange the bra(s) for you.

Wearing the correct size bra today will free you from a future of back problems.

Note: Some ladies find measuring themselves for a bra difficult. Don't be shy about asking your mother, sister, or best friend to help you.