

The Truth About:
Getting

Everything you need to know about your breasts.

very girl has 'em, yet breasts as a topic of discussion can seem like such a taboo subject. So, with the help of Elisabeth Squires, author of Boobs: A Guide to Your Girls, we answered all the breast questions you just had to get off your chest! "Boobs come in all different sizes and shapes — you've just really gotta love your own body for what it is," Elisabeth says.

Boob symmetry

l think one boob might be bigger than the other. Is that possible? — Julie, 15

Yes, your boobs could be different sizes, but everyone's are. "Not everyone has two symmetrical breasts," Elisabeth explains to us. "It's very rare that anyone has two body parts that are exactly the same." For some, those differences can be full cup sizes, but even that's still normal. "Breasts develop at different rates," she says.

Why are they sore?

Why are my breasts so tender before I start my period? — Amanda, 14

Thank your hormones for this one! "Basically, it's the rush of hormones in your system," Elisabeth tells us. "With all these body changes, the hormones are fluctuating constantly." So, how can you alleviate this tenderness? "Wear a good sports bra," she says. "Cotton won't chafe against skin."

Unwanted attention

l think guys only like me 'cause I have big boobs. How do I deal? — Caroline, 13

That's a really tough one," Elisabeth says. But blame it on immaturity, and realize these guys will grow out of it. "It's just what they do," she tells us. "They'll stare at a girl's boobs because they're not mature enough to be able to handle all of this excess flesh. You get attention when you're large-breasted, and sometimes it's unwanted."

Will they stay perky?

Does sleeping in a bra prevent boobs from sagging later? — Victoria, 13

Elisabeth recommends only sleeping in a bra if that is what is most comfortable for you. "A sports bra is the perfect bra to wear at night because it's not as delicate or fragile as one of your regular bras, but wearing one at night is not going to keep your boobs perky in years to come," she explains to us.

Confident at Every Size! The stars rock what mother nature gave 'em!





Rihanna isn't just the princess of pop, she's also the queen of push-up bras! She loves her mid-size cleavage.



Blake's Cup Size:

Blake knows when you have full C-cups like she does, it's important to have a good support bra.



Kim's Cup Size:

Even though all of her curves have been discussed publicly, Kim continues to embrace her body!

0005!

Boob exercises?

Can exercising make your boobs grow bigger? — Tara, 13

No, exercise can't make your boobs grow, but it can make your chest broader and change your bra size by developing muscle. Your boobs are all fat, tissue and a very fine little ligament called Cooper's Ligament, but certain exercises can strengthen the muscles behind your breasts, Elisabeth explains to us. "You can exercise your pec muscles and your back muscles to get them stronger, and your boobs may rest better on your chest. Push-ups are an easy exercise to develop both."

Boobs & Surgery

My breasts cause me the worst back pain. How can I fix it? — Jenn, 14

A quick fix is to buy bras with thicker straps and bigger cups to provide support and comfort. Reduction surgery is also an option, but the American Society of Plastic Surgeons doesn't recommend any major breast surgery (implants, as well) until your early '20s. "You don't get your full boob growth until your mid-20's," Elisabeth explains. "So, if you're top heavy and you have a reduction at 16, you might continue to grow and have to have more surgery later on."

Feeling different

l feel so weird that I got boobs way before my friends. Help! — Haley, 13

• Your friends that may not have developed yet probably feel just as "different" as you. "It's very, very typical," Elisabeth tells us. "Everybody has their own complaints about their size, and a lot of girls feel like they're not part of the norm just based on their breasts." Ask your friends how they're feeling about it, and you'll realize you're not alone.



straps Make sure the straps are properly adjusted. You should readjust straps on a daily basis as arm movement causes 'em to shift.

HOOKS Bras are made out of memory fabric and will stretch as you wear them. A new bra should feel best when using the loosest hook.

BAND Didja know the elastic band around your body is what actually lifts your boobs, not the straps? The band should feel secure on its own.

SIZING GUIDE

The measurement around your body underneath your boobs is the band size — 32 inches, etc. The difference between that size and the measurement around your boobs is what decides your cup size — A, B, etc.

Get professionally fitted — it's free!

Any store with a bra department will help you! You'll find styles you like and what fits you best.