

Bras still best defence against sagging breasts: Plastic surgeon

Did you know that our breasts age much faster than the rest of our body?

According to lingerie-maker Triumph, a study has shown that breast sagging in women can begin as early as age 25.

Based on the study, Triumph came up with a bust meter based on four grades, to symbolise the four different stages of natural breast ageing - from your 20s, 30s, 40s and 60s.

According to Dr Tan Ying Chien, Consultant Plastic Surgeon at The Sloane Clinic, a woman's best defence against sagging breasts is by wearing a well-fitted bra.

For women concerned that not wearing a bra to sleep may exacerbate sagging, Dr Tan puts those fears to rest: "There are some common misconceptions that sleeping without a bra causes breast sagging. Sleeping without a bra should not cause breasts to sag."

"It is definitely advisable for a female to wear a bra when she is up and about but not necessary when one is lying down. I will personally advise patients to sleep without one to take a break from prolonged pressure."

But Dr Tan says there are no scientifically-proven exercises at the moment that can help slow down the gravitational pull on your breasts.

Said Dr Tan: "Breast sagging is natural and inevitable. Breasts do not have muscles but instead fat, ligaments and breast tissue which means that when gravity knocks, the skin stretches and the breasts drop.

"On top of that, pregnancy, breastfeeding, ageing, weight gain or loss can cause breast changes.

