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| <b>Title of Leaflet</b> | Bra measurement  |                   |               |                    |               |
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Bra measurement

The perfect fit

One of the most common causes of breast pain and discomfort is due to an ill-fitting bra. A recent study showed that 8 out of 10 women wear the wrong size bra. This can lead to long term problems such as back, neck and shoulder pain. Many women experience grooves and chafing along the straps and underneath the breast. This is particularly common in large breasted women. Wearing the correct size bra is therefore essential. Research shows that the average cup size has increased from a B to a C cup.

Does my bra fit properly?

You may experience a change in bra size during your lifetime; some of the main contributing factors are most likely to be pregnancy, weight gain or weight loss, medication and hormonal changes.

The only way to make sure you are wearing the correct size is to be measured by a professional. If this is not possible, this leaflet gives you step by step guidance on how to measure yourself for a bra.

The following points may be helpful

- The bra you wear should be comfortable.
- It should enhance your shape and figure.
- There should be no bulges or skin folds over the cup.

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- The wires should sit firmly on the skin and the bra should not lift when you reach up.
- Make sure the bra is in the Centre and that both breasts are fully contained within the cup.
- Check that the back of the bra does not rub across the back.
- The cups should be parallel with the straps at the back. If it rides up you may need a bigger cup size, but a smaller band.
- A good bra will not only support your back and make you look slimmer, but it will also improve your posture.
- The breast should have a smooth silhouette; the easiest way to check this is to wear a T shirt when trying on a new bra. You will be able to check the outline of the breast for any bulges or creases.

### How do I measure myself for a bra?

#### Step One

To obtain the correct size bra measurement you need to measure the body directly under the breasts as shown in the diagram below. Please note that all measurements are quoted in **inches**.



Keep the tape snug under the breasts (1).

Using this measurement,  
add 4 if the measurement is an even number  
add 5 if it is an odd number.

#### Example

If your measurement is 28" add 4", resulting in a bra size of 32

If your measurement is 29" add 5", resulting in a bra size of 34

**After determining the bra size, the next step is to measure for cup size.**

#### Step Two

To determine the cup size, you need to measure over the fullest part of the breast (2), then subtract the bra size from the over bust measurement; the difference will indicate your cup size using the table shown below.

| Inches | cm   | Cup size |
|--------|------|----------|
| -0     | 0    | A        |
| -1     | 2.5  | B        |
| -2     | 5    | C        |
| -3     | 7.5  | D        |
| -4     | 10   | DD       |
| -5     | 12.5 | E        |

#### Example

If you measure 29" under bust, +5" gives you a bra size of 34, as above.

If the over bust is 36" then you take 34 away from 36, which is a 2" difference, giving you a bra/cup size of 34C.