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## “Wearing a bra doesn’t prevent sagging, it promotes it” – Huh?

Saturday, April 13, 2013

The source? Popular Science!

Now there’s a study I intend to refer to my daughter, the Civil Engineer. She studies “structures” all the time, although they’re usually bridges or storm drains.

I’m not usually speechless, but I have nothing to add to this remarkable discovery. Since:

- 1) One of the positives of being less well endowed is that sagging isn’t a big concern
- 2) I’m not a member of the group studied (18-35 year old French women)

So I’ll just leave anyone interested with the link to the full article

[www.popsci.com/science/article/2013-04/every-bra-you-ve-ever-encountered-has-been-complete-lie](http://www.popsci.com/science/article/2013-04/every-bra-you-ve-ever-encountered-has-been-complete-lie)

Within the article you will find this link also.

“Predictors of three-dimensional breast kinematics during bare-breasted running”

[www.ncbi.nlm.nih.gov/pubmed/22705551](http://www.ncbi.nlm.nih.gov/pubmed/22705551)

I would have loved to read the proposal for that research and how they planned to recruit test subjects.

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### Member Comments About This Blog Post



**WATERMELLEN**

The mind boggles (and that probably wasn't all that was er boggling!)  
2980 days ago



**PRETTYATHEIST**

I read in another article that the French scientist's study hasn't been published in a peer reviewed journal yet, and that his findings are still preliminary. This is an important point because his findings haven't been reviewed by other scientists or published scientifically. It's possible that if/once he submits his study for review, it won't be considered a worthy study.

That's not to say that he's wrong. It's just too early in the process for him to be out and about in the public sector making claims about what he's found. So at this point, I'm waiting to hear about publication in a scientific journal before paying much attention to his statements.  
2983 days ago

**POINDEXTRA**

"CONCLUSIONS: Bare-breasted kinematics significantly increased with cup size during running."

Gee, we don't need a scientific study to know that! I would NOT wanted to have been one of the braless G-cup women running on that treadmill - ouch! I sometimes see inadequately supported women running/jogging at the gym or in the neighborhood and it hurts to watch.

Being one who wasn't perky even as a teenager, I'll take all the structural help I can get! One of the best and most comfortable bras I've ever worn was my Mom's strapless "Whirlpool" Here's a link to a picture of it: [https://www.google.com/search?q=whirlpool+bra&hl=en&biw=1438&bih=677&tbm=isch&tbo=u&source=univ&a=X&ei=qBNqUYL2C1rB2wWEi4DABg&ved=0CDAQsAQ#imgrc=zsC5Md-xoF8JHM%3A%3BeevyAgbgZ6vroM%3Bhttp%253A%252F%252Fimg1.etsystatic.com%252F000%252F0%252F6225223%252Fil\\_fullxfull.293235365.jpg%3Bhttp%253A%252F%252Fwww.etsy.com%252Flisting%252F87915413%252F1950s-jantzen-whirlpool-bra-strapless%3B1500%3B1408](https://www.google.com/search?q=whirlpool+bra&hl=en&biw=1438&bih=677&tbm=isch&tbo=u&source=univ&a=X&ei=qBNqUYL2C1rB2wWEi4DABg&ved=0CDAQsAQ#imgrc=zsC5Md-xoF8JHM%3A%3BeevyAgbgZ6vroM%3Bhttp%253A%252F%252Fimg1.etsystatic.com%252F000%252F0%252F6225223%252Fil_fullxfull.293235365.jpg%3Bhttp%253A%252F%252Fwww.etsy.com%252Flisting%252F87915413%252F1950s-jantzen-whirlpool-bra-strapless%3B1500%3B1408).

The boning over the top was padded, and you can see that the cups were indeed sewn in a whirlpool pattern. No chance of a wardrobe malfunction with that bra! Ahh, the memories!  
2983 days ago

**DEBBY4576**

Read it too. Not enough to convince me. Haha. Guess the gals of the 60s had the right idea in burning their bras uh?  
2983 days ago

**SLENDERELLA61**

Bare-breasted running? Oh, I can't imagine it. Not wearing a bra under a shirt? Well, that doesn't sound so bad, especially if it helps the muscles. Maybe I'll try it out a little here at home. But after 50+ years of wearing bras, probably won't make much difference now. Oh, well. Thanks for some interesting information.  
2983 days ago

**CAKEMAKERMOM**

My 30 pounds of breasts don't see bras often enough to only hold a pencil underneath. If I wore a bra more often, then they'd be less perky? That sounds counter-intuitive.  
Yep, they're bouncy and no bra can keep them from bouncing.  
2983 days ago

**CELIAMINER**

Too late for me, too, ha haaaaa!  
2983 days ago

**JAHINTZY**

well that article gave a giggle... really, who wouldn't want to make an excuse to study boobs?  
Honestly the information provided there doesn't seem very outlandish or surprising to me, it would make sense to me that the status of your pectoral muscles and other supporting biological structures would have a much larger impact on the matter. I can't really speak to the helping or hurting back issues with or without a bra, considering mine just aren't that heavy and it's never been an issue for me. ::shrugs::  
2983 days ago

**AUSFAM**

OMG--I'd end up with two black eyes! Thanks for the laugh!! :)  
2984 days ago

**SUZYMOBILE**

Ladies, you MUST read the abstract. Where else could you read a conclusion like "Bare-breasted kinematics significantly increased with cup size during running. Differences in breast displacement, velocity, and acceleration between cup sizes could be predicted using estimates of breast mass based on conventional brassiere sizing"? In other words, the bigger they are, the

more they bounce!

Thanks for my laugh of the day, as well as for renewed gratitude at my own joyful bralessness.  
2984 days ago



**KARRENLYNN**

It always amazes me what we spend so much many and time studying!



Have a great weekend,



Karen

2984 days ago



**MISCHAKEO**

Interesting and surprising. Too late for me..  
2984 days ago



**DR1939**

Too late for me either way.  
2984 days ago



**CD13136117**

This is great news for me! I'm less-endowed, and prefer not wearing a bra when at home and not expecting any visitors. Thanks for sharing, and it would be even better if they studied a more mature group of women!!  
2984 days ago



**JOYNEW**

Interesting.... This strikes me like the studies that said eggs are horrible for you and then newer studies that said eggs are fine. It's always changing and contradicting the old tribal knowledge. .  
2984 days ago



**MOOSLADY**

I love the part about D cup breast weighing 15 to 23 pounds! No wonder I am at the top of my normal weight, I am a 34 DD. For me, bras make back pain worse, so I don't wear one if I am not leaving the yard. Like bluenose, I am in the 45-55 group but most of my sag arrived by 30 and my third child. Wonder how number of pregnancies and subsequent nursing effected the issue?  
2984 days ago



**SUNSET09**

I saw this very same thing on "Good Morning, America" and remember the days when I went braless. Who wants to hire a braless employee?!?!? Waering a bra is supposed to make the muscles weak by assisting them in not being strong on their own. It's too late for a lot of us however, the lady who owes a bra store stated you cannot deny gravity! It's gonna happen. It



always seem to be something!  
2984 days ago



**WILSONWR**

Who does such studies?? (especially the one on "three-dimensional breast kinematics during bare-breasted running") Sounds like a young college student...  
2984 days ago



**CD13545024**

I saw that too, my girls need the support...(BTW I had a breast reduction 5 years ago,best thing i ever did from DDD to C)  
2984 days ago



**GINIEMIE**

Okay, typing in the dark is not a good plan, I lost my response!

I find the breast studies curious.

Does anyone remember with me, back in the 60's when it was revolutionary to go bra-less and how liberating it felt? Of course I could only go bra-less, at that point, when we were at home. Mom would have been mortified if I went out in public and was not properly clad. I also had to go bra less when I had surgery on the growths on my back and shingles, but since I was a high school teacher I wore layers so as not to attract attention to my nipples (my supervisor was very adamant that the "ladies" be totally modest).

I'm a little old to go backwards and try to keep the girls perky, but I will not feel obscene if I want to hang out bra-less anymore, or go on the treadmill at home bra-less.

Thanks my friend even though I haven't figured out why MEN are doing the study?



2984 days ago





**CD12146214**

Alas I am not in the test group whatsoever! When they publish the study for the 45-55 running group, let me know!  
2984 days ago



**TORTOISE110**

You got my attention this morning. Your bra wearing friend... And shirt wearing as well!!!  
2984 days ago



**MAGGIEVAN**

Very interesting. Thanks for sharing. I would like to know the verdict of your daughter.  
2984 days ago



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