

Women's Health

Your Bra: A Health Risk?

(NAPSA)—Headaches, tingling in the arms, backache and poor posture—can these symptoms be caused by ill-fitting lingerie? Yes, say the experts.

Women's busts are bigger than ever, with the average size now 36C compared with 34B 10 years



More than 80 percent of women wear the wrong bra size.

ago (due to the contraceptive pill, poor diet and lack of exercise). However, research shows that most women wear bras that do not fit properly. Many wear bras that are too tight.

According to medical experts, women who wear the wrong size bra may be forced to adopt a posture that can cause back pain, reduce mobility and cause difficulty breathing.

Fortunately, getting the right size bra may be easier thanks to specialty bra makers. For example, Aviana® produces a line of bras that are specifically designed to accommodate the fit and fashion needs of full-figured women.

The company's meticulous study of body types and bra fittings has resulted in a line of products that feel custom made.

For more information, visit www.AvianaBras.com or call 1-800-741-0078.