

# Disadvantages of wearing a bra

[Science](#), [Biology](#)



Title: Disadvantages of wearing a bra Why do women wear bras? Is it to enhance the perceived shape of a woman's breast, minimize or enlarge her perceived breast size, restrain breast movement during an activity, or is it to overcome sagging? Most bras are designed to be form-fitting, to lift the breast of the chest wall if they sag and to retain their movement. All these are advantages of wearing a bra but it has its disadvantages that can even lead to health issues in the life of women today.

Wearing a bra can increase the process of sagging of the breast as well as give rise to many health issues. Sagging of the breast is one major concern in our society today. However, it is a natural, inevitable process that happens to all women at some point. The most notable sagging happens with the process called breast involution which occurs when the milk-making system inside the breast shrinks because it's not needed anymore, but breasts can start sagging a little at any age, because they do not have muscles in them.

They have ligaments and connective tissue. When gravity pulls the breasts down, those ligaments and the skin can stretch, and so the breast then sags. This depends on the elasticity of your skin and of your ligaments, as determined by your genes and diet, and also on normal aging processes. Obviously large breasts will sag easier since the gravity is pulling them down more.