

# Breast

We do not have to be men of an intellect to understand the significance of the breasts to women, as they are considered as the mark of prettiness, pleasant appearance, sexuality as well as physical fitness.

The breast is the upper ventral region of the torso of a primate, in left and right sides, containing the mammary gland which in a female can secrete milk used to feed infants. The Breast:

Each breast contains 14–18 lobes. The subcutaneous adipose tissue covering the lobes gives the breast its size and shape. Each lobe is composed of many lobules, at the ends of which are sacs where milk is produced in response to hormonal signals.

The breasts overlay the pectorals muscles and usually extend from the level of the second rib to the level of the sixth rib in the front of the human rib cage; thus, the breasts cover much of the chest area and the chest walls.

The weight of the breast vary among women, ranging from approximately 500 to 1,000 grams each; thus, a small-to-medium-sized breast weighs 500 grams or less; and a large breast weighs approximately 750 to 1,000 grams. In the course of a woman's life, her breasts will change size, shape and weight, because of the hormonal changes occurring in body.

## Functions

### Lactation

The primary function of the breasts (as mammary glands) is the feeding and the nourishing of an infant child with breast milk during the maternal lactation period. The round shape of the breast helps to limit the loss of maternal body heat, because milk production depends upon a higher-temperature environment for the proper milk-production function of the mammary gland tissues, the lactiferous ducts.

### Arousal

The stimulation of women's nipples promotes the production and release of oxytocin and prolactin. During the stimulation of the nipples, large amounts of oxytocin are released, which would normally prepare women's breasts

for breastfeeding. Besides creating maternal feelings, it also decreases a woman's anxiety and increases feelings of bonding and trust.

The release of oxytocin in a woman's body can lead to sexual arousal, with a resulting physiological response, including the erection of the nipples.

## **Problems**

The common breast problems include:

- a) Skin changes, such as dimpling or puckering
- b) Nipple discharge
- c) Darkening of the area around the nipple
- d) A nipple being drawn inward
- e) Breast sagging
- f) Breastfeeding mothers may experience breast lumps, which can be caused by a blocked milk duct
- g) Any painless lumps that won't go away
- h) Breast infection (mastitis)

## **Causes**

During the menstrual cycle, various hormones cause changes in breast tissue that can lead to pain or discomfort in some women. While breasts do not typically hurt, occasional breast pain is common.

There may be some pain during woman's cycles. Noncyclical pain can have many causes, including injury to the breast. Sometimes noncyclical pain can come from surrounding muscles or tissues rather than the breast itself. A woman's menstrual cycle causes hormone fluctuations in estrogen and progesterone. These two hormones can cause a woman's breasts to feel swollen, lumpy and sometimes painful. This pain gets worse as they get older due to increased sensitivity to hormones, as a woman ages. Sometimes, women who experience menstrual-related pain won't have the pain after menopause.

You can experience breast pain while breastfeeding for a number of reasons. These include mastitis, engorgement, improper latch etc..

Breast pain can have other causes, including diet, breast size, breast surgery, medications and smoking.

## **Symptoms**

Symptoms of breast problems include:

- aches and pains
- fever, feeling shivery like flu
- painful pink or red area on the breast
- tenderness
- discharge from nipples without any known reasons

# Breast Cleanse

Both men and women develop breasts from the same embryological tissues. However, at puberty, female sex hormones, mainly estrogen, promote breast development which does not occur in men due to the higher amount of testosterone. As a result, women's breasts become far more prominent than those of men. In this cleanse we will basically deal with a woman's breast as it has far greater significance than a man's breast.

There are natural products out there that don't contain dangerous hormones and offer a clinically proven way to get larger breasts. Externally applied creams work by increasing the amount of estrogen in your body, the hormone responsible for depositing stored fat to the right areas of your body, including the breasts.

Regular massage helps to keep breasts in finer condition. Regular breast massage will assist to build up breast. If women's don't have enough time and would like to have better outcome from massaging on daily basis, they can even try doing massage in cold shower while taking bath. It is because cold water stimulates faster blood circulation and maintains the health of skin in terms of softness and firmness.

There are a number of breast massage techniques you can do, but the Chi breast massage is one of the most popular and effective breast massage techniques around for breast growth.

## Chi Breast massage

### Procedure

1. Place hand over your breasts.
2. Spread your fingers out a little and apply the slightest bit of pressure on the fingertips. These are the chi points.
3. Move breast in circular rotations inward. You would start by moving the breasts towards each other, like you are trying to create cleavage. Then down

and out (away from each other), then up and back towards each other again. That would be one full rotation.

4. Do 360 inward rotations 1-2 times per day.

### **Regular breast massage**

1. Put your hand in your armpit and push inward and upward. Go deep into the armpit. Pump upward and release. Do this 10-20 times.
2. Grab your entire breast and move it upward toward the armpit. If your breasts are large, this may take more than one hand position. Do this 10 times. Grab your breast and pump directly inward toward the chest wall. Do this five times.
3. Holding your breast stable, pump the upper inner quadrant of your breast up toward your neck. Do this five times.
4. You can do the pumping more than the recommended number of times if you like.

### **Some other breast enhancing techniques**

#### **Hot compresses**

Run hot water over face towels and place them on your breast for a few minutes. Re-warm when necessary. A heating pad will hold the heat longer, as will a homemade rice bag. To construct a rice bag, fill a clean, thick sock with a cup of uncooked rice, close the opening with a knot and place in the microwave for 30 seconds or so and place on your breasts.

#### **Ice compresses**

Ice packs may be a bit of a shock to delicate breasts, but a cold compress can give breasts some relief from tenderness and inflammation. To make this soothing remedy, fill a plastic, reclosable bag with crushed ice and wrap in a towel. Lie down and place on the breast(s) for 10 minutes.

Note: Some women find alternating heat and cold, applying heat first for 30 minutes then cold for 10 minutes, helps minimising the pain and getting a tender firm, raised and fuller breast.

### **Exercise regularly**

Research has shown that exercising four or more hours a week can help prevent sagging and improve the look of your breasts. While you may think that chest exercises are just for men, working out the pectoral muscles through exercises such as push-ups and bench presses is great for improving the firmness and shape of your breasts.

### **Wear proper fitting bra**

One of the most common reasons for sagging breasts is an ill-fitted bra. It is very crucial to pick a correct size bra, as it keeps the breast in shape and enhances your overall appearance. While trying on a bra, make sure that your breasts are not bouncy or spilling out. When the straps become loose, either tighten them or replace the brassiere. If you are not aware about your proper bra size, have your size properly measured by following methods.

### **Measuring the bra size**

Start where the breast starts at (near the side/armpit) and measure all the way across the fullest part of the breast, i.e. the nipple. If the ribcage measurement is an odd number, add 5" to get the band width. Example: 29" ribcage + 5" = 34" band. If your ribcage measurement is an even number, add 4" to get your band width. Example: 28" ribcage + 4" = 32" band.

### **Breast augmentation/enlargement surgery**

Three general types of breast augmentation surgeries are currently available, but before going for a surgery, one must know about the enhancement level desired. A rice test is a near to perfect test to know the same.

The 'Rice Test' is a 'do it yourself' sizing method. It is not 100% accurate, but it's pretty close. This test is primarily used to gauge the extent of enhancement desired by a woman. A small thin plastic bag of rounded shape is filled with rice and placed under a bra that the woman is wearing. The contours of the breast that are achieved

after placing these bags are indicative of the size achieved through breast enhancement surgery. The conversions below are a general indicator of the increase indicated by the 'rice test'.

1/8 cup	30 cc	A Cup
1/4 cup	59 cc	B Cup
1/3 cup	78 cc	
1/2 cup	118 cc	C Cup
2/3 cup	156 cc	
3/4 cup	177 cc	D Cup
1 cup	236 cc	

## **Breast Implants**

### **Saline**

Saline breast implants are filled with sterile salt water. Should the implant shell leak, a saline implant will collapse and the saline will be absorbed and naturally expelled by the body.

## **Silicone**

Silicone breast implants are filled with silicone gel. The gel feels a bit more like natural breast tissue. If the implant leaks, the gel may remain within the implant shell or may escape into the breast implant pocket. A leaking implant filled with silicone gel will not collapse.

## **Implants– Shape, Projection and Texture**

### **Texture**

The external surface of all breast implants is available in either smooth or textured varieties. Textured implants are rough, similar to sandpaper. They have an increased risk of rippling, have a higher deflation rate and are firmer than smooth implants. They are also more expensive. Most breast cosmetic surgeons favour smooth implants.

### **Shape**

Both saline and silicone breast implants are available in two basic shapes: round and tear drop. Round implants are shaped like jelly donuts. They are not affected by rotation and cost less than teardrop implants. Teardrop implants are shaped more like the breast. The teardrop implant may rotate, creating a distorted breast shape. It also requires a textured surface to prevent rotation.

### **Projection**

Each shape is available in three different profiles or degrees of forward projection from the chest: low profile (moderate), medium profile (moderate plus) and high profile. With a high profile implant, the liquid volume is the same as a standard implant, but its diameter (footprint) is narrower and the projection (the amount it protrudes out and away from your body) is greater.

Most women are better candidates for standard implants. If the diameter of the implant size (standard implant) selected is about the same as or smaller than the measured breast diameter, then a standard implant is the best choice. If the diameter of the desired breast implant size is larger than the breast diameter, then a high profile breast implant is best.



## **Breast augmentation Surgery**

### **Procedure**

1. Breast augmentation with saline or silicone implants is performed through skin incisions placed either under the breast (inframammary), within the areola (transareolar or periareolar) or within the armpit (axillary). Saline breast implants may also be placed through an navel incision (transumbilical breast augmentation or TUBA).
2. The space in which the breast implant is placed is known as the surgical pocket. The implants may be placed in a surgical pocket either under the chest muscles (sub pectoral) or over the chest muscles (sub glandular). With the exception of trans umbilical breast augmentation, a third surgical pocket is available over the chest muscles, but under the fascia which covers the muscles – the subfascial plane.

### **Risks**

Breast augmentation surgery risks include:

- Anaesthesia risks
- Bleeding
- Infection
- Changes in nipple or breast sensation
- Poor scarring of skin
- Wrong or faulty position of the implant
- Implant leakage or rupture
- The formation of tight scar tissue around the implant (capsular contracture)
- Fluid accumulation (seroma)
- Wrinkling of the skin over the implant
- Pain, which may persist
- Possibility of revisional surgery

## **Frequently Asked Questions**

Q: Does breast enlargement depends on genes. My mother was also having small breast. There was no increase during her first pregnancy, but after delivery her breast size increased by almost two cup size, due to greater milk production. Whether there is any possibility that same will happen with me? And if this does not take place, what exercises and herbs etc. can I take after delivery to stimulate breast size.

A: Yes, genes do determine the size of the breast. Since, you have a genetic predisposition; it is quite likely, that what happened in your mother's case, may happen in yours. There is no need for you to be alarmed. The amount of milk produced does not depend on the breast size. Milk production takes place irrespective of their size.

Q: What are the limitations of breast enlargement with implants?

A: Breast augmentation with implants will not improve nipple asymmetry, move your breasts closer together, lift droopy breasts or remove stretch marks.