



SULLIVAN CENTER FOR BREAST HEALTH

5255 LOUGHBORO ROAD NW
WASHINGTON, DC 20016
202-537-4545

Bra Fitting

A properly fitting bra is helpful in preventing some types of breast pain. You can determine your correct bra size by carefully measuring and using the following criteria for a well-fitting bra.

Determine Body Size:

Measure either way with bra on.

1. Measure rib cage under breasts and add five inches.
2. Measure chest above breast just under arms.

Cup Size:

Measure gently around high point of bust with bra on to determine cup size and compare with body size.

Same measurement	=	AA
Plus 1 inch	=	A
Plus 2 inches	=	B
Plus 3 inches	=	C
Plus 4 inches	=	D

Assessment for Fit of Bra:

- Shoulder straps should not dig into skin.
- Fits close to breastbone in center.
- All breast tissue fits into cup.
- Cup of bra does not wrinkle.
- Bra does not ride up in back.
- Can comfortably slip a finger beneath the band under the cups of the bra.
- Breast height is midway between shoulders and elbow.



Of everything you do for them, this could be the best.
**SCREENING MAMMOGRAMS,
NO PRESCRIPTION NEEDED.**

Fashion statements are great, but the most important thing you can do for your breasts is a mammogram. No one makes it easier than Sibley's Sullivan Breast Center. Just call for an appointment and come in—no referrals or prescriptions needed, just your doctor's name. We use only digital mammography, the most precise, state-of-the-art technology. And we're the only program with two full-time dedicated breast radiologists who read every image—a fact proven to aid in early detection that's so crucial to successful outcomes.

Schedule your screening mammogram today at 202-537-4545
Learn more at Sibley.org/breast



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