

Bra Sizing and Fitting

Resource for custom made bras:

Decent Exposures - Lake City Way, Seattle, WA : DecentExposures.com

I have been here and Pat is amazing AND affordable!! Sizing by appointment only.

Disclaimer: these suggestions are compiled to fit a more comfortable bra. They do not take ego into account. Like dress sizes, bra sizes are highly variable. After letter D, it's anybody's guess.

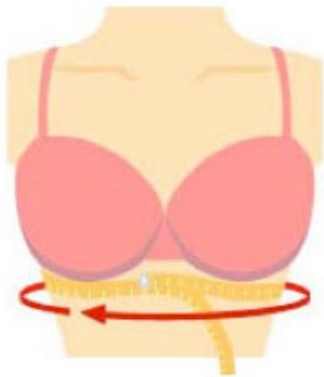
1- if your breasts change size significantly during your menstrual cycle, it is best to be measured when they (typically toward the end of your cycle, around day 21)

2- measure around your rib cage just below your breasts. If it is an odd number, round up to the next even number. Depending on the manufacturer, this measurement will represent your band size, or you will need to add 2 inches to get the correct band size.

2a- you should be able to comfortably get 2 fingers between the bra and your ribs.

2b- you should NOT have deep red marks around your ribs after wearing your bra for a few hours.

2c- consider fitting it on the last latch of the bra, so you are able to tighten it as the elastic loosens.



3- measure around the widest portion of your breasts. Subtract the band size from this number to judge the cup size.

3a- there are different "styles" of cups, such as demi cup vs full cup. This can account for the width vs depth of the breast.

3b- you should not spill over the front OR sides of the bra.

3c- the cup should reach back under you armpit. Yes, your breast tissue goes around that far.

4- adjust the straps properly so the band rests parallel to the floor and does not ride up your back. Wider straps are better for larger breasts.

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Cup Size Table:

If The Difference Is:	Your Standard US Cup Size Is:	Your UK Cup Size Is:	Your European Cup Size Is:	Your French Cup Size Is:	Your Italian Cup Size Is:	Your Australian Cup Size Is:	Your Japanese Cup Size Is:	Your *Universal Cup Size™ Is:
0" to 1/2" 0 - 1.3cm	AA	AA	AA	AA	-	-	A	
1/2"- 1" 1.3 - 2.6 cm	A	A	A	A	A	A	B	
2" 5.1 cm	B	B	B	B	B	B	C	
3" 7.6 cm	C	C	C	C	C	C	D	
4" 10.2 cm	D	D	D	D	D	D	E	D1
5" 12.7 cm	DD* or E*	DD	E	E	DD	DD	F	D2
6" 15.2 cm	DDD* or F*	E	F	F	E	E	G	D3
7" 17.8 cm	G*	F	G	G	F	F	H	D4
8" 20.3 cm	H*	FF	H	H	FF	FF	I	D5
9" 22.9 cm	I*	G	J	J	G	G	J	D6
10" 25.4 cm	J*	GG	K	K	GG	GG	K	D7
11" 27.9 cm	K*	H	L	L	H	H	L	D8
12" 30.5 cm	L*	HH	M	M	HH	H	M	D9
13" 35.5 cm	M*	J	N	N	J	J	N	D10
14" 38.1 cm	N*	JJ	O	O	JJ	JJ	O	D11
15" 40.6 cm	O*	K	P	P	K	K	P	D12

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References

DecentExposures.com sells custom-made bras

Her Room has this table and a bra fitting video

<http://www.herroom.com/bra-fitting-center,954,30.html>

Wacoal "study" 2004 - 80% of 750 women measured are wearing the wrong bra size

<http://www.quixotegroup.com/clients/documents/newfitstudypressreleasefinal.pdf>

NIH says exercise, eat healthy, reduce caffeine and chocolate, wear bras day and night (really?), and take hormone prescriptions. At least they are encouraging breast self-exams.

<http://www.nlm.nih.gov/medlineplus/ency/article/003153.htm>