

BREASTS

WHAT YOU NEED TO KNOW

Understanding your breasts and how they change while you mature is important. Girls normally start to develop breasts between the ages of 7 and 13, and breast size and shape can change throughout your life, with many women noticing changes in line with their menstrual cycles.

In order to maintain good breast health, it is important that you regularly examine your breasts and seek the advice of a medical professional if you have any concerns.

Breasts can be unique in shape and size. You may find that each of your breasts are slightly different so it's important to know them well.



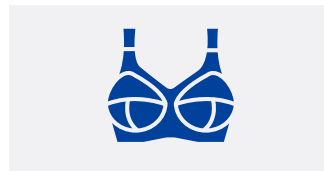
CHOOSING THE RIGHT SPORTS BRA

Poor bra choices can lead to breast injuries, so it is important to ensure that you have a **properly fitting sport bra**.



1. COMPRESSION

These bras have **little or no structure** inside them. They compress breast tissue towards the chest.



2. ENCAPSULATION

This bra type has defined cups which surround each breast **separately** to reduce breast movement.

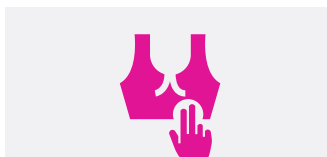


3. COMBINATION

These bras offer a **good mix** of compression (minimising movement) and encapsulation (supporting breasts separately).

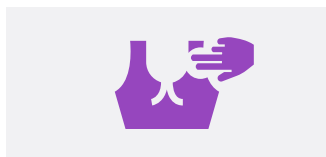
FITTING A SPORTS BRA

Here are **four simple steps** to fitting a sports bra.



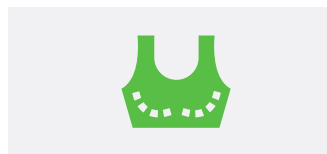
STEP 1 - UNDERBAND

The underband is what **provides support**, it shouldn't ride up and you should be able to fit two fingers under the band easily.



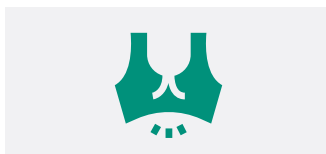
STEP 2 - STRAPS

Use two fingers to make sure the straps fit comfortably. It's normal for strap **lengths to differ** due to differences in breast size.



STEP 3 - CUPS

Wearing sports bras with cups that are too small can cause discomfort. Aim for the bra to **fit snugly**.



STEP 4 - CENTRE

Check the centre front of the bra to make sure it's not **lifting away** from the chest wall - if it is, the cups are too small.

WHAT TO LOOK OUT FOR IN A SPORTS BRA



Rugby is high impact activity so you should opt for a high support sports bra. A **combination bra** is likely the best option as it offers the most stretch, support and structure.

WHAT CAN I DO?



Look for a high support **combination** sports bra with moulded cups on the inside.



Go for a bra with a **fastener** on the back so it's easy to remove, avoid front or side fastening bras.



High necklines offer the most support.



Wide padded straps can alleviate pressure from the shoulders.



Racerback straps are the most popular design for rugby as they don't slip off.



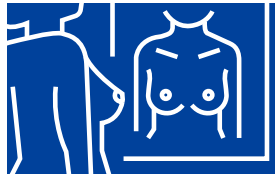
Avoid under-wired bras so that you don't injure yourself or others.

HOW TO BE BREAST AWARE

Being 'Breast Aware' is crucial for maintaining breast health. Over time, your breasts will change naturally. By regularly checking your breasts, you can keep track of these changes and identify any potential issues early. If you have any concerns about your breast health always **consult a medical professional**.

HOW TO PERFORM A BREAST EXAM

Regular self-breast exams can help you to detect breast changes.



Look at your breasts in a **mirror** with arms by your side and then with your arms raised.



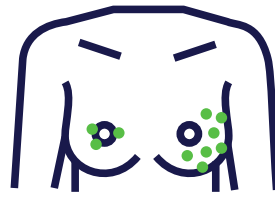
While lying down feel your breasts using **circular motions** and covering the entire area of the breast.



Feel your breasts **standing up**. Use your right hand to examine your left breast, then vice versa.

CHANGES TO LOOK AND FEEL FOR

Breast cancer affects women disproportionately, so you need to ensure that you regularly screen. If you experience any of the following symptoms or have any concerns about your breast health you should **consult a medical professional**.



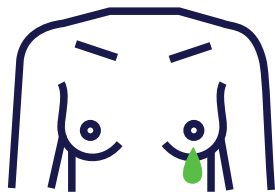
A **rash** on the breasts or nipples.



A **swelling** in your armpit or around your collar bone.



A sudden change in **size** or **shape**.



Discharge (liquid) from one or both of your nipples.



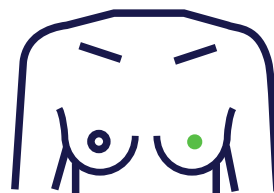
A **lump** that feels different to usual.



Constant unusual pain in your breast or your armpit.



Skin texture changing **puckering** or **dimpling**, a bit like orange peel.



Your nipple suddenly becoming **inverted** (pulled in) or changing **direction**.

WHAT CAN I DO?



- Regularly check for changes** and familiarise yourself with how your breasts **normally** look and feel.
- Understand **what is normal at different phases** of your menstrual cycle.
- Be aware that **breast lumps do not always indicate cancer** but may be related to non-cancerous conditions.
- Do not try** to self-diagnose the cause of breast lumps but consult a **healthcare professional** if any concerns arise.



For further information please refer to the WHO site or scan the QR code: [who.int/news-room/fact-sheets/detail/breast-cancer](https://www.who.int/news-room/fact-sheets/detail/breast-cancer)



Find out more at world.rugby/womens-health



PLAYER WELFARE RESOURCE | BREASTS

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