

8<sup>th</sup> World Congress on

# BREAST CANCER & THERAPIES

July 16-17, 2018 Melbourne, Australia

## Dressed to kill: The link between breast cancer and bras

Sydney Ross Singer

Institute for the Study of Culturogenic Disease, USA

**Statement of Problem:** Breast cancer is a predominately a culturogenic, or culture-caused, disease, related to lifestyle, exposure to environmental carcinogens and the cultural conditioning of women to have certain attitudes and behaviors towards their breasts. While lifestyle is considered a major factor in the etiology of this disease, the most obvious lifestyle factor affecting the breasts has been largely ignored, namely, the wearing of tight bras for long hours daily. Research into the hazards of wearing bras has been resisted for cultural reasons. The purpose of our 1991-93 US bra and breast cancer study was to be the first direct study of this issue.

**Methodology & Theoretical Orientation:** Bras are designed to alter breast shape and they accomplish this by applying constant pressure, which may impair lymphatic drainage. This could result in chronic, mild lymphedema, resulting in breast pain and cysts. This also may prevent the lymphatics from effectively cleansing the breasts of endogenous and exogenous toxins and impair immune function. We designed a questionnaire to determine whether women who had breast cancer (2056) and who did not have breast cancer (2674) had different bra wearing behaviors.

**Findings:** The tighter and longer the bra was worn the higher the breast cancer incidence rose, to over 100 times higher for a 24/7 bra user compared to bra-free.

**Conclusion & Significance:** While this test was preliminary, it did support the need for further research and numerous other studies have consequently been conducted internationally which support the bra-cancer link. There have also been new bra designs inspired by our research with the intent of reducing lymphatic constriction. There is still industry resistance to this information; however women should be informed about this easy way to prevent a large percentage of cases of breast pain, cysts and cancer.

sydsinger@gmail.com