



Sister Lilian Report Seamless Maternity Bra

Sister Lilian, leading pregnancy and parenting advisor and author, writes about breast changes in pregnancy and the therapeutic use of the seamless maternity bra:

As every expectant mom knows, a woman's breasts undergo vast changes during pregnancy. Supportive, correctly-sized bras are of paramount importance, for cosmetic and comfort reasons.

Breast tissue is a specialised combination of mammary gland tissue, fatty tissue, ligaments and an underlying layer of chest muscle. During her reproductive years, a woman's breasts are subject to hormonal changes, which often lead to a feeling of fullness, stretching of tissue and varying degrees of discomfort. These symptoms are mostly heightened in pregnancy, particularly due to the increased progesterone production which softens the ligaments that help support breasts. Mammary gland tissue develops hormonally too, leading to an increase in size, compounding the problem of maintaining perkiness and support of an expectant mom's heavier breasts. Fatty tissue in the breasts also increases in pregnancy.

Tenderness in the early weeks of pregnancy is common but mostly this uncomfortable symptom settles by the end of the first trimester into no more than a feeling of fullness. Some women do experience tenderness throughout the forty weeks though, without there being anything to be concerned about.

For breasts that feel heavy, full or uncomfortable at any stage in pregnancy, the Carriwell seamless maternity bra provides an excellent solution. Innovative use of ribbed fabric where stretching and firm, yet gentle control is required, for instance under, between and above the breasts, adds to the advantages of this garment. The chest band ensures a snug yet comfortable fit and a single upper band that allows for greater stretch close to the under-swell of the breasts. This unique Carriwell design keeps the chest band from curling uncomfortably and unattractively. The straps are comfortably broad to prevent discomfort while looking modern. A firmer central back panel lends support to the upper spine, which must help carry heavier breasts in pregnancy.

A woman's breasts might seem a little different in size, one from the other, in pregnancy. That is true in the non-pregnant state too – in fact, the two sides of the human body are not symmetrical! Carriwell's maternity bra makes provision for this too, as the special microfibres stretch exactly as required. Wearing the correct bra, choosing superior fabric and regular use helps ensure less tissue stretching. Carriwell's maternity bra enables an expectant woman to continue with all the exercise activity she prefers, with no concerns about the effects this will have on breast elasticity. Sensible exercise will complement the supportive effect of the maternity bra, to help preserve breast tissue tone.

The weight of breasts increases by up to 450g in pregnancy – quite a lot, actually! Many women appreciate these generous curves while some are quite distressed by this phenomenon. This occurs as Mother Nature develops the mammary glands for breastfeeding, although fatty tissue also increases.

Every expectant mom wishes to preserve her sense of feminine attraction and well-being. Wearing underwear that flatters her shape, accentuates her womanly curves and makes a fashion statement, helps achieve this. Carriwell's seamless maternity bra, while designed to have significant therapeutic value, fulfils all these requirements perfectly. It can even be worn as a tank top, on its own or under a loose, open blouse.

Make sure to use Carriwell's easy guidelines for choosing the correct size bra, both in pregnancy and while breastfeeding your baby.