

TO SCREEN OR NOT TO SCREEN?

Last November, women were both outraged and confused when the U.S. Preventive Services Task Force (USPSTF) opposed routine mammograms for women age 40 to 49 and recommended biennial (rather than annual) screenings after age 50. Because early detection is known to increase survival rates by 17 to 30 percent, many specialists still believe it's the best practice. "We know screenings save lives," says Carol H. Lee, M.D., chair of the Breast Imaging Commission of the American College of Radiology. However, fewer

women, including those at risk, may be getting screened as a result of the USPSTF recommendations. "Women are so busy. They're looking for any reason to put off their mammograms," says Marissa Weiss, M.D., oncologist and founder of BreastCancer.org, which recommends annual screenings after age 40. Since the public uproar, USPSTF has amended its recommendations, saying that the decision to have a mammogram between age 40 and 49 is "an individual one." Still confused? Discuss routine screenings with your physician.

—Heather Chin



change
is good

IF YOU'VE TAKEN OFF a few pounds (or more), you may notice that your breast size has changed as well. But just how much depends on your genetic makeup and body composition—specifically, your ratio of glandular breast tissue to fatty tissue—which varies from woman to woman.

WHY DID I SHRINK? "It's the fatty tissue that increases or decreases with weight changes. Women with a large percentage of fatty tissue report that their breasts show shrinkage first when they lose weight," says Angelo Cuzalina, M.D., the president-elect of the American Board of Cosmetic Surgery. "But the glandular tissue remains the same no matter how much weight you gain or lose." In addition, women's breasts shrink as they approach menopause because they lose glandular tissue and have a larger percentage of fatty tissue.

WHY DIDN'T I SHRINK? Younger women are more likely to maintain a stable breast size after weight loss. "They have dense, firm breasts with very little fat," says Dr. Cuzalina.



For tips on preventing and treating breast cancer, go to weightwatchers.com/breasts.

1977 Victoria's Secret opens its first store, in Stanford, California.



1990 Madonna brings back the cone-shaped bra during her Blond Ambition tour. Her version of the bullet bra is designed by Jean Paul Gaultier.

2004 Janet Jackson's breast is exposed for nine sixteenths of a second during her duet with Justin Timberlake at the Super Bowl halftime show. The glimpse is attributed to a "wardrobe malfunction."



2010 ABC and Fox Broadcasting balk at running a prime-time ad for Cacique, Lane Bryant's new line of lingerie for full-figured women. "We were confused and incensed," says Lane Bryant president Brian Woolf, "because the networks were running sexy ads for Victoria's Secret during the very time slots we wanted."