

your body

They are sexy as hell but also can be hell on your bod.

BREAST CHECK

Large-Breast Dilemmas

A supersize rack isn't always so enviable. Here, the downside and how to deal.

You're prone to rashes underneath and between breasts. Anytime skin rubs against skin, as often happens when a large-breasted woman goes braless or does not have proper support, it creates a

humid environment where fungal rashes can begin to grow and thrive. Make sure your bra lifts your breasts away from underlying skin and separates them so one doesn't rub against the other.

Your spine, neck, and shoulders can get achy. C- and D-cup breasts can weigh a couple of pounds each, and carrying all that weight in front causes pain along your back.

Balance your body by wearing bras with wide straps plus cups that hold breasts close.

Working out and playing sports can be painful.

Always wear a sports bra with molded cups, cushion straps, and a wide back clasp. These keep the breasts positioned high on your chest, minimizing bouncing and jiggling.

SOURCE: LAURIE A. CASAS, MD, ASSOCIATE PROFESSOR OF SURGERY AT FEINBERG SCHOOL OF MEDICINE, NORTHWESTERN UNIVERSITY