

# SEXtalk)))

Answers to Your Questions about Sex and Relationships

Have a ??? Email [sextalk@u.arizona.edu](mailto:sextalk@u.arizona.edu)

## factoid

**When asked if they'd ever consider having an operation to enlarge their breast size, 89% of college women said "No"**  
(Details Magazine, 1997)

- Q. I'm 21 years old and my breasts are very flat -- not even a half A cup size. I have noticed there are several products that say they can enlarge breast size, for instance "Bloussant." Do you recommend any of those pills? Although all of them say it is safe to use, I still wonder if they will have any negative side effects such as increased risk of breast cancer, or increases in unwanted body fat.**
- A.** After presenting your question to two nutrition experts at the UA, Gale Begeman, RD and Lynne Smiley, Ph.D., our conclusion is -- "what sounds too good to be true, probably is." A woman's breasts are made up of mammary (or milk) glands and fatty tissue. Genetic differences in the amount of fatty tissue that surrounds the glands accounts for variations in breast size. The only true "all-natural" way to enlarge breast size is through weight gain, pregnancy or nursing (although the latter two are often only temporary).

"Bloussant" and its competitors advertise their pills as all-natural, non-surgical solutions to breast enhancement. Their selling point is that the products use estrogen-like herbal compounds (estrogen is a hormone that influences development of female physical sex characteristics). While their ingredients list several plants that have estrogenic compounds, none have been proven to have estrogenic effects (i.e. breast enlargement capabilities). Regarding safety, none of the ingredients have been linked to harmful, long-term consequences such as cancer, nor have they been linked to weight gain. However, as with all dietary supplements, there is the possibility of adverse side effects such as stomach irritation or shakiness. If you experience any negative side effects, stop taking the pills.

It is clear that you are concerned about the appearance of your breasts. Not surprisingly, living in a culture that places so much emphasis on voluptuous bustlines has caused many women dissatisfaction with their own breast size. Ask yourself these questions: "Does my appearance keep me from being successful?" "If my breast size changed, how would my life be improved?" "Is worrying about my breast size interfering with my life?" Before investing in herbal supplements or cosmetic implants, it may be helpful to talk these issues over with your doctor or a counselor at the Campus Health Service.

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