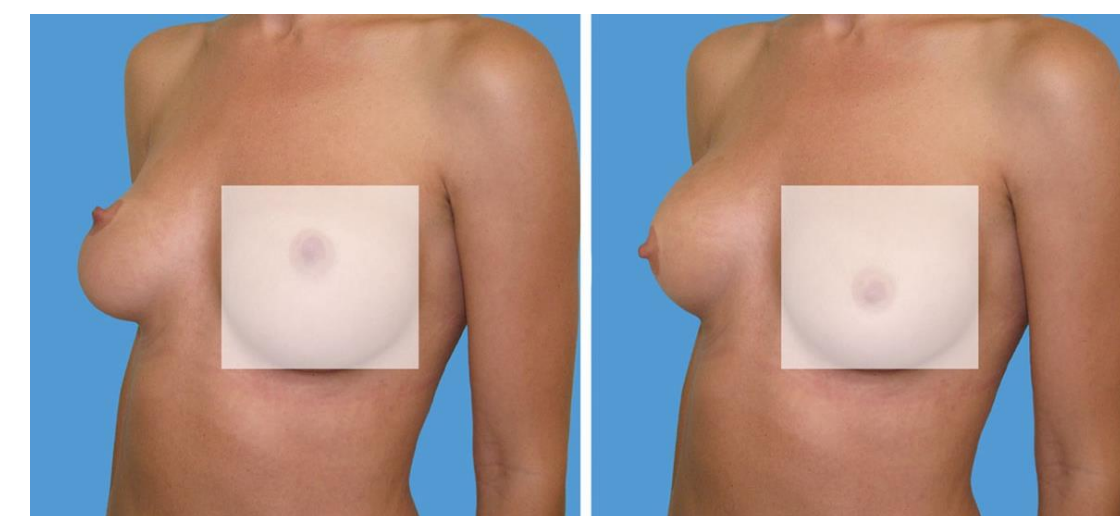
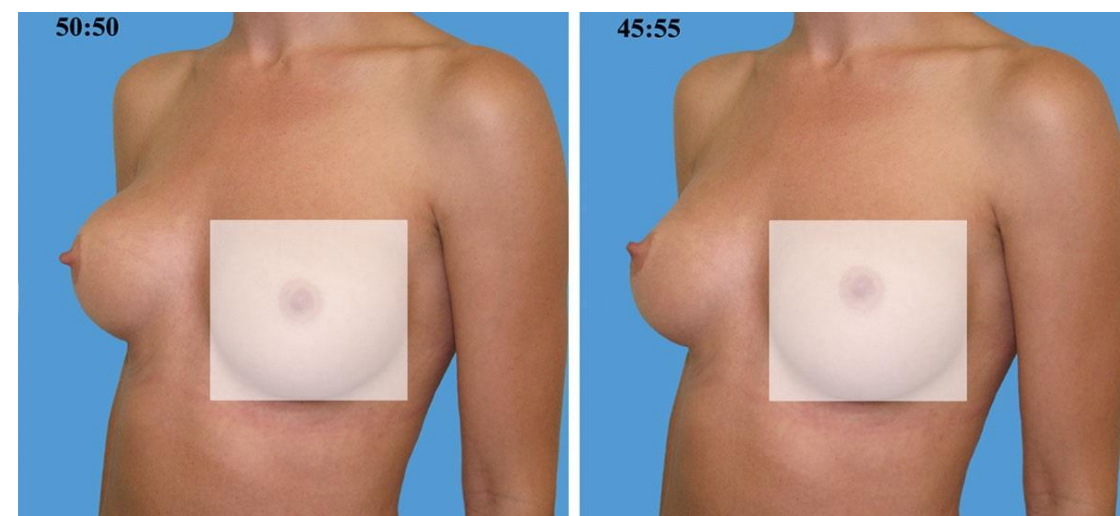
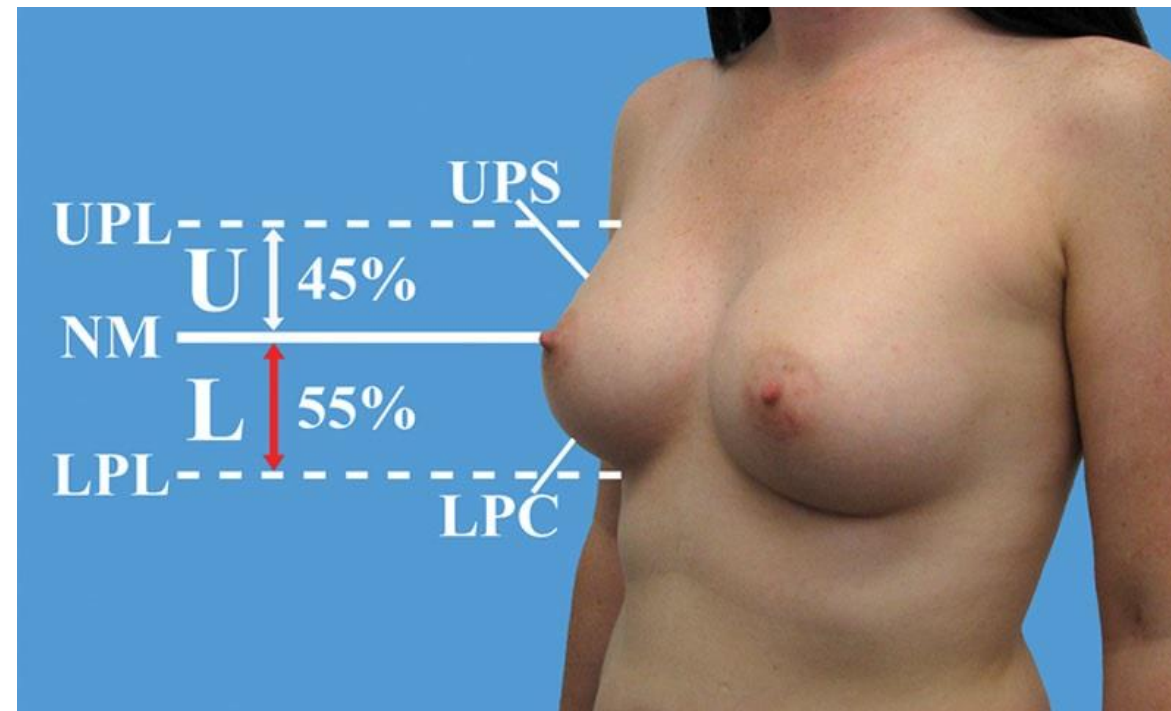
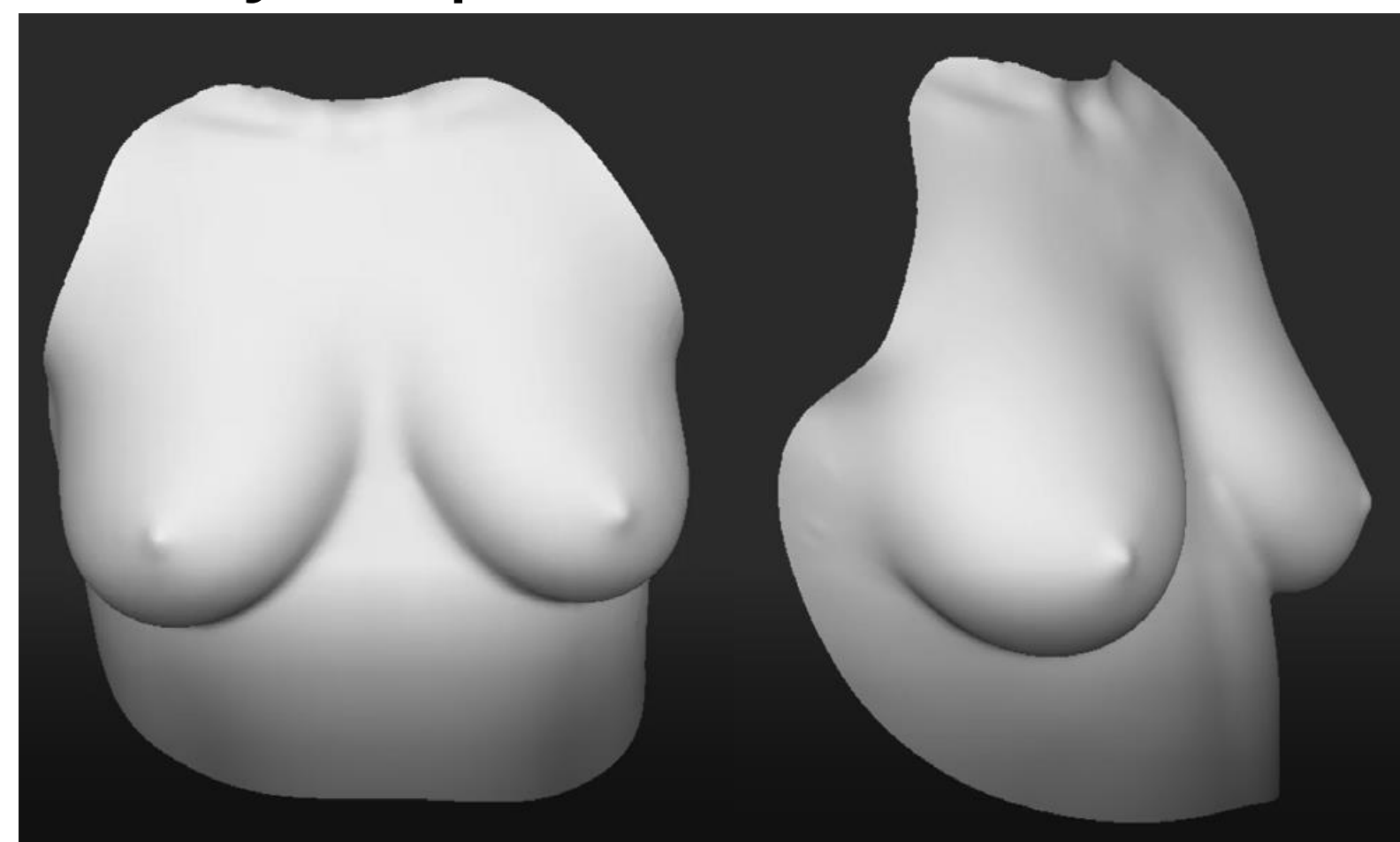


BACKGROUND

- Breast aesthetics are a highly discussed topic within plastic surgery
- Dearth of information pertaining to how preferences differ amongst various demographic groups.
- Mullucci et al. 2012 assessed an international population to determine preferences of breast aesthetics
 - Found 45:55 ratio of upper to lower pole volume as ideal



- Bekisz et. Al. 2023
 - Survey of U.S. population based on census; reverse engineer ideal breast based on survey respondents



Purpose of Study

The objective of this study was to assess how preferences of breast aesthetics differ by the self-identified sex of the respondent.

METHODS

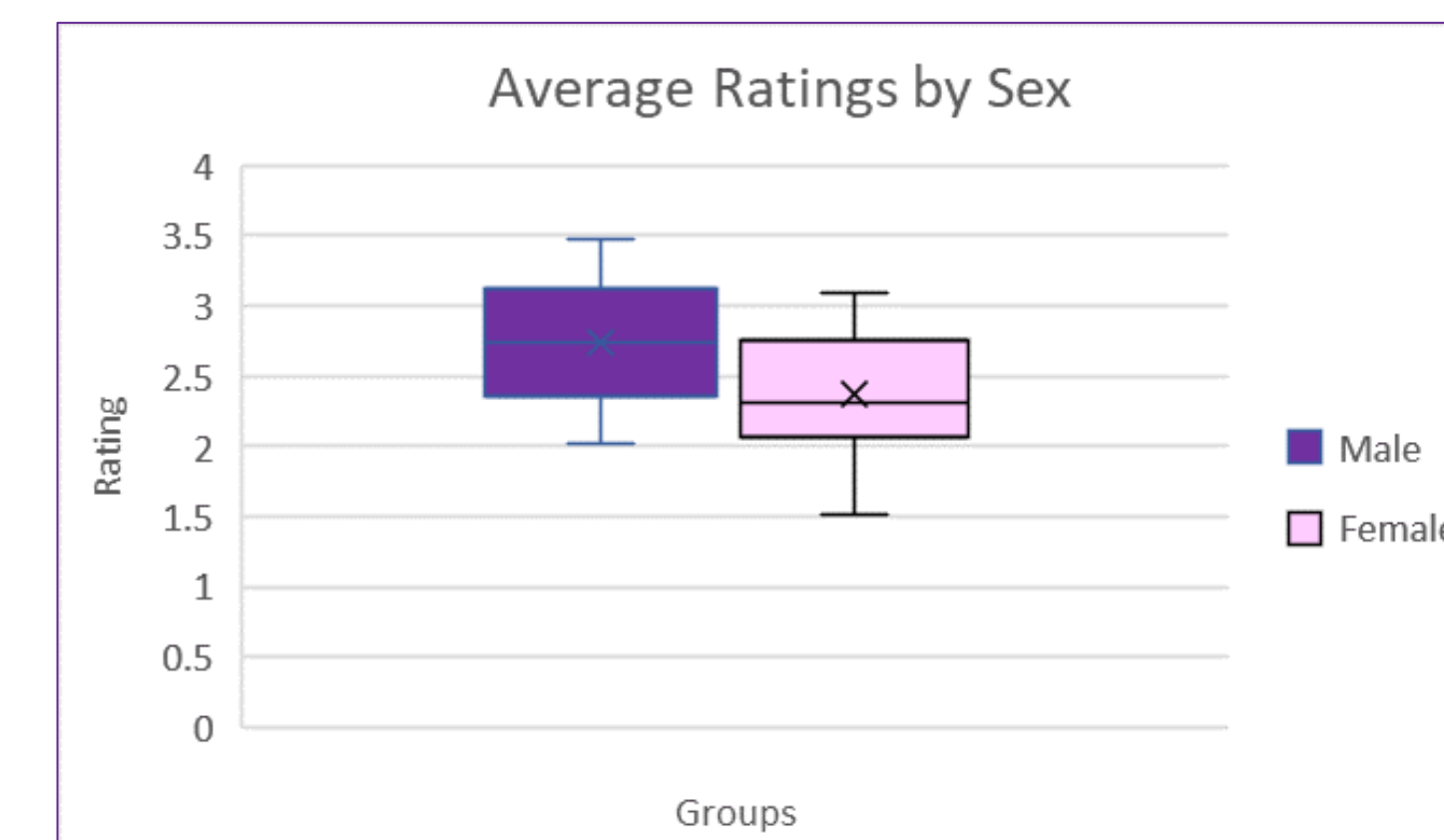
National Survey

- A cohort of 25 patients from the senior surgeon's practices presenting for aesthetic or reconstructive breast surgery was assembled.
- This cohort was selected with the aim of choosing a sample that maximized diversity based on breast size and shape, skin tone, and nipple-areola complex size and position.
- A survey was constructed to assess respondents' impressions of "breast attractiveness." Surveys accompanied with pre-operative anteroposterior photographs from these patients were distributed via Qualtrics (Seattle, WA), which allowed for a representative sample of the United States.
- Respondents were asked to rate breasts on a Likert scale of 1 to 5, with 1 being not at all attractive and 5 being most attractive.
- Survey responses were analyzed for differences in breast aesthetic preferences by sex.
- Statistical analysis independent t-tests and Pearson correlation coefficients with a predetermined level of significance of $p < 0.05$.

RESULTS

Data

- A total of 1,021 survey responses
- Survey respondents represented the age, gender identity, sexual orientation, and racial and ethnic backgrounds which was representative of the United States population documented in the 2020 census
- 52.6% were female, 47% were male
- Males rated any given pair of breasts as 17% more attractive than females did (range 3-34%, $p = 0.005$).
- Considering sex assigned at birth, males rated all breasts higher than females (2.8 vs 2.5, $p < 0.0001$).
- Despite this discrepancy, ratings amongst male and female respondents were highly correlated ($R = 0.940$; $R^2 = 0.884$; $p < 0.0001$).



Tables

Table 1. Demographics of survey respondents.

	Number (n)	Percentage (%)
Age (Years)		
18-24	138	13.5%
25-34	182	17.8%
35-44	256	25.1%
45-54	91	8.9%
55-69	257	25.2%
70 or older	95	9.3%
Prefer not to answer	2	0.2%
Sex at Birth		
Male	480	47.0%
Female	537	52.6%
Other	4	0.4%
Gender Identity		
Male	481	47.1%
Female	526	51.5%
Transgender	4	0.4%
Non-binary/Genderqueer	9	0.9%
Prefer not to answer	1	0.1%
Sexual Preference		
Men	502	49.2%
Women	433	42.4%
Both	75	7.3%
Neither	5	0.5%
Other	3	0.3%
Prefer not to answer	3	0.3%
Race		
American Indian or Alaska Native	2	0.2%
Asian	54	5.3%
Black or African American	186	18.2%
White or Caucasian	747	73.2%
Other	19	1.9%
Multiple answers	11	1.1%
Prefer not to answer	2	0.2%
Hispanic/Latinx/Spanish Heritage		
No	823	80.6%
Yes	185	18.1%
Prefer not to answer	13	1.3%

Table 2. Two- and three-dimensional anatomic and morphologic characteristics across study cohort.

Characteristics	Entire Cohort
3D Measurements (Median and IQR)	n=22
Sternal Notch to Nipple (cm)	21.7 (20.4-25.2)
Nipple to Nipple (cm)	20.6 (19.2-23.7)
Base Width (cm)	14.3 (12.9-15.5)
Chest Wall Diameter (cm)	32.7 (29.2-36.5)
Nipple to Inframammary Fold (cm)	7.8 (6.8-8.8)
Breast Volume (cm ³)	396.9 (230.4-599.8)
2D Morphology	n=25
Fitzpatrick Skin Type	
I	8 (32%)
II	1 (4%)
III	10 (40%)
IV	1 (4%)
V	0 (0%)
VI	5 (20%)
Upper Pole Slope	
Linear	15 (60%)
Convex	7 (28%)
Concave	3 (12%)
Breast Contour	
Projected	19 (76%)
Deflated	6 (24%)
Cleavage	
Minimal	8 (32%)
Moderate	10 (40%)
Significant	7 (28%)
Ptois	
None	11 (44%)
Grade 1	7 (28%)
Grade 2	5 (20%)
Grade 3	2 (8%)

Representative Survey Photographs



CONCLUSIONS

- In a sample representative of the United States, a difference in breast aesthetic appraisal was observed by sex.
- Males found each breast more aesthetically pleasing than their female counterparts, though ratings were highly correlated
- This finding may be important when considering sex-discordant patient-physician pairings and warrants further investigation.