



# crazy sexy

## CANCER TIPS

*kris carr* FOREWORD BY *sheryl crow*

“Kris is the ray of light that is needed to raise awareness of what it means to give back. What more can one wish for? She is a true leader of courage and inspiration.”

—Donna Karan

the day. I was near bleeding, but had no idea because the mastectomy had left me without any feeling. Needless to say, I now have to be very careful when I select bras to fit "the new me."

Thankfully, there are experts out there to help you find the perfect bra for the new you. One is Lisa Cole, a lingerie-fitting and mastectomy-form expert who helps women shop for a bra after either a lumpectomy or a mastectomy. She has a great way of thinking about the first bra-shopping experience post-surgery: "It's about celebrating the fact that you are a survivor. And I often say: Girlfriend, you should even buy a thong! If you were a crazy, sexy, hot mama before, there's no need to change." Here are a few tips from Lisa on how to find the perfect crazy sexy bra:

- **Get advice from an expert.** Eight out of ten women are wearing the wrong size bra. If you've had a mastectomy or lumpectomy, your challenge is even greater. Make an appointment with a certified specialist for a fitting. Many department stores and some pharmacies provide this service, free of charge. And consider bringing a friend who can encourage you and help make this a positive experience.
- **Put a pocket in it.** Don't limit yourself to mastectomy bras with sewn-in pockets. A seamstress can sew a pocket into any bra. Just make sure the prosthesis fits properly in the bra in order to give you the proper shape and comfort.
- **When selecting a bra, think Crazy sexy hot mama!** Buy at least one sexy, lacy number. This can help you feel feminine and beautiful from within. Lingerie supports us, shapes us, and allows us to be comfortable in our skin. Clip pictures of trendy styles from magazines and bring them to your appointment.



Bra guru Lisa Cole



- **Buy the right kind of bra.** In addition to making sure you're wearing the right size bra, make sure you buy the right style. With the right style and fit, no one will know you've had a mastectomy or lumpectomy. Fill your lingerie drawer with bras for every outfit, including bras that are strapless, convertible, contour (for T-shirts and knits), seamless, non-underwires, push-ups (great for plunging necklines), and sports bras.
- **Make sure you know what your insurance covers.** Before you go bra shopping, check with your health insurer.

Thank you  
beautiful Boobie  
angel, we  
worship you...