

A better bra

Fastening and unfastening bras is something that most of us (um . . . I mean most of you ladies) do without thinking.

But for those women who have arthritis (osteoarthritis, rheumatoid and fibromyalgia) or multiple sclerosis, torn rotator cuffs or even paralysis from a stroke, this simple act is impossible.

Isn't it bad enough that these women have dexterity problems? Must they also suffer the indignity of breasts hovering around the kneecaps?

Of course not. To the rescue is the easy-to-fasten Arthritis Bra, which uses Velcro closures and easy-grip (you just slide your hand in) loops. The hooks that keep the bra closed are the large kind found on men's trousers rather than the teeny-tiny hooks and fasteners usually found in women's support garments. The design has been recognized and commended by the Arthritis Foundation.

The best news is that the bra is now widely available through catalogs from mass merchandisers such as JC Penney, Lane Bryant, National Wholesale, Support Plus, Arizona Mail Order and Appleseeds. Locally, the bra is available at Bras Plus in Lauderhill. The bra retails for between \$19 and \$41. For more information, visit leadinglady.com.



EASY DOES IT: The easy-to-fasten Arthritis Bra has Velcro closures and easy-to-grip loops.