



There is an array of negative health effects associated with chest binding.

There is a range of negative effects which chest binding can cause [1].

A survey [2] of transmen who engaged in breast binding found that 68% were concerned about the health effects. The most common symptoms associated with binding were back pain (65%), shortness of breath (48.6%), bad posture (32%), chest pain (30%), and light-headedness (30%).

REFERENCES

[1] Peitzmeier, S., Gardner, I., Weinand, J., Corbet A. & Acevedo, K. (2017). Health impact of chest binding among transgender adults: a community-engaged, cross-sectional study. *Culture, Health & Sexuality* 19 (1): 64-75. [\[Link\]](#)

[2] Poteat, T., Malik, M., & Cooney, E. (2018). Understanding the health effects of binding and tucking for gender affirmation. *Journal of Clinical and Translational Science* 2 (Suppl 1), 76. [\[Link\]](#)

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