

# COSMOPOLITAN

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What's Normal,  
What's Not  
**PLUS:** Fun Tips  
for Your Nips

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# Tips for Healthy Nips

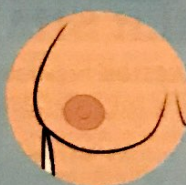
The hottest new accessory is one (er, two) you already own: nipples. Kendall Jenner's make cameos in pap photos, Emily Ratajkowski's flout Instagram's anti-nudity rules, and when one of Bella Hadid's slipped out on a Paris runway, she didn't bother to cover it up. Even so, these points of interest—and the pigmented mounds they sit on, areolae—are the breasts' least understood parts, with their own set (hee-hee) of quirks and health issues. So we're dropping some nipple knowledge and areola education.

## What Shape Are Yours?

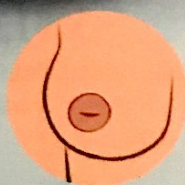
Probably one of these three most prevalent types, says Alyssa D'Amico, MD, author of *The Complete A to Z for Your V*.



**1**  
**Everted**  
These buds pop off the areola in a conical fashion and shrink instead of expand when you're feeling cold.



**2**  
**Flat**  
Usually, they're unobtrusive and pancake-like—until you're chilly or really turned on....Cue: a nipple erection.



**3**  
**Inverted**  
One in 10 people's nips dip inward. Okay if you've had them your entire life, but a sudden inversion requires a doc visit.



# Twin Trivia

You'll never have to ask "Is this normal?!" again.

## Zits

Pimple-like growths on your nipples are hair-follicle infections, not acne, says Joshua Zeichner, MD, a New York City dermatologist. Use a cleanser with benzoyl peroxide to kill lurking bacteria.

"Let me out to play!"

## Bumps

Little raised glands on your nips and areolae secrete moisture that can protect you from dry winter weather, chafing while exercising, and a sucking baby, says Dr. Dweck.

## Hair

"Hair-eolae" are typically okay. Just keep an eye on texture, says Andrea Chisholm, MD, an ob-gyn in Cody, Wyoming. "Coarse (not fine) strands may signal a hormone disorder like polycystic ovary syndrome."

## Extra Nips

Up to 1 percent of people have a third teat (or more: Harry Styles has two spares), which often looks like a mole. These supernumerary points are formed in the womb and are mostly NBD.

## Discharge

It's normal if you're pregnant, says Rebecca Brightman, MD, an ob-gyn in New York City. But an out-of-nowhere leak could signal a benign growth or, rarely, cancer, so ask your physician to take a look.

## Read This Before Trying These Trends

### Fillers

More patients are requesting injectable fillers for a 24/7 nipped-out look. But the downsides include infection and allergic reaction, so make sure you see a board-certified plastic surgeon, says Dr. Dweck.

### Stickers

Down to try glittery pasties like Miley Cyrus and Nicki Minaj? Go for it, but keep in mind: If left on too long, "the adhesive can cause an allergic reaction that looks like a red, scaly rash," says Adarsh Vijay Mudgil, MD, a dermatologist in New York City.

### Piercings

"Plenty of piercings get infected," says Dr. Dweck. And scar tissue may interrupt a few of the ducts involved in nursing (if you want to breast-feed). If you're set on bling, twist the rings regularly and use antibiotic ointment as the tissue heals.