



## 2026 NEW YORK REGIONAL SOCIETY OF PLASTIC SURGEONS ANNUAL RESIDENTS' NIGHT RESEARCH COMPETITION

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NEW YORK ACADEMY OF MEDICINE

**ABSTRACT SUBMISSION TITLE:** *A1 - Public Perception of the Ideal Nipple and Nipple-Areolar Complex in Breast Aesthetics*

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**Abstract Text:**

**PURPOSE:**

In breasts aesthetics, the rule of thirds has been widely used in determining the ideal nipple and Nipple-Areolar Complex (NAC) in the aesthetic breast. The authors performed a crowdsourcing survey analysis to determine public preference and to determine which ratio is more important in determining what makes an aesthetic breast.

**METHODS:**

A survey was deployed using the Amazon MTurk platform. Respondents rated a panel of pictorial female chests with varying nipple-NAC ratios and varying NAC-breast width ratios from most to least attractive. Respondent demographics were also recorded

**RESULTS:**

Survey data collection is actively ongoing. A total of 33 responses have been recorded. Twenty-three of the respondents were female and 21 identified as Caucasian. The preferred nipple-NAC ratio was 1/3 (21/33) and the preferred NAC-breast width ratio was also 1/3 (17/33). Currently, there is no notable difference respondent's preference

between breasts with smaller nipple-NAC ratios and larger NAC-breast width ratios and breasts with larger nipple-NAC ratios and smaller NAC-breast width ratios.

#### CONCLUSIONS:

This survey study aims to gauge the public preferences in nipple-NAC and NAC-breast width ratios and to determine if one is more important than the other in making an aesthetic breast. Currently, there is no notable difference respondent's preference between breasts with smaller nipple-NAC ratios and larger NAC-breast width ratios and breasts with larger nipple-NAC ratios and smaller NAC-breast width ratios.