

# Breastfeeding Newsletter

SEPTEMBER 4, 2012

VOLUME 1, NUMBER 5

## How breastfeeding gives your baby an advantage

In the 1950's, formula companies advertised that formula was just as healthy for babies as breastmilk. That was not, has never been, and will never be the case. It is now illegal for formula companies to claim this because it is false advertising. Breastmilk IS best for babies. Formula is a substitute, and is not considered an equal substitution for breastmilk. Here are some areas in which breastfed babies have an advantage.

### The Healthiest Choice for babies

Babies who are breastfed for at least 6 months have fewer health problems than babies who are formula fed, including:

- Ear infections: 3 times fewer. (Between my 2 year old and 1 year old, there has been only one mild, short-lived ear infection. I attribute this to breastmilk's antibiotic properties.)
- Urinary tract infections: 5 times fewer.
- Serious illnesses: 5 times fewer.
- Allergies: 7 times fewer.

Human milk is easy to digest, so breastfed babies spit up less often, and have less constipation and diarrhea.

There is evidence that breastfeeding may help decrease Sudden Infant Death Syndrome (SIDS).

Babies who are fed only human milk for at least 26 weeks are 6 times less likely to develop lymphoma (a type of cancer) in childhood.

Babies who are breastfed for at least one year are half as likely to develop diabetes.

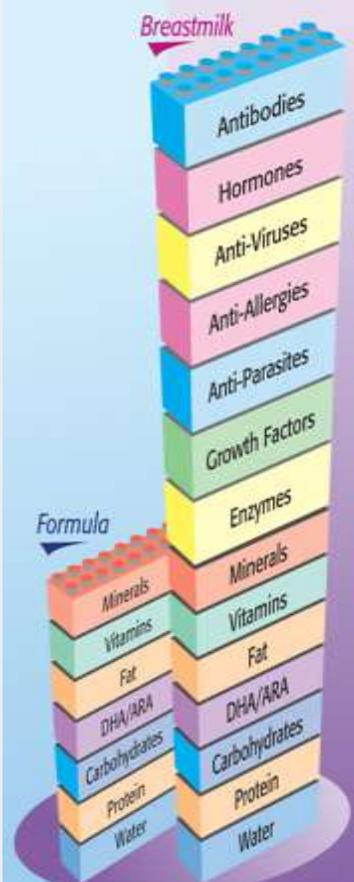
### For a Lifetime!

It seems unbelievable that a decision you make when you are pregnant can impact the rest of your child's life, but it is true! The decision to breastfeed is an important one. Not just because of the benefits that are apparent right now, such as bonding, less spit-up, etc, but the ones that can last a lifetime!

As adults, people who were breastfed have:

- Fewer asthma related problems
- A reduced risk of developing diabetes

Breastmilk has *more* of the good things babies need



- Fewer skin problems (like dermatitis and eczema)
- Fewer allergies
- Lowered risk of heart attack and stroke due to lower cholesterol levels
- Less ulcerative colitis (ulcers in the large intestine)
- Less Crohn's disease (chronic diarrhea in some families)
- Protection from certain chronic liver diseases

### **Breastfeeding gives YOU an advantage too!**

More and more health benefits of breastfeeding for mothers are being found. Here are some we know of now:

- Women who breastfeed lower their risk of breast cancer.
  - Breastfeeding for a lifetime total of 2 years lowers the risk of developing breast cancer before menopause by 40%.
  - Breastfeeding for a lifetime total of 6 years lowers the risk of developing breast cancer before menopause by 66%.
  - Breastfeeding for a lifetime total of 7 years lowers the risk of developing breast cancer to almost zero.
- Breastfeeding provides protection from cancer of the ovaries.
- Breastfeeding protects against Osteoporosis (thinning of the bones).

**Pike County Health Department, Home Health & Hospice, 1 Health Care Place, Bowling Green, MO 63334. Phone: (573) 324-6373, Fax: (573) 324-3057. *This institution is an equal opportunity provider.***