

BREASTFEEDING

Benefits for baby:

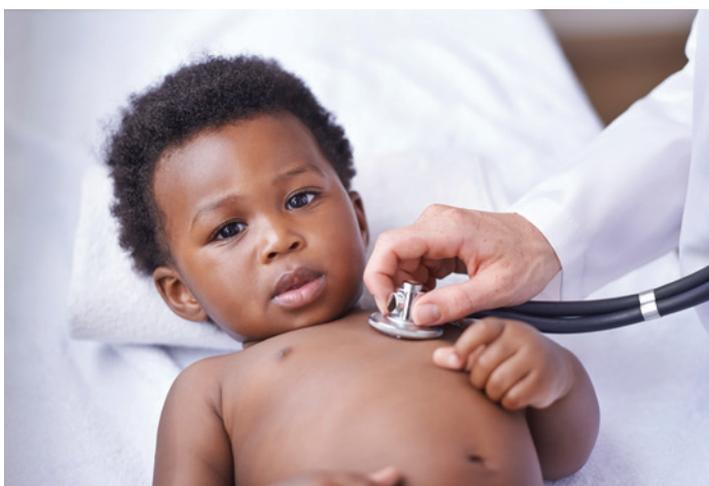
Most health professionals are familiar with the benefits of breastfeeding. The American Academy of Pediatrics, American Congress of Obstetricians and Gynecologists, American Academy of Family Physicians, Centers for Disease Control, World Health Organization, and United Nations Children's Fund continue to support the unequivocal evidence that breastfeeding protects against a variety of diseases and conditions in the infant such as:

- Atopic dermatitis
- Asthma
- Otitis media
- Urinary tract infection
- Bacterial meningitis
- Late-onset sepsis in preterm infants
- Celiac disease
- Type 1 and Type 2 diabetes
- Diarrhea
- Lymphoma, leukemia, and Hodgkin's disease
- Respiratory tract infection
- Childhood overweight and obesity
- Necrotizing enterocolitis
- Sudden infant death syndrome (SIDS)

Benefits for mom:

- Decreased postpartum bleeding and more rapid uterine involution
- Decreased menstrual blood loss and increased child spacing (lactational amenorrhea)
- Earlier return to pre-pregnancy weight
- Decreased risk of breast and ovarian cancers
- Decreased risk of postpartum depression
- Decreased risk of Type 2 diabetes

continued



Breastfeeding is also a great benefit to the environment and society. Breastfeeding families are sick less often and the parents miss less work. It does not require the use of energy for manufacturing or create waste or air pollution. There is no risk of contamination, and it is always at the right temperature and ready to feed.

For these reasons, as well as the potential risk to an infant's health from formula feeding (e.g., differences in the neonatal GI microbiome), all maternal/child health care organizations recommend exclusive breastfeeding for approximately the first 6 months of life and continued breast milk feeding for at least the first year of life.

Contraindications to breastfeeding:

The only true contraindications to breastfeeding are the following:

- Infants with classic galactosemia (galactose 1—phosphate uridylyltransferase deficiency)
- In the US, mothers who are infected with human immunodeficiency virus (HIV)
- Human t-lymphotropic virus type I or II

Refer to the American Academy of Pediatrics policy statement for other conditions that may require further investigation/careful consideration at (www.aap.org/breastfeeding).

Breastfeeding is NOT contraindicated in the following conditions:

- Infants born to mothers who are hepatitis B surface antigen-positive
- Mothers who are infected with hepatitis C virus (persons with hepatitis C virus antibody or hepatitis C virus-RNA-positive blood)
- Mothers who are febrile (unless cause is a contraindication outlined in the previous section)