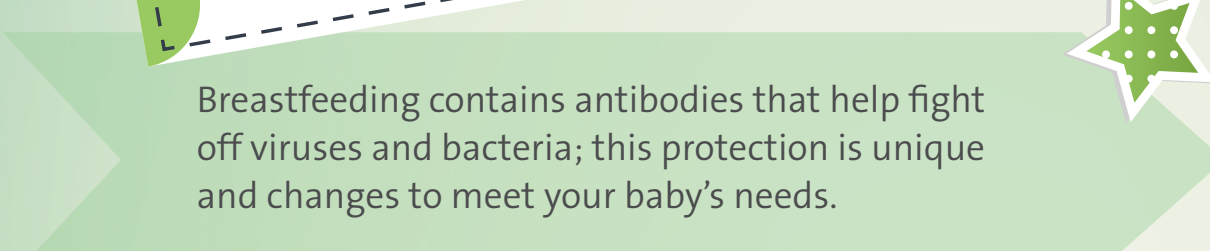




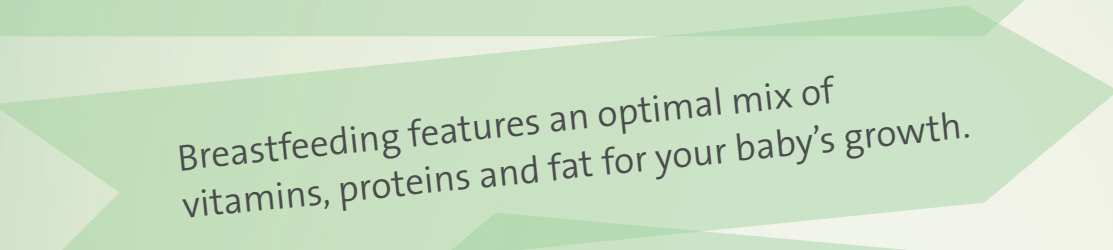
ADVANTAGES of Breastfeeding



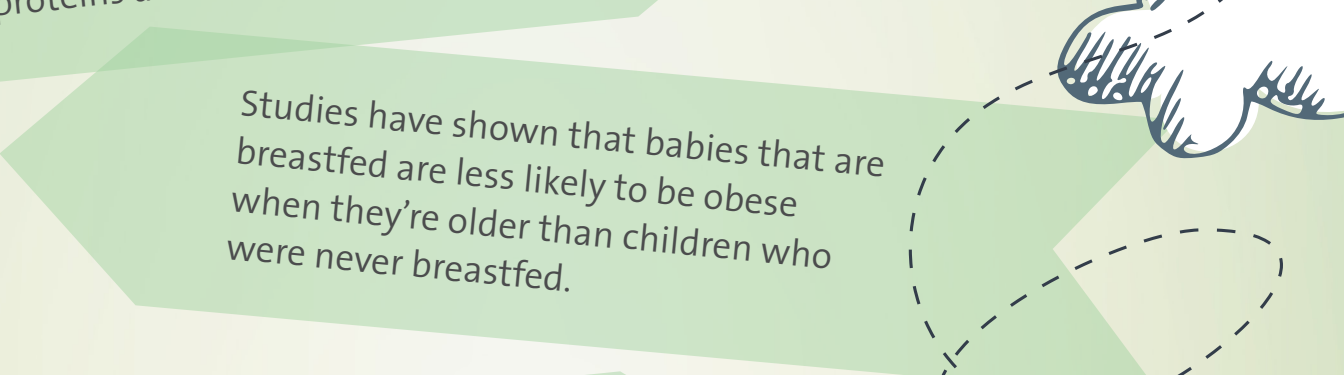
BENEFITS TO BABY:



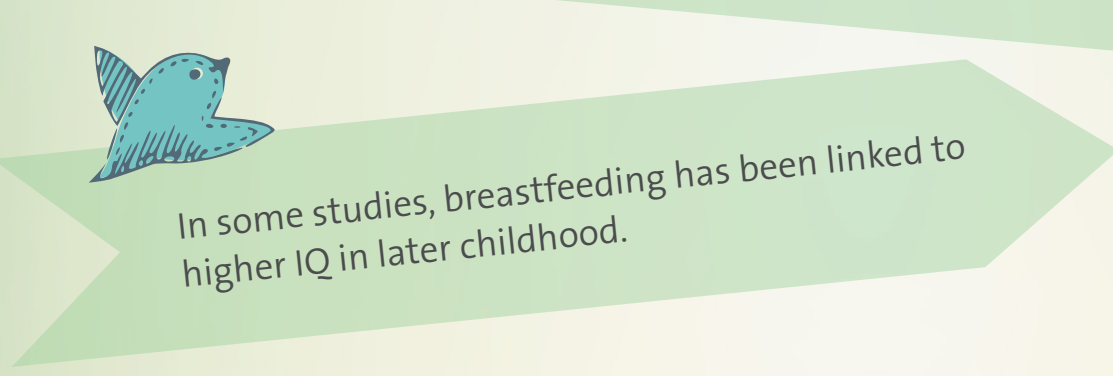
Breastfeeding contains antibodies that help fight off viruses and bacteria; this protection is unique and changes to meet your baby's needs.



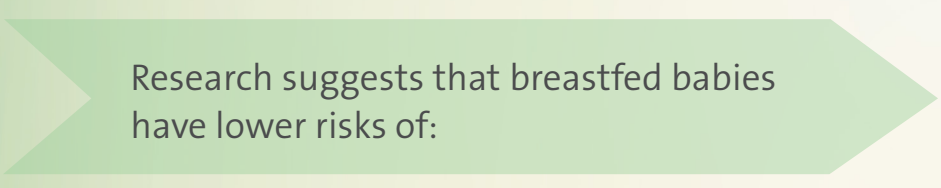
Breastfeeding features an optimal mix of vitamins, proteins and fat for your baby's growth.



Studies have shown that babies that are breastfed are less likely to be obese when they're older than children who were never breastfed.



In some studies, breastfeeding has been linked to higher IQ in later childhood.

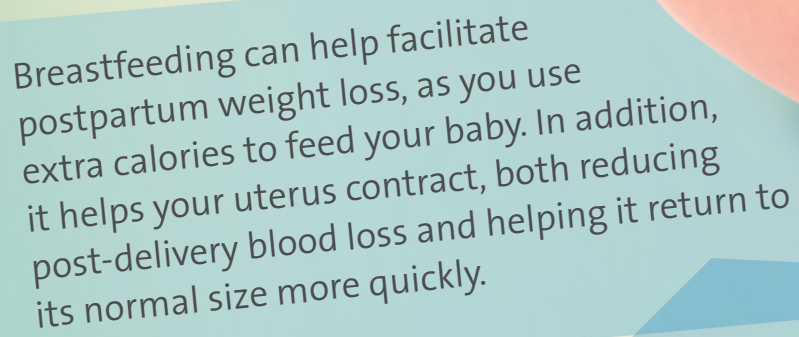


Research suggests that breastfed babies have lower risks of:

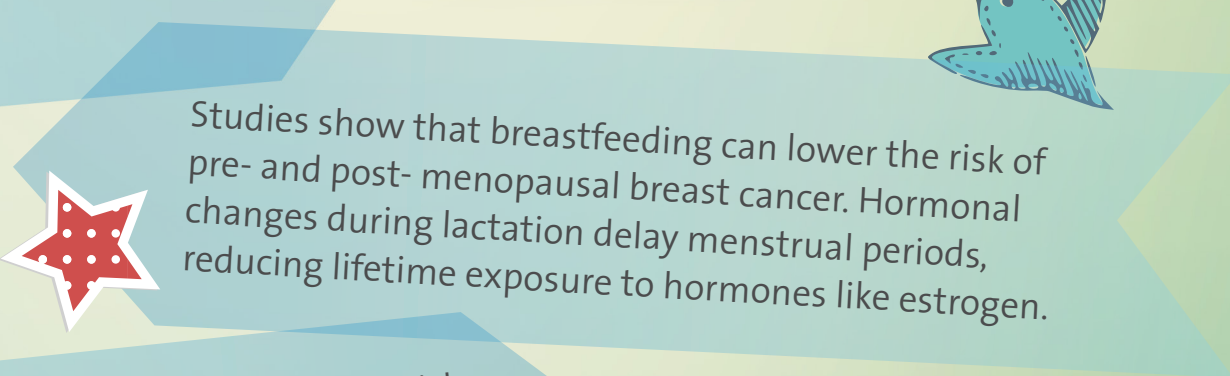
- Asthma
- Allergies
- Childhood leukemia
- Ear infections
- Eczema (atopic dermatitis)
- Diarrhea and vomiting
- Lower respiratory infections
- Necrotizing enterocolitis (a disease that affects the gastrointestinal tract in pre-term infants)
- Sudden infant death syndrome (SIDS)
- Type 2 Diabetes



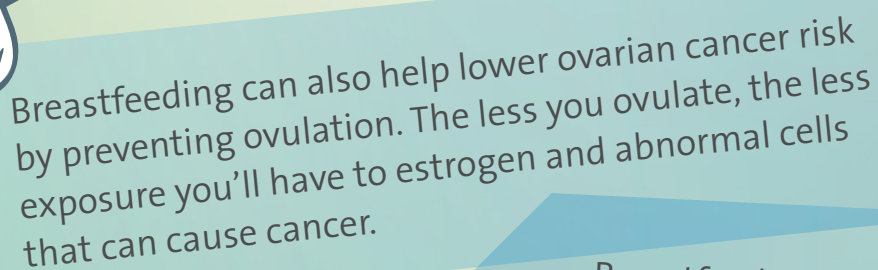
BENEFITS TO MOM:



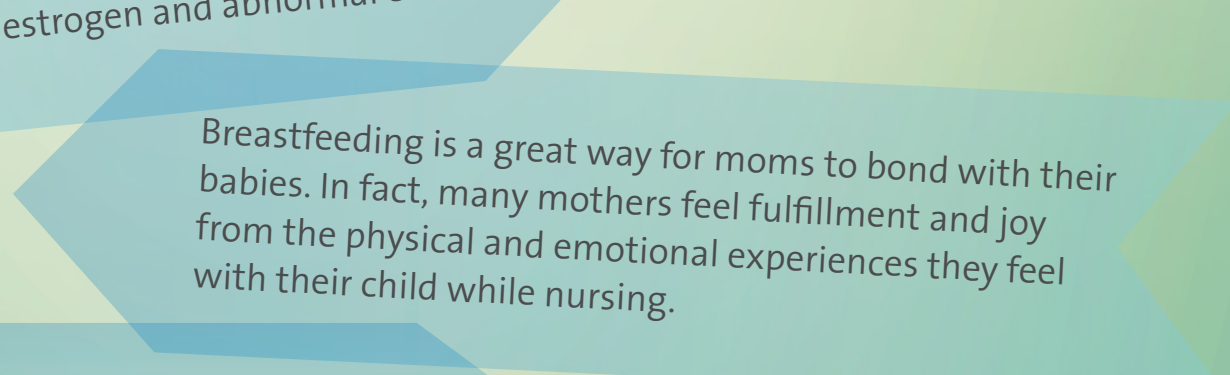
Breastfeeding can help facilitate postpartum weight loss, as you use extra calories to feed your baby. In addition, it helps your uterus contract, both reducing post-delivery blood loss and helping it return to its normal size more quickly.



Studies show that breastfeeding can lower the risk of pre- and post-menopausal breast cancer. Hormonal changes during lactation delay menstrual periods, reducing lifetime exposure to hormones like estrogen.



Breastfeeding can also help lower ovarian cancer risk by preventing ovulation. The less you ovulate, the less exposure you'll have to estrogen and abnormal cells that can cause cancer.



Breastfeeding is a great way for moms to bond with their babies. In fact, many mothers feel fulfillment and joy from the physical and emotional experiences they feel with their child while nursing.



Breastfeeding can save mom both time and money!



To learn more about breastfeeding, visit premierhealth.com/Maternity/Education-and-Support/

SOURCES: CDC, Harvard Gazette, NYTimes, National Library of Medicine National Institutes of Health, Womenshealth.gov, Choosemyplate.gov, MD Anderson, healthychildren.org and NIH