



FIFTY GOOD REASONS TO BREASTFEED

By Luis C. Ortiz, M.D.

1. It enhances the deep emotional relationship between mother and baby.
2. Produces a psychological benefit for the mother, father, baby and family.
3. Diminishes Sudden Infant Death syndrome (SIDS).
4. Produces better social and emotional development of the baby.
5. Produces a better psychomotor development.
6. Allows better growth.
7. Helps faster recovery from illnesses.
8. Prevents malnutrition.
9. Diminishes risk of dying.
10. Satisfies the sucking needs of the baby.
11. Diminishes frequency of baby's tooth cavities.
12. Diminishes the need for tooth braces.
13. Prevents the development of pathogenic germs in the intestines.
14. Allows the digestive tract to develop quickly.
15. Diminishes the possibilities of infantile colic.
16. Diminishes the risk of diarrhea.
17. There is no worrying about the lack of formula upon an emergency.
18. Diminishes the chances of infantile cancer.
19. Diminishes the risk of diabetes.
20. Diminishes the risk of obesity.
21. Diminishes the risk of ear infections.
22. Diminishes the frequency of respiratory illnesses.
23. Diminishes the risk of allergic illnesses.
24. Diminishes the risk of diaper rash (dermatitis).
25. Contains lactoferrin, which transports iron and increases the immunity.
26. Diminishes the incidence of breast and ovarian cancer.
27. Diminishes puerperal bleeding.
28. Diminishes risk of osteoporosis.
29. Reduces depression in mothers after birth.
30. Slows down the reappearance of menstruation, therefore giving more time until the next pregnancy.
31. Favors education of others in the family for practicing breastfeeding.
32. Diminishes tendency of child abuse.
33. Favors the realization of a woman in her role as a mother.
34. It is more practical. Facilitates feeding during night time, trips, parties...
35. Saves money and time.
36. It is more hygienic and sterile.
37. It has the ideal complete components every time.
38. Contains all the nutrients.
39. Saves money in healthcare services.
40. Does not pollute the environment.
41. Does not require heating and the energy waste from such procedure.
42. Does not require container.
43. Diminishes the use of medicines.
44. Diminishes the frequency of medical consultations.
45. Reduces the frequency of hospitalizations.
46. Diminishes the frequency of complementary examinations.
47. Breast milk has the right temperature.
48. Breast milk is produced in just the necessary amount.
49. Does not leave residues or garbage.
50. Diminishes the frequency of newborn abandonment.

*Written by Luis S Ortiz MD, from Amigo de la Madre y el Niño de Rosario de Lerma hospital -Published in the IBFAN Report
http://www.fmed.uba.ar/ibfan/enred/bol_12/main.htm#algunas*

ADS DISCOURAGE BREAST-FEEDING

Expectant mothers should be cautioned about the influence of baby formula advertisements, say experts. As part of the study, 547 women were given informational packets about infant feeding at their first prenatal visit. Half of the women were given packets designed by formula-companies, while the other half were given research-based materials.

Mothers who were given formula-company literature were five times more likely to stop breast-feeding during the first few days following delivery. The study's authors stress that, "Educational materials about infant feeding should support unequivocally breast-feeding as optimal nutrition for infants; formula promotion products should be eliminated from prenatal settings."

Howard C, Howard F, Lawrence R, et. al. Office prenatal formula advertising and its effect on breast-feeding patterns. Obstet Gynecol 2000; 95:296-303.