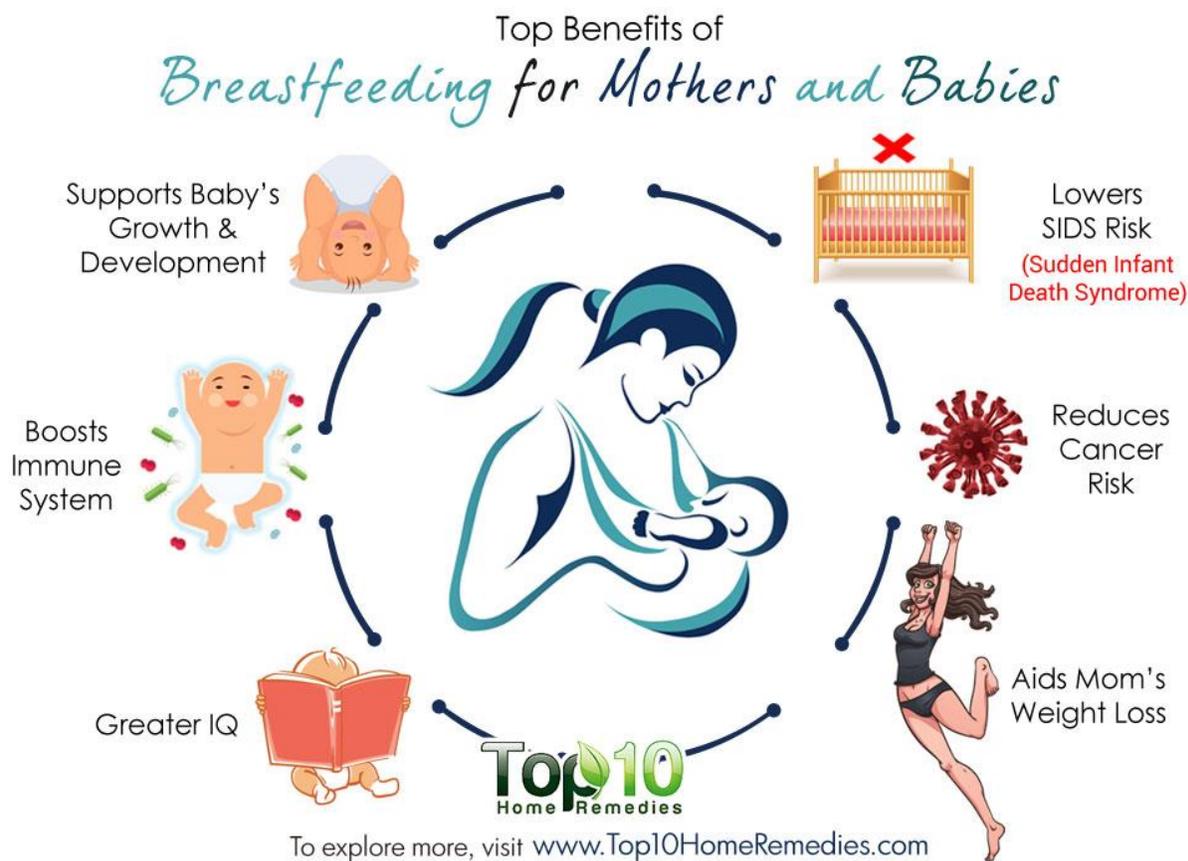


# Benefits of Breastfeeding

With August declared National Breastfeeding Month, we asked Deborah Perl, lactation consultant at the Lactation Center of Magee-Women's Hospital of UPMC, about benefits of breastfeeding. The lactation center is a fully equipped resource to all new mothers and infants.



What is a lactation consultant?

Lactation consultants are certified by the International Board of Lactation Consultant Examiners and are breastfeeding specialists trained to teach mothers how to feed their baby. For some women, breastfeeding comes very naturally, and for others it takes time, patience and a little extra support. Our trained lactation staff sees all new mothers during their postpartum hospital stay upon request or referral to ensure they are comfortable with breastfeeding. We teach moms breastfeeding techniques, we discuss feeding schedules and talk to moms about their fears and frustrations. We also help mothers who want to breastfeed but may need to, or choose to, supplement. We strongly feel that all new moms should be supported and encouraged, regardless of their feeding decision.

What are some common challenges and available resources for breastfeeding mothers?

Some common challenges include uncomfortable or sore breasts and concern about the baby getting enough food. The Magee Lactation Center has plenty of available resources for mothers experiencing challenges including postpartum consultations for mothers with ongoing breastfeeding problems and a 24-hour service line to assist with any questions. The center also has recently expanded to a full-service retail center offering breast pump rentals, nursing and maternity bras, nursing pillows and a complete line of breastfeeding aids and accessories.

How does Magee support breastfeeding mothers?

We provide education and support to mothers before birth and throughout their breastfeeding journey. From prenatal classes to bedside consultations, we support a mother's decision to breastfeed. In addition to providing resources for new mothers, the Magee Lactation Center provides support and education to hospital staff. We train registered nurses to properly assist new mothers with their babies.




10 good things  
 you need to know about  
**exclusive\* breastfeeding**

<p>1 </p> <p><b>saves life</b> and protects baby against disease with antibacterial agents.</p>	<p>2 </p> <p><b>provides</b> all nutrients baby needs for the first 6 months.</p>	<p>3 </p> <p><b>ensures</b> clean and safe source of food, especially in emergencies.</p>	<p>4 </p> <p><b>makes</b> child grow strong and intelligent.</p>	<p>5 </p> <p><b>breaks</b> the cycle of diarrhea and malnutrition.</p>
<p>6 </p> <p><b>bonds</b> mother and child.</p>	<p>7 </p> <p><b>reduces</b> the mother's risk of ovarian and breast cancer.</p>	<p>8 </p> <p><b>helps</b> space pregnancies, a natural method of birth control.</p>	<p>9 </p> <p><b>saves money</b> by not having to buy infant formula and feeding equipment.</p>	<p>10 </p> <p><b>protects</b> the environment with no need for packaging and disposal.</p>

**\*exclusive** means 100% breastmilk, no water, no solid food, nothing else.

# MOTHER AND CHILD BREASTFEEDING BENEFITS

GOURMANDIA.NET

DECREASED RISK OF CHILDHOOD CANCER  
VISUAL ACUITY IS HIGHER  
LESS ALLERGIC ECZEMA  
HEALTHIER



REDUCED RISK OF GETTING DIABETES  
FEWER INFECTION  
LOWER CHOLESTEROL  
LESS CONSTIPATION  
LESS PNEUMONIA  
SUPPORT THE GROWTH OF NERVE TISSUE  
LESS INFLUENZA  
IMPROVED MUSCLE DEVELOPMENT OF FACE



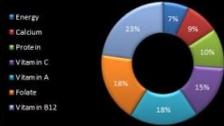
REDUCE THE RISK OF BREAST, OVARIAN, AND ENDOMETRIAL CANCER  
CAN HELP WOMEN TO LOSE WEIGHT  
REDUCES THE RISK OF OSTEOPOROSIS



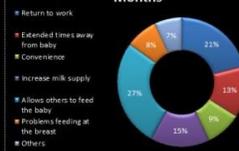
ASSISTS THE UTERUS RETURN TO ITS PRE-PREGNANT STATE FASTER  
LOWER RISK OF HIGH BLOOD PRESSURE, HIGH CHOLESTEROL, HEART DISEASE, AND DIABETES

SOURCES:  
WORLD HEALTH ORGANIZATION  
WORLD BREASTFEEDING WEEK.ORG

448 ML of Breastmilk Provides for a 1-2 years old



Reasons for Pumping at 3 Months



# The Benefits of Breastfeeding

By Stefania Willis, RDH, MA, and Rachel Kurlander, BA  
NEW EVIDENCE SUGGESTS THAT BREASTFEEDING MAY HAVE LONG-TERM POSITIVE EFFECTS ON CHILDREN'S ORAL HEALTH.

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