

THE IMPORTANCE OF BREASTFEEDING

Breastfeeding Can Reduce Cancer

There is convincing evidence that exclusive breastfeeding for a minimum of six months, as well as continuing to breastfeed after the addition of solid foods, is protective against cancer for both the mother and her child.



A child who was NOT breastfed has an increase risk of childhood cancers ^(6,8,11)



A woman who does NOT breastfeed increases her risk of developing ovarian cancer. Shorter duration of breastfeeding is associated with greater risk. ^(2,4)



A woman who does NOT breastfeed increases the risk of developing breast cancer. ^(1,3,10,13)

A child who is NOT breastfed has an increased risk of developing acute myelogenous leukemia and lymphocytic leukemia. ^(5,7,12)

Cancer patients who ingest donor human milk report increased quality of life. ⁽⁹⁾

The relative risk of breast cancer decreases by 4.3% for every 12 months of breastfeeding. ⁽¹⁾

The American Institute of Cancer Research has made Breastfeeding one of its Ten Recommendations to Prevent Cancer ⁽¹³⁾

References

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