

## References

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## Healthy People 2020 Objectives

### **MICH-21 Increase the proportion of infants who are breastfed**

- ⇒ Breastfeeding is linked to a reduced risk for many illnesses in children and mothers. National guidelines recommend exclusive breastfeeding for the first 6 months of life and continued breastfeeding for at least the first year. Strategies like peer support, education, longer maternity leaves, and breastfeeding support in the hospital, workplace, and community may help more women breastfeed longer.

### **Objective 16-19 Increase in Proportion of Mothers Who Breastfeed**

- ⇒ Studies show that women who have breastfed experience reduced rates of breast and ovarian cancer later in life.
- ⇒ Some studies have found that breastfeeding may reduce the risk of developing type 2 diabetes, rheumatoid arthritis, and cardiovascular disease, including high blood pressure and high cholesterol.

## BREASTFEEDING IS GOOD FOR YOU AND THE BABY





### **Anatomy of the Female Breast**

During pregnancy, the nipple and areola enlarge and this helps the baby to lodge the nipple.

The small bumps that appear on the areola are referred to as the Montgomery glands.

The gland helps in the production of natural oils that protect, lubricate, and clean the nipple during and after pregnancy.

The oils contain an enzyme that destroys bacteria.

### **How Breast Responds to Baby's Suckling**

- Prolactin causes your alveoli to convert proteins and sugars from the blood supply into breast milk.
- Oxytocin causes the alveoli cells to contract and eject milk through the milk ducts an action known as milk let down or milk ejection reflex

### **Advantages of Breastfeeding Related to Immunities**

- \* Breast milk contains antibodies that can fight infection. Those antibodies are present in high amounts in colostrum
- \* Breast milk is made up of other proteins, fats, sugars and white blood cells that work to fight infection .
- \* They are especially helpful in fighting gastrointestinal infections, since breast milk heads right to the stomach and intestine when your baby eats.
- \* The different factors in breast milk work directly within the intestine before being absorbed and reaching the entire body.
- \* This also sets the stage for a protective and balanced immune system that helps recognize and fight infections and other diseases even after breastfeeding ends.
- \* Breast milk directly stimulates and support lactoferrin and interleukin-6, -8 and -10. These proteins help to balance the immune system inflammatory response

### **Other Benefits of breast feeding**

- The baby's sucking causes a mother's uterus to contract and reduces the flow of blood after delivery
- Breastfeeding promotes mother-baby bonding
- Breastfed infants tend to have higher IQs due to good brain development early in life
- Baby experiences less nappy rash and thrush
- Baby is less likely to develop allergies

Baby experiences fewer stomach upsets and constipation

