

# Risks of NOT Breastfeeding

## Baby

- Increased jaundice (skin yellowing)
- Increased ear infections
- Increased diarrhea
- Increased vomiting
- Increased respiratory infections
- Increased allergies
- Increased SIDS (sudden infant death syndrome)
- Increased diabetes
- Increased childhood cancers (such as leukemia / lymphoma's)
- Increased intestinal disease (such as Crohn's disease)
- Increased chance of obesity and high cholesterol as an adult
- Decreased optimal development of teeth and jaw (increased chance of braces)
- Lower IQ points

## Mother

- Increased blood loss after birth
- Can take longer to get those extra pounds off
- Increased breast cancer
- Increased cervical cancer
- Increase osteoporosis (brittle bones)
- Increased anemia
- Have less time with your family (more time in the kitchen, cleaning and preparing bottles)

## Communities

- Increased work days missed (due to increased infections of mother and baby)
- Increased healthcare costs (due to increased doctor visits and hospitalizations)
- Families spend more money (formula cost an average of \$2,400 per year)

## Environment

- Increased garbage disposal (the large quantity of tin, paper, plastic and energy that is needed for preparing, packaging and transporting artificial baby milk)

## Benefits of Breastfeeding

- Antibodies protect babies from illness and infection
- Promotes normal brain development and growth
- Protects against allergies, colds, ear infection, diarrhea, stomach problems, colic, diaper rash and more

- Best food for babies – easy for them to digest
- Convenient – no heating or sterilizing, always ready to feed
- Safe – doesn't depend on refrigeration, sanitary water supply, available at any time
- Activates hormones in mothers that promote bonding for mother and baby
- Protects mother against cervical and breast cancer
- Your baby is getting a normal healthy start to life
- Formula is expensive and cannot duplicate mother's milk

### **Formula fed babies**

- 40% more likely to develop Type 1 Diabetes
- 25% more likely to become overweight or obese
- 60% more likely to suffer from ear infections
- 30% more likely to suffer from Leukemia
- 100% more likely to suffer from diarrhea
- 250% more likely to be hospitalized for respiratory conditions like asthma and pneumonia

The UT Medical Center Lactation Department is available to you by calling 865.305.9337 if you have any questions or need more information.

[<http://www.utmedicalcenter.org/cms/UT+Babies/Joy.+An+Online+Guide./Medical+Services/Breastfeeding+%28Lactation%29+Services/702.html>]

For additional information about breastfeeding or pregnancy and childbirth, visit Joy. An Online Guide, part of the Center for Women & Children's Health.

[<http://www.utmedicalcenter.org/cms/UT+Babies/Joy%252E+An+Online+Guide%252E/688.html>]

[<http://www.utmedicalcenter.org/cms/Center+for+Women+%2526+Children%2527s+Health/108.html>]