

# Mister Lactation Doctor

## Breast is Best, but Fed is Foremost!

### Benefits of Breastfeeding:

#### **For infants, benefits include:**

- Decreased risk of otitis media (ear infection)
- Decreased risk of upper respiratory tract infections
- Decreased risk of lower respiratory tract infections
- Decreased risk of Sudden Infant Death Syndrome (SIDS)
- Antioxidant availability, in case of infant stress during delivery
- Decreased risk of gastroenteritis
- Decreased risk of asthma
- Decreased risk of type 1 & 2 diabetes
- Decreased risk of inflammatory bowel disease
- Promotion of neural development
- Decreased risk of necrotizing enterocolitis
- Promotion of immune system development
- Decreased risk of celiac disease
- Decreased risk of certain cancers

**For mother, benefits include:**

- Decreased risk of postpartum bleeding
- Increased child spacing
- Decreased risk of breast cancer
- Decreased risk of rheumatoid arthritis
- Decreased risk of hypertension (high blood pressure)
- Decreased risk of cardiovascular disease
- Higher likelihood of success of organ transplant with those you've breastfed
- Earlier return to pre-pregnancy weight
- Decreased costs
- Decreased risk of ovarian cancer
- Decreased environmental burden
- Decreased risk of Type 2 diabetes
- Increased breast stimulation, leading to increased milk supply
- Decreased risk of contamination of water or packaging used with formula

**HOWEVER**, there is a place for formula feeding. A well-fed baby is the most important. Ideally, if the choice is available, it would be best to exclusively breastfeed, but this may not always be practical.

Although these associations have been noted, the relationship is not guaranteed as there are many other factors involved. In addition, formula may be required for poor infant growth, infant jaundice, dehydration, infant hypoglycemia, an inborn error of metabolism of the child, etc.

Always remember, you are doing a wonderful job!

Take care,



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