

The topic of breast feeding health essay

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I hope to bring in my research how to help moms feel more comfortable about breast feeding and the positive effects it brings to our children today. I believe it would benefit me as a person and a professional knowing that moms would have more knowledge about the benefits of breast feeding and would also help myself and others to understand the laws of breast feeding in public places. Through the years there has been a debate about whether babies should be fed exclusively on breastfeeding or not. One of the most difficult decisions for new mothers is to decide which diet to follow with her babies. Decisions include relying on the natural choices of breastfeeding or following the advice given by relatives, doctors, pediatricians and infant formula manufacturers. Controversies continue over the years. As many more mothers now want to nurse their babies, formula advocates claim that formula is equivalent to the real thing. Furthermore, supporters of supplemented infant formulas claim their products include the same elements present in mother's milk plus and even will improve babies' vision and cognitive behavior. This review aims to expose the benefits of breast milk over formula even for babies with special nutritional requirements. The World Health Organization (WHO) (2011a) and the American Academy of Family Physicians (AAFP) (2008) recommends that breastfeeding continue throughout the first year of life and recommends mothers to of developed and undeveloped countries to exclusively breastfeed infants for the child's first six months. Their recommendation seeks to achieve optimal growth, development and health for babies. After six months of age, the WHO recommends to complement breastfeeding with nutritionally adequate and safe complementary foods for up to two years of age or more. As well, the American Academy of Family Physicians (2008) promotes the promotion of <https://assignbuster.com/the-topic-of-breast-feeding-health-essay/>

breastfeeding among their members independently of their specialization. Moreover, the American Academy of Pediatrics (2005) acknowledged the health and developmental benefits for the child and the mother, advising the mothers to continue breastfeeding for at least the first year of life and beyond for as long as mutually desired by mother and child. Besides the recommendation of world acknowledged organizations, there is evidence supported by scientific data supporting the use of mother's milk for infants, first as a sole food source and after a period from six month to a year as a supplement of more complex foods. Based on the benefits to the children, studies indicate breastfed babies obtain protection from their mothers for bacterial meningitis, septicemia, respiratory infections (van't Land, 2005), allergies (Fiocchi et al, 2003), Crohn's disease, ulcerative colitis, bacteremia (Takala et al, 1989), diarrhea (Lopez-Alarcon et al, 1997), respiratory tract infection (Blaymore et al, 2002), necrotizing enterocolitis (Schanler et al, 1999), otitis media (Paradise et al, 1994), urinary tract infection (Marild, 2004), and late-onset sepsis in preterm infants (Hylander et al, 1998). As well it is believed human milk can protect the child against other immunological diseases such as insulin dependent diabetes and tumors (Martin et al, 2005a; and Martin et al 2005b). About protection against disease, there are evidence of proteins in human breast-milk, which are present in cow's milk that may fight disease by mechanisms that involve the removal of bacteria, viruses and other dangerous pathogen's from an infant's gastrointestinal tract (Wilson et al 2008). In addition breast milk includes among its components several bioactive factors such as lactoferrin, oligosaccharides, long-chain polyunsaturated fatty acids, glycoproteins and secretory IgA antibodies that according to Labbok and collaborators (2004), <https://assignbuster.com/the-topic-of-breast-feeding-health-essay/>

do not function primarily as nutrients, but that may control nutrient use, protect infants from pathogens and play a role in regulating metabolic pathways. As well, Savino and collaborators (2009) reported, breast milk contains other biologically active factors like hormones, growth factors and cytokines, which they indicate are involved in energy balance regulation and seem to play a role in infant nutrition and growth as they may protect the infant from obesity later on life. Even though the collection of evidence presented above appears enough to support the recommendation of feeding infants with human milk, mothers face the worries of not being able to provide their children with enough nutrients to support growth and learning. Some of those worries come from media supported by formula manufacturers but others are based on the fact that iron deficiency anemia is the most common nutritional disorder in the world according to the WHO (2011b). On this subject Moraes et al (2009) explore about the differences between formulas supplemented with iron, copper and zinc and human milk. The authors concluded that human milk is superior to formula because mineral content does not match the infant requirements. The iron content was low, while the copper was either low or too high, whereas zinc values were high in all products. Those findings are supported by the fact that iron, copper and zinc concentrations of human milk are independent of the mother's mineral status (Domellof, 2004). Other concern for mothers is the possibility of their baby being allergic or sensible to her milk. This assumption comes after baby present skin rashes, changes in the stool's color, or colic. However, Hill and collaborators (2005) found that mothers who eliminate allergenic food including: cow's milk, eggs, peanuts, tree nuts, wheat, soy, and fish. After the exclusion from their diets they achieve a

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reduction on the upset and colicky behavior within breastfeed babies. Additional benefits for babies whose mothers choose to breastfed are the cognitive and psychological ones. In terms of brain activity, Lehtonen and collaborators (1997), found evidence of changes change in the brain activity of the newborn after nursing. Furthermore, Horwood and collaborators (1998) concluded that breastfeeding is related with small but detectable increases in child cognitive ability and educational achievements. Most recent studies suggest that one or more components of breast milk promote brain development at a structural level, possibly increasing white matter volume (Isaacs et al, 2010). For girls, the benefits can be even more as women who were breastfeed as infants exhibited an additional benefit in terms of psychological well-being throughout their life. What is more, prolonged contact between the mother and the infant provide more opportunity to develop a strong bond between them and as a consequence a happier and more secure child. Interestingly, children who were breastfed for longer periods were likely to report higher levels of parental attachment and tended to perceive their mothers as being more caring and less overprotective towards them compared with bottle-fed children. What is more, Freudenheim (1994) reported that women who were breastfed as infants (even for short time), showed an approximate 25% lower risk of developing premenopausal or postmenopausal breast cancer, compared to women who were bottle-fed as an infant. In order to take advantage of all the benefits of breastfeeding babies for longer periods of time, women should become educated of the advantages of breastfeeding. As well a good education about lactation will warrantee baby and mother will enjoy a longer and healthier breastfeeding period. Lately the World Health Organization <https://assignbuster.com/the-topic-of-breast-feeding-health-essay/>

(2011) concludes exclusive breastfeeding from birth is possible except for a few medical conditions, and unrestricted exclusive breastfeeding results in ample milk production. As well benefits for the breastfed infant continue even though lactation period is longer than the time recommended. Pros and Cons on Breastfeeding We have all heard "breast milk" is best, however as our society changes and as time constraints mothers go for convenience verses what is best. Within the past century more women have left the home and gone back to work, making breastfeeding less common. The need to reeducate and encourage women to breastfeed is imperative, but the choice is still ultimately the mothers. Breastfeeding has many pluses, the bond created between mother and baby is very special. Breastfeeding brings so many benefits such as it contains antibodies that decrease infant's risk of infections, diarrhea, allergies, asthma, SIDS, diabetes and certain cancers. Helps brain to grow and develop. Easy to digest therefore it is almost impossible to become constipated also helps with child obesity. Moms can also reduce the risk of breast and ovarian cancer by breastfeeding. The Cons to breastfeeding is that it is very time consuming, the need to eat for newborns is typically every 2 to 3 hours during the day and at night. Moms are often fatigued due to the energy required to produce milk. Moms become anxious and are frustrated at the process of breastfeeding. Education should be a key goal. Moms should be informed of what is to happen after delivery of their child. Parents should attend a class where they can receive the literature should explain the stages of how milk is let down, and the amount of time it is going to take during each feeding to keep infant content. Dads can be very supportive, just by keeping them comfortable and calm. Just because you cannot physically see what the infant is taking makes it the

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biggest question " is my baby getting enough?" Diaper counting becomes a big part of the day. If you have wet and dirty diapers then, yes, your baby is getting enough. The Benefits of Breastfeeding Breastfeeding is one of the most natural and beneficial acts in which a mother can contribute to, for helping to ensure good health for her baby. There is no other single action which can impact the present and future health of an infant so greatly, aside from breastfeeding. Breastfeeding is not the only option for feeding infants, but any amount of time spent doing it, is valuable in every aspect of an infant's optimal growth and development. Breastfeeding is an important health choice and can be one of the most beneficiary things that a mother can do for both herself and her baby. Breastfeeding not only benefits babies and mothers, but impacts our environment and society as well.

Breastfeeding offers many health benefits to babies and provides just the right balance of nutrients to help an infant grow into a strong and healthy toddler. Infants that are breastfed, have fewer deaths during the first year and experience fewer illnesses, compared to babies which are formula fed. Some of the nutrients in breast milk also help protect an infant against common childhood illnesses and infections, such as diarrhea, ear infections, and certain lung infections. Breastfeeding helps to promote facial structure development, increased bone density, enhanced speech, better vision, as well as improved brain and nervous system development. Breastfeeding helps to reduce the risk of SIDS, tooth decay, iron deficiency, acute appendicitis, inguinal hernias, diabetes, and childhood obesity. Breast milk keeps a close pace with the infant's individual growth and nutritional needs, which gives them the most complete and optimal mix of nutrients and antibodies. Breastfeeding brings the mother and child closer together. It <https://assignbuster.com/the-topic-of-breast-feeding-health-essay/>

provides them with the perfect opportunity to share and build a unique bond, which only the mother can give.