

Health Connections

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Breastfeeding

Breastfeeding can offer many benefits to your new baby. Breast milk is easy to digest and contains the right balance of nutrients to help your infant grow into a strong and healthy toddler. Some of the nutrients in breast milk can help protect your baby against some common childhood illnesses and infections. Breastfeeding can also benefit mothers. Breast and ovarian cancers may occur less often in women who breastfeed their babies. Women who don't have health problems should try and give their babies breast milk for the first 6 months of life. If you have HIV or active tuberculosis, you should not breastfeed because you could give the infection to your baby. Certain medications, drugs, and alcohol can also be passed through the breast milk to your baby and can be harmful.

Sources: Medline Plus, Breast Feeding, 2008
Centers for Disease Control and Prevention, Breastfeeding, 2008

Websites

- Medline Plus www.nlm.nih.gov/medlineplus/breastfeeding.html
- La Leche League www.lalecheleague.org
- The National Women's Health Information Center www.womenshealth.gov/breastfeeding
- Centers for Disease Control and Prevention www.cdc.gov/breastfeeding

Print Materials Available in the CHEC Resource Center

- The Nursing Mother's Companion (2005)
- 100 Questions and Answers About Breastfeeding (2008)
- The Ultimate Breastfeeding Book of Answers (2006)
- Nursing Mother, Working Mother (2007)

Classes and Support Groups

- Baby Care and Feeding Salem Hospital. For more information, please call 503-814-CHEC (503-814-2432) or visit the Community Health Education Center web site: www.salemhospital.org/CHEC
- Mom and Me Breastfeeding Support Group Salem Hospital. For more information, please call 503-814-CHEC (503-814-2432) or visit the Community Health Education Center web site: www.salemhospital.org/CHEC

Hospital and Community Programs

- Salem Hospital has Certified Lactation Consultants in our Breastfeeding Services Department who are available for inpatient and outpatient support and care. For more information please call 503-814-4539.

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The Community Health Education Center (CHEC) at Salem Hospital complements the health education you are receiving from your healthcare providers. Your providers should always be your primary resource for health education. Information at the CHEC should not be construed as personal medical advice.

 **Community Health
Education Center**
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503-814-CHEC (2432) • www.salemhealth.org/chec