

## **c. Risks of Not Breastfeeding**

### MODULE 4

The benefits of breastfeeding for both the mother and the child are being recognized more and more. Have you ever thought about the risks to you and your baby's health associated with not breastfeeding? The following list will help you to discover the most common risks mentioned in the literature. Food for thought...

1. Increased risk of allergy and asthma
2. Reduced cognitive development
3. Increased risk of acute respiratory disease
4. Increased risk for infection from contaminated formula
5. Increased risk of childhood cancers
6. Increased risk of obesity and diabetes
7. Increased risk of cardiovascular disease
8. Increased risk of gastrointestinal and ear infections
9. Increased risk of Sudden Infant Death Syndrome\*
10. Increased risk of breast, ovarian and endometrial cancer for mothers
11. Increased risk of osteoporosis and rheumatoid arthritis for mothers
12. Increased risk of maternal diabetes

#### Reference:

INFACT Canada. 14 Risks of Formula Feeding. Retrieved from: <http://www.infactcanada.ca/pdf/14-Risks-Small.pdf>

INFACT Canada. 2006. Risks of Formula Feeding. Retrieved from: <http://www.infactcanada.ca/RisksofFormulaFeeding.pdf>