

Mother's Milk

▶▶ *medicine for cancer prevention*



Cancer is the leading cause of death for American Indian and Alaska Native women in the U.S.

Breastfeeding can reduce the risk of cancer and cancer risk factors:

MOM

- ▶ breast cancer
- ▶ ovarian cancer
- ▶ heart disease
- ▶ high cholesterol
- ▶ hypertension
- ▶ type II diabetes

BABY

- ▶ obesity
- ▶ type I diabetes
- ▶ type II diabetes
- ▶ leukemia and other childhood cancers



Feeding baby only breast milk for the first 4-6 months, with continued breastfeeding along with solid foods up to 2 years of life is recommended by the American Academy of Pediatrics.



Mother's milk contains cells, hormones, antibodies and cancer-fighting cells that protect babies from illness by improving their immune response.

IT MAY BE POSSIBLE TO BREASTFEED AS A CANCER SURVIVOR, TALK TO YOUR HEALTHCARE PROVIDER ABOUT YOUR OPTIONS.



Partner and family support:

- ▶ **LET HER KNOW** you support her choice to breastfeed
- ▶ **BE PROACTIVE** and ask about her needs
- ▶ **TAKE CARE OF** other baby needs: change diapers, prepare feeding space, hold baby when not nursing, etc.
- ▶ **MAKE SURE** mom is getting plenty of fluids, food and rest
- ▶ **CHEER** her on, it's not always easy
- ▶ **TAKE THE LEAD** in daily chores
- ▶ **SHOP AND COOK** for the family
- ▶ **CARE FOR** older children

Where to turn for help:

- ▶ Your healthcare provider
- ▶ Local WIC program or call the national number at 703-305-2746
- ▶ National Breastfeeding Helpline 800-994-9662
- ▶ International Lactation Consultant Association – www.ilca.org
- ▶ La Leche League and their local support group – www.llli.org

PLAN AHEAD, TALK WITH YOUR FAMILY AND PROVIDER ABOUT BREASTFEEDING SO YOU ARE READY WHEN BABY ARRIVES!



American Indian
Cancer Foundation.