

Diabetes in Pregnancy



DIP-Project
Diabetes In Pregnancy - Project



AMD - SID Pregnancy Working Group
"Lombardy Region"

Breast-feeding





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BREAST-FEEDING

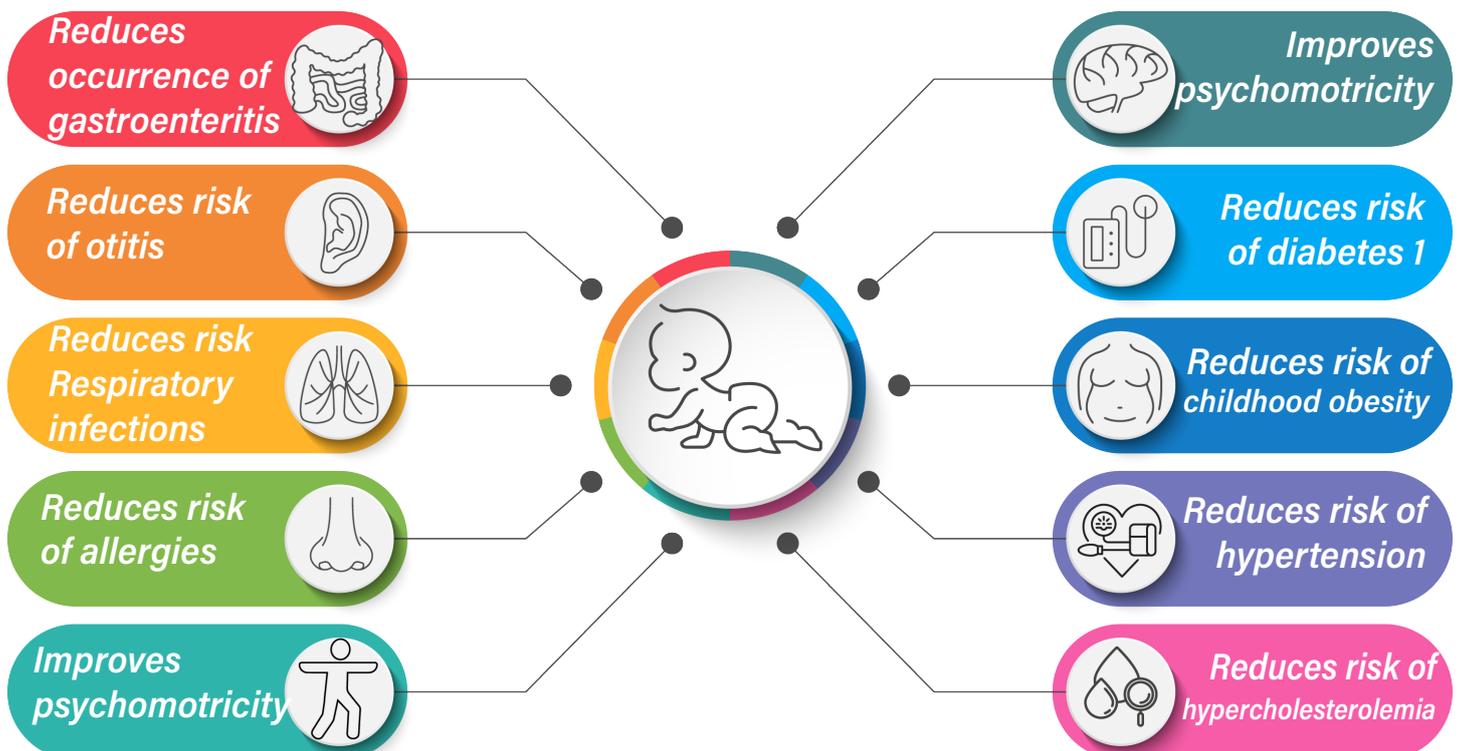


Breast milk, precisely because *it contains all the nutrients* necessary for the growth and the development, represents the best possible food for a newborn baby, and it is for this reason that **the World Health Organisation and the most important national and international scientific societies recommend exclusive breastfeeding for the first six months of life**, followed by complementary breastfeeding until at least two years of age.

What are the benefits?

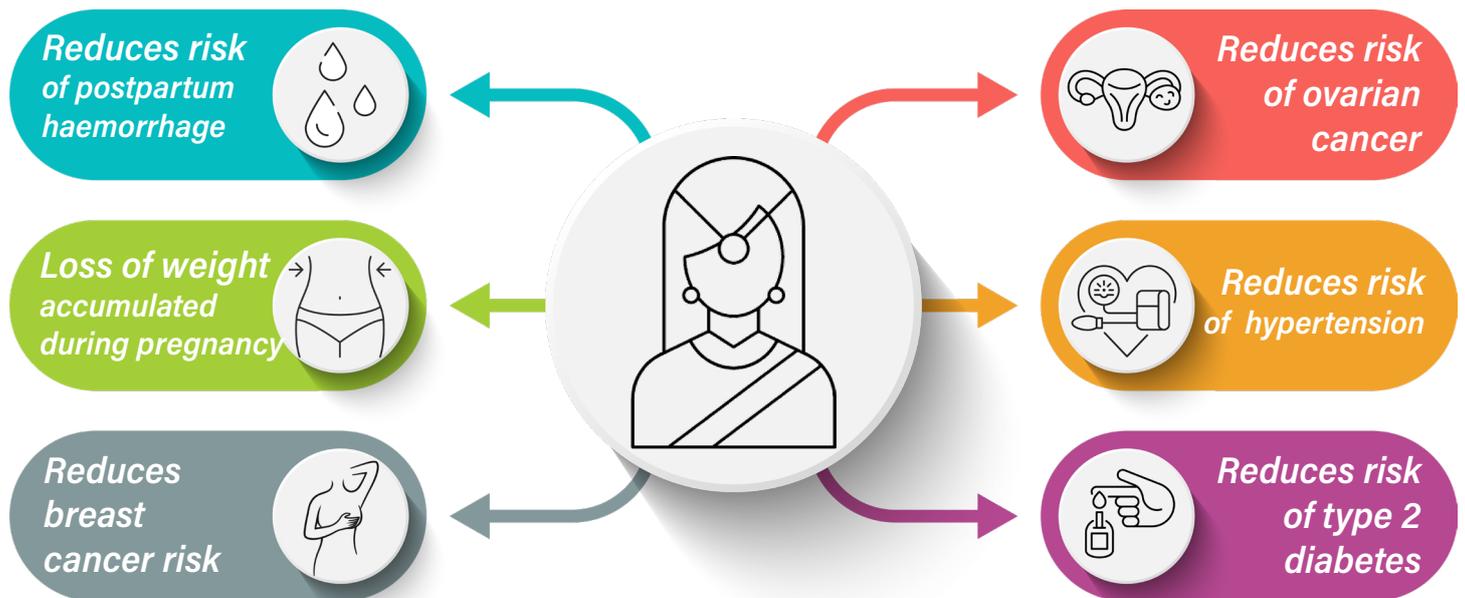
In children, breastfeeding:

- **reduces the occurrence** and duration of **gastro-enteritis** episodes
- **reduces the risk** of developing **otitis, respiratory infections and allergies**
- **improves psychomotor development**
- **reduces the risk** of developing **type 1 diabetes and overweight/obesity in childhood**
- **reduces the risk** of developing **hypertension** and **hypercholesterolaemia** in adulthood



Not only the baby but **also the mother** has considerable advantages in breastfeeding her baby. They include:

- **loss of weight accumulated during pregnancy**
- **reduced risk** of breast and **ovarian cancer, high blood pressure and type 2 diabetes** later in life
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Breastfeeding is therefore an important public health strategy that can improve the health of infants, children and women.

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