



Washington County Breastfeeding Coalition

“Working together to make breastfeeding the norm”

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Breast Cancer and Breastfeeding: The Protection Under Our Noses

Here are some facts about the breastfeeding/breast cancer connection.

- According to the *World Cancer Research Fund and American Institute for Cancer Research* “Breastfeeding is one of two “lifestyle factors” that is associated with “convincing decreased risk” of breast cancer for all women (family history or not) — exercise is the other”.
- The *Agency for Healthcare Research and Quality* says that “Breastfeeding is associated with up to a 28% decrease in risk of developing breast cancer at any age (pre- or post-menopausal) for women without a family history of the disease, who breastfed for 12 months or longer”.
- For women with a family history of breast cancer, breastfeeding is associated with 59% reduced risk of developing premenopausal breast cancer —that’s more than half! This study was published in the *Archives of Internal Medicine* in 2009.
- A study in 2002 found, for every 12 months of breastfeeding, a woman can lower her breast cancer risk by 4.3% This is cumulative, so that a mother who has two children and breastfeeds each for 2 years can realize a 17.2% reduction! Some scientists speculate that this is one reason why, in developed countries with lower rates and duration of breastfeeding (like the U.S.), we also see higher rates of breast cancer.
- Four Breasts for the Price of Two: Your baby girl’s risk of developing breast cancer in her lifetime is lowered by 26%-31% if she is breastfed! This study was published in *Epidemiology* in 1994.
- Breastfeeding’s associated protection against being obese and overweight — major risk factors in adult diseases — buys your baby girl or boy extra protection against developing certain cancers as an adult. *This is according to the World Cancer Research Fund and American Institute for Cancer Research .*

Info from: <http://www.bestforbabes.org/breast-cancer-and-breastfeeding>

All women need support in every step of their lives, and if you are an expectant or new mom the Washington County Breastfeeding Coalition is here to support you. Please visit our website for information on breastfeeding support in the community. www.co.washington.wi.us/685, or call 262-335-4464.

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