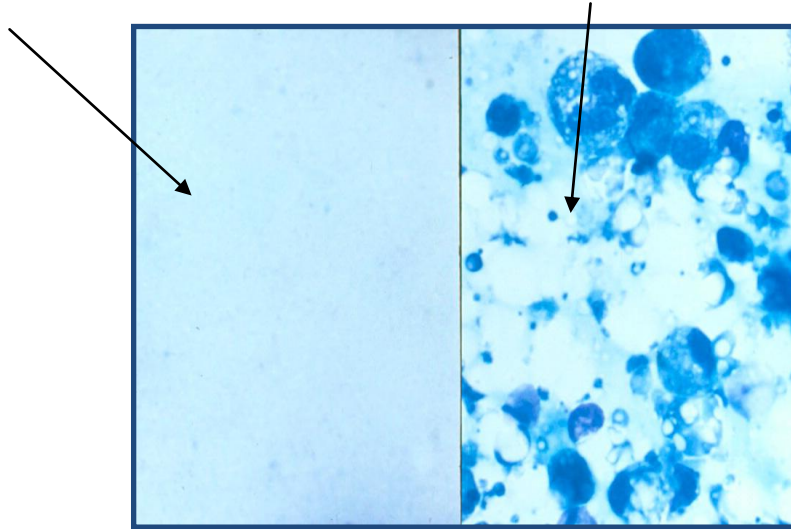


FORMULA vs. HUMAN MILK for BABIES...



This picture shows what formula and human milk look like through a microscope. They are not the same!

WHAT EXACTLY *IS* THE DIFFERENCE?

Good decision-making starts with good information.

This fact sheet is intended to provide you with current facts about infant feeding, to help you make a well informed decision.

Breast milk is best for babies. Formula is artificial baby milk, made from cow or soy milk. It does not provide the best nutrition for your baby, and it increases risks to your baby's health in many different ways (see over).

The **American Academy of Pediatrics** recommends “exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant.” Medical reasons NOT to breastfeed are rare. Breastfeeding gives many benefits to both baby and mother, which are not found in formula. The health benefits of breastfeeding last for the rest of you and your baby's lives, and any amount of breast milk, even just one feed, is better for your baby than formula. Recently, new information has come out on the risks of using formula, especially in the first few weeks and months of your baby's life. PKIMC is dedicated to giving you the best support and information you need to make informed decisions about feeding your baby. We feel that you should be properly informed of the risks if you are considering using formula with your baby. How you choose to feed your baby is a health issue; it is not just a simple choice between two equal options.

Providence Kodiak Island Medical Center does not give breastfed infants water or formula without parent consent and a medical order. If temporary supplementation is medically needed, we use pumped mother's milk first, donor human milk (if available), and formula as a last resort. We also use non-bottle methods (spoon, cup, or dropper feeding) so we reduce “nipple confusion” (bottles can interfere with your baby learning to latch on your breast).

Current research on the risks of formula and the benefits of breastfeeding:

- Infants are born with a “sterile gut”; which means they have no normal flora (healthy bacteria) in their digestive tracts. Formula causes abnormal changes in a newborn’s gut that last for weeks after a single feeding. Formula changes the gut pH (acidity) and the type of bacteria, making it easier for unhealthy (infection causing) bacteria to take hold.
- Higher levels of protein in colostrum (the milk a mother produces in the first 2-3 days after birth) have a more stabilizing effect on infant blood sugar than sugar water.
- The mother’s mature milk comes in earlier with exclusive breastfeeding (all feeds at the breast), and this reduces the chances of both newborn jaundice and inadequate weight gain.
- Formula, unlike colostrum and mature human milk, contains no antibodies or anti-inflammatory compounds. Formula **increases the risk** of type I diabetes, colitis, obesity, allergies, some cancers, and infection of all types (intestinal, respiratory, ears, etc...). The more formula that a baby gets, the higher the risk.

Completely breastfed infants have:

- 72% lower risk of **hospitalization** for lower **respiratory tract infections**
- 64% lower risk of nonspecific **gastrointestinal tract infections**.
- 52% lower risk of developing **celiac disease**, if the infant was breastfeeding at the time of introduction of gluten in the diet
- 50% lower risk of **otitis media (ear infections)**
- 42% lower risk of **asthma** and **allergies** (in families with family history of food allergy)
- 40% lower risk of **type II diabetes**
- 36% lower risk of **SIDS (sudden infant death syndrome)**
- 31% lower risk of **inflammatory bowel disease**
- 15 – 30% lower risk of adolescent and adult **obesity**
- 30% lower risk of **type I diabetes mellitus** if not exclusively breast fed for 3 months
- 20% lower risk of **childhood leukemia and lymphoma**
- Statistically significant higher **IQ** and **brain development** measures

Women who breastfeed have:

- Decreased **blood loss** after delivering
- Faster **involution of the uterus** (uterus returning to its normal size)
- 4 – 12% decreased risk of **type II diabetes** for every year of breastfeeding
- 28% reduced risk of **breast and ovarian cancer** with more than 12 months of lifetime breastfeeding
- Increased **bone density** with duration of breastfeeding greater than 12 months
- Reduced risk of **rheumatoid arthritis**
- Reduced risk of **high blood pressure** and **cardiovascular disease**
- There are very few medical conditions where you cannot breastfeed. These include:
 - Infants born with galactosemia
 - Mothers who have HIV or untreated brucellosis
 - Mothers who have active untreated TB
 - Mothers who are taking amphetamines, chemotherapy agents, ergotamines and statins.
- If formula or breast milk is given to a newborn by bottle, it can cause “suck confusion”. Sucking on a bottle, which is very different from the mother’s breast, can make it more difficult for the baby to latch, causing sore nipples and further breastfeeding problems.