

BREASTFEEDING

AND BREAST CANCER

There is a 1 in 7 lifetime risk of developing breast cancer for women in the UK. Additionally, having children later in life could also increase a woman's risk. The NHS and WHO recommend exclusively breastfeeding (breast milk only) for the first six months of a baby's life.

Breast cancer risk is reduced by 4.3% for every 12 months of breastfeeding. Breastfeeding can also reduce the risk of Triple-Negative Breast Cancer (20%) and in carriers of BRCA1 mutations (22-55%).

OUR BREASTFEEDING TIPS:

- ✓ Get in touch with local breastfeeding support groups.
- ✓ Call one of the advisors at the National Breastfeeding Helpline (phone: 0300 100 0212)
- ✓ Watch breastfeeding tutorials on YouTube from trustworthy sources (e.g., from the NHS "Your Introduction to Breastfeeding").
- ✓ Have a well-balanced diet with extra fluids which helps to produce milk.
- ✓ Keep in touch with your midwife and express any concerns. Talk to friends and family if you're struggling.

MORE INFO ON BACK



www.breastcanceruk.org.uk

WHAT ARE THE BENEFITS OF BREASTFEEDING FOR INFANTS AND MOTHERS?

Breastfeeding has many benefits for both you and your child. Babies who are breastfed have a reduced risk of hospitalisation for diarrhoea, and fewer respiratory and ear infections.

Adults who were breastfed as children have a reduced risk of obesity and type 2 diabetes. Mothers who breastfeed have a reduced long-term risk of cardiovascular disease, diabetes, ovarian and breast cancer. A greater reduction of the risk is seen for longer periods of breastfeeding.

WHAT EFFECT DOES BREASTFEEDING HAVE ON BREAST CANCER RISK?

A large study found that breastfeeding could decrease the risk of breast cancer by 4.3% for every 12 months of breastfeeding.

Breastfeeding for more than one year reduces the risk of triple-negative breast cancer by around 20% and the risk in women with BRCA1 mutations by around 22-50%. In the UK, an estimated 4.7% of breast cancer cases are associated with not breastfeeding.

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