

Breastfeeding reduces cancer, diabetes risk

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.

Thanks to a deluge of public health campaigns in the United States over the past decade, everyone knows how good breastfeeding can be for your child beyond simple nutrition. Breast milk is known for its disease-fighting power that can protect newborns from everything from stomach viruses and ear infections but there are also studies that showed breastfed babies have higher IQs — and grow up to be wealthier to boot.

What about moms?

Most of the focus on the benefits to mothers has been on psychological effects such as strengthening the the maternal bond. But a growing number of new studies provide evidence that breastfeeding may have a strong physical effect as well by cutting the women's risk of diabetes and cancer.

In a study published in the [Annals of Internal Medicine](#) and funded by the National Institute of Child Health and Human Development, researchers studied 1,035 women at Kaiser Permanente in Oakland, Calif. who delivered one child at term and who developed gestational diabetes. They found that those who breastfed were a great deal less likely — up to 50 percent less — to develop diabetes 2 in subsequent years than those who did not breast feed. Researchers theorized that lactation may affect metabolism and insulin sensitivity.

Read full, original post: [Two more reasons to breastfeed: It may reduce moms' cancer and diabetes risk](#)