

# Breastfeeding Reduces the Risk of Breast Cancer



## Need breastfeeding support?

It's as simple as entering your zip code in the Local Resource Directory from the Kansas Breastfeeding Coalition at [ksbreastfeeding.org/local-resources/](http://ksbreastfeeding.org/local-resources/).

Breastfeeding support resources are populated on a map and you choose the right support for you.



Source: United States Breastfeeding Committee



Kansas Breastfeeding Coalition, Inc.

[ksbreastfeeding.org](http://ksbreastfeeding.org)

## Did You Know?

**BREASTFEEDING IS ONE OF THE FEW THINGS YOU CAN DO THAT IS KNOWN TO REDUCE YOUR RISK OF BREAST CANCER:**

- Breastfeeding causes changes in hormones that can delay menstrual periods returning after giving birth.
- Fewer periods means less lifetime exposure to hormones like estrogen, which can cause breast cancer cells to grow.



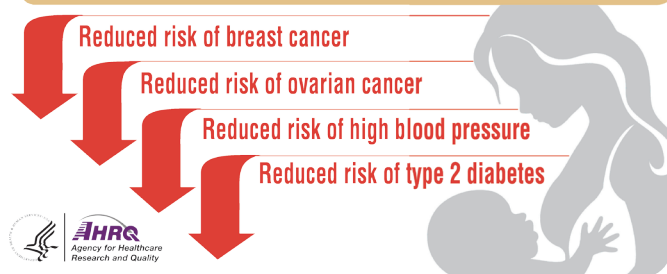
**THE MORE BREASTFEEDING, THE LOWER THE RISK:**

- For every 12 months of breastfeeding, the risk of breast cancer goes down by 4.3%.<sup>1</sup>
- The 12-month time period could be with one child or the total time breastfeeding several children.

**BLACK WOMEN ARE MORE LIKELY TO GET BREAST CANCER AND LESS LIKELY TO BREASTFEED THAN OTHER GROUPS:**

- Death rates from breast cancer are 39% higher for black women compared with white women across the nation<sup>2</sup>
- Breastfeeding rates are 17% lower for Black women compared to white women in the U.S.<sup>3</sup>

### Benefits Associated with Moms Who Breastfeed



Breastfeeding Programs and Policies, Breastfeeding Uptake, and Maternal Health Outcomes in Developed Countries. Comparative Effectiveness Review No. 210. AHRQ Publication No. 18-EHC014-EF. July 2018

<sup>1</sup> Breast cancer and breastfeeding: collaborative reanalysis of individual data from 47 epidemiological studies in 30 countries, including 50 302 women with breast cancer and 96 973 women without the disease. The Lancet, Volume 360, Issue 9328, 187 - 195

<sup>2</sup> American Cancer Society. Breast Cancer Facts & Figures 2017-2018. Atlanta: American Cancer Society, Inc. 2017

<sup>3</sup> [https://www.cdc.gov/breastfeeding/data/nis\\_data/rates-any-exclusive-bf-socio-dem-2015.htm](https://www.cdc.gov/breastfeeding/data/nis_data/rates-any-exclusive-bf-socio-dem-2015.htm) Accessed July 1, 2019