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**

- Reduced risk of breast cancer
- Reduced risk of ovarian cancer
- Reduced risk of high blood pressure
- Reduced risk of type 2 diabetes

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<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
