

INSPIRATION

Why I became a champion of breastfeeding

Question: How does a pediatrician become a passionate advocate of breastfeeding?

Answer: By learning the health benefits of breastmilk.

Jenny Thomas had gone through years of medical school training to become a pediatrician, but never learned a thing about breastfeeding. "Breastfeeding was just not part of the curriculum," recalls Thomas, 43, of Milwaukee, Wisconsin.

As an intern with a new baby,

Thomas did breastfeed, mostly because her own mom had nursed her. But she weaned her son when he was only six weeks old in order to attend a retreat for medical interns. "Interns were expected to attend, and no family members were allowed," she recalls.

Learning from lectures

At a conference of the American Academy of Pediatrics in 1999, Thomas sat in on lectures about breastfeeding. She learned about the importance of breastmilk for preemies and the way breast-

milk guarded babies from infectious diseases. "I was enthralled," Thomas recalls. "It was the first time I'd heard anything of the sort."

Thomas began devouring information about breastfeeding and she went on to nurse her two younger sons.

Nursing, she admits, was not always easy, and she struggled when she first started nursing her second son. "But I knew if I quit, I wasn't going to be much of a role model," she says.

A mission to educate

Educating other women about breastfeeding became a mission, one that she does routinely with her patients. Thomas has since become a lactation specialist and a member of the Academy of Breastfeeding Medicine. She has lobbied state legislators to pass bills allowing women to nurse in public. "I think my own experience has made me a better pediatrician," she says.

TIP

5

FIND NURSING
OPTIONS

BREASTFEEDING FACTS

- Provides developmental, nutritional, and immunologic benefits not duplicated by formula feeding.
- May reduce infant mortality, obesity later on, and the incidence of infectious diseases.
- Studies suggest lower rates of SIDS, diabetes, and certain cancers.
- May enhance bonding.
- Less postpartum bleeding, lose weight more rapidly, and may lower their risk for breast and ovarian cancer.
- ACOG recommends exclusive breastfeeding for the baby's first six months.

WINNIE YU

editorial@mediaplanet.com



the Shower Hug™

Mama's Essential for Breast Pain Relief

Use while showering, sleeping, or in place of a nursing bra:

- ✿ Protects and shields sensitive nipples and breasts from harsh shower sprays and soaps
- ✿ Holds cold & heat packs
- ✿ Prevents nighttime leaks with or without the use of nursing pads
- ✿ Provides gentle bust line support

Proudly made for moms by moms in the USA.

1-800-936-1790 ext. 705
sales@belmamaandcherub.com

www.showerhug.com




Something to latch onto...

We know the transition from pregnancy to breastfeeding can be challenging. Organic Mother's Milk® tea promotes healthy lactation,* giving moms something to latch onto when they really need it.

For a coupon and to meet lactation consultant Shari Criso, visit MothersMilkTea.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

©2010 Traditional Medicinals 100604