

Feed Your Baby The Very Best

(NAPSA)—One of the best decisions a new mother can make is to breastfeed her baby. Moms can breastfeed their babies longer with the help of a breastpump.

Breast milk is the finest food for infants. Documented benefits for babies include reduced risk of infections and higher IQ. Moms also derive numerous health benefits from breastfeeding. According to a report in *The New York Times*, a recent British study concluded that the number of new breast cancer cases in the U.S. could be notably reduced if mothers lengthened the amount of time they breastfed.

As part of its Healthy People Initiative 2010, the U.S. Centers for Disease Control and Prevention (CDC) want to increase the percentage of U.S. mothers who breastfeed their babies throughout the first year. Although 69 percent of U.S. mothers initiated breastfeeding in 2000, the CDC found only 26 percent still breastfed three months later—about the time many mothers returned to work.

Breastpumps Can Help

A good breastpump can help mom maintain breastfeeding for her baby's first year. Mom can express milk with her breastpump when she's unable to nurse, then store it for later feedings.

Breastpump manufacturers make manual, small to mid-size electric and hospital-grade electric breastpumps. New research shows breastpumps mimicking babies' two-phase nursing rhythm—a high frequency sucking to induce milk flow, followed by a suck/pause/swallow pattern—are most effective for fast milk let-down and expression. The leading breastpump manufacturer offers two-phase cycling in its newest breastpumps.



The best electric breastpumps offer modern technology and design and a professional carry bag for stylish portability.

Manual Breastpumps

Manual breastpumps are for short-term separations from baby, and good for the stay-at-home mom to use a few times a week.

Manual breastpumps are either hand- or foot-operated, and are lightweight and simple to use. They should disassemble easily for quick washing and sanitizing and have adjustable vacuum levels so mom can find her comfort zone. Medela's Harmony® Breastpump, available in retail markets, provides such features.

Electric Breastpumps

Small to mid-size electric breastpumps provide automatic pumping and are portable. They are for working moms who must pump several times a day to preserve their milk supply. The breastpump should remove milk from the breast just like an infant, signaling mom's body to make more milk.

Electric double-breastpumps express milk from both breasts simultaneously, using more auto pump cycles per minute. Double-breastpumps sustain lactation longer than other types, so they are ideal for moms working full-

time. Medela's Pump In Style® Advanced Breastpump offers single- and double-pumping, and is available in specialty juvenile shops.

Hospital-grade Breastpumps

Hospital-grade breastpumps are excellent for moms with milk supply problems, a premature infant who cannot latch on to the breast, or an infant with a serious medical condition, such as a cleft palate.

To stimulate milk supply and efficient milk expression, hospital-grade electric breastpumps, such as Medela's Symphony® Breastpump, are the gold standard. They're not as portable as retail manual or electric breastpumps, however.

Hospital-grade electric breastpumps are available at hospitals, outpatient wellness centers and medical equipment rental locations.

Board-certified lactation consultants offer professional support to nursing moms. Free online lactation consulting is at www.medela.com.

For a free Breastfeeding Information Guide, call 1-800-435-8316.