

## PRESS INFORMATION

### **11th International Breastfeeding and Lactation Symposium 2016**

#### **Breastfeeding protects against chronic diseases**

**Baar/Dietersheim, February 2016. Non-communicable chronic diseases such as cardiovascular diseases, cancer, respiratory diseases and diabetes mellitus lead to around 38 million deaths around the world each year. Current research indicates these diseases can begin to be prevented during infancy. At the 11th International Breastfeeding and Lactation Symposium, taking place from 15 to 16 April 2016 in Berlin, the Australian academic Donna Geddes presents the latest results on the link between breastfeeding and chronic diseases in later life.**

Children who are breastfed have a lower risk of developing a metabolic syndrome in later life, which in turn increases the likelihood of developing diabetes and cardiovascular diseases. The latest research indicates that there is a link between the quality and the type of fats in babies' food and the predisposition to a metabolic syndrome. Breastfeeding also has a positive effect on body weight. Children who are breastfed put on weight slower and are also less likely to be overweight in later life than those who were not breastfed. Since being overweight is in turn a risk factor for almost all non-communicable chronic diseases, breast milk with its unique composition contributes to protecting health in multiple ways.

Medela is committed to supporting research into the unique composition and value of breast milk. Therefore, the company uses the annual "International Breastfeeding and Lactation Symposium" as a platform to promote the exchange of the latest research results and their transfer to practice, both for NICUs and professional groups who advise mothers on breastfeeding. Leon Mitoulas, Head of Breastfeeding Research at Medela, explains: "The fascinating discoveries on the health benefits of breast milk in all of its facets encourage us in our quest to support mothers globally to breastfeed and feed expressed breast milk for as long as possible. It is a privilege for us to welcome leading researchers from Australia, Denmark, Germany, Spain and the USA to our International Breastfeeding and Lactation Symposium." You can find more information on the talks at the symposium and register here: [www.medela-symposium.com](http://www.medela-symposium.com).