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For immediate release

National Woman's Health Week

Morrisville, NC- The United States Lactation Consultant Association (USLCA) joins the US Department of Health and Human Services in celebrating National Woman's Health Week. The week of May 9th to 15th is dedicated to empowering women to make their health a top priority. In honor of this week the USLCA reminds women that breastfeeding is a health preventive behavior that reaps benefits for a lifetime. Avoiding or abandoning breastfeeding increases a woman's risk of developing premenopausal breast cancer, ovarian cancer, type II diabetes, hypertension (high blood pressure), hyperlipidemia, and cardiovascular disease.

The decision to breastfeed is a health promoting public health behavior that benefits not only infants but also their mothers. During National Women's Health Week, communities, businesses, government, health organizations, and other groups work together to educate women about steps they can take to improve their physical and mental health and lower their risks of certain diseases. Women are often the caregivers for their spouses, children, and parents and forget to focus on their own health. But research shows that when women take care of themselves, the health of their family improves. Health care providers are urged to remind the childbearing population of women that they work with of the importance of breastfeeding as a method of reducing diseases and conditions that can rob them and their family of a healthy mother. Heart disease is the number one killer of women in the US. Epidemiological data suggest that women who do not breastfeed or wean too early face a higher risk of disease and early death.

USLCA president, Laurie Beck, RN, MSN, IBCLC would like to celebrate National Woman's Health week by wishing all moms a Happy and Healthy Mother's Day. "USLCA urges all mothers and health care providers to view breastfeeding as a health promoting and disease preventing behavior just like nutritious eating and physical activity."

Knowledgeable professional breastfeeding support can be obtained from lactation consultants with the IBCLC credential (International Board Certified Lactation Consultant). To locate a IBCLC for assistance with breastfeeding go to <http://www.uslca.org>