

# Essential Insights into Breastfeeding: Series 2



**Breastfeeding in  
Diseases.**

## **Introduction :-**

**When you are diagnosed with pcos, diabetes or are suffering with any kind of maternal infections while breastfeeding, your first concern will be about breastfeeding your baby.**

**This series is for those mothers who are diagnosed with any kind of disease and want to breastfeed their baby, but are not sure if they should.**

**This series will aim at debunking some myths, give you some advices how you can breastfeed safely and enjoy the most magical time with the baby.**

**1) Everything you need to know about Caffeine consumption during breastfeeding**

- **1% of the total amount of caffeine consumed passes through breastmilk.**
- **Infants cannot process caffeine as quickly as adults.**
- **Excessive intake of caffeine can have negative effects on mothers.**
- **Up to 300 mg of caffeine per day is mostly safe for mothers and babies.**
- **Drinking caffeine can affect the quality of breastmilk.**
- **Read more in the caption.**

**Caffeine intake while breastfeeding is safe, but it depends on the amount of intake you are consuming on a daily basis that is going to determine the quality of your breastmilk and affect your baby. Many experts recommend limiting your caffeine intake to 300 milligrams per day while nursing.**

**As for the babies, caffeine intake does affect some babies, as the breastmilk can contain some traces of the caffeine substances in it.**

**The amount, of course, varies from mother to mother, and some babies can be more sensitive to caffeine than other babies.**

**Following are some signs that caffeine consumption is affecting your baby.**

- Increased fussiness and irritability**
- More trouble going to sleep**
- Hyperactivity**
- Restlessness**

**Younger babies are considered more sensitive to caffeine than older babies. It stays in new born babies system than older babies.**

**As mentioned earlier, caffeine consumption can also affect the quality of your breastmilk.**

**For example, mothers who consume three cups of coffee per day have about one-third less iron in their breastmilk. Avoiding or limiting caffeine can improve the content of iron in breastmilk.**

**Although caffeine can provide a boost of energy for people, mostly breastfeeding mothers, when they are tired, experts suggest that they should not go overboard with their consumption for the safety of the mother and child.**

## **1) Breastfeeding in Diabetes: is it possible?**

### **Benefits for babies**

- Lowers the risk of type 1 diabetes**
- Reduces the risk of developing obesity when they are older, which may further decreased their chances of type 2 diabetes**
- Lowers risk of developing other skin infections like eczema, ear infections, asthma and other dieases.**

### **Benefits for mothers with Diabetes**

- Fast recovery after childbirth, also helps in rapid weight loss after pregnancy**
- Keeps glucose levels in check**
- Reduces risk of developing type 2 diabetes**
- Lowers risk of developing health conditions like arthritis, breast and ovarian cancer, high blood pressure.**

**If you are wondering if you should breastfeed with diabetes, the short answer is yes!**

**Just like other parents, breastfeeding is no different for parents with diabetes. Mothers with any kind of diabetes, including pregnancy-related diabetes, should breastfeed their baby immediately after birth.**

**Actually, breastfeeding your baby can reduce their risk of developing it and also offer other benefits to your baby.**

**For mothers who live with diabetes, breastfeeding can help keep their glucose levels in check.**

**For babies, breastmilk can reduce their potential risk of developing type 1 diabetes.**

## **What about breastfeeding in gestational diabetes?**

**Around 9% of women develop high blood sugar during their pregnancy. This is known as gestational diabetes; this condition usually goes away after the child is born.**

**However, it's important to understand that developing gestational diabetes during pregnancy can sometimes increase the risk of developing type 2 diabetes later on.**

**Women who breastfeed for 2 months can see a reduction in risk by around half, whereas women who breastfeed for at least 5 months can see a more than half reduction in risk of developing type 2 diabetes.**

**A 2016 study also showed that having gestational T1D or T2D may impact the low supply of milk.**

**Due to low supply, women may sometimes have issues with poor latch, nipple pain, or any other breastfeeding issues.**

**In conclusion**

**You should try breastfeeding in diabetes with proper guidance from your gynecologist and enjoy the journey of motherhood.**