

[IMAGE]

Breast-Feeding: Good for the Heart

By Editorial Staff

The benefits of breast-feeding continue to be revealed, with the latest study associating breast-feeding with better maternal cardiovascular health in later age. In the study, published in *Obstetrics & Gynecology*, researchers recorded cardiovascular risk factors in 846 women, then measured the thickness of their carotid arteries 20 years later via ultrasound to determine their risk for heart disease based on the extent of atherosclerosis.

Women who breast-fed the least had the thickest carotid arteries, and almost one in five women who breast-fed for a month or less had atherosclerotic plaque – compared with only about one in 10 women who breast-fed for at least 10 months.

Heart disease is the leading cause of death among women, and atherosclerosis is a major risk factor. So expectant women, take note: breast-feeding is best – for you *and* your baby. [Click here](#) to learn about the many benefits of breast-feeding.

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