

Riesgos de no amamantar



Para lactantes

Alimentar a su bebé con un biberón de leche maternizada para lactantes puede parecer un acto sin consecuencias. Sin embargo, las tiene. Existen algunos inconvenientes que se presentan cuando se alimenta con biberón, los cuales se incrementan en la medida en que más se alimenta al bebé con leche maternizada. Antes de tomar una decisión, considere los siguientes aspectos. Si tiene preguntas, consulte a su médico, enfermera o especialista en lactancia para obtener información detallada.

Mayor riesgo de lo siguiente:

- ✓ Infecciones (pulmón y tracto gastrointestinal)
- ✓ Obesidad infantil
- ✓ Diabetes tipo 1 y tipo 2
- ✓ Cáncer infantil
- ✓ Síndrome de muerte súbita del lactante
- ✓ Otitis media (infecciones del oído)
- ✓ Infecciones de las vías respiratorias bajas
- ✓ Asma
- ✓ Dermatitis atópica (alergias en la piel)
- ✓ Enfermedades del corazón e hipertensión arterial
- ✓ Diarrea
- ✓ Enterocolitis necrosante en lactantes prematuros
- ✓ Cólicos y malestar estomacal
- ✓ Cambio en las bacterias del sistema digestivo del tracto gastrointestinal de su bebé
- ✓ Oclusión dental defectuosa

Si está amamantando, alimentar al bebé con biberón puede acarrear los siguientes riesgos:

- ✓ Reducir el suministro de leche materna
- ✓ Cambiar la preferencia del bebé de succionar el pecho
- ✓ Reducir el deseo del bebé de ser amamantado

Si se alimentara a los lactantes de manera óptima (exclusivamente durante 6 meses y de manera continua durante 1 año o más), se salvarían 911 vidas de lactantes y se ahorrarían 13 mil millones de dólares anualmente.

Bartick M, Reinhold A. The Burden of Suboptimal Breastfeeding in the United States: A Pediatric Cost Analysis. (La carga de la lactancia materna subóptima en Estados Unidos: un análisis de costos pediátricos). *Pediatría* 125:5, 2010

Para las madres

Puede resultar sorprendente que amamantar sea algo beneficioso para las madres de lactantes alimentados con leche materna. Mientras más tiempo amamanta la madre, mayores son los beneficios.

Mayor riesgo de lo siguiente:

- ✓ Cáncer de mama premenopáusico
- ✓ Cáncer de ovarios
- ✓ Obesidad
- ✓ Retención del peso adquirido durante el embarazo
- ✓ Diabetes tipo 2
- ✓ Infarto de miocardio (ataque cardíaco)
- ✓ Síndrome metabólico
- ✓ Osteoporosis
- ✓ Artritis reumatoide

Si se alimentara a los bebés con leche materna de manera óptima (exclusivamente durante 6 meses y de manera continua durante 1 año o más), esto supondría un ahorro de 14,4 mil millones de dólares en casos de muerte prematura, 733,7 millones de dólares en costos de cuidados directos y 126,1 millones de dólares en costos indirectos por solo 3 diagnósticos (cáncer de mama, infarto de miocardio e hipertensión) anualmente.

Bartick M. Mothers' costs of suboptimal breastfeeding: implications of the maternal disease cost analysis (Costos de la lactancia materna subóptima para las madres: análisis de las implicaciones de los costos de enfermedades maternas). *Breastfeed Med.* octubre del 2013; 8(5):448-9.

Además, existe el riesgo de que la leche maternizada esté contaminada o que no se preparen los ingredientes correctamente. Se han hecho varios llamados de atención a los fabricantes de leche maternizada en los últimos años.

Los Centros para el Control y la Prevención de Enfermedades, la Academia Americana de Pediatría y la Organización Mundial de la Salud, así como otros grupos de profesionales implicados en la salud infantil, recomiendan la lactancia materna exclusiva durante los primeros seis meses y, luego, continuar durante uno o dos años con la introducción gradual de alimentos sólidos.

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