

# Health & Wellness Tip of the Week

# Week 33 August 13, 2018

Our mission is to promote health awareness and  
Encourage healthy lifestyles.



BlueCross BlueShield  
of Texas

Take wellness to heart

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## Nursing Leads to Healthier Babies and Moms

August is National Breastfeeding Month. Nursing is a win-win for babies and moms. The American Academy of Pediatrics suggests all mothers try nursing their babies.

### *Good for Babies*

Breast milk has key antibodies that give babies immunities. They protect babies from allergies and many sicknesses. Over time, Mom's milk changes to meet babies' change needs. Babies who were breastfed have been found to have higher IQs and do better in school.

### *Good for Moms*

Nursing mothers have faster weight loss in the months after birth. Studies show that mothers who breastfeed have a lower chance of getting ovarian and breast cancer, heart disease and diabetes.

*Source: Texas Department of State Health Services*

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