

## Breastfeeding as an important factor of reduced infants' infection diseases

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**A**- Conception and study design; **B** - Collection of data; **C** - Data analysis; **D** - Writing the paper; **E**- Review article; **F** - Approval of the final version of the article; **G** - Other (please specify)

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### ABSTRACT

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**Purpose:** Respiratory tract infections and severe allergy reactions are a leading cause of hospitalization and morbidity in infants and children. The protection of breastfeeding against infectious diseases as well as allergy development has often been suggested. The aim of the study was to assess the relationship between the various models of infant nutrition, its immunity influence and children response after 3-6 years of age.

**Materials and methods:** The research was based on a voluntarily questionnaire, filled in by parents of pre-school children. Information on breast and milk formula feeding duration (never; 1-6 months; 6-12 months; 12-24 months; 24>months) were collected. The frequency of infections, chronic diseases, and allergies occurrence was analysed.

**Results:** A statistically significant differences between infants breastfeeding and milk formula feeding in case of reduced infection ( $p=0.003$ ) and infection recurrences ( $p=0.001$ ) were found. This relationship was not found among children at further stages of development. There was no correlation between the consumption of only mothers' milk, and the reduced occurrence of asthma, allergies, and eczema.

**Conclusions:** Maternal milk has an influence on the reduced risk of infection in the first year of the child's life compared to children fed only with artificial mixtures.

**Keywords:** Breastfeeding, milk formula, infection, infants

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