



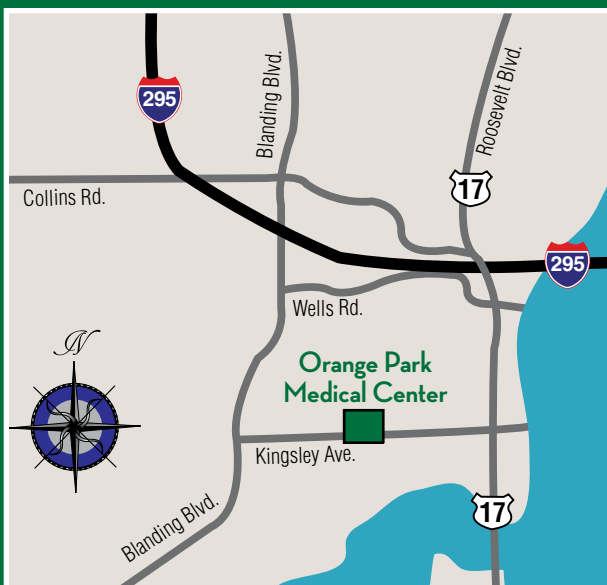
AVAILABLE SUPPLIES

The Lactation Corner offers the following at competitive prices for this special time in your life.

- Medela breast pumps for rent
- Breast pump kits
- Breast milk freezer bags
- Breastfeeding specialty items

Plus, the Lactation Corner provides many other items to assist you.

To make an appointment, call:
(904) 213-1515



THE LACTATION CORNER



All the Help and Support
You Need for Breastfeeding



2001 Kingsley Avenue
Orange Park, Florida 32073
Phone: (904) 276-8500

Or visit our website at www.opmedical.com





WHY BREASTFEED?

Your breast milk is the perfect nutrition for your baby. It contains all of the nutrients needed for growth and development.

Breastfeeding boosts your baby's

health, resistance to common illnesses and enhances the emotional bond between you and your baby.

Breastfeeding is normal and natural, but sometimes mothers need some help and encouragement to learn the techniques involved with nursing their babies. Since knowledgeable family members or friends are not always available, The Lactation Corner offers experienced, Board-Certified Lactation Consultants to guide you through these times, so that you can enjoy this meaningful experience.

HOW WE CAN HELP

The Lactation Corner offers personalized care to you and your baby which includes:

- In-hospital visits and support
- A telephone Help Line to answer your questions about breastfeeding
- Follow-up telephone calls after your delivery
- Prenatal breastfeeding classes
- Outpatient consultations if you are experiencing breastfeeding problems
- Educational materials
- Infant weight checks
- Personalized plan for employed breastfeeding moms to help you:
 - Plan your work day
 - Express and store your milk
 - Teach your baby to take a bottle

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THE BENEFITS OF BREASTFEEDING

When considering breastfeeding, you need to remember that it is more than providing a nutritionally perfect product for your child.

BENEFITS TO YOUR CHILD

- A lower risk of juvenile diabetes, food allergies, asthma, colic, eczema, diarrhea and upper respiratory infections
- Breastfed babies are four times less likely to develop ear infections
- Enhancement of intellectual and neurological development in infants

BENEFITS TO YOU

- A savings of over \$1000 in the first year's nutritional formula that you would have to purchase if you chose not to breastfeed
- A lower risk of osteoporosis
- Twenty percent reduction in breast cancer risk
- You burn more than 500 additional calories per day, helping your body return to your pre-pregnancy condition more quickly

WHAT IS A LACTATION CONSULTANT?

A Lactation Consultant is a health professional who has special training and skills in assisting women with questions and issues related to breastfeeding. Our Lactation Consultants, certified by the International Board of Lactation Consultant Examiners, provide information, guidance and support to new mothers who are breastfeeding. To speak with a Consultant, simply call: (904) 213-1515.



WHEN SHOULD YOU CALL YOUR LACTATION CONSULTANT?

- When you want information about breastfeeding, both before and after the baby arrives
- For assessment and instructions for care of your nipples and breasts
- For management of breastfeeding problems:
 - Engorgement
 - Sore or cracked nipples
 - Baby will not latch, or will not nurse
 - Slow weight gain
 - You need to increase your milk supply
 - Sleepy baby
 - Premature baby
 - Medications and breastfeeding
 - Twins (or more)
 - Cleft lip or palate
 - Down Syndrome
 - Thrush
 - Adoption