



Gila Regional Medical Center



www.grmc.org

“Making the decision to have a child - it is momentous. It is to decide forever to have your heart go walking around outside your body.”

-Elizabeth Stone

Gila Regional
Medical Center
1313 E 32nd St.
Silver City, NM 88061





Babies' first food is about so much more than nutrition

Deciding to breastfeed significantly decreases your baby's risk of:

- Allergies
- Asthma
- Childhood Cancers
- Colds & Pneumonia
- Constipation
- Crooked Teeth
- Diabetes
- Ear Infections
- Environmental Poison
- Heart Disease
- Malnutrition
- Being Overweight
- Reflux & Colic
- Diarrhea
- Sudden Infant Death Syndrome (SIDS)
- Infections from contaminated formula

Deciding to breastfeed significantly decreases mother's risk of:

- Ovarian Cancer
- Rheumatoid Arthritis
- Being Overweight
- Stress & Anxiety
- Breast Cancer
- Diabetes

NEED HELP?

Call our
Lactation Consultant
(575) 538-4676

