

American Academy  
of Pediatrics

Ohio Chapter



**Injury Prevention  
Initiatives**

# EASE MOC II: Module 9

Jamie R. Macklin, MD, FAAP

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# Breastfeeding and Reduced Risk of Sudden Infant Death Syndrome

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# Background

- Breastfeeding has been associated with reduced risk of post-neonatal mortality
- Breastfed infants tend to have lower arousal thresholds than formula-fed counterparts
- AAP recommends exclusive breastfeeding for 6 months and continued nursing through 1<sup>st</sup> year of life

# Study Design

- Meta-analysis examining relationship between breastfeeding and SIDS
  - 24 original case-control studies identified
  - 18 studies ultimately used for analysis



# Data Summary

- Breastfeeding for any duration or extent is protective against SIDS
  - Adjusted (multivariate) odds ratio: 0.55
- Exclusive breastfeeding is even MORE protective against SIDS!
  - Summary odds ratio: 0.27

# Policy Contradictions?

- Studies have shown that room-sharing and pacifiers are also protective against SIDS
- Are these inconsistent with practice of breastfeeding??
  - **NO!!**
  - Pacifiers may be used once breastfeeding established (about 3-4 weeks of age)
  - Room-sharing is safer than bed-sharing but keeps baby close for breastfeeding

# Bonus Article!!!

- Recent article in *Pediatrics*\* studying duration of breastfeeding and risk of SIDS



\*Source: Thompson JMD, Tanabe K, & RY Moon. Duration of Breastfeeding and Risk of SIDS: An Individual Participant Data Meta-analysis. *Pediatrics* 2017; 140(5): e20171324.

# The Study

- Eight case-control studies
  - 2,267 SIDS cases and 6,837 controls
- Univariable analyses:
  - Infants breastfed <2 months: OR 0.61
  - Protection increased with duration of breastfeeding



# However...

- Multivariable analyses
  - 19 confounders analyzed, such as:
    - Gestational age
    - Sleep position
    - Maternal smoking
- NO protection conferred if infant breastfed <2 months
  - Even if breastfeeding was exclusive!

# Recommendations

- Pediatricians should counsel parents to breastfeed per AAP recommendations
- The longer and more exclusive the breastfeeding, the better!
- Pacifiers and room-sharing (NOT bed-sharing) are OK!

- Thank you for completing this module!
- Please remember to answer all of the test questions to earn credit for this month!

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# Safe Sleep Initiatives

## ABCs OF SAFE SLEEP

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