

Breastfeeding 'prevents baby infections,' research suggests

Exclusive breastfeeding for six months wards off baby infections, further evidence suggests. Regardless of other factors, such as good healthcare and vaccination programmes, breastfeeding still gives babies a boost, say Greek researchers.



fed for at least the first six months of life.

They say it is the composition of breast milk that helps babies fight infections.

The findings, from a study of 1,000 vaccinated infants, are published in Archives of Diseases in Childhood.

Researchers say the benefit only comes with exclusive breastfeeding - mixing breast and bottle will not achieve the same. World experts already recommend that infants are exclusively breast-

Natural boost

For the study, the researchers tracked the health of 926 infants for a period of 12 months, recording any common infections these babies had during their first year of life.

All the newborns were routinely vaccinated and had access to a high standard of healthcare.

Almost two-thirds of mothers were breastfeeding at one month, but this

figure dropped to just under a fifth at six months.

Overall, 91 of the infants were exclusively breastfed for a full six months.

Subsequently, these infants had significantly fewer common infections during their first year of life than their peers who were either partially breastfed or not breastfed at all.

These included respiratory and ear infections, as well as thrush.

And the infections they did pick up were less severe, even after adjusting for other factors that might influence infection risk, such as number of siblings and exposure to environmental tobacco smoke.

Professor Emmanouil Galanakis and his team say it is the composition of breast milk that explains their findings.

Breast milk contains antibodies passed from the mother, as well as other immunological and nutritional factors that help the baby fight off infections.

"Mothers should be advised by health professionals that, in addition to all the other benefits, exclusive breastfeeding helps prevent infections in babies and lessens the frequency and severity of infectious episodes," the researchers say. Janet Fyle of the Royal College of Midwives said: "This research is very welcome and adds to the growing weight of evidence about the many benefits of breastfeeding."

"We know that breastfeeding is the default method of infant feeding for babies; good for mothers and good for the health of the nation. That is why we need to continue our efforts to ensure that we maintain a high rate of breastfeeding in the UK."

"The UK needs to see breastfeeding as a normal process, and to move away from some of the outdated and negative stigma that is depressingly still attached to it, specifically breastfeeding in public."

Article from BBC

Victorian Multicultural Award Honors 16 Greeks & 2 Greek Businesses

Sixteen Greeks and two Greek organisations have been formally recognised for their contribution to promoting cultural harmony in Victoria.

On Tuesday Victorian Premier John Brumby presented this year's annual Victorian Multicultural Awards for Excellence at a special ceremony at Government House. More than 500 members of Victoria's multicultural and multi-faith community were in attendance.

Brumby said the Victorian Government first established the awards in 2002 to recognise and reward the contributions of individuals and organisations to promote and enhance the social, economic and cultural benefits of Victoria's multicultural community.

Among the 180 individuals and organisations to be honoured were President of the Greek Orthodox

community in Box Hill and districts Theodora Moshoulis; volunteer for the Australian Greek Elderly Seniors club of Northcote Dimitrios Xenos; and sub-committee member of the Australian Red Cross Greek Unit Michael Alexis. Alexis was awarded for meritorious service to the community and has been a volunteer for the Australian Red Cross Greek Unit for 14 years, a unit controller with the Victorian State Emergency Service (SES) central region headquarters support unit for ten years, and a member with the Hellenic RSL in South Melbourne for 12 years. Alexis has also been Vice President of the Hellenic RSL for the past four years.

The state high school student welfare coordinator said the volunteer roles keep him busy but it's part of his life now.

"It's nice to be honoured but it's not why I do it. I just really enjoy the



Mayor Cr Stella Kariofyllidis, Governor of Victoria: David de Kretser

camaraderie of some of the groups I'm in and you feel you're making some sort of difference; for me it's just helping people," he said.

Moreland Mayor Stella Kariofyllidis also accepted a VMC award for 'excellence in service delivery in Local Government' for the City of Moreland's CALD COM Storyboards.

The storyboards translate the council's most vital civic messages into 132 language groups.

The CALD COM handbook was recognised as an innovative communication tool assisting new migrants to settle into the Moreland community, especially those in their first months here.

Mayor Kariofyllidis was thrilled with the high profile recognition and congratulated all who assisted and supported the idea. "I am very happy that our investment in serving the needs of our culturally and linguistically diverse community is recognised in such a prestigious manner," she said.

(source: neos kosmos)

Greek Swimmer is 1st Female to Swim from Europe to Africa!

48 year old swimmer Sophie P-silolignou became the first woman in the world to cross the Straits of Gibraltar. In "one breath" she swam from Tariff, Spain, to Ponto Sires, Morocco. The big waves didn't deter her efforts. Dolphins followed her throughout her swim and were companionship rather than a threat! The Straits' length separating Europe from Africa, is 16 kilometers. The distance was quite an easy swim for Sophie. Previous accomplishments for the mother of three include the crossing of the channel from France to Britain in 2002.

"I just kept concentrated in my goal. En route, I was followed by two boats supplying me with water and croissants" she stated. Sophie P-silolignou set foot on Morocco after four and a half hours. In the last meters her little daughter swam next to her, giving her the courage to finish.



New method of implantation discovered by Greek scientists

New hopes for childless women are given by the new method of implementation which was presented in the International Congress of Reproductive Medicine taking place in Hania, Crete.

As professor of Obstetrics and Gynecology of University of Crete-Mr. Antonis Makriganakis marked, scientists occupying mainly with this matter are trying to focus on the causes making an implementation fail. "While we have achieved embryos of very good quality, we cannot raise these percentages. This method, presented in Hania, gives the ability to scientists to change the womb environment in order to be friendlier to the embryos."

This particular technique, does not burden the organism as bonds cells are placed in the womb of the same woman. The technique started from University of Crete with the co-operation of University of Munich and it is applied in many European countries such as Italy, Spain and UK.