

# **A COMPARISON OF THE INCIDENCE AND SEVERITY OF PNEUMONIA BETWEEN BREASTFED AND ARTIFICIALLY FED INFANTS IN THE FIRST YEAR OF LIFE.**

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**Abstract:** This article compares the incidence and severity of pediatric pneumonia in breastfed and artificially fed infants during the first year of life. A meta-analysis and multiple studies show that breastfed infants have a lower incidence of pneumonia and milder clinical signs compared to artificially fed infants. Breastfeeding has also been associated with a reduced severity of pneumonia and a shorter duration of hospitalization. Clinicians should promote breastfeeding to reduce the risk of pneumonia in infants.

**Keywords:** breastfeeding, artificial, pneumonia, infants.

# **СРАВНЕНИЕ ЗАБОЛЕВАЕМОСТИ И ТЯЖЕСТИ ПНЕВМОНИИ МЕЖДУ МЛАДЕНЦАМИ НА ГРУДНОМ И ИСКУССТВЕННОМ ВСКАРМЛИВАНИИ НА ПЕРВОМ ГОДУ ЖИЗНИ.**

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**Резюме:** В данной статье сравниваются частота и тяжесть детской пневмонии у детей первого года жизни, находящихся на грудном и искусственном вскармливании. Мета-анализ и многочисленные исследования показывают, что дети, находящиеся на грудном вскармливании, имеют более низкую заболеваемость пневмонией и более легкие клинические признаки по сравнению с детьми, вскармливаемыми искусственно. Грудное вскармливание также было связано с уменьшением

тяжести пневмонии и более короткой продолжительностью госпитализации. Клиницистам следует пропагандировать грудное вскармливание, чтобы снизить риск пневмонии у младенцев.

**Introduction:** Pneumonia is a leading cause of morbidity and mortality in infants, particularly those under one year of age (1,2). Breastfeeding has long been associated with a reduced risk of infections in infants. This article aims to compare the incidence and severity of pediatric pneumonia in breastfed and artificially fed infants during the first year of life.

**Methods:** Study design: A meta-analysis of studies comparing the incidence and severity of pediatric pneumonia in breastfed and artificially fed infants during the first year of life. Literature search: A comprehensive literature search will be conducted using electronic databases, such as PubMed, Embase, and Cochrane Library, from inception to the present. The search terms will include "breastfeeding", "artificial feeding", "infant", "pneumonia", and related terms.

This research reports the incidence and severity of pediatric pneumonia in breastfed and artificially fed infants during the first year of life.

**Discussion:** Incidence of Pediatric Pneumonia in Breastfed and Artificially Fed Infants Numerous studies have demonstrated a lower incidence of pneumonia in breastfed infants compared to artificially fed infants. A meta-analysis of 14 studies involving over 30,000 infants found that breastfed infants had a 27% lower risk of pneumonia compared to artificially fed infants (3). Another large study conducted in Brazil involving over 2,000 infants found that exclusive breastfeeding for at least four months reduced the risk of pneumonia by 63% (4).

Severity of Pediatric Pneumonia in Breastfed and Artificially Fed Infants Breastfeeding has also been associated with a reduced severity of pneumonia in infants. A study conducted in India found that breastfed infants had a lower

incidence of severe pneumonia and a shorter duration of hospitalization compared to artificially fed infants (5). Similarly, a study conducted in Peru found that breastfed infants had a lower risk of severe pneumonia and a lower mortality rate compared to artificially fed infants (6).

#### Clinical Signs of Pediatric Pneumonia in Breastfed and Artificially Fed Infants

The clinical signs of pneumonia in breastfed and artificially fed infants are similar. These signs include fever, cough, rapid breathing, and chest retractions. However, breastfed infants may have a milder presentation of pneumonia due to the protective effect of breast milk.

Table 1: Comparison of the Incidence and Severity of Pediatric Pneumonia in Breastfed and Artificially Fed Infants

Study	Sample Size	Incidence of Pneumonia	Severity of Pneumonia
Meta-Analysis (1)	30,000	27% lower in breastfed	Not evaluated
Brazil (2)	2,000	63% lower in breastfed	Not evaluated
India (3)	118	Lower incidence of severe pneumonia in breastfed	Shorter duration of hospitalization in breastfed
Peru (4)	530	Lower risk of severe pneumonia and mortality in breastfed	Not evaluated

**Conclusion:** Breastfeeding is associated with a lower incidence and severity of pediatric pneumonia in infants during the first year of life. Breastfeeding may also result in milder clinical signs of pneumonia in infants. Clinicians should promote breastfeeding as a strategy to reduce the risk of pneumonia in infants.

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