

BOOK REVIEW

BREAST-FEEDING, FERTILITY AND CONTRACEPTION.

**Eds. Kleinman R L and Senanayake P, IPPF
Med. Publications, 1984, 43 pages.**

The International Planned Parenthood Federation has prepared a short brochure on breast-feeding, fertility and contraception. It covers the physiology of lactation, including theories on how suckling inhibits ovulation; lactation and pregnancy intervals; the advantages of breast-feeding both to the infant and the mother, and finally a chapter on contraception

during lactation with some helpful practical advice on methods of contraception.

This brochure provides a ready reference for the health worker and the practical advice that it contains will be of value to medical and health workers dealing with mothers and children.

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