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Born to be Breastfed
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July 20th 2015: **Inverted Nipples: What You Need to Know**

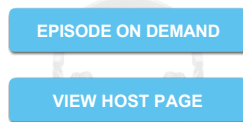
Breasts and nipples come in all shapes and sizes--and nearly all are able to provide the nourishment a newborn baby needs. Still, if you've heard that you have "inverted nipples," such as from a prenatal care provider, it can raise all sorts of questions for the pregnant or breastfeeding mother. What are inverted nipples? How do you know if you have them? If you have them today, will you always have them? What sort of changes might you expect to see during pregnancy? What can you do, what should you not do, and how can you ensure you still meet your breastfeeding goals? Join host Marie Biancuz

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