

**Table S1.** Characteristics of retrieved studies.

| Country                              | Country   | Design             | Sample Size                    | Study outcome                                                                                                                                                                                                                                                                                     |
|--------------------------------------|-----------|--------------------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Systematic lupus erythematosus (SLE) |           |                    |                                |                                                                                                                                                                                                                                                                                                   |
| Chen 2020 [1]                        | Taiwan    | Case-control       | 10295 women                    | An increased risk of maternal complications and adverse birth outcomes was observed for SLE patients.                                                                                                                                                                                             |
| Bundhun 2017 [2]                     | China     | Meta-analysis      | 529,778 women                  | SLE had a high impact on maternal and fetal adverse outcomes following pregnancy.                                                                                                                                                                                                                 |
| Orefice 2021[3]                      | Italy     | Observational      | 57 pregnancies in 43 SLE women | The vast majority of mothers with SLE (96.5%) were planning to breastfeed during pregnancy and 71.9% did breastfeed. A relationship between treatment with hydroxychloroquine (HCQ) and delayed breastfeeding cessation was reported for the first time.                                          |
| Noviani 2016 [4]                     | USA       | Prospective cohort | 84 women                       | A total of 49% of participating SLE patients decided to breastfeed. This rate was not significantly affected by socioeconomic factors. Furthermore, disease activity after labor, full-term labor, breastfeeding education and planning were positively correlated with breastfeeding.            |
| Acevedo 2017 [5]                     | Argentina | Cross-sectional    | 62 women                       | Reduced breastfeeding rates and duration were observed in SLE patients. The initiation of a new treatment was the main reason for breastfeeding cessation in spite of the fact that these drugs were low risk for breastfeeding.                                                                  |
| Clowse 2022 [6]                      |           | Meta-analysis      | 7 studies                      | Current recommendations advocate for the initiation of HCQ when pregnancy is scheduled and the continuation of the drug throughout pregnancy and lactation.                                                                                                                                       |
| Arthritis (RA)                       |           |                    |                                |                                                                                                                                                                                                                                                                                                   |
| Silman 1992 [7]                      | England   | Case-control       | 232 women                      | Risk for RA onset increased during the postpartum period, particularly after the first pregnancy.                                                                                                                                                                                                 |
| Brennan 1994 [8]                     | UK        | Case-control       | 336                            | The women who breastfed after the first pregnancy had a significantly increased risk for RA development. The risk for RA development was less increased following breastfeeding in a second and not increased in a third pregnancy.                                                               |
| Barrett 2000 [9]                     | UK        | Prospective cohort | 137 women                      | Following adjustment for possible confounding factors including treatment, patients who were breastfeeding for the first time showed increased disease activity 6 months after labor, indicated by self-reported symptoms, number of affected joints, and C-reactive protein levels.              |
| Eudy 2017 [10]                       | USA       | Cross-sectional    | 150 women                      | Most women with RA breastfed and were regularly receiving treatment during lactation. Disease activity seemed to worsen, in particular for the patients who did not receive treatment during lactation, while improvement was only observed in women who followed treatment during breastfeeding. |

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| Ince-Askan 2019 [11]             | Netherlands | Prospective cohort                  | 3,225 women                 | Only 4% of mothers with arthritis exclusively breastfed until 26 weeks compared to 25% of the general population.                                                                                                                                                                                                                                                                           |
| Inflammatory bowel disease (ibd) |             |                                     |                             |                                                                                                                                                                                                                                                                                                                                                                                             |
| Nielsen 1984 [12]                | N/A         | Comparative study                   | 109 pregnancies in 68 women | Pregnancy was not associated with an increased risk of Crohn's disease flare-ups.                                                                                                                                                                                                                                                                                                           |
| Mahadevan 2007 [13]              | USA         | Cohort study                        | 954 women                   | Women with IBD were at increased risk for spontaneous abortions, preterm labor, and low birth weight neonates.                                                                                                                                                                                                                                                                              |
| Dotan 2013 [14]                  | Israel      | Prospective cohort                  | 334 women                   | Approximately 1/3 of mothers with IBD did not breastfeed at all compared to 1/5 of healthy controls ( $p < 0.005$ ), and short-term and long-term breastfeeding were also less common in mothers with IBD. Moreover, mothers who received treatment with immunomodulators and steroids had significantly lower breastfeeding rates in comparison to women who were only administered 5-ASA. |
| Kane 2005 [15]                   | USA         | Cross-sectional                     | 122 women                   | A significant number of IBD patients did not breastfeed. A relationship between breastfeeding and disease activity may be owing to IBD treatment cessation.                                                                                                                                                                                                                                 |
| Moffatt 2009 [16]                | Canada      | Cross-sectional                     | 132 women                   | IBD did not seem to reduce chances of breastfeeding. Lactation is not associated with increased risk of flares; contrarily, it could be protective during the first year after labor.                                                                                                                                                                                                       |
| Koletzko 1999 [17]               | Canada      | Questionnaire based                 | 145 families/ 128 children  | Breastfeeding was associated with prevention of IBD in children.                                                                                                                                                                                                                                                                                                                            |
| Orholm 1999 [18]                 | Denmark     | Cross-sectional                     | 145 women                   | An increased risk for ulcerative colitis and Crohn's disease was observed in offspring of mothers with IBD compared with the background population [19].                                                                                                                                                                                                                                    |
| Multiple sclerosis (MS)          |             |                                     |                             |                                                                                                                                                                                                                                                                                                                                                                                             |
| Krysko 2019 [20]                 | USA         | Systematic Review and Meta-analysis | 24 studies                  | Breastfeeding was correlated with lower rate of postpartum MS relapses, with this beneficial effect being greater in cases of increased disease activity and exclusive breastfeeding.                                                                                                                                                                                                       |
| Hellwig 2015 [19]                | Germany     | Prospective cohort                  | 201 women                   | Exclusive breastfeeding should be considered as a modestly effective MS treatment.                                                                                                                                                                                                                                                                                                          |
| Jesus-Ribeiro 2017 [21]          | Portugal    | Retrospective cohort                | 97 women                    | Breastfeeding had no impact on the presence of postpartum MS relapses.                                                                                                                                                                                                                                                                                                                      |
| Langer-Gould 2020 [22]           | USA         | Prospective cohort                  | 375 women                   | Exclusive breastfeeding reduced the risk of early postpartum relapses.                                                                                                                                                                                                                                                                                                                      |
| Pakpoor 2013 [23]                | N/A         | Review                              | 12 studies                  | Non-breastfeeding women had double the risk of postpartum relapse compared to breastfeeding mothers.                                                                                                                                                                                                                                                                                        |
| Portaccio 2013 [24]              | Italy       | Prospective cohort                  | 350 pregnancies             | In women with higher disease activity before and during pregnancy, an increased risk of postpartum relapses and deterioration of existing disability was shown.                                                                                                                                                                                                                             |

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| VUKusic 2004 [25]  | Ireland   | Prospective cohort       | 227 women              | MS relapse rates were decreased during the last trimester of pregnancy, but they rose during the first 3 months after labor, with up to 30% of patients relapsing [57]. Postpartum relapses are associated with a high risk of disability.                                                              |
| Epilepsy           |           |                          |                        |                                                                                                                                                                                                                                                                                                         |
| Birnbaum 2019 [26] | USA       | Prospective cohort       | 351 women/345 infants  | AED can be found in maternal milk; however, this exposure was limited compared to the transfer through placenta during pregnancy.                                                                                                                                                                       |
| Noe 2020 [27]      | N/A       | Commentary               |                        | Women with epilepsy often face unique problems and practical issues with pregnancy and lactation and their breastfeeding rate tends to be low. Most AED are considered safe during lactation and mothers with epilepsy should be encouraged to breastfeed.                                              |
| Meador 2010 [28]   | USA, UK   | Prospective cohort       | 194 women              | Women with epilepsy often face unique problems and practical issues with pregnancy and lactation and their breastfeeding rate tends to be low. The cognitive outcomes or breastfed children did not differ from those of non-breastfed children for all antiepileptic drugs (AED) combined.             |
| Meador 2014 [29]   | USA, UK   | Prospective cohort       | 177 women/181 children | Breastfed children whose mothers received lamotrigine, carbamazepine, valproic acid, or phenytoin during pregnancy had higher intelligence quotient at 6 years compared to non-breastfed children.                                                                                                      |
| Veiby 2013 [30]    | Norway    | Prospective cohort       | 78,744 children        | There were no harmful effects of antiepileptic drug exposure through breastfeeding on psychomotor development of children.                                                                                                                                                                              |
| Asthma             |           |                          |                        |                                                                                                                                                                                                                                                                                                         |
| Popa 2020 [31]     | Romania   | Systematic review        |                        | Women with asthma were at increased risk of preterm labor, cesarean section, premature rupture of membranes, chorioamnionitis, placenta abruption, low birth weight neonate (the more compromised the pulmonary function, the lower the birth weight), extended hospital stay, and perinatal mortality. |
| Gluck 2006 [32]    | USA       | Review                   |                        | Asthma can negatively affect pregnancy outcome and pregnancy may modify the clinical status of an asthmatic woman. Inadequately treated asthma may cause maternal hypoxemia, which can complicate pregnancy and labor outcome.                                                                          |
| Harvey 2020 [33]   | Australia | Prospective cohort       | 605 children           | Breastfeeding for more than 6 months was associated with lower risk for bronchiolitis and healthcare utilization in high-risk infants due to maternal asthma, both at 6 and at 12 months.                                                                                                               |
| Wright 2001 [34]   | USA       | Prospective longitudinal | 1246 newborn infants   | Breastfeeding was correlated with lower risk of recurrent wheezing during the first 2 years of life, but higher risk of asthma and recurrent wheezing after the age of 6 years only for atopic children of asthmatic mothers.                                                                           |

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| Guilbert 2007 [35]             | USA       | Prospective cohort   | 679 children             | In the general pediatric population, longer duration of breastfeeding favorably influenced lung function, but in the presence of maternal asthma, longer breastfeeding was associated with decreased airflows.                              |
| Meghan 2017 [36]               | Canada    | Retrospective cohort | 2773 infants             | An inverse correlation between breastfeeding of asthmatic mothers and infant wheezing, independent of maternal smoking, education, and other risk factors was determined.                                                                   |
| Dixon 2017 [37]                | Australia | Prospective cohort   | 75 women                 | Differences in concentrations and activation of leUKocytes and cytokines were described in the milk of mothers with and those without asthma.                                                                                               |
| Jensen 2022 [38]               | Australia | Prospective cohort   | 429 women                | Data demonstrated a lower breastfeeding initiation and duration and decreased rates of exclusive breastfeeding in women with asthma compared to those in the general population.                                                            |
| Davies 2020 [39]               | UK        | Cohort study         | 251629 infants           | Breastfeeding rates tended to be lower in case of drug-treated asthma or prescription discontinuation during pregnancy or postpartum.                                                                                                       |
| Congenital heart disease (CHD) |           |                      |                          |                                                                                                                                                                                                                                             |
| Hilfiker-Kleiner 2007 [40]     | Japan     | Observational        | 16 women                 | Lactating hormones such as prolactin were associated with aggravation of maternal cardiac diseases and especially postpartum cardiomyopathy (PPCM).                                                                                         |
| Matsuzaka 2021 [41]            |           | Retrospective study  | 153 women                | Women with CHD tended to opt for formula feeding from the first month postpartum. No significant differences in postpartum cardiovascular events and levels of brain natriuretic peptide (BNP) associated with breastfeeding were observed. |
| Sickle cell disease (SCD)      |           |                      |                          |                                                                                                                                                                                                                                             |
| Early 2022 [42]                | USA       | Cross-sectional      | 764 455 total deliveries | The risk for obstetric complications and perinatal mortality was higher in pregnant women with SCD.                                                                                                                                         |
| Early 2023 [43]                | USA       | Cross-sectional      | 5 401 899 deliveries     | The risk for severe maternal morbidity was higher in people with SCD compared with deliveries among people without SCD.                                                                                                                     |
| Ware 2020 [44]                 | USA       | Prospective cohort   | 16 women                 | Due to the minimal amount of hydroxyurea transferred through human milk, it was safe for lactating mothers to receive hydroxyurea.                                                                                                          |
| Thalassemia                    |           |                      |                          |                                                                                                                                                                                                                                             |
| Origa 2019 [45]                | Italy     | Systematic review    |                          | Low rates of breastfeeding in women with thalassemia could be explained by the necessity of re-initiation of treatments like chelates that are contraindicated during lactation.                                                            |
| Petrakos 2016 [46]             | Greece    | Review               |                          | Low rates of breastfeeding in women with thalassemia could be explained by the necessity of re-initiation of treatments like chelates that are contraindicated during lactation.                                                            |
| Malignancies                   |           |                      |                          |                                                                                                                                                                                                                                             |
| Bhurosy 2020 [47]              | USA       | Systematic review    |                          | Breastfeeding was challenging among breast cancer survivors. Conservative surgical and irradiation therapy may reduce but not eliminate the ability of the affected breast to produce milk.                                                 |

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| Chelysheva 2018 [48]   | Russia                                                     | Case series                   | 3 women                          | Breastfeeding without tyrosine kinase inhibitors (TKI) treatment may be safe preferably only in women with chronic myelogenous leUKemia who have durable deep molecular response. The suggestion for TKIs cessation and breastfeeding for a short period of 2–5 days after labor was also acceptable.     |
| Johnson 2020 [49]      | ABM Clinical Protocol #34: Breast Cancer and Breastfeeding |                               |                                  | Galactagogues are often phytoestrogens in a concentrated form which could promote on-cogenesis or decrease the efficacy of hormonal therapy. Domperidone and other drugs inducing prolactin release may be contraindicated due to an increased risk of breast cancer development with elevated prolactin. |
| Diabetes mellitus (DM) |                                                            |                               |                                  |                                                                                                                                                                                                                                                                                                           |
| Laine 2021 [50]        | Finland                                                    | Observational cohort          | 1089 women                       | Breastfeeding was estimated to reduce the risk of type II diabetes mellitus.                                                                                                                                                                                                                              |
| Evers 2004 [51]        | Netherlands                                                | Prospective cohort            | 323 women/324 infants            | Increased maternal and perinatal complications in women with type 1 diabetes.                                                                                                                                                                                                                             |
| Jensen 2004 [52]       | Denmark                                                    | Prospective multicenter study | 990 women with 1,218 pregnancies | Type 1 diabetic pregnancies were associated with higher rates of severe perinatal complications compared with the background population.                                                                                                                                                                  |
| Webster 1995 [53]      | Australia                                                  | Prospective cohort            | 37 pregnant women                | Establishment of stage II of lactogenesis was delayed by 24 hours in mothers with insulin-dependent diabetes mellitus, but breastfeeding patterns of these women were comparable to those without diabetes.                                                                                               |
| Chertok 2009 [54]      | USA                                                        | Prospective pilot study       | 84 infants                       | Early breastfeeding initiation could reduce neonatal borderline hypoglycemia and increase mean plasma glucose levels.                                                                                                                                                                                     |
| Herskin 2016 [55]      | Denmark                                                    | Prospective cohort            | 149 women                        | Different rates of breastfeeding between women with diabetes mellitus type I and type II, both at hospital discharge (76% versus 45%, respectively) and at 4 months after labor (49% versus 23%, respectively), were reported.                                                                            |
| Hummel 2007 [56]       | Germany                                                    | Prospective cohort            | 1560 children                    | Neonates of mothers with type I diabetes mellitus exhibited more immature breastfeeding reflex.                                                                                                                                                                                                           |
| Kachoria 2014 [57]     | USA                                                        | Cross-sectional               | 803,222 births                   | No correlation was found between pre-existing diabetes and initiation of breastfeeding (adjusted odds ratio (aOR) 0.9, 95% CI 0.9–1.0) after adjusting for maternal and obstetric complications.                                                                                                          |
| Kaul 2019 [58]         | Canada                                                     | Retrospective cohort          | 65,079 women                     | A long-term protective effect of breastfeeding against obesity and type II diabetes mellitus was confirmed in all groups except LGA children of mothers with diabetes.                                                                                                                                    |
| Riviello 2009 [59]     | Italy                                                      | Prospective cohort            | 18 women                         | The need for insulin of an exclusively breastfeeding mother was often reduced in up to 50% of pre-pregnancy requirements.                                                                                                                                                                                 |

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|-----------------------------------------------|------------------------------------------|-----------------------------------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sorkio 2010 [60]                              | Europe,b<br>Canada,<br>USA,<br>Australia | Prospective<br>cohort                   | 2,160 infants | Both exclusive and any breastfeeding rates were lower in women with type I DM versus non-diabetic mothers.                                                                                                                            |
| Sparud-Lundin 2011 [61]                       | Sweden                                   | Prospective<br>cohort                   | 212 women     | Initiation and the likelihood of long-term breastfeeding was frequently challenging for women with DM because of high rates of pregnancy and labor complications.                                                                     |
| Finkelstein 2013 [62]                         | Canada                                   | Cross-sectional                         | 24,755 women  | Women with insulin-treated diabetes were least likely to breastfeed, followed by women with non-insulin-treated diabetes and women with gestational diabetes compared to women with and without diabetes.                             |
| Suwaydi 2022 [63]                             | Australia                                | Case series                             | 8 women       | A greater risk of delayed secretory activation and low milk supply was reported in women with gestational diabetes mellitus.                                                                                                          |
| Thyroid disorders                             |                                          |                                         |               |                                                                                                                                                                                                                                       |
| Stuebe 2015 [64]                              | USA                                      | Longitudinal<br>study                   | 52 women      | During the first 8 weeks postpartum, the thyroid profiles of exclusively breastfeeding women changed significantly.                                                                                                                   |
| Joshi 1993 [65]                               | India                                    | Prospective<br>cohort                   | 227 women     | Thyroid insufficiency negatively impacted breastmilk supply.                                                                                                                                                                          |
| Chronic infectious diseases and breastfeeding |                                          |                                         |               |                                                                                                                                                                                                                                       |
| Ehrhardt 2015 [66]                            | USA                                      | Review                                  |               | Antiretroviral treatment was considered safe during pregnancy and lactation, as their excretion in breastmilk is negligible.                                                                                                          |
| Benova 2014 [67]                              |                                          | Meta-analysis                           | 109 studies   | The risk of vertical transmission of HCV was estimated at 6%, rising to 10% in case of maternal HIV co-infection.                                                                                                                     |
| Tuthil 2020 [68]                              | Kenya                                    | Longitudinal<br>observational<br>cohort | 275 women     | Rates of breastfeeding initiation and exclusive breastfeeding at six months were higher among HIV-infected women compared to those of non-infected mothers.                                                                           |
| Zheng 2011 [69]                               | China                                    | Meta-analysis                           | 32 studies    | Despite infectiousness of breastmilk, breastfeeding was not associated with increased risk of infantile HBV infection.                                                                                                                |
| Li 2021 [70]                                  | China                                    | Retrospective<br>survey                 | 163 women     | HBV-infected mothers who stopped NA treatment at late postpartum period or had less knowledge of medication were more likely to use formula feeding than to breastfeed their baby.                                                    |
| Espinosa 2021 [71]                            | USA                                      | Retrospective<br>cohort study           | 404 infants   | Low rates of breastfeeding or breast milk initiation at hospital discharge were observed in infants exposed to HCV perinatally.                                                                                                       |
| Boostani 2018 [72]                            | Iran, USA                                | Meta-analysis                           | 96 studies    | A short period (less than 6 months) of breastfeeding did not increase the likelihood of mother-to-child transmission of HTLV-I infection, while breastfeeding longer than 6 months greatly increased the rate of HTLV-I transmission. |

|                                    |         |                    |                       |                                                                                                                                                                                                                                                                                                       |
|------------------------------------|---------|--------------------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Itabashi 2021 [73]                 | Japan   | Meta-analysis      |                       | There was no significant increase in the risk of mother-to-child transmission when breastfeeding lasted for $\leq 3$ months compared with exclusively formula-fed infants, but there was an almost threefold increase in risk when breastfeeding was carried out for up to 6 months.                  |
| Polycystic ovarian syndrome (PCOS) |         |                    |                       |                                                                                                                                                                                                                                                                                                       |
| Vanky 2008 [74]                    | Norway  | Prospective cohort | 135 women             | Women with PCOS breastfed less often than non-affected women.                                                                                                                                                                                                                                         |
| Chronic disease overall            |         |                    |                       |                                                                                                                                                                                                                                                                                                       |
| Scime 2022 [75]                    | Canada  | Cross-sectional    | 2100 women            | The prevalence of self-reported chronic diseases was 11.9% (95% CI 9.8–14.1); musculoskeletal problems and hypertension were the most common conditions. The study highlighted comparable non-breastfeeding rates in women with and without chronic disease after adjustment for confounding factors. |
| Chatterjee 2008 [76]               | USA     | Cross-sectional    | 6,294 women           | A total of 26.6% of pregnant women suffering from a chronic physical or psychological disease, most frequently arthritis (6.3%), hypertension (5.7%) and asthma (5.0%) was reported.                                                                                                                  |
| Jølving 2016 [77]                  | Denmark | Cohort study       | 1 362 200 childbirths | A prevalence 15.8% of maternal chronic disease during pregnancy was found.                                                                                                                                                                                                                            |

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