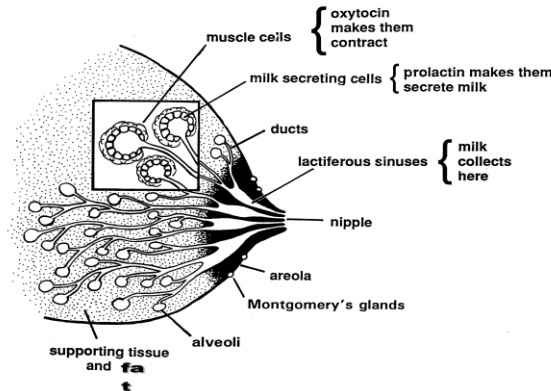


PRACTICE POINTS - BREAST FEEDING IS BEST FEEDING

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Breastfeeding is the optimal source of nutrition for the newborn as it supplies all that is needed for it. Antenatal education on positive aspects of initiation of early breast feeding and continuation has been shown to increase the rates of breastfeeding.

☞ Functional Anatomy Of the Human Female breast



As the infant suckles at the breast, there is a release of prolactin from the anterior pituitary and oxytocin from the posterior pituitary via the signals from the nerve endings in the breast .

Prolactin causes increased production of milk in the alveolar tissue of the breast.

Oxytocin evokes strong feelings of attachment and love for the nursing infant and In the breast, it causes the myoepithelial cells surrounding the glandular tissue to contract and increase the milk flow to the baby, called the milk ejection reflex (“let-down” reflex). It also causes uterine contractions that result in constriction of the myoepithelial cells of the uterus, keeping postpartum blood loss to a minimum. Milk production also depends on other maternal hormones, including adequate thyroid hormone. **Initiation of early breastfeeding** provides immediate skin to skin contact between mother and baby .During the first ½ to 2 hours after birth the suck reflex is easily stimulated.

Types of Breast Milk: Colostrum or Early Milk, Transitional Milk & Mature Milk. Colostrum or Early Milk is produced in the late stage of pregnancy till 4 days after delivery; and is rich in antibodies. Transitional Milk produced from day 4 – 10 is lower in protein in comparison to Colostrum. Mature milk is produced from approximately ten days after delivery till the termination of the breastfeeding. Breast milk is ingeniously different every single day; adapted to the changing needs of the baby.

Postnatal Problems- 1.Insufficient Milk Production- About 50% of breastfeeding mothers complain of Insufficient milk supply which becomes a common cause for weaning If the infant is gaining weight well on an average 15 – 30 gm per day ,passing 3-4 stools ,voiding 6-8 times & has regained birth weight by day 10 of life, reassurance is all that is needed for the mother that her milk supply is adequate. Mothers must be encouraged to frequent feedings 8-12 times daily and trained to observe rhythmic sucking with audible swallows while the infant is nursing. Unfortunately 5% of women will not produce adequate amounts of milk for their baby

- ☞ Separation of mother and Infant ,
- ☞ Poor latching techniques
- ☞ Use of pacifiers
- ☞ Supplementation with formula
- ☞ Secondary to stress & pain

- ☞ Maternal medications (COC)
- ☞ Maternal hypothyroidism
- ☞ Previous breast surgery
- ☞ Breast hypoplasia
- ☞ Sheehan's Syndrome

2.Breast Pain Pain which occurs for a shortwhile at the beginning of a feeding can be normal in the first week. But pain that continues throughout a feeding or that which persists beyond the first week is NOT normal. Breast engorgement ,poor latching technique,sore nipples ,candidiasis and mastitis can be the causes. Ask the mother to apply medical-grade lanolin over the sore nipples & may be prescribed Paracetamol or ibuprofen for pain management. If nipples are sore, cracked, or bleeding may use a sterile nipple shield during feedings.

3.Inverted Nipples- Most mothers have intermittent inverted nipples and may become erect with infant suckling alone. 10% of women have congenital inversion of one or both nipples. True inverted nipples retract toward the breast when you press the areola between 2 fingers. Using a breast pump corrects the inverted nipples over a period of time .Cheaper alternatives would be to use a 20 cc syringe (after cutting off the nozzle and applying the rear and smooth end of the syringe over the areola and nipple and producing a gentle suction using the plunger .)

Storage of Breast Milk- 1.Room temperature for 6-8 hours. 2.Refrigerator for about 5 days at about 4° F.3.Freezer compartment of a fridge for up to two weeks 4.Deep freezer for about 3-12 months

Contraindication to Breastfeeding-1. HIV , HLTV 1 & 11 infections.2. Active Tuberculosis.3. Herpes lesions on mother's breast.4. Infant with Inborn error of metabolism. 5. On-anticancer therapy, radioactive isotope etc.

Benefits of Breastfeeding to Infants

Helps in Gastrointestinal development and function

Helps in development of the immune system

Helps in cognitive development of the infant

Infants who are breastfed have reduced risk of infection compared to formula fed infants.

Breastfed infants have reduced risk of obesity later in life compared to formula fed infants.

Reduced risk of sudden infant death syndrome, Hodgkin's lymphoma, Leukemia and Type 1 Diabetes.

Lower risk of infections e.g. otitis media, Lower respiratory tract infection, Diarrheal diseases, Allergies , eczema, Meningitis and inflammatory bowel diseases.

Benefits of Breastfeeding to Mothers

Enhances early maternal – infant bond.

Aids involution of the uterus & hence reduces blood lost after delivery.

Long term breastfeeding helps in loss of the excess weight acquired during pregnancy.

Prolongs anovulation- resume their menstrual cycles 20 to 30 weeks later than bottle-feeding moms.

Breastfeeding can be an important factor in child spacing.

Reduced risk of breast, ovarian and endometrial cancers.

Recommendations

Exclusive breast feeding until 6 months of age

Introduce complimentary foods with continued breastfeeding

Optimum to breastfeed for 2 years or longer.