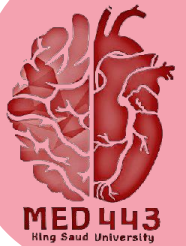


L1



# Breast feeding

Obstetrics and Gynecology

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# Objectives



**Definition**



**Anatomy and physiology**



**Breast milk composition**



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**Baby friendly hospital initiative**

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# Breastfeeding Introduction

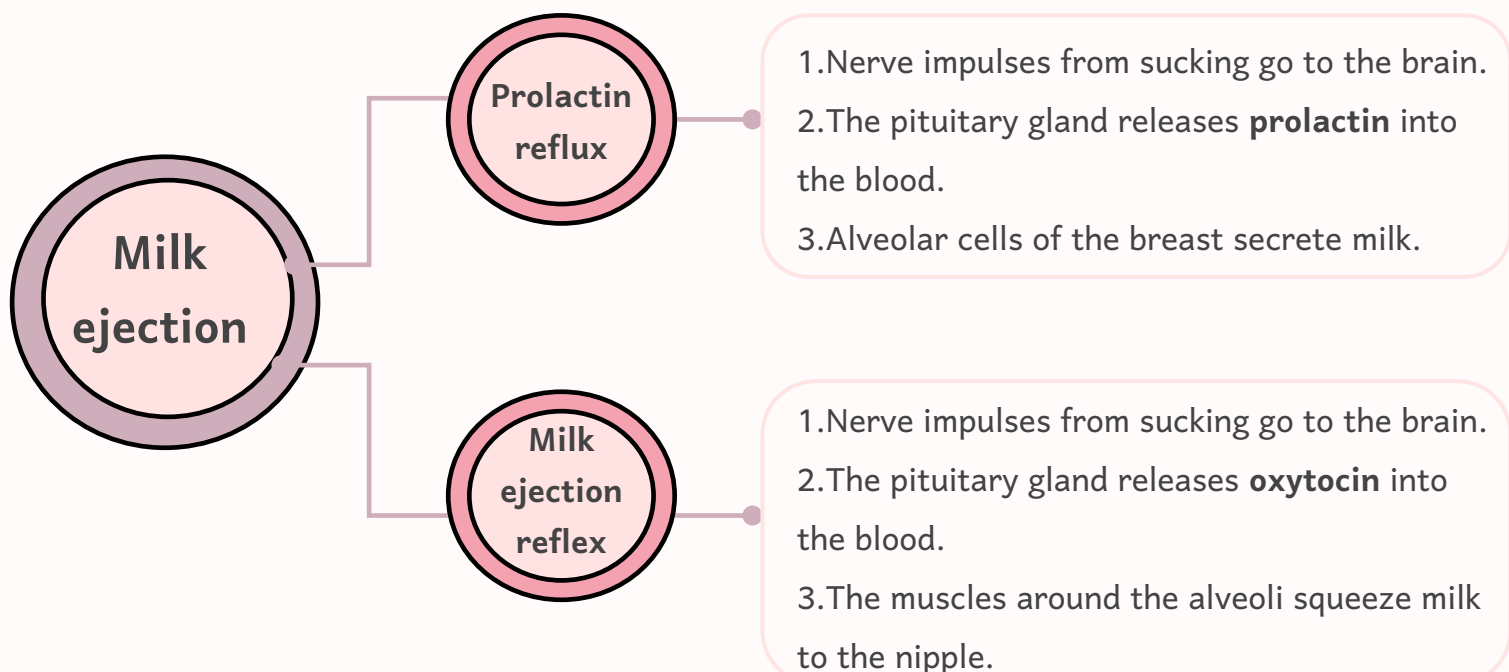
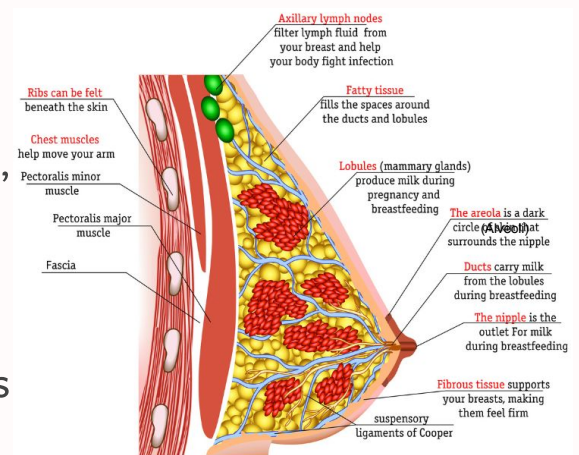
## Definition:

Breastfeeding is the feeding of an infant or young child with breast milk **directly** from female human breasts.

\* Pumping breast milk into a bottle isn't considered breastfeeding.

## Anatomy & Physiology:

- Nipple & areola enlarge and darken during pregnancy.
- Small bump on areola called **montgomery gland**, to Soften the nipple and prepare it for breastfeeding, It **secretes lubrication** & Gives smell of the mother, it contain odour-some molecules that help an infant to find its way to the breast.



\* Posterior pituitary gland will secrete oxytocin that will stimulate smooth muscles in the breast to contract & release milk as well as contracting the **uterus** preventing postpartum hemorrhage.

\* The first 6 months the baby will not need anything but **breastfeeding**.

\* After birth the baby usually gets injected with vit. K \* Use extra droplets of vitamin D & K because it is deficient in the milk.

- Breast milk contains all the required nutrients (**except vitamin D & K**) for infants up to 6 months of age.
- **Colostrum**: the first milk produced during late pregnancy until 3-4 days postpartum, rich in proteins and immunoglobulins.

## Breast milk composition

- **Mature milk** is composed of: proteins, lactose, oligosaccharides, fats, minerals, trace elements, and vitamins.
- Proteins and cells that provide passive immunity in neonates.

## Benefits of Breastfeeding

Why it's good for the .... ?

### Infant

- 1- Decreased risk of middle-ear, respiratory, gastrointestinal, & urinary tract infections, breast milk immunoglobulins (**igA**) & WBCs provide **passive immunity** for the child.
- 2- Better Gastrointestinal (GI) function and motility.
- 3- Lower risk of **asthma**, **allergies**, **obesity** and **diabetes mellitus** (type 1 especially).

### Mother

- 1- Improved bonding with the infant.
- 2- Faster uterine involution & post-partum weight loss.
- 3- Natural form of family planning (lactational amenorrhea) & **Natural contraception**.
- 4- Reduces risk of ovarian and breast cancer

-Uterus involution: is a natural process that involves the pregnant uterus to return to its pre-pregnancy state.  
-Lactational amenorrhea: temporary postnatal infertility that occurs when a woman is amenorrheic & fully breastfeeding.

## Contraindications of breastfeeding

### Absolute

#### -Maternal factors:

- HIV (regardless of viral load or treatment)

#### -Infant factors (inborn errors):

- Galactosemia.

### Temporary (relative)

#### -Maternal factors:

- Infections (TB, brucella...)
- Current recreational substance use (**illegal drug**)
- Uses of substances that are excreted in the milk (chemotherapy, lithium, alcohol)

#### -Infant factors:

- PKU & maple syrup urine disease

# 1 Breast milk jaundice

# 2 Mastitis

Inflammation of breast tissue that sometimes involves an infection

# 3 Breastfeeding jaundice

442: Occurs in the first week of life when breastfeeding is being established. Newborns may not receive optimal milk intake, which leads to elevated bilirubin levels due to increased reabsorption of bilirubin in the intestines.

# 4 Galactocele

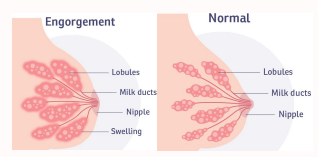
Benign milk-filled cysts

# 5 Nipple injury

If the mother positioned the baby incorrectly

# 6 Breast engorgement

It usually presents as a red & tender breast. Can be managed by using pumps, cold compresses or pain killers.



**Complications:**  
There is no real complications of breastfeeding, what we mean here if the breastfeeding was done in wrong way will lead to complications.

## Baby Friendly Hospital ten steps to successful breastfeeding:

- 1- Have a written breastfeeding policy that is routinely communicated to all health care staff.
- 2- Train all health care staff in skills necessary to implement this policy.
- 3- Inform all pregnant women about the benefits and management of breastfeeding.
- 4- Help mothers initiate breastfeeding within one hour after birth.
- 5- Show mothers how to breastfeed and how to maintain lactation, even if they should be separated from their infants.
- 6- Give newborn infants no food or drink other than breast milk unless medically indicated.
- 7- Practice (rooming in) by allowing mothers and infants to remain together 24h/d.
- 8- Encourage breastfeeding on demand.
- 9- Give no artificial teats pacifiers, dummies, or soothers to breastfeeding infants. **The mother must be taught not to give her child a pacifier, as it is wrong and the hospital may be poorly evaluated as a result.**
- 10- Foster the establishment of breastfeeding support groups and refer mothers to them.

# Take home messages

- It is recommended by WHO that infants be exclusively breastfed up to the age of **6 months**.
- On-demand feeds are recommended.
- Breastfeeding plays an important role in mother-child bonding.

## Team Leaders:

الجوهرة الوهبي  
سدِيم اليحي

## Team members:

دينا المهوس  
هيا الزير  
رزان العسكر  
ألين الكلية

# MCQs

**What is the immunoglobulin found in mothers milk?**

A- IgA

B- IgG

C- IgD

D- IgM

**Which of the following is the absolute period for breastfeeding?**

A- 10 months

B- 6 months

C- Colostrum period

D- 1 year

**Which of the following is incorrect about colostrum?**

A- Contains (Igs) and proteins

B- Appears thinner and whiter than breast milk

C- First form of breast milk produced after birth

D- Changes to breast milk after 3-4 days postpartum

**EXTRA Q: Which of the following medication is contraindicated during breastfeeding?**

A- Fluconazole

B- Cephalexin

C- Famotidine

D- Ergotamine