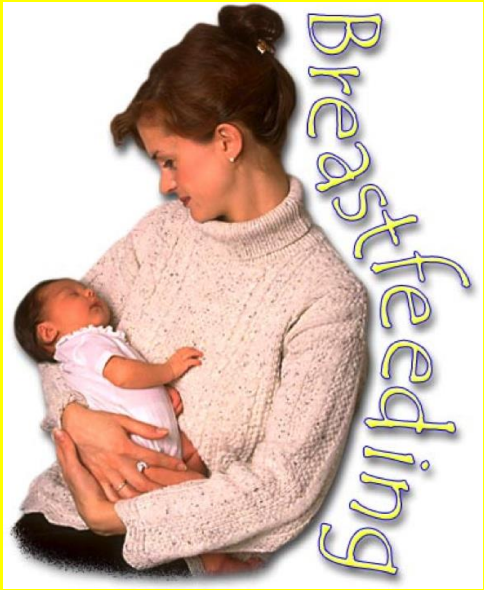
Common misconceptions about breastfeeding



Rania Hosny Tomerak

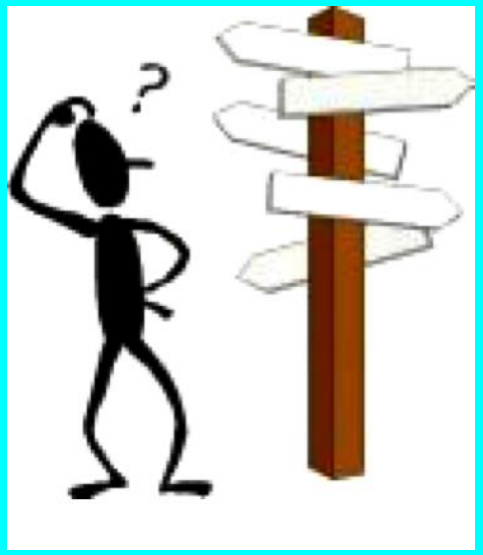
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Common misconceptions about breastfeeding

- This presentation high lightens the common misconceptions and malpractices that adversely affects the breastfeeding scenario



Nipple creams and nipple massage during pregnancy?

☒Myth

The mother gets sore nipples after birth if she does not prepare the nipples during pregnancy

☑True

No known benefit from the use of nipple creams or nipple massage during pregnancy

A mother got pregnant while breastfeeding? Continue or stop?

- ☒**Myth**

STOP

breastfeeding as the pregnancy hormones can harm the baby

- ☑**True**

Continue

breastfeeding and the mother can feed both after birth

"Tandem nursing"

Resuscitation?

- ☒Malpractice

*ALL newborns are subjected to oral suctioning

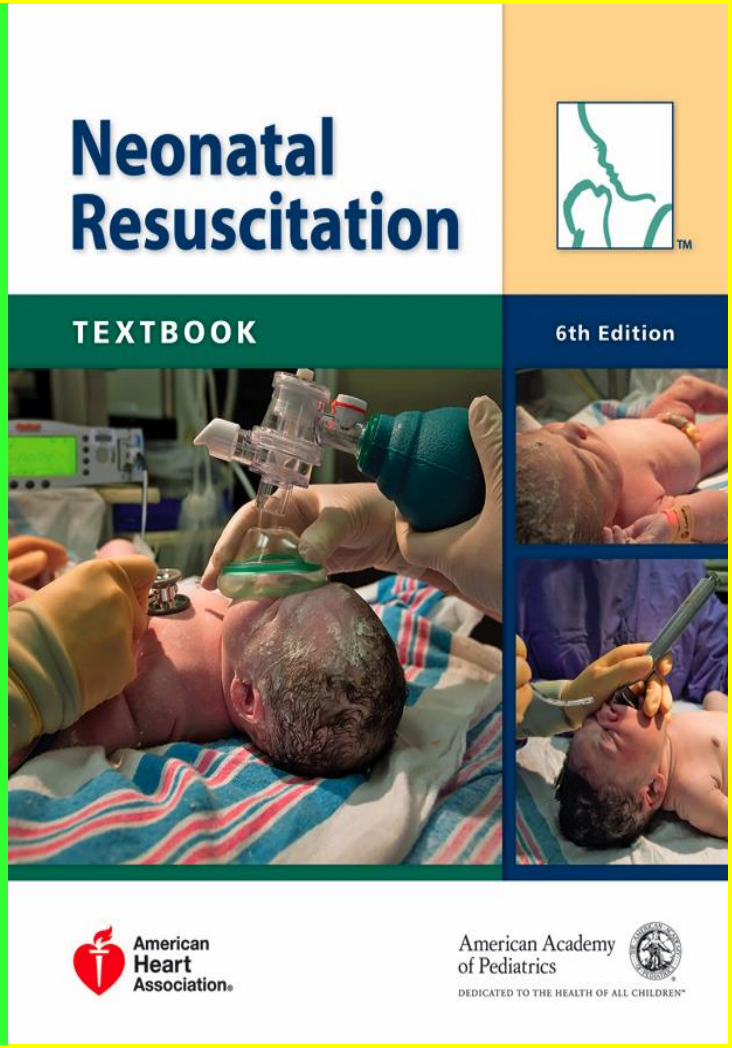
- ☑Good practice

*Excessive oral suctioning

"oral aversion"

Resuscitation?

- The remarkable aspect of birth is that more than 90% of babies make the transition perfectly smooth with little or no assistance. It is for the remaining few percent that the NRP is designed to help



Resuscitation?

- ☒Malpractice



- ☑Good practice



What if the mother needs anesthesia?

epidural anesthesia ✔✓



Cesarean section?

- ☒**Myth**

*C-section is associated with delayed milk production

- ☑**True**

*It is the stress not the type of delivery which affects milk production

Monitoring the baby?





Why to separate the dyad?

The 10 Steps to Successful Breastfeeding in BFHI are:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers to initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breast-milk, unless medically indicated.
7. **Practice rooming in - allow mothers and infants to remain together 24 hours a day.**
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to

This is how healthy babies are kept





Violation



VIOLATION…WHY?

Studies on newborns separated from their mother showed the extremes of "protest-despair behavior."

The infant's body reacts, pumping out stress hormones that affect all the autonomic and somatic functions.

There can be a ten-fold increase in cortisol levels, approaching neurotoxic levels.

Things frequently given to the baby



Milk in the first 72h?

- ☒**Myth**

*NO MILK;

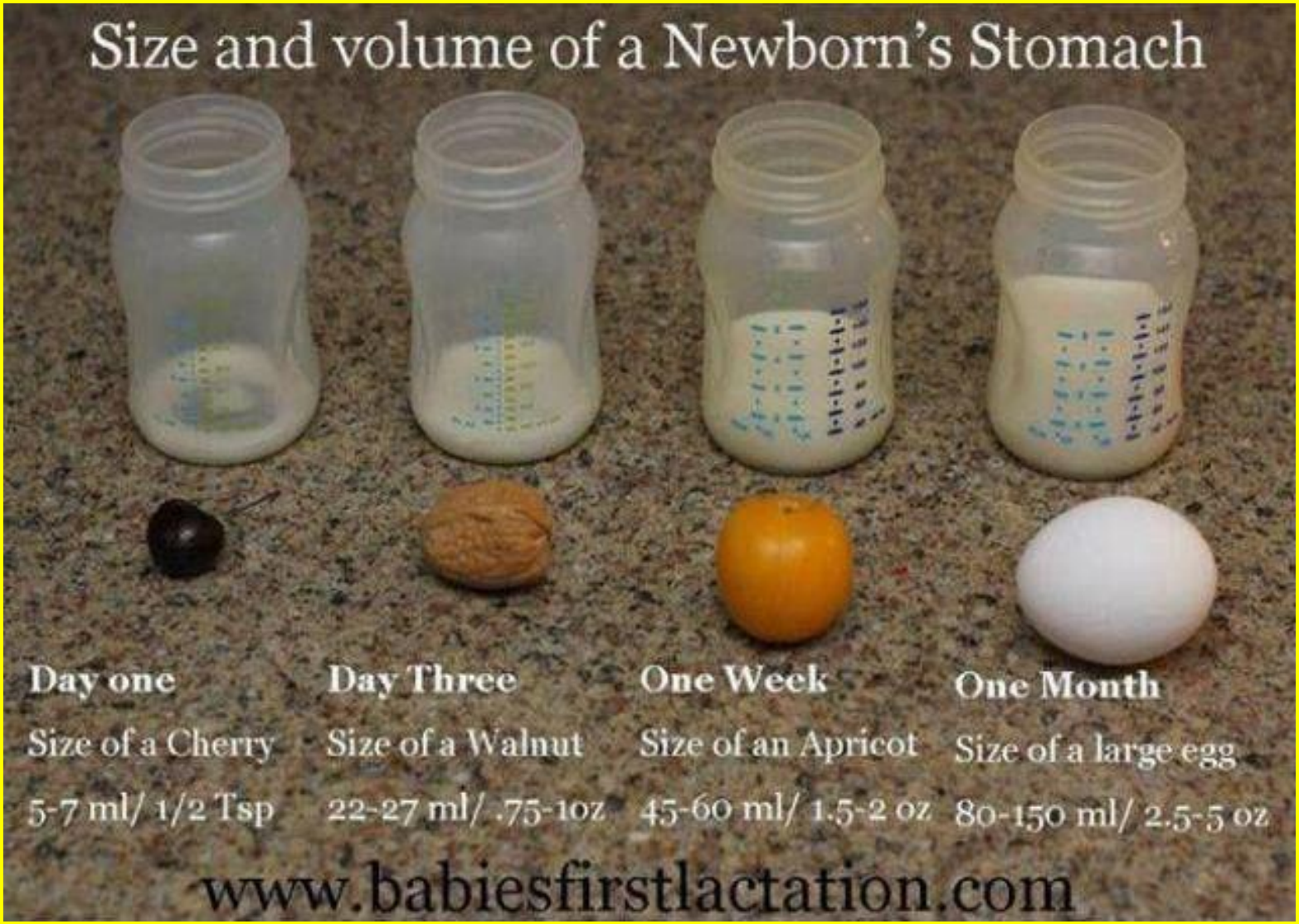
Till the milk "comes in" give glucose

- ☑**True**

*Colostrum is more than adequate to the newborn

*Some babies refuse to breastfeed after glucose

Is colostrum enough?



So STOP giving glucose routinely?

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Herbals?

- ☒**Myth**

*Routine herbals should be prescribed

*No added honey before 1 year

- ☑**True**

*Herbals are nutritionally deficient, prescribe only if the baby is big, overfed and has GIT upset

*No problem with our honey

Herbals at night?

- ☒**Myth**

*Give herbals between 12 pm and 6 am so that the baby does not get used to wake up

- ☑**True**

*Prolactin has circadian rhythm and increases more by night in response to suckling. Feed the baby if he wakes up

Water?

- ☒Myth

*Exclusively breastfed baby needs water

- ☑True

*Exclusively breastfed baby does not needs water

The baby is not growing well?

- ☒Myth

  نساعده برضعة



- ☑True

*Each formula feed will lead to equivalent reduction in maternal milk, thus no help but great harm



What's up with formula?

- Nutrition represents one of the most important environmental factors affecting the gene expression;
- Especially in early life, this is of extra importance "stage of programming"

This is called "**Nutrigenomics**"

This happens through the intestinal microbiomes

How do we get the microbiomes?

Good Microbiomes	Bad Microbiomes
Natural birth	Cesarean section
Skin to skin contact	Incubator care
Human milk	Artificial milk
	Antibiotics

Microbiomes and diseases

- Altered microbiota was found to be associated with NEC (Mitchum and Rob 2013)

- It plays a key role in autoimmune diseases such as MS, psoriasis, D, RA, (Ivanov et al 2008), inflammatory bowel diseases (Aas et al 2003) depression (Gareau 2007), anxiety (Goehier at al 2008), autism (Williams et al 2012), and even cancers.

Breast-feeding duration and childhood acute leukemia and lymphomas in a sample of Turkish children.

J Pediatr Gastroenterol Nutr. 2006 May;42(5):568-72.

Altinkaynak S[1], Selimoglu MA, Turgut A, Kilicaslan B, Ertekin V.

Conclusion:

- Our findings suggest that breast-feeding of more than 6 months is protective against childhood AML and ALL.

What effect does breastfeeding have on coeliac disease? A systematic review update.

Evid Based Med. 2013 Jun;18(3):98-103.

Henriksson C[1], Boström AM, Wiklund IE.:

- This is a systematic review of observational studies published between June 2004 and April 2011

Conclusion

- Breastfeeding offers protection against the development of CD in predisposed infants.

Breastfeeding and childhood asthma: systematic review and meta-analysis

Am J Epidemiol. 2014 May 15;179(10):1153-67.

D, Pescatore AM, Spycher BD, Kuehni CE.

* This is a systematic review and meta-analysis of studies published between 1983 and 2012

Conclusion

* A positive association of breastfeeding with reduced asthma/wheezing is supported by the combined evidence of existing studies

Early nutrition in preterm infants and later blood pressure: two cohorts after randomized trials

Lancet. 2001 Feb 10;357(9254):413-9.

Singhal A, Cole TJ, Lucas A.

Conclusion

- Breast milk consumption was associated with lower blood pressure in children who were born prematurely.

Infant feeding and adult glucose tolerance, lipid profile, blood pressure, and obesity.

Arch Dis Child. 2000 Mar;82(3):248-52.

Ravelli AC[1], van der Meulen JH, Osmond C, Barker DJ, Bleker OP.

Conclusion

- Subjects who were bottle fed had a higher glucose 2h after an oral GTT than those who were exclusively breast fed.
- They also had a higher LDL, a lower HDL, and a higher LDL/HDL ratio.

Longer breastfeeding is an independent protective factor against development of type 1 diabetes mellitus in childhood

Diabetes Metab Res Rev. 2004 Mar-Apr;20(2):150-7.

Sadauskaite-Kuehne V[1], Ludvigsson J, Padaiga Z, Jasinskiene E, Samuelsson U

Conclusion

- **Longer exclusive and total breastfeeding appears as an independent protective factor against type 1 diabetes.**

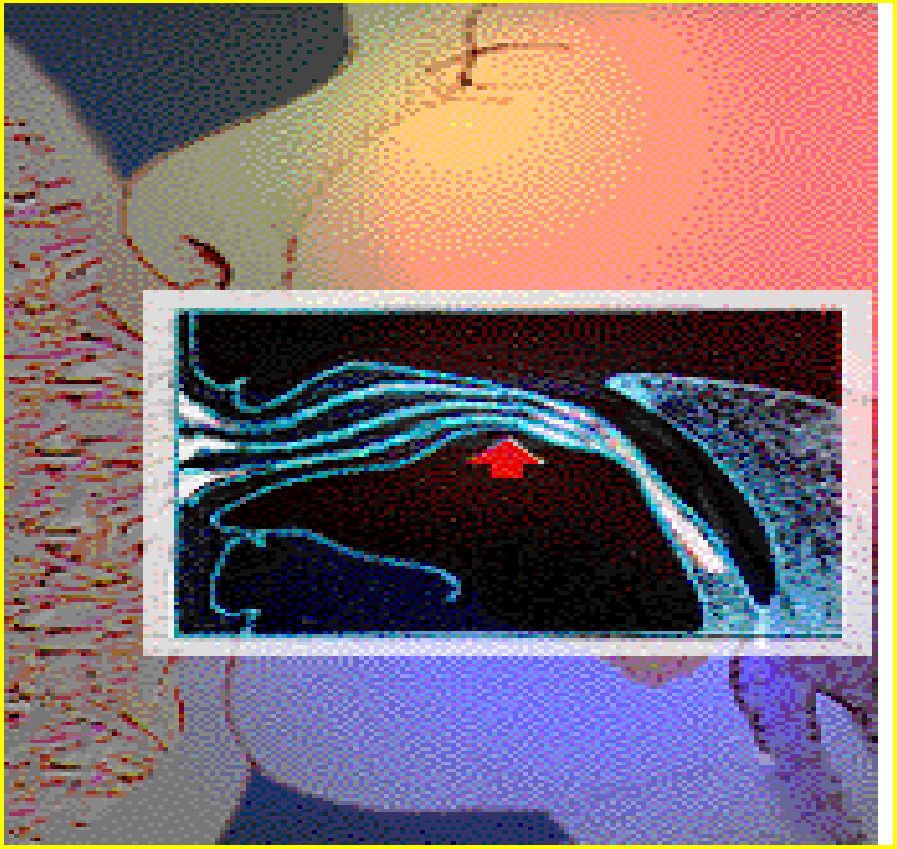
Breastfeeding is great for the whole planet

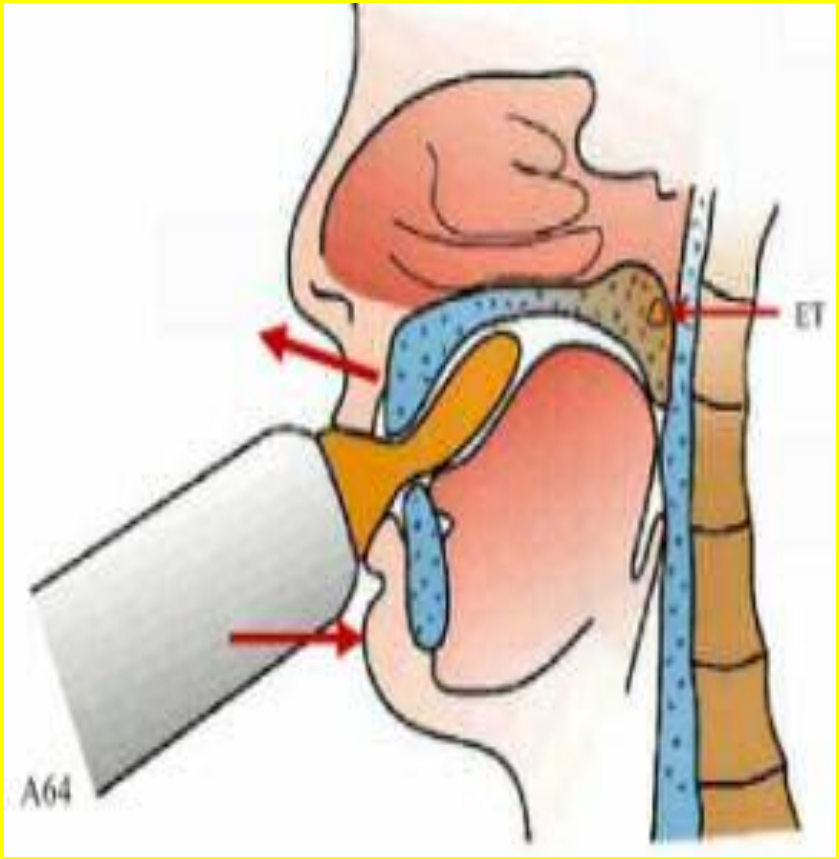


Breastfeeding can solve the problems of the whole world



Bottles?





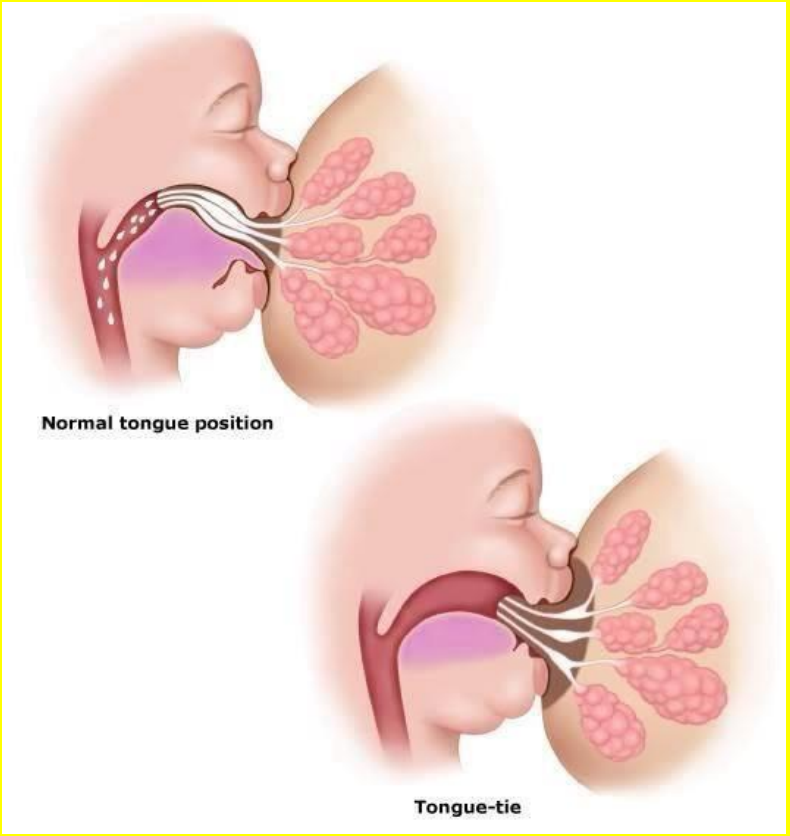
Pacifiers?

- ☒Myth
* No hazards

- ☑True
- *<u>Affects weight gain</u>:
  Blocks hunger
  Poor latch
  Nipple confusion
- <u>Mother:</u>
  Sore nipples
  Mastitis
  Plugged duct

Can the mother use a pacifier to soothe the baby?





How do pacifiers affect the weight gain?

The Baby-Friendly Hospital Initiative (BFHI) launched by UNICEF and WHO

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8. Encourage breastfeeding on demand.
9. **Give no pacifiers or artificial nipples to breastfeeding infants.**
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center


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Does the breastfed baby need iron and vitamin supplements?

- ☒Myth

*Breastfed baby does not need any supplements

- ☑True

*Vitamin D: 400 IU, 1st few days of life

If mixed feeding: until babies takes 1 liter formula/day

*iron supplementation of 1 mg/kg/day starting at 4 months of age

Put the baby on the breast for how long?

- ☒Myth
- 10 mim
- 15 min
- 20 min

- ☑True

*No restrictions, the baby should feed till he empties the breast

What is super switch nursing…?



My baby has greenish stools…!

- Is he colicky? …Yes
- Does he cry a lot?....Yes
- Does he have napkin rash?...Yes
- Is his weight gain good?...No

What is happening?

Fore milk-hind milk imbalance

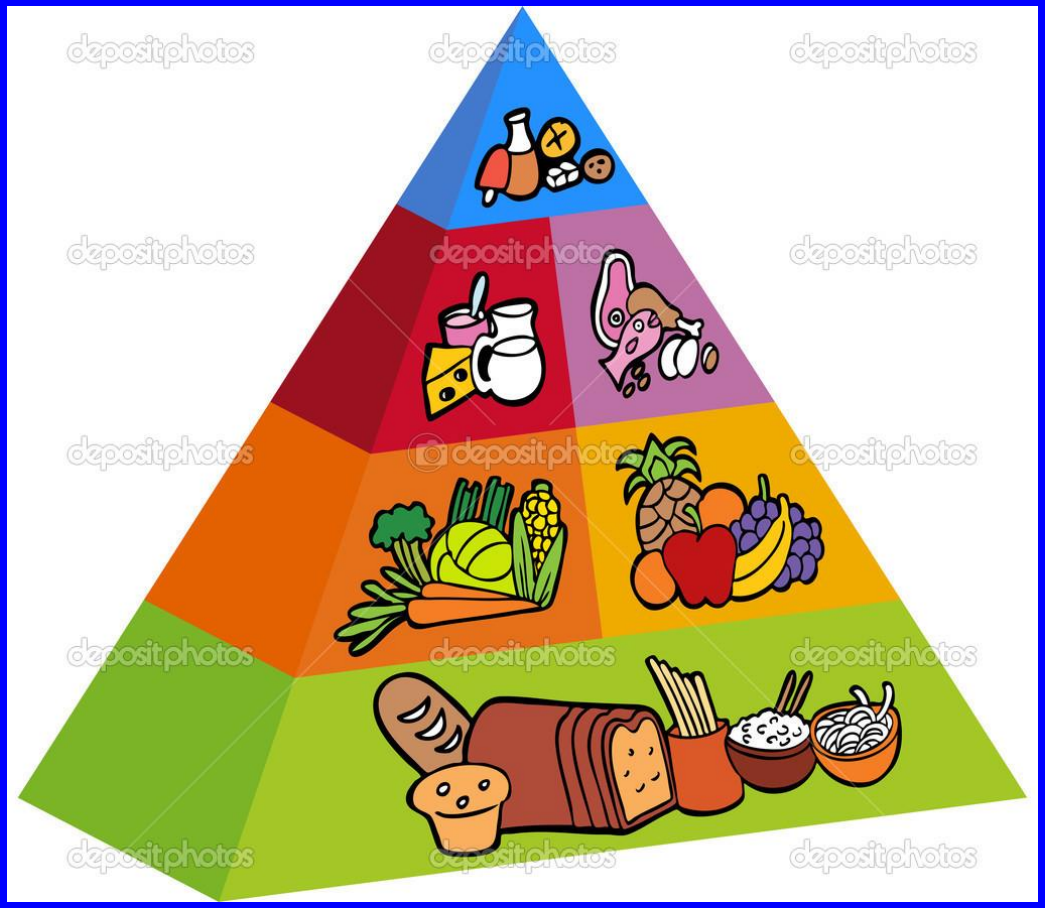
Scheduling of feeds?

- ☒Myth
- Scheduling is important to "relieve" the stomach and to build up a good amount of milk

- ☑True

*Scheduling is one of the most common causes of insufficient milk supply

Nutrition of the nursing mother



The milk quality?

- ☒Myth
- This mother's milk is diluted and non nutritious

- ☑True

*Milk composition tends to be constant even at the expense of the mother

Drinking water and fluids?

- ☒Myth

*4 Litres

*16 cup

*5 litres

- ☑True

*Drink to thirst

*Extra fluids do not produce extra milk

*Don't overlook thirst.

Food?

- ☒Myth
- Eat:

  ……

  ……
- Avoid

  ……

  ……

- ☑True

*No food is recommended or forbidden

The secret is not in the food !!!



Breastfeeding problems



The mother has a breastfeeding problem?

*Myth
- Drink fluids
- Herbana
- Nipple shield
- Breast pump



Mastitis?

- ☒Myth
- Stop Breastfeeding

+ شريط اوجمنتين

- ☑True

*Breastfeeding is the main line of treatment

* Antibiotics for 10-14 days

Breast abscess?

- ☒Myth
- Stop Breastfeeding

- ☑True

*Breastfeeding is the main line of treatment

* Just respect the mother's choice if she has pain

Cracked nipples?

- ☒Myth
- Stop

Breastfeeding

- Stop only if bringing blood
- Nipple creams

- ☑True

*Continue breastfeeding, don’t worry about the dark stools

*ttt as per protocol

hepatitis?

- ☒Myth
- Stop breastfeeding

- ☑True

*Hepatitis A, B, C: can safely breastfeed

*stop if a hep B or C mother has cracked nipples

Breastfeeding Jaundice?

- ☒Myth
- Breastfeeding

is a risk factor for N. jaundice

- ☑True

*Breastfeeding without “technical support” is a risk factor

* Colostrum is laxative

Breast milk Jaundice?

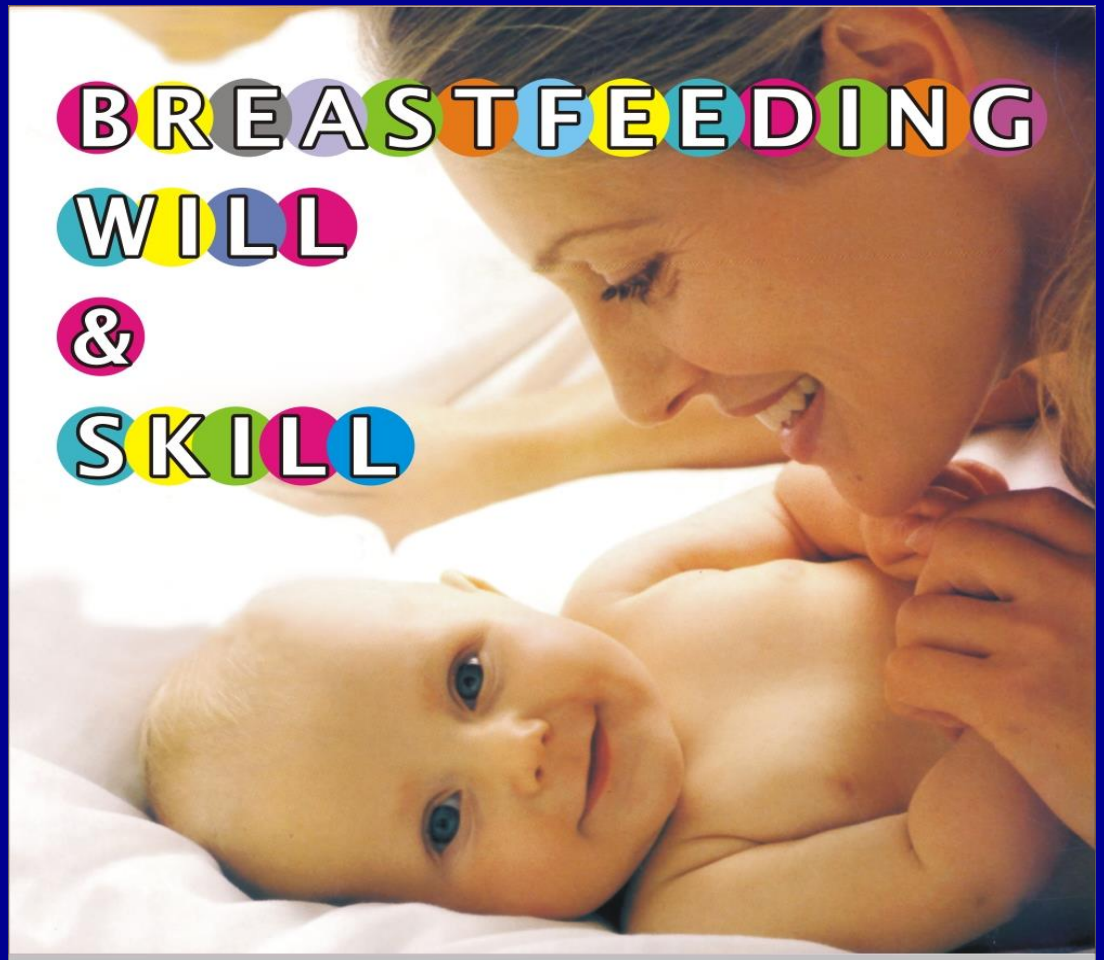
- ☒Myth
- Stop breastfeeding for 2 days

- ☑True

*Continue “no reported hazards”

*Hazards are reported from formula, bottles and breast engorgement

BREASTFEEDING WILL & SKILL



Dr. Rania Hosny Tomerak

Ass. Professor of Pediatrics & Neonatology
Cairo University
International Board Certified

In a world where lots of
nice things are missed everyday,
the scene of a mother breastfeeding
her baby still brings me a lot of hope.
Thanks for every mother who has successfully
breastfed her baby;
I gave her some advice and
she gave me all the joy and happiness.

Dr/ Rania Hosny

Thank you

