

Every Drop Counts

✍ Ms. Sushma Pandey

Introduction

M Breastmilk is the natural first food for babies; it provides all the energy and nutrients that the infant for the first months of life. Breast milk is packed with disease-fighting substances that protect the against infectious and chronic diseases.

Breast milk promotes sensory and cognitive development, and Exclusive breastfeeding reduces mortality due to common childhood illnesses such as diarrhea or pneumonia.

That's one reason the American Academy of Pediatrics recommends exclusive breastfeeding for the 6 months.

Qualities of Mothers Milk

- ❖ Its nutrients composition meets all needs of the baby.
- ❖ It contains preventive substances.
- ❖ It contains active enzymes which help digestion.
- ❖ It contains immunity elements (IgA, IgG and IgM) which prevent infection.
- ❖ It contains hormones and growth factors.
- ❖ It protects against allergy.
- ❖ It reduces the frequency of respiratory tract and gastrointestinal infections and some chronic diseases in later life such as, type I diabetes, coronary heart disease.
- ❖ It takes part in development of gums and teeth.
- ❖ Breast feeding helps the baby in psychological, physical and intellectual development.

Human Milk Bank

A human milk bank is a service, usually attached to a nursery or a hospital that collects screens and stores the donated human milk from healthy lactating mothers. A breast milk bank works to supply donated breast milk to unwell or premature babies just like a blood bank functions to supply blood to those in need.

Proper nutrition for newborns is a concern all across the world. Milk banks serve to ease this concern by collecting breast milk donations to be processed into nutritional formulations.

Donated milk is heat processed (pasteurized) to remove potentially harmful bacteria and viruses.

Author Details

Associate Professor,
K.J. Somaiya College of Nursing, Sion, Mumbai



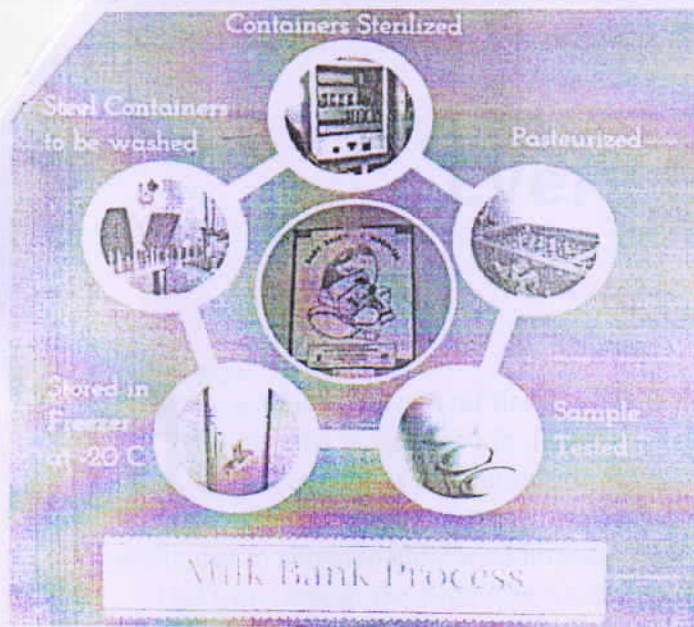
Human milk donated by nursing mothers may or may not be biologically related to the infant.

Human Milk Banks in India

- ❖ Lokamanya Tilak Hospital (Sion Hospital) Mumbai
- ❖ Cama Hospital, Fort, Mumbai
- ❖ KEM Hospital, Parel, Mumbai
- ❖ Sir JJ Group of Hospitals, Byculla, Mumbai
- ❖ Dheenanath Mangeshkar Hospital and Research Centre, Pune
- ❖ Amara Milk Bank, Greater Kailash, New Delhi
- ❖ Divya Mother Milk Bank, Udaipur, Rajasthan
- ❖ SSKM Hospital, Kolkata
- ❖ Vijaya Hospital, Chennai

Who can donate?

- ❖ A lactating woman who is in good health



regularly on medication or herbal supplements.

- ❖ Is willing to undergo blood testing for screening.
- ❖ Has more milk production.

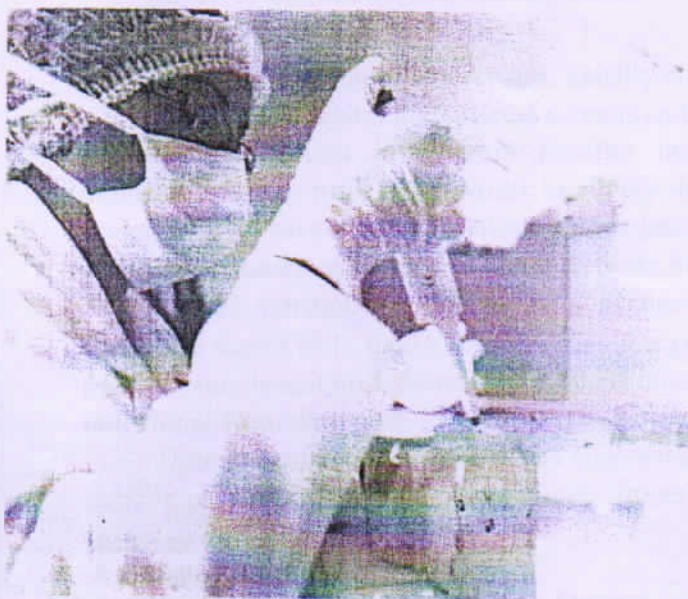
Who cannot donate?

A woman cannot be a suitable donor if she:

- ❖ Uses illegal drugs.
- ❖ Smokes or uses tobacco products.
- ❖ Has received an organ or tissue transplant in the last 12 months.
- ❖ Regularly takes more than 60ml of alcohol per day.
- ❖ Has a positive blood test result for HIV, HTLV, hepatitis B or C, or syphilis or her sexual partner is at risk for HIV.

Donor Milk Saves Lives

- ❖ When Insufficient milk production or no lactation.



- ❖ Newborn facing failing immune systems threatening diseases or conditions.
- ❖ Mothers who cannot keep up the milk to no multi-birth babies.
- ❖ Mothers who are not producing enough milk.
- ❖ Born to mothers whose breast milk is not safe for consumption.
- ❖ When the mother's own milk is unavailable the sick, hospitalized newborn.

Donate Milk

It is a noble cause, if you are lucky to have a milk than you know what to do with, you may want to donate your excess to women who are having trouble nursing especially those with sick or premature infants in the hospital. Each and every woman should know about human milk bank and contribute to save lives of new born.

Bibliography:-

1. Das BK, Mishra RN, Mishra OP, Bhargava A, Prakash A. Comparative outcome of low birth weight babies. *Indian Pediatr.* 1993;30:15-21.
2. Bharati P, Pal M, Bandyopadhyay M, Bhakti Chakraborty S, Bharati P. Prevalence and cause of low birth weight in India. *Malaysian J N* 2011;17: 301-13.
3. Arslanoglu S, Moro GE, Bellu R, Turoli D, NG, Tonetto P, et al. Presence of human milk bank is associated with elevated rate of exclusive breastfeeding in VLBW infants. *J Perinatol* 2013;41:129-31.
4. Cristofalo EA, Schanler RJ, Blanco CL, Sullivan S, Trawoeger R, Kiechl-Kohlendorfer U, et al. Randomized trial of exclusive human milk versus preterm formula diets in extremely premature infants. *J Pediatr.* 2013;163: 1592-1600.
5. De NG, Berti M, De NM, Bertino E. Early enteral feeding with human milk for VLBW infants. *BiolRegulHomeost Agents.* 2012;26:69-73.
6. Israel-Ballard K, Donovan R, Chantry C, Coutsooudis A, Sheppard H, Sibeko L, et al. Flash-heat inactivation of HIV-1 in human milk: a potential method to reduce postnatal transmission in developing countries. *J Acq Immune Defic Syndr.* 2007;45:318-23.

