

BREASTFEEDING: EVIDENCE-BASED KNOWLEDGE

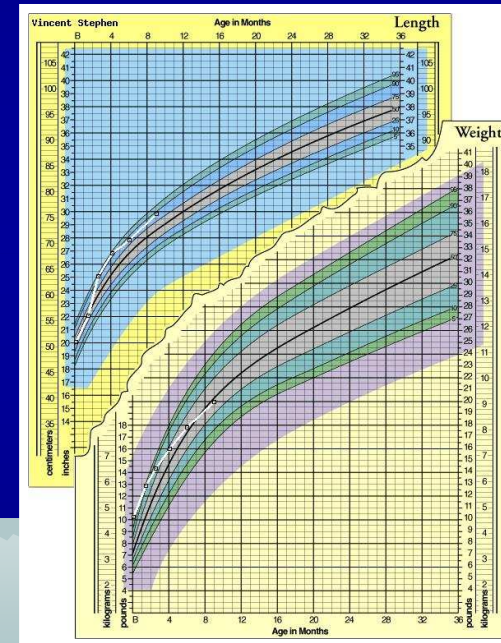
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PRACTICE DEVELOPMENT MIDWIFE



WHY BREASTFEED



Rapid growth in infancy necessitate
careful nutritional support
for
optimal growth and development
that starts at conception.



Full term newborns of well nourished mother
during pregnancy

have adequate vitamins stored at birth.

Calcium is essential for the bone mineralization
that takes place during the first year of life,
muscle contractions,



blood coagulation,
nerve irritability,
tooth development
hard muscle action.



- Breastmilk enhance the development of the babies
brain,
retina,

Gastro intestinal tract lining
protective sheat of the central nervous system.

Acute otitis media

reduces the risk of atopic dermatitis

Reduce admission to hospital by 72% due to lower
respiratory track infections in babies under 12 months

The immunoglobulin A (IgA) in colostrum prevents

protect against harmful micro-organisms

Babies are born with own source of iron stored during the last three months of pregnancy.



Iron is an essential element for the synthesis of haemoglobin and metabolism

Most babies double birth weight in 4 - 5 months.
Calories needed for growth depends on
babies size,
growth rate,
activity level
Amount given to the baby.



Babies should be fed on demand.
Most newborns will feed 6 - 8 times a day.
As baby mature
will be able to take large feeds
and
extend the time between feed.



STOMACH CAPACITIES

Day 1: 5-7 ml,

Day 3: 22-27 ml,

Adult: 900 ml,

(In the womb babies swallow amniotic fluid one swallow at a time, every once in a while.



Breastmilk is a live fluid
created on demand
Its composition is constantly changing
with the baby's nutritional need.



INFANT FORMULA

Whey and casein dominant milk
two types of milk with the same nutritional
component
but modified to meet the needs of babies.

Whey milk
highly modified and similar to breastmilk.
newborn from birth onwards.



Casein – dominant feeds
are promoted as the ideal food for older or hungrier
casein curds formed in the stomach
takes longer to digest
leaving the baby feeling fuller for a longer time.

Formula milk MUST ALWAYS

be prepared according to the recommended dose.
Concentrated feeds impose strain on the kidneys and
give excessive calorie intake
while excessive diluted formula feed provides
inadequate calories.



POOR TYPICAL WEIGHT CAN BE THE CAUSE OF

- Inadequate nutrient intake due to poor positioning & attachment
- Inability to feed properly such as babies under the influence of sedation. As the babies liver is immature it takes several days to excreted maternal induce pharmacological substances which is transfered to the baby through the placenta or Breastmilk.
- Inadequate absorption due to intollerance or intestineal disturbance.
- Incorrect formula or incorrect formula feed preperation.

CLOSE MONITERING



Weaning before six month
increase the risk of allergies,
Weaning much later
subject babies to be less experimental
with trying new food.



Since the 1980's
there have been
significant advances
in
understanding health factors
related to
different methods
of
infant feeding.



**Human milk provides protection
to the infant
against infectious agents
by a unique blend
of bioactive constituents.**



**These work together
to develop and enhance
the infant's
immature immune system.**

More recently research
has moved to discover
the influence
of breastfeeding
on pathogenesis
of
chronic disease in later life.



- Breastmilk is a live fluid, full of anti-infective properties that protect a baby from illness.
- About 80% of cells in breastmilk are macrophages which engulf and kill pathogens.



BREASTFEEDING PROTECTS

Against Diarrhea Infections.

In developed nations where babies do not die with gastro enteritis, hospitalized babies with diarrhea are more likely to be artificially fed.

A baby from bacterial meningitis.

Against respiratory illness.

Breastfed babies have a 3-4 times less incidence of otitis media (ear infections).



■ Breastfed babies get fewer cavities.

Breastmilk contains cells that fight the bacteria that causes tooth decay.

The teeth are also more likely to come through properly so there is less need for orthodontic treatment.

■ Breastfed infants have been found to have an enhance effectiveness with vaccines.



Breastmilk is
more digestible than formula
because it is human fluid.

The protein is broken down
into softer curds in the baby's stomach
than cow's milk protein.

Although there is less protein in breastmilk
human babies grow
at a much slower pace
than a calf.

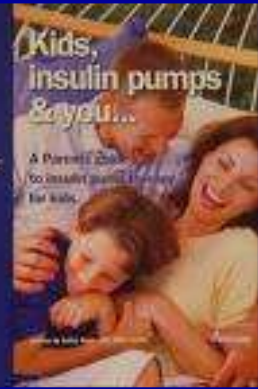


Breastfed infants have less risk of developing allergies such as asthma & eczema.

Decreased risk of recurrent wheezing in the older child

Great differences was noted in the Lung function of children at the age of 10 years





FORMULA FED BABIES

Have an increased risk of developing

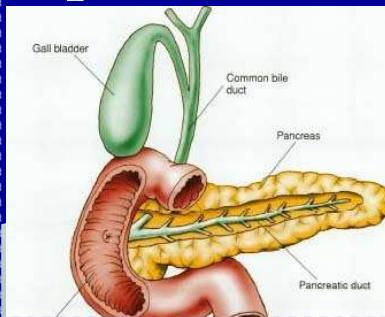
Certain childhood cancers.

Breastfed babies are thought to have a 21% less chance of developing leukemia.

Hodgkin's disease, cancer of the lymphsystem, is also less common in children who were breastfed.

Type 1 diabetes.

Studies suggest that early introduction of large quantities of cow's milk may cause a reaction in the baby that causes permanent damage to the pancreas.



Premature or sick babies develop less complications when fed human milk.

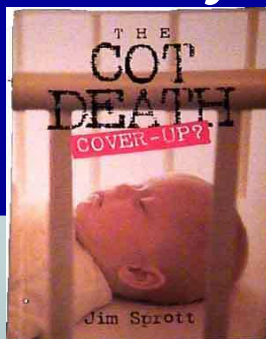
Necrotizing enterocolitis (NEC) is a dangerous condition of a preterm. One study found 83% of cases were formula fed.



FORMULA FEEDING

May increase

- The risk of Sudden Infant Death Syndrome.
- Speech difficulties can develop in bottlefed babies because of tongue thrust problems which a baby uses to slow the flow.



Children should never be put to bed with a bottle

ADAM



FORMULA FEEDING
is associated with lowered IQ.

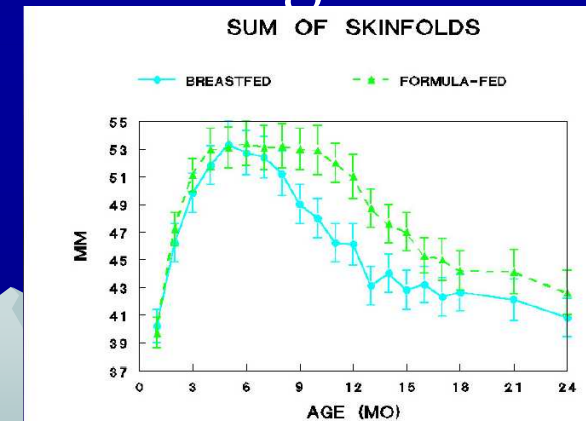
**Human milk is designed
to enhance the development
of the nervous system.**

**The average IQ of 7 & 8 year olds who were breastfed
averaged higher than their artificially fed peers.**

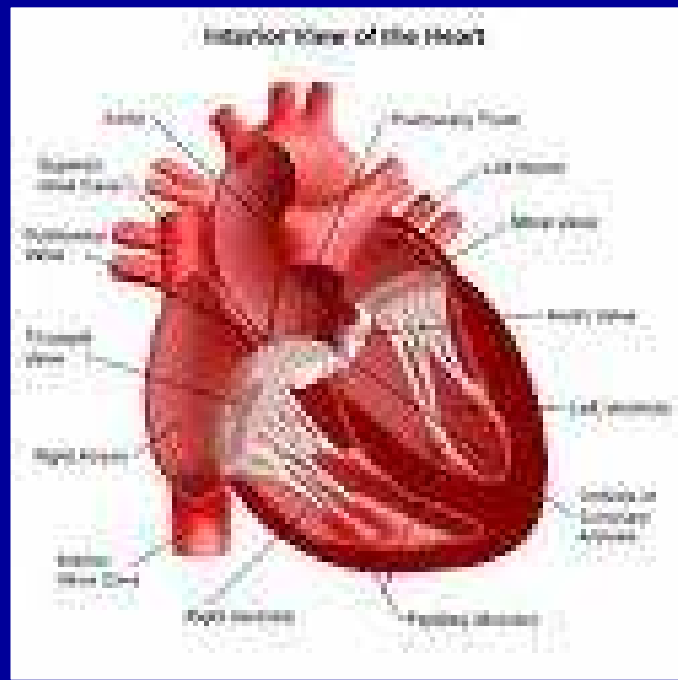


FORMULA FED INFANTS ARE MORE AT RISK FOR OBESITY IN LATER LIFE.

W.H.O have now classified
childhood obesity as malnutrition
which means
developed nations have to
put more emphasis on
supporting and promoting breastfeeding



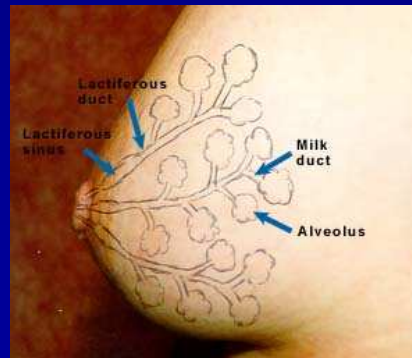
Studies on adolescents
have showed that those
who were breastfed
had lower blood pressure and
lower cholesterol levels.



BENEFITS FOR THE MOTHER

- Breastfeeding help to protects a woman from pre menopausal breast cancer.

The length of lactation and the number of times a woman lactates increases this protection.



Breastfeeding
reduces the insulin requirements
of diabetic mothers.

Suckling helps involution of the uterus (shrink) after childbirth.

This helps a woman regain her figure.

Breastfeeding helps encourage weight loss.

Breastfeeding requires an extra 500 calories per day.



Breastfeeding protects a woman from anaemia through absence of menstruation.

This gives her body the opportunity to regain haemoglobin levels after normal blood loss following childbirth.

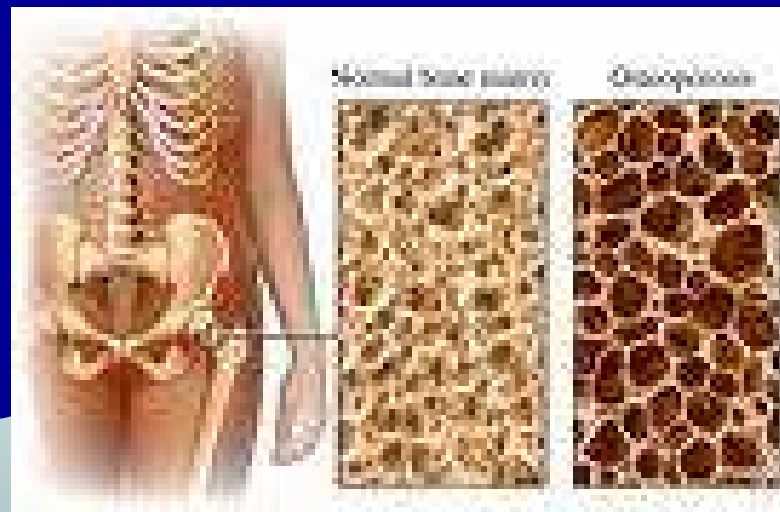
Breastfeeding has a relaxing effect, it decreases blood pressure and calms the mother



Not breastfeeding increases a woman's risk of
developing
ovarian or endometrial cancer.

Breastfeeding decreases the chance of osteoporosis.
Although bone mineral density decreases during
lactation

it has been found that this increases to higher than non
breastfeeding women after weaning.



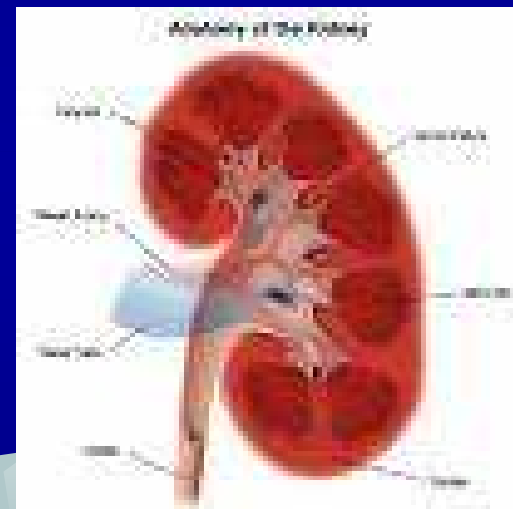
ADDED BONUS



- Breastmilk provides perfect infant nutrition. Human milk is species-specific making it highly superior to any other baby milk.
- Breastfeeding satisfies a baby's emotional needs. Being held in his mother's arms, hearing her heartbeat and suckling is baby heaven.
- Breastmilk is a perfect food for a sick baby.

Breastmilk aids the development
of the baby's immune system.

When a kidney is donated by either a mother who
breastfed of a sibling who was also breastfed
there is much less chance
of rejection and less medication is needed for
continued acceptance.



ELIMINATE ALL EXTERNAL RISKS

- A recent concern in the baby-feeding world has been that of the chemical BPA (bisphenol-A) leaking from polycarbonate plastic bottles when heated or washed repeatedly. Studies have shown that BPA may end up in formula, potentially contributing to health issues
- Contamination of formula milk
- Contamination of any component of the artificial formula



WORLD HEALTH ORGANIZATION/ UNICEF

"Breastfeeding is an unequalled way
of



providing ideal food
for the healthy growth
and

development of infants;
it is also

an integral part of
the reproductive process
with

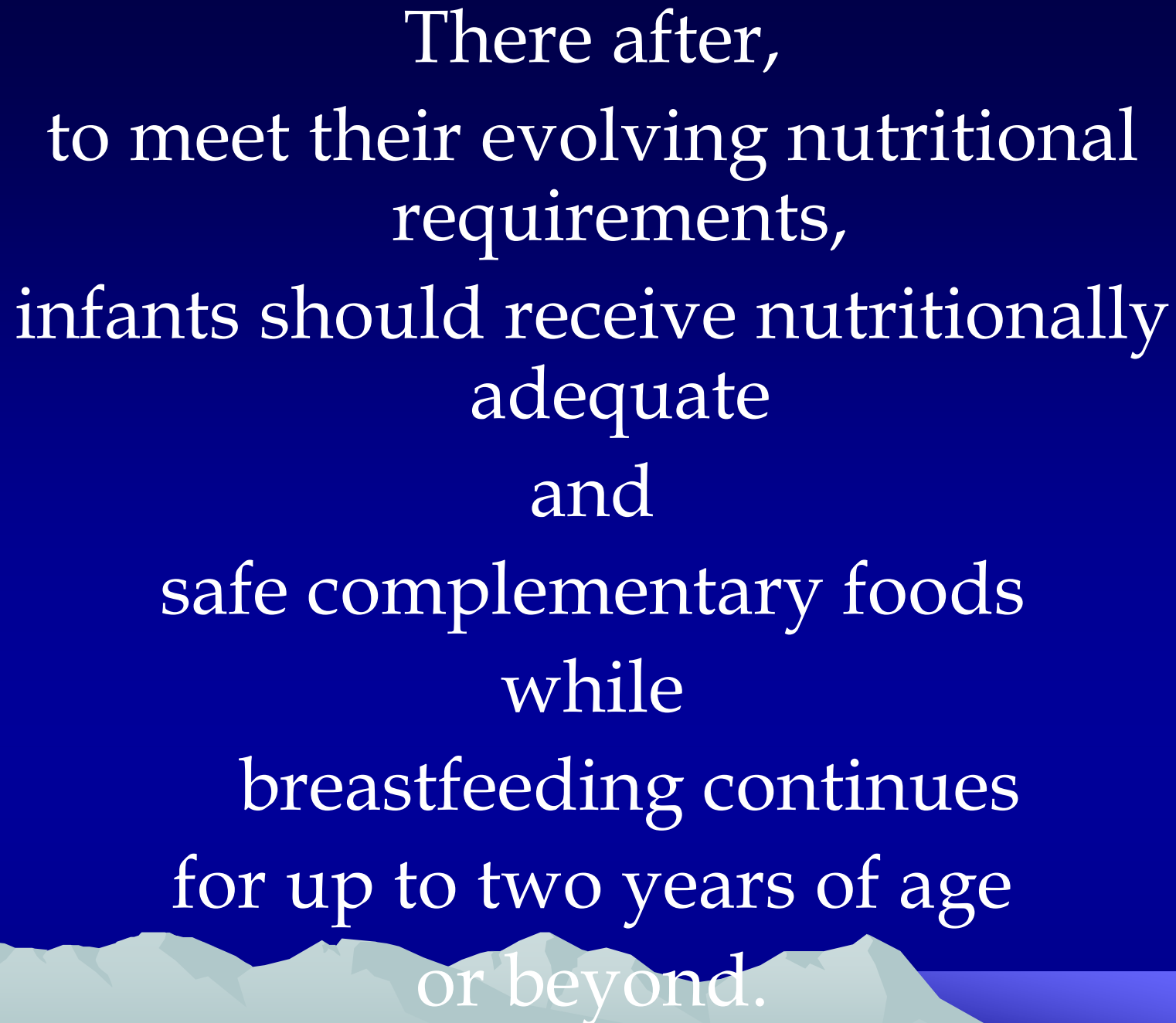


important implications for the health of mothers.

As a global public health recommendation,
infants should be
exclusively breastfed
for the first six months of life
to achieve
optimal growth, development and health.



There after,
to meet their evolving nutritional
requirements,
infants should receive nutritionally
adequate
and
safe complementary foods
while
breastfeeding continues
for up to two years of age
or beyond.

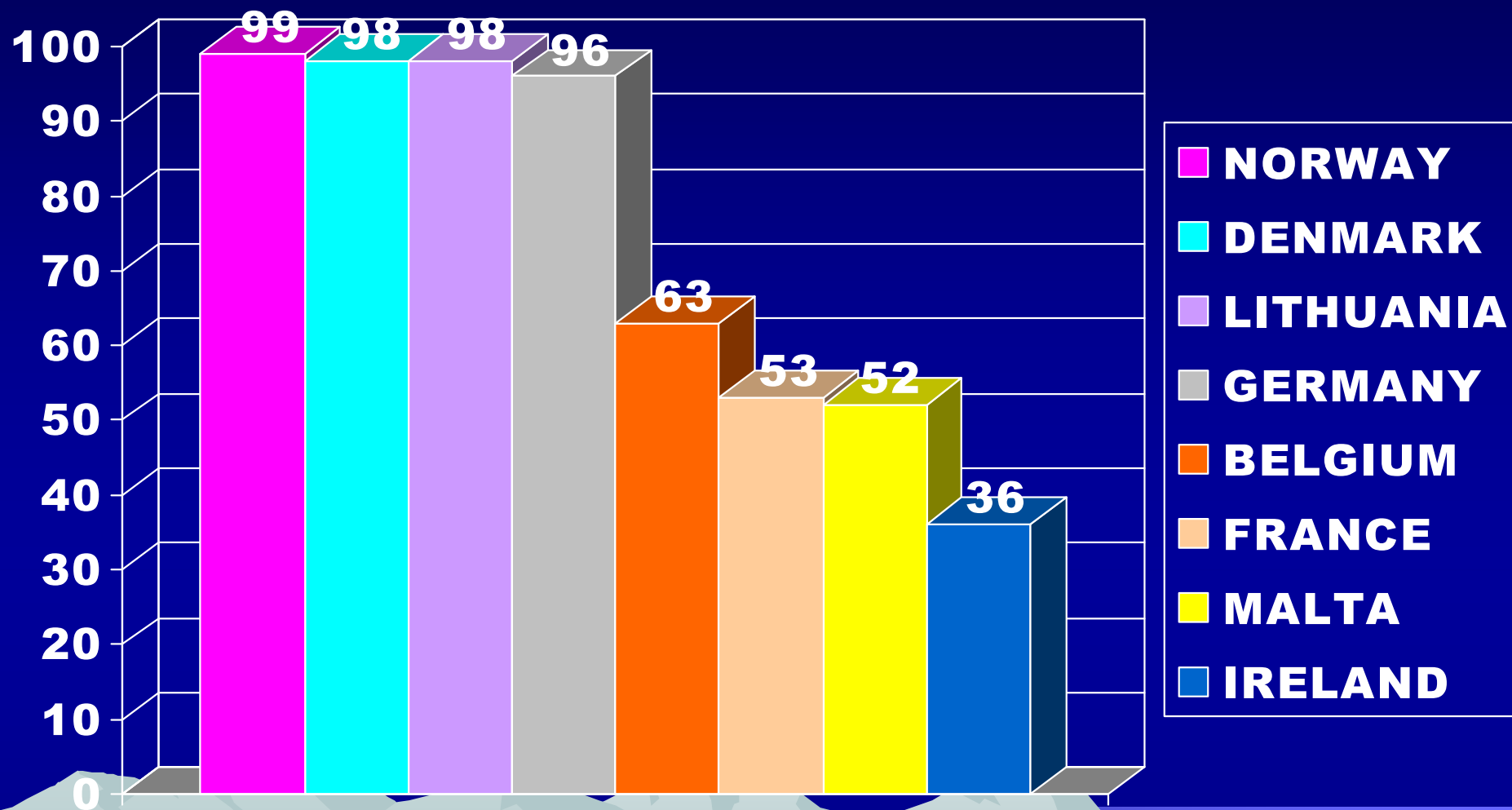


Exclusive breastfeeding from birth
is possible
except for a few medical conditions,
and
unrestricted exclusive breastfeeding
results in ample milk production".



BREASTFEEDING RATES IN EUROPE

1999



SO WHY ARE THE RATES SO LOW

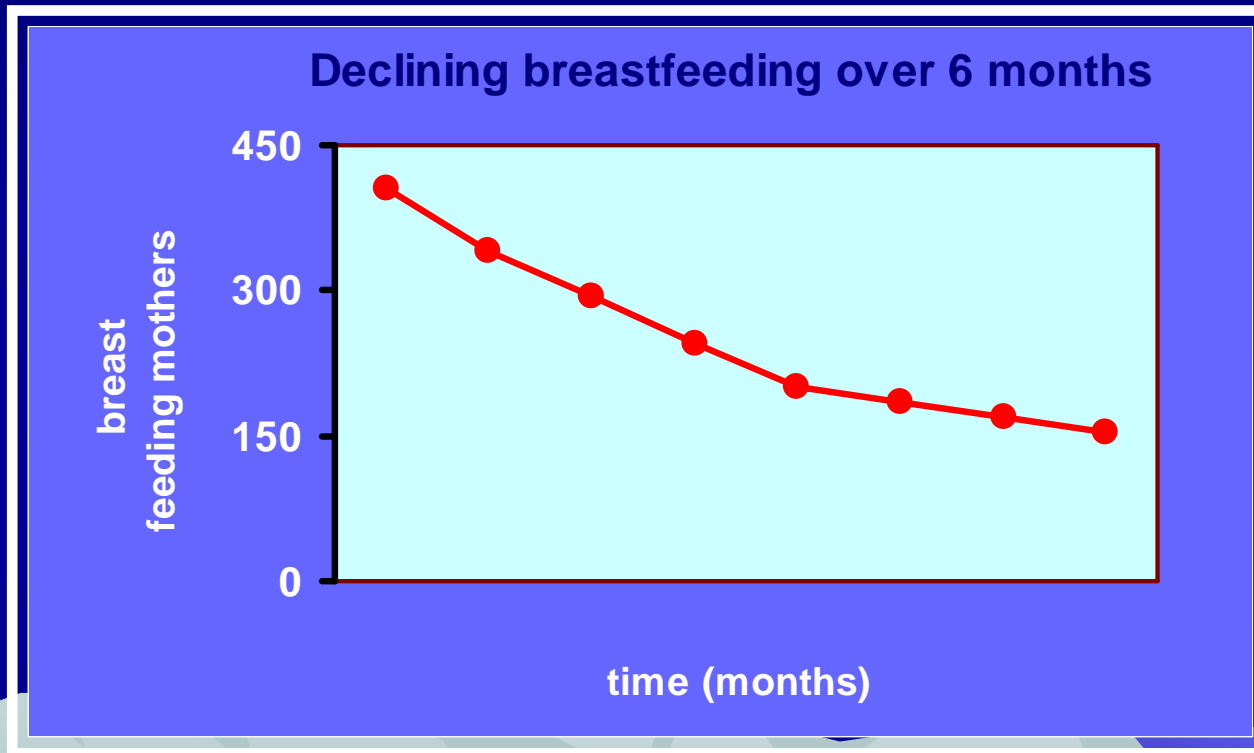
A close-up photograph of a newborn baby lying on a person's chest. The baby's head is resting on the person's shoulder, and its eyes are open, looking towards the camera. The person's hand is visible, gently holding the baby. The background is a soft, out-of-focus light blue.

**BREASTFEEDING IN MALTA:
WHY ARE RATES SO LOW?
PHASE 1**

TWO MIDWIVES & PAEDATRICIAN

Phase 1 assessed:

- When the first breastfeed was initiated.
- Breastfeeding rates for the first 6 months of life.
- Reasons why mothers stop breastfeeding within this period.



DISCUSSION

- The most common reason for discontinuing or supplementing breastfeeding was on health care professional 'advice'. (Not necessarily having an indication)
- Breastfeeding within one hour of birth has been linked to successful breastfeeding, yet early feeding is not always being practiced.



Formula supplements often recommended during hospital stay: led to ongoing supplementation and early attrition.



Returning to work frequently led to supplementation or early weaning.

BREASTFEEDING RATES IN MALTA ARE INCREASING

due to the

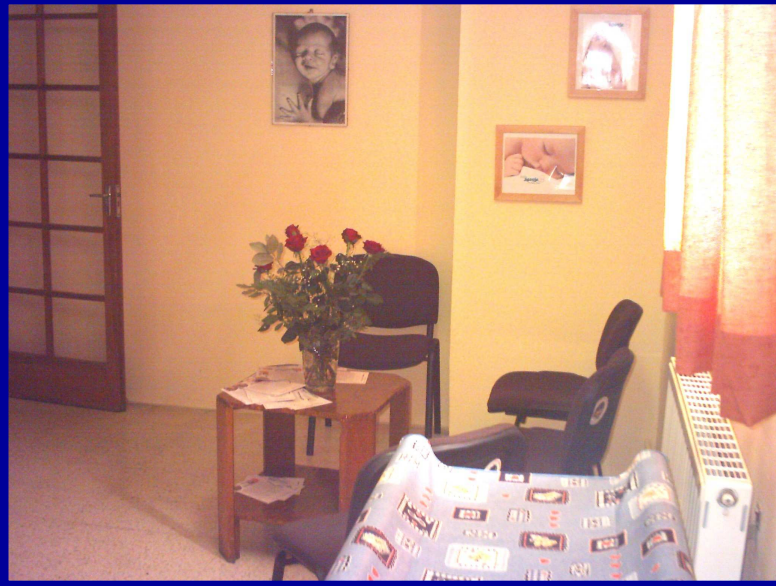
■ Dedication and Determination
of a number of
midwives, nurses, paediatricians, health promotion
department, NGO's,
informed mothers & supporting fathers

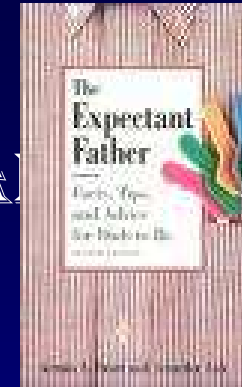
■ Increase in services provided such as the
BREASTFEEDING WALK IN CLINIC

There is still room for improvement

ACTIONS – FUTURE TARGETS

- Facilitate a strong hospital policy based on the Ten Steps to Successful Breastfeeding.
- Support Mandatory education on breastfeeding management to all health professionals in contact with breastfeeding mothers.
- Aid the Expansion of the Breastfeeding Clinic – and more accessible location.
- Mother to mother support – successfully breastfeed





ENTS & HEALTH CARE PROFESSIONALS
ARE FUNDAMENTAL
IN GENERATING A HEALTHIER SOCIETY
BREASTFEEDING IS AN INVESTMENT
TOWARDS CHILD'S HEALTH



**YOU ARE FUNDAMENTAL
IN GENERATING & SUPPORTING
BREASTFEEDING CULTURE
AMONG TOMORROW MUMS
YOU ARE FRONT LINE HEALTH PROMOTERS
ACT ACCORDING TO YOUR ROLE**



**YOU CAN MAKE THE
DIFFERENCE**







THANK YOU
FOR YOUR CONTRIBUTION
TOWARDS
A HEALTHIER SOCIETY

