

Human Milk Insights

June 2021

The Human Milk Insights newsletter presents the latest breastfeeding topics and clinical practice solutions, addresses coding issues challenging the lactation community, features a lactation service, and announces upcoming webinars and conferences.

CONTRIBUTORS

Katie McGee, RN, BSN, IBCLC
Education Consultant
Westchester, IL.

Maria Lennon, MSN, CNM, IBCLC
Nurse-Midwife, Perinatal Education
Consultant
Sedona, AZ.

Kim Colburn, BPC
Education & Program Coordinator
Medela LLC

FEATURED STORIES THIS MONTH

NEWS YOU CAN USE

- Human Milk Banking
- Human Breast Milk
- Human Milk and Infant Health
- Human Milk and Maternal Health
- Breastfeeding and COVID-19

HUMAN MILK EDUCATION

- Human Milk Monthly Webinar Series
- COVID-19 Information Website
- Save the Date –Medela’s 15th Global Breastfeeding and Lactation Symposium
- Neonatal Perspectives
- Medela’s New Mission Statement

CLINICAL PEARLS IN LACTATION

- Red, Pink, or Brown Milk...Seriously?

TOOLS YOU CAN USE

- 2021’s National Breastfeeding Month: Time to Start Planning

SPOTLIGHT ON PRACTICE

On Vacation ☺

NEWS YOU CAN USE

HUMAN MILK BANKING

The Effect of Holder Pasteurization on the Diversity of the Human Milk Bacterial Microbiota Using High-Throughput DNA Sequencing

Igrid García-González, Dr en C.../April 2021
Examination of differences in human milk bacterial microbiota composition after milk banking pasteurization.

<https://journals.sagepub.com/doi/10.1177/08903344211011946>

HUMAN BREAST MILK

Tandem Breastfeeding and Human Milk Micronutrients: A Prospective Observational Study

Gilad Rosenberg, MD.../March 2021
Investigation into impact of tandem breastfeeding on human milk macronutrient content.

<https://journals.sagepub.com/doi/full/10.1177/08903344211003827>

HUMAN MILK AND INFANT HEALTH

Maternal Worry About Infant Weight and its Influence on Artificial Milk Supplementation and Breastfeeding Cessation

Diane DiTomasso, PhD, RN, IBCLC.../March 2021

Study examining the impact of maternal worry about infant weight gain and resulting supplementation and breastfeeding cessation.

<https://journals.sagepub.com/doi/full/10.1177/08903344211000284>

HUMAN MILK AND MATERNAL HEALTH

Exclusive breastfeeding Moderates the Association Between Prenatal and Postpartum Depression

Bárbara Figueiredo, PhD.../February 2021

Exploration of the role of exclusive breastfeeding and association between prenatal and postpartum depression.

<https://journals.sagepub.com/doi/full/10.1177/0890334421991051>

Reliability of Markers for Breast Hypoplasia in the Early Postpartum Period

Renee L. Kam, BPhysio, IBCLC .../February 2021

Investigation into markers for the intra-mammary width measurement as a useful measure for future research.

<https://doi.org/10.1177/0890334421991071>
<https://journals.sagepub.com/doi/abs/10.1177/0890334421991071>

BREASTFEEDING AND COVID-19

Breastfeeding During a Pandemic: The Influence of COVID-19 on Lactation Services in the Northeastern United States

Jennifer Schindler-Ruwisch, DrPH.../March 2021

Examination of breastfeeding support services throughout the pandemic. Assessment of both the strengths and weaknesses of telehealth services.

<https://journals.sagepub.com/doi/full/10.1177/08903344211003898>

HUMAN MILK EDUCATION

Webinars

Breast milk initiation and breastfeeding has changed drastically over the last year due to the effects of COVID-19 on our hospital systems, our healthcare professionals and breastfeeding families. Join us for a series of thought leadership-based webinars designed to raise awareness of COVID-19 and breastfeeding and the impact of the coronavirus on breast milk initiation. Each

month, we'll learn about areas of breastfeeding research from leading human milk researchers and clinicians to better understand these dynamic changes, current research and findings, and where we go from here. The fifth and final webinar in this five part series will be presented on Thursday, June 3rd. [Sharon Unger, MD](#) will present her topic [Is COVID-19 Transmitted Through Human Milk? Implications for Breastfeeding and Human Milk Banking Study](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com. **Please note, this webinar will not be recorded due to unpublished data being presented.**

On Wednesday, June 16th, [Barbara Haase, PhD, MSN, CPNP-PC, IBCLC](#) will present her topic [Test Weighing of Breastfeeding Premature and Medically Complex Infants: State of Science, Barriers, and Facilitators of the Technique](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com

COVID-19 Information Website

Medela invites you to view our dedicated webpage for healthcare professionals on the global impact of COVID-19 on breastfeeding. It contains a lot of resources, important facts and figures from research, and educational materials for professionals. www.medela.com/breastfeedingduringcovid

Save the Date – Advancing Lactation Science to Improve Care - Medela's 15th Global Breastfeeding and Lactation Symposium

Ready to connect and empower yourself with the latest evidence-based information on lactation to preserve and protect breastfeeding? Medela's 15th and first-ever

virtual Global Breastfeeding and Lactation Symposium will take place September 21st – 22nd, 2021. We are delighted to host some of the world's most influential human milk and lactation experts for a unique opportunity to understand new insights, research, and discoveries. It will give you the opportunity to exchange ideas, experiences, and best practices with like-minded professionals within the medical community, and interact directly with leaders in the field of human milk. This year's all-virtual conference embraces the theme advancing lactation science to improve care by focusing on:

- Protecting human milk and breastfeeding in a COVID-19 world
- Progressing clinical standards of care for lactation
- Translating evidence to practice to improve outcomes

Registration will open at the end of June. To be added to our e-mail list, please send a message to education@medela.com.

Neonatal Perspectives Blog [5 Things to Know When Transitioning to an ENFit® Connector System](#)

This blog will touch on five key points that you will need to know to best support your hospital conversion to the ENFit connector design standard. Click the link above to learn more.

[ENFit® Conversion and the Impact on Oral Medication Delivery in the NICU/PICU](#)

While the ENFit design was meant for enteral feeding, it can inherently affect medication delivery. It is vitally important that a hospital take into consideration options that increase patient safety, but not trade one issue for another. Check out this blog for more information.

Medela's New Mission Statement

This year, as we celebrate 60 years in business, we are excited to share with you our new mission statement. This embodies our promise of how we will continue to uniquely serve you, our customers, to nurture health for generations. Our mission statement below reflects our devotion to the science of making the most delicate form of care simple and intuitive, for those receiving care as well as those providing it.

Our new mission statement: *Through advancing research, observing natural behavior and listening to our customers, we turn SCIENCE into CARE nurturing health for generations.*

We remain passionate about our Swiss quality and customer-focused service, knowing this is how trust is earned. Through compassion, engineering, physics and the simple act of caring, we will together build better outcomes. Thank you for being a part of our Medela family. We are honored to continue serving you so together we can care for moms and babies, patients, and healthcare professionals around the world. Click [here](#) to learn about our commitment.

CLINICAL PEARLS IN LACTATION

This column is for lactation practitioners to share clinical challenges and successes, observations and pearls with colleagues. To share a clinical pearl, [submit it here](#). If your submission is selected for publication in a future issue of Human Milk Insights, you will receive a \$25.00 VISA gift card.

Red, Pink, or Brown Milk...Seriously?

Few things are as shocking as the first time a new mother shows you the colostrum she has just pumped is red. Or dark brown. Or pink. What could it possibly be? Is it harmful to feed to the baby? Can the mother breastfeed her baby?

This unusually colored milk during early lactation can create anxiety in mothers, nurses and physicians, but it is almost always a harmless and temporary condition. The term, “Rusty Pipe Syndrome” was coined to describe this uncommon occurrence because the milk may look like water from a rusty pipe. When the faucet is first turned on the water is discolored, but once the water has had some time to run through the pipe it eventually clears up. The color and consistency of colostrum may range from thick, brown, cola-syrup-like to thin, reddish-pink milk. Many health care providers are alarmed because they have never encountered this phenomenon.

Rusty pipe syndrome is a benign physiological condition which causes a bloody discharge from the nipples in lactating mothers – usually primiparas. It is characterized by painless bleeding from the breasts (either unilaterally or bilaterally) in the early post-partum period. This blood in breast milk is caused by vascular engorgement and the breakage of capillaries during early lactation. The seepage of blood into the colostrum changes its color and it usually clears up within a few days.

Seeing blood in pumped milk may be alarming at first, however it is not harmful to babies. Breastfeeding should not be discontinued but encouraged and can be continued during this period of early lactation.

Most of the time, blood in human milk is not a concern. However, in rare cases, bloody and serious nipple discharge may be indicative of something more concerning. If a mother experiences bloody nipple discharge that is unilateral, localized to a single duct, spontaneous and persistent, and does not occur in the early days of lactation, it could be a pathologic sign and could be caused by a ductal papilloma – 5-15% which may be malignant. It is important that a woman who experiences bloody discharge from the nipple that does not occur within the first week of lactation be referred to her healthcare provider for further evaluation.

“Rusty Pipe Syndrome”, or bloody nipple discharge during late pregnancy and lactation, usually resolves within 3–7 days after delivery and there are no contraindications to breastfeeding. If discharge persists for more than a week, it, too, should be evaluated further.

References:

Çintesun E, Gül A, Akar S, Ezveci H, Çelik Ç. Rusty pipe syndrome. *Perinatal Journal* 2017;25(2):85–86.

Silva JR, Carvalho R, Maia C, Osório M, Barbosa M. Rusty pipe syndrome, a cause of bloody nipple discharge: case report. *Breastfeed Med*. 2014 Oct;9(8):411-2. doi: 10.1089/bfm.2014.0052. Epub 2014 Jun 25. PMID: 24964086.

TOOLS YOU CAN USE

2021's National Breastfeeding Month: Time to Start Planning

It's almost that time again . . . time to celebrate breastfeeding and send a message to our health systems, our communities, our country and in our world! August is designated as **National Breastfeeding Awareness Month**, a time to examine and promote the importance and benefits of breastfeeding as well as to support and empower all women to achieve their breastfeeding goals. In 2017, according to the CDC, approximately 84% of babies left the hospital breastfeeding, but the rate falls dramatically to 35% (CDC, 2017 statistics) by the time they reach their first birthday.

This year, the National Breastfeeding Month theme is, ***“Every Step of the Way”***.

For more information:

United States Breastfeeding Committee: <http://www.usbreastfeeding.org/NBM>

<https://www.cafepress.com/usbreastfeeding>.

Week 1: World Breastfeeding Week (WBW) is a global campaign to raise awareness and galvanize action on themes related to breastfeeding and takes place August 1-7 each year. The theme for 2021 is ***“Protect Breastfeeding: A Shared Responsibility.”***

For more information:

<https://worldbreastfeedingweek.org/>

<https://waba.org.my/wbw/>

<https://www.facebook.com/WABA.WBW/>

https://worldbreastfeedingweek.org/action-folder/?fbclid=IwAR2d9EnvIsfo6O0iNWnXcak4xmaUcim_AvFzQ4cAAW9ZDm6271OlopttbN8

Week 2: Native Breastfeeding Week August 8-14 is to highlight the Native Breastfeeding experience in all forms through the visibility of personal testimonies, partner experiences, research, articles, barriers, and/or success.

#NativeBreastfeedingWeek. The theme this year is ***“Nourishing Our Futures”***.

“This community is to reflect the diversity of Native experiences relative to breastfeeding, chestfeeding, and/or human milk feeding. We aim to encourage and uplift visibility of all these experiences.

This community also hopes to address the inequity and injustice of Indigenous parents and their abilities to practice their roles in accordance to the tribal communities they descend from.”

For more information:

<https://www.facebook.com/NativeBreastfeedingWeek/>

Week 3: Asian American Native Hawaiian Pacific Islander Week 2021 (AANHPI) August 15-22 Theme: *“Reclaiming Our Traditions”*

The third week of August 2021 will be the very first national Asian American Native Hawaiian and Pacific Islander (AANHPI) Breastfeeding Week. In 2020, BreastfeedLA and the API Breastfeeding Task Force of Greater Los Angeles lobbied to have a specific week to engage API breastfeeding families, advocates and health workers. The Task Force seeks to decrease inequities and normalize breastfeeding in Los Angeles County’s API communities by improving breastfeeding education, support practices, and by removing systemic barriers that prevent breastfeeding from flourishing.

For more information:

<http://www.usbreastfeeding.org/page/asian-american-and-pacific-islander-heritage-month>

Week 4: Black Breastfeeding Week - August 25-31, 2021 Black Breastfeeding Week was founded because there is still a gaping racial disparity in initiation and duration rates of breastfeeding. In 2014, Kimberly Seals Allers wrote that having a separate week is important to address the high Black infant mortality rate, high rates of diet-related disease, the lack of diversity in the lactation field, the unique cultural barriers among Black women, and the desert - like food conditions in Black communities. This will be the ninth year that Black Breastfeeding Week is being celebrated! The theme for Black Breastfeeding Week 2021 has not yet been announced at the time of this publication.

For more information:

<https://blackbreastfeedingweek.org/>

Reference:

https://www.cdc.gov/breastfeeding/data/nis_data/results.html

SPOTLIGHT ON PRACTICE

This column is for lactation practitioners and facilities who wish to acknowledge the work of others. We invite you to submit suggested practitioners or facilities you would like to spotlight. If you have a suggestion, email education@medela.com.

This month we will not feature an interview in Spotlight on Practice. We hope to resume this column in our July Human Milk Insights newsletter. As always, we invite you to submit suggested practitioners or facilities you would like to spotlight!