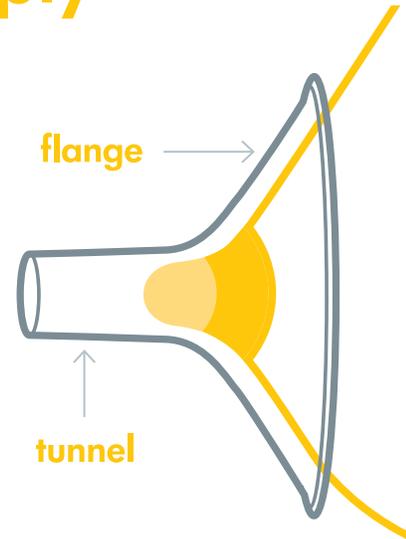


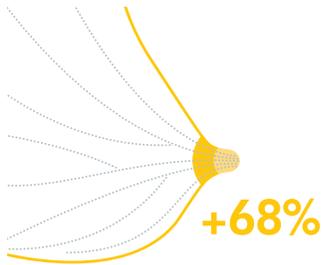
# Choosing the right breast shield can impact breast milk supply

Breasts come in all shapes and sizes, and can change throughout a mom's breastfeeding journey. The size of the breast might not correspond to nipple size, and each nipple can be different sizes. Breast shields come in a range of sizes and play a key role in a mom's pumping comfort and efficiency.

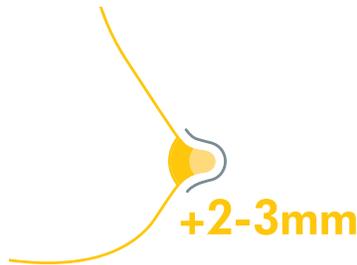
- The breast shield flange should follow the shape of the breast and not compress it.
- It's the nipple diameter that determines breast shield size.



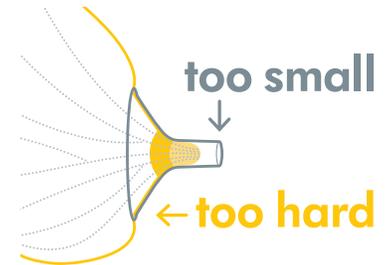
## What happens to the breast when nursing or pumping



Milk ducts increase in size by 68% during let down.<sup>1</sup> This is to accommodate all the milk flowing towards the nipple.



Nipple diameter may increase temporarily by 2 to 3 mm.<sup>2</sup> So the breast shield tunnel needs to be slightly bigger than the nipple.



Milk ducts lie close to the skin's surface. Pressing the breast too hard or using a tunnel that is too small can obstruct milk flow.<sup>3</sup>

## Why comfort matters

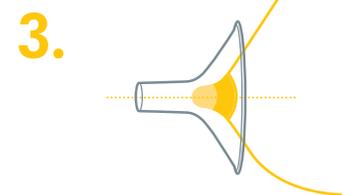
Stress and discomfort can hinder the hormone oxytocin, essential for the release of breast milk.<sup>4</sup> Below are some tips for more efficient pumping.



Moms need a correctly fitting breast shield to be relaxed and comfortable while pumping and help milk to flow.<sup>5</sup>



Pumping shouldn't hurt. Adjust the vacuum to the highest comfortable level during the expression phase to help remove more milk in less time.<sup>6</sup>

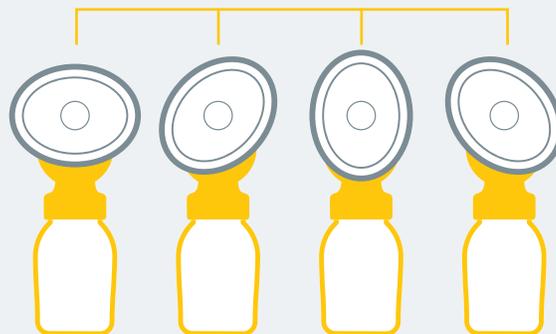
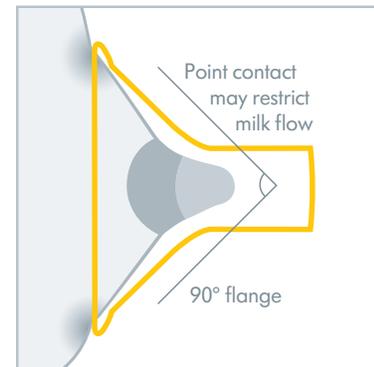
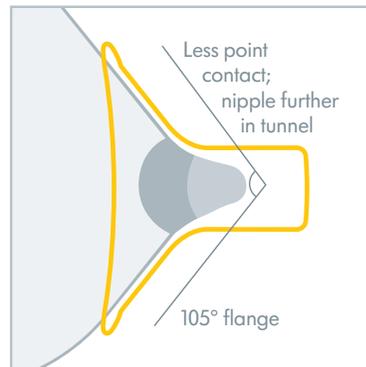


The nipple should be centered and moving freely in the tunnel during pumping. If it doesn't, another size breast shield should be selected.

# Why choose Medela's PersonalFit Flex™ Breast Shields?

With the PersonalFit Flex, moms can adjust the way the breast shield fits to find the most comfortable, most efficient position to pump – even as her breast shape changes. Medela's research-based design features four-way fit and a unique oval-shaped shield that adapts to mom's natural shape to help her find the pumping position that works best. The PersonalFit Flex Breast Shields are available in four sizes: 21 mm, 24 mm, 27 mm, and 30 mm, and are compatible with all Medela breast pumps.

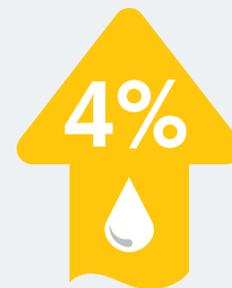
The **105° opening** angle is designed to **reduce pressure** on the breast to **optimize comfort**, allowing milk to **flow more easily**.



The **oval shape** can be **rotated 360°** for whatever position is most comfortable.



Clinically proven to remove **11.8% more milk** per minute and promote **faster let-down** while pumping.<sup>7</sup>



Clinically shown to **drain the breast** by an **additional 4%**.<sup>7</sup> Draining the breast well is key to improving overall milk production.

1 Ramsay DT et al. Pediatrics. 2004;113:361-367  
 2 Geddes DT et al. Early Hum Develop. 2008 Jul 1;84:471-477  
 3 Geddes, DT. J Midwifery Womens Health. 2007;52:556-563.  
 4 Newton M, Newton NR. J Pediatr. 1948;33:698-704  
 5 Jones E, Hilton S. J Neonatal Nurse. 2009;15;15:14-17  
 6 Kent JC et al. Breastfeed Med. 2008;3:11-19.  
 7 Prime D. K. et al. Influence of a newly designed breast shield on the dynamics of milk removal: A randomised controlled trial [poster]. 6th Academy of Breastfeeding Medicine Europe Conference, 18-20 May 2018, Rotterdam, Netherlands; 2018.

\*compared to traditional breast shields with a 90° angle.  
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