Potential Dangers of Soy Formula

Some mothers who do not breastfeed or supplement with formula have long used soy formula as an alternative to cow's milk-based formula, often because of concerns about allergies. However, soy formula contains high amounts of genistein, an estrogen-like compound which can alter the body's endocrine system and potentially interfere with normal hormonal development.

A new study published in *The Journal of Endocrinology and Metabolism* compared 410 mother/infant pairs, some feeding human milk, some cow's milk formula, and some soy formula. The researchers looked at ultra sound measurements, tissue samples and blood tests. The main differences were found in girls. Compared to girls fed cow's milk formula or human milk, the soy formula girls showed estrogen-like responses in their tissues. The researchers stated that they did not know the long-term consequences for health and development, and that plans were being made to follow these children into childhood and adolescence.

**Breastfeeding is the best choice for all infants. Donor human milk is the next best choice for those needing a short term supplement for babies in need.**

For more information, please refer to the *aforementioned study*.

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**Colorado's First 'Baby Café'**

Mothers' Milk Bank is excited to announce the opening of our very own Baby Café - *the first in Colorado*!

Baby Café is a safe and cozy place where new and expecting parents can gather to support one another on their breastfeeding journey while receiving free guidance and tips from a breastfeeding specialist.

Please join us, and encourage your patients to as well, for our Grand Opening celebration on Friday, May 18th at 10:00 AM. Or join us every Friday at Baby Café from 11:00 AM - 1:00 PM. Light snacks, coffee and tea will be provided.

Questions? Please contact us at donorrelations@rmchildren.org.
Prescribe Donor Milk

Donor human milk is the first choice for all babies anytime moms' own milk is unavailable. It is essential for any baby with a weakened immune system or special dietary needs. To learn more about prescribing donor human milk from Mothers' Milk Bank to infants in your care, please visit our website to view a short introductory video.

Potential Milk Donors

Human milk is a gift that last a lifetime and we rely on healthcare providers to encourage patients with excess milk to become milk donors. If you have a patient with an established milk supply and healthy baby, please have her contact us. Women interested in becoming donors should visit our website for more information.

About Mothers' Milk Bank

A nonprofit program of Rocky Mountain Children's Health Foundation, Mothers' Milk Bank (MMB) collects, tests, processes and provides donor human milk to babies across the country. Babies who receive the milk may be premature or have severe illnesses and need human milk to thrive.

MMB consistently provides more milk to NICUs than any other nonprofit milk bank in North America and adheres to the strict guidelines of the Human Milk Banking Association of North America.

Dedicated to babies. Dedicated to quality. Dedicated to safety.

Mothers' Milk Bank | 303.869.1888 | milkbankcolorado.org

A program of

Rocky Mountain Children's Health Foundation

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