What's so Great About Human Milk?

Health care providers know human milk is the standard of feeding for all infants, especially preemies. All other formulas and foods are substandard. While we know there are many reasons why human milk is so important for neonatal intensive care units, the following are lifesaving:

**Human milk lowers the risk of NEC.** Necrotizing enterocolitis has a devastating impact on the preterm infant; essentially areas of the intestines die and may need to be surgically removed. The risk of death and long-term complications for those who develop NEC is high. *Forty percent* of babies who have NEC die. Studies have estimated the cost to a hospital for one case of NEC is $74,000 and if the baby has surgery it is $198,000.

Fortunately, human milk has a positive effect on preemies. One study found a correlation between feeding extremely low birth weight infants human milk during their first two weeks of life related to their survival rate and the time in which the infant did not develop NEC. These infants also tolerated their feeds better and they needed less IV nutrition.

**Human milk reduces intestinal permeability.** The preterm baby is at risk for developing infections because of an immature immune system which is primarily located in the infant’s intestines. One study showed that human milk allows the gut to mature and thus prevent pathogen access. These authors state "Preterm infants' intestinal permeability was significantly decreased for those receiving human milk versus formula in dose related manner in the first postnatal month."

**Human milk cuts the rate of sepsis.** A study showed that every 10 milliliters (1/3 ounce) per kilogram of human milk that a very low birth weight infant received in the first 28 days of life reduced the odds of sepsis by 20 percent. Late onset sepsis is a common occurrence and can lead to neurological disabilities, longer hospital stays and higher hospital costs.

**Human milk reduces human suffering and death.** A small amount of milk goes a
long way in the NICU. A neonatologist once said to me, "One ounce of human milk can save a life." He elaborated by stating that one ounce of milk can feed a micro preemie for a full day. That is a big impact for very small amount of milk.

Donating milk saves babies' lives.

Source:


Healthy Baby Summit

In 2019, the Rocky Mountain Children's Health Foundation and Mothers' Milk Bank are hosting the inaugural Healthy Baby Summit. This inspirational day of learning will offer attendees two dynamic educational tracks; one for new and expecting parents - the other for pre + postnatal professionals.

Join us on Monday, May 13, as we learn about lactation support, bonding with a baby, breast milk and the microbiome, brain-building activities, marijuana and breastfeeding, safe sleep practices and more!

Click to learn more about our Healthy Baby Summit. Registration for this conference opens in March.

Prescribe Donor Milk

Donor human milk is the first choice for all babies anytime mom's own milk is unavailable and 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 and watch a short video.

---

**Potential Milk Donors**

Human milk is a gift that lasts a lifetime.

Nationally, we are seeing a growing demand for human milk for babies. We rely on the generosity of our donors and are thankful for the healthcare providers who encourage patients with excess milk to become milk donors to meet this demand. **If you have a patient with an established milk supply and more milk than her healthy baby needs, please have her contact us.** Those 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, processes, tests, analyzes 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](#).

---

**Mothers' Milk Bank 2018 Stats!**

748,151 Ounces Donated

- 13,000th Donor
- 1,111 New Approved Donors
- 158 Hospitals Served
- 26 States Received
- 645,000 Ounces of Human Milk

Dedicated to babies. Dedicated to quality. Dedicated to safety.
Mothers' Milk Bank | 303.869.1888 | milkbankcolorado.org