HMOs in Human Milk Shown to Prevent Allergies

Food sensitivities or allergies prevention through human milk was highlighted in new research from University of California San Diego. The researchers found that human milk oligosaccharides (HMOs) may play a role in allergy prevention later in life, saving children from suffering. HMOs are not present in infant formula.

**HMOs act as a prebiotic guiding the development of the infant's gut and has been suspected to play a role in allergy prevention.** The new research identified a beneficial HMO profile associated with lower rate of food sensitivity at one year of age. Only 14% of the 421 infants in the study displayed sensitivities. There are over 200 different types of HMOs produced in human milk and some studies have shown that they are preventive for necrotizing enterocolitis.

For more information, please refer to the aforementioned study.
Colorado's First 'Baby Café'

Baby Café is open every Friday, providing 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 encourage any patients who would like some additional lactation support, to drop in on any Friday at Baby Café between 11:00 AM - 1:00 PM. Free weight checks for babies, light snacks and drinks 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.

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**Potential Milk Donors**

Human milk is a gift that lasts a lifetime and, nationally, there is a growing demand for our babies. We rely on the generosity of donors and are thankful for the healthcare providers who encourage patients with excess milk to become milk donors to meet the constant demand - thank you. If you have a patient with an established milk supply and more milk than her healthy baby needs, please have her contact us. Women interested in becoming donors should visit our website for more information.

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**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.

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

Mothers’ Milk Bank | 303.869.1888 | milkbankcolorado.org

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A program of

Rocky Mountain Children's Health Foundation

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