Powerful New Type of Immune Cells Found in Human Milk

We have known for a long time that human milk fights infection and contains dozens of immune factors protecting baby's health. Even more evidence of the power of human milk has been discovered by researchers at Augusta College and published in JAMA Pediatrics this month.

They found the presence of innate lymphoid cells (ILCs). Short term, the ILCs may help protect the baby from infection and long-term help babies develop their own immune system. All three known classes of ILCs were found in human milk and survive in the baby's digestive system. In fact, the ILCs help form the protective layer for the gut and then respond to the microbiome as it develops.

These amazing cells may even be part of the dynamic that enables the content of milk to change to help the baby's gut over time and protect the breastfeeding mother from getting an infection. ILCs have been found to be important in inflammation, immunity and tissue homeostasis. They send messages to macrophages to tell them what to do to fight infections.

What other discoveries about the truly amazing properties of human milk are in the future?

Source:

Thank You, Dr. Mom!

A huge thank you to Marianne Neifert, MD for her more than 30 years as facilitator of Colorado Lactation Journal Club (CLJC)! The lactation community and the families we serve are forever indebted to Dr. Neifert for her ceaseless support of commitment to evidence-based practice.

We are pleased to announce that Kelly McMullen, MD has accepted the role of facilitator for future CLJC sessions. Don't miss the next CLJC September 12, 2018 - stay tuned for the exciting agenda!
**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.

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**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.
A program of

Rocky Mountain
Children's Health
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