Lactation alters maternal physiology for a lifetime

Most people know breastfeeding is good for a baby's health but healthcare providers rarely tell moms that it is also good for them - and it may have positive effects long after nursing is over.

Breastfeeding Medicine has published a systematic review title "Effect of Lactation on Maternal Hypertension: a Systematic Review." The review found the majority of studies they looked at showed a positive association between lactation and maternal hypertension, or blood pressure, even if the moms did not nurse as long as is recommended. These studies further support the body of evidence that lactation alters maternal physiology in diverse and multiple ways to give benefits through mitigation of different disease processes.

Nursing moms cut their risk of breast cancer by 4.3% for every 12 months they breastfeed and they are less likely to develop ovarian cancer, Type 2 diabetes and rheumatoid arthritis.

Counseling women before, throughout pregnancy and after about the advantages of breastfeeding for their own health should be considered a priority for healthcare providers.

Sources:


Lactation Journal Club is back this February!

Colorado's Lactation Journal Club is gearing up for 2019! Thanks to everyone who attended our November meeting. Stay tuned to our club's Facebook page for next year's dates and topics!

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](#).
Celebrating our tiniest recipients in honor of National Prematurity Awareness Month!

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

STAY CONNECTED:

Facebook | Twitter | Instagram