

Utah Breastfeeding Health

Developed for health professionals to support Breastfeeding

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Lactation Telehealth in Primary Care: A Systematic Review

<https://www.liebertpub.com/doi/full/10.1089/bfm.2021.0105>

Studies included analyzed associations between lactation telehealth and breastfeeding outcomes, as well as lactation telehealth feasibility and satisfaction. All studies examined lactation telehealth and most interventions were multidirectional synchronous communication. Increases in any breastfeeding rate and exclusive breastfeeding rate, and a decrease in early breastfeeding cessation occurred following lactation telehealth. Lactation telehealth was also found to be feasible and produced high satisfaction rates among users.

The Association of Breastfeeding with a Reduced Risk of Postpartum Depression: A Systematic Review and Meta-Analysis

<https://www.liebertpub.com/doi/full/10.1089/bfm.2021.0183>

Previous research has noted an association between breastfeeding and a reduced risk of postpartum depression (PPD). This article provides a systematic review and meta-analysis on the possible association of the type and degree of breastfeeding and PPD.

Associations Between Postpartum Physical Symptoms and Breastfeeding Outcomes Among a Sample of U.S. Women 2–6 Months' Postpartum: A Cross-Sectional Study

<https://www.liebertpub.com/doi/10.1089/bfm.2021.0198>

Postpartum physical symptoms were associated with breastfeeding problems and overall poorer breastfeeding self-efficacy, but not with short-term breastfeeding duration. Future studies should explore how addressing physical symptoms among postpartum mothers might improve breastfeeding outcomes.

Maternal Variants in the MFG8 Gene are Associated with Perceived Breast Milk Supply

<https://www.liebertpub.com/doi/10.1089/bfm.2021.0216>

The World Health Organization recommends exclusive breastfeeding for ≥ 6 months, but many mothers are unable to meet this goal. A major reason why mothers undergo early, unplanned breastfeeding cessation is perceived inadequate of milk supply (PIMS). Researchers hypothesized that defining genetic polymorphisms associated with PIMS could aid early identification of at-risk mothers, providing an opportunity for targeted lactation support.



Breastfeeding Outcomes and Associated Risks in HIV-Infected and HIV-Exposed Infants: A Systematic Review

<https://www.liebertpub.com/doi/10.1089/bfm.2021.0107>

This systematic review adds to the evidence of breastfeeding in HIV-affected mother-infant dyads. Findings reiterated that exclusive breastfeeding has a positive outcome on growth and development of all infants irrespective of HIV status. Large-scale prospective comparative studies should profile breastfeeding and developmental outcomes of infants with HIV infection or exposure and antiretroviral treatment exposure to enable early identification and intervention for this vulnerable population in low-income settings.

Weight Change Pattern Among Breastfeeding Mothers: One-Year Follow-Up

<https://www.liebertpub.com/doi/10.1089/bfm.2021.0002>

Excessive gestational weight gain (GWG) and postpartum weight retention are risk factors for female obesity. The aim of this study was to assess postpartum weight change patterns among 64 Turkish women who exclusively breastfed to 6 months and continued to breastfeed 1 year and beyond.

Safety and Feasibility of Using Cell-Enriched Human Milk in the Treatment of Early Necrotizing Enterocolitis

<https://www.liebertpub.com/doi/10.1089/bfm.2021.0298>

Necrotizing enterocolitis (NEC) is a severe intestinal disease that often occurs in preterm infants. There currently is a lack of specific and effective therapy for NEC. Human milk is rich in cells that may become a potential NEC treatment. Using cell-enriched fresh mother's milk to treat premature infants with stage I NEC was shown to be safe and feasible.

Prepregnancy Body Mass Index Is Associated with Time-Dependent Changes in Secretory Activation Measures During the First 7 Days Postpartum in Breast Pump-dependent Mothers of Premature Infants

<https://www.liebertpub.com/doi/10.1089/bfm.2021.0167>

This data adds biologic evidence to previous research, suggesting delayed or impaired secretory activation in overweight and obese mothers. This suggests that the window of opportunity for research and clinical interventions are days 1–7 postpartum in this population.

Population-Based Survey Showing That Breastfed Babies Have a Lower Frequency of Risk Factors for Sudden Infant Death Syndrome Than Nonbreastfed Babies

<https://www.liebertpub.com/doi/10.1089/bfm.2021.0113>

A close relationship between breastfeeding and bed-sharing has demonstrated a lower frequency of SIDS risk factors associated with both practices. Families should be informed about the risk factors associated with SIDS to encourage safe bed-sharing while avoiding recommendations that discourage breastfeeding.

Factors Associated with Surgical Treatment in Postpartum Women with Mastitis or Breast Abscess: A Retrospective Cohort Study

<https://www.liebertpub.com/doi/10.1089/bfm.2021.0244>

This was the first report of the prevalence of mastitis or breast abscess and the requirement for surgical treatment among postpartum mothers in Japan. A first diagnosis of breast abscess, along with having a first child was associated with requiring surgical treatment. Health care professionals providing postpartum care should be aware of these factors.