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BREASTFEEDING, ADVANTAGES AND CHARACTERISTICS

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Nutritional importance and benefits of breast feeding :

- Human milk is superior to another types of commercial milk .

The composition of human milk is not constant but changes during feeding according to the time and during the course of lactation . The total volume of maternal milk production and infant milk intake is highly variable depended : 100 ml , 300 ml , 800 ml from frequency and effectiveness of sucking of baby .

- Protein component of human milk differs by quantity and quality .
- In cow's milk casein is predominant .

The spectrum of amino acids differs in human and cow's milk . In human predominant cysteine , taurine which are so important for development of CNS .

- Chemical properties and characteristics of human protein don't provoke allergy and help digestion .
- In compare with cow's milk , cow's milk provoke gastroenteropathy , allergy and in some cases intestinal hemorrhage . Human milk assures all quantity of proteins infant needs during the first 6 months of life .

Fats in human milk breast .

- Milk fat represents around 4 - 4,5 g / 100ml . The concentration of fat depends on mother's alimentation . Breast milk is rich in poly- unsaturated acids which are important for development of nervous system . Fat is mostly made up from triglycerides , about 98 – 99 % . For quantity in breast milk is not constant but may change during the day .

Carbohydrates

- The main carbohydrate in human milk is lactose that facilitates activity of intestinal physiological bacterial flora . Human milk contains a higher concentration of carbohydrate , it also has a small quantity of galactose , fructose and oligosaccharide .
Cow's milk has a small quantity of carbohydrates and the lactose is A-Type , in human milk is B-Type .

Protection and immune factors of human milk

- Ig-A protects against E. coli , klebsiella , pneumonia , salmonella , shigella , streptococci , candida , cholera .
- Antivirus antibody –cytomegalovirus , herpes .
- Lyzosome – antibacterial enzymes .
- Interferon – antiviral agent .

Protection role of human milk :

Reduced incidence of diarrhea and duration of diarrhea .

Protects against respiratory infections .

Protects against otitis media.

Protect against necrotic enterocolitis in the neonatal period .

Protect against bacteriemia , meningitis , urinary tract infections .
Reduce risk of inflammatory bowel syndrome Reduce risk of sudden infant death syndrome

Contra indications of Breast Feeding :

For mother :

- Absolute – HIV infection
- Temporary – severe infections pathology in acute phase , TBC , somatic diseases , in decompensation phase , cancer in mother and taking of cytostatics
- the physical disease in mothers – diabetes with intake of oral antidiabetes .

For Baby :

- Absolute – metabolism disorders for example : galactosemia , phenylketonuria .
- Temporary – severe affectation of newborn and sucking baby that required assistant respiratory and parenteral feeding .

Methods for evaluation of child adequate nutrition

1) Signs of adequate breast feeding:

- a- satisfactory state of child between feeding time
- b- weight gaining 18-30 gr per day or 125-210 gr per week .
- c- physiological defecation usually after each feeding .
- d- swallowing heard during sucking .

2) Hungry symptoms :

- a- no increase in weight .
- b- rare urination .
- c- changes in stool , constipation or diarrhea .
- d- baby sucking his fingers .
- e- exciting child .

3) Signs indicated in adequate weight gaining of the baby in time :

- a- < 18 gr increase in weight .
- b- sleeps a lot .
- c- reduced urination .
- d- able to suck continuously .

Nutrition efficiency

Nutrition efficiency is evaluated according to the indices :

1. general state of baby .
2. Physical development (weight and height) .
3. Neurological development .
4. morbidity level evaluation (how frequent diarrhea or viral

infection ...) .

5. Laboratory analysis , general blood test , urine analysis .

Advantages of breast feeding

Advantages to the baby :

Reduced risk of developing :

- 1- Gastrointestinal illness and astroenteritis in particular .
- 2- Middle ear infection .
- 3- Resp. system infection .
- 4- Urinary tract infection .
- 5- Insulin dependent diabetes .
- 6- Allergies .

Advantages to the mother :

Reduced risk of :

- 1- Breast cancer .
- 2- Some forms of uterine cancer .

Social gains :

- 1- Ready availability for feeding the baby .
- 2- Unique contact between mother and baby .
- 3- May help mother to lose weight naturally

Teach the correct positioning and attachment for breast feeding

Show the mother how to hold the infant :

- with infant's head and body straight .
- facing her breast , with infants nose opposite her nipple .
- with infant's body close to her body .
- supporting infant's whole body , not just neck and shoulders .

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