

## Highlights of Breastfeeding Research 2016

### New Thoughts

Mammary cells have two nuclei. Change occurs in late pregnancy and disappears at the cessation of lactation. (Rios AC 2016)

Nipple examination with a dermatoscope (10 times magnification to enlarge and illuminate the nipple facilitates identification of the causes of nipple pain.  
(Naimer SA 2016)

Infant intra-oral vacuum characteristics vary during a feeding. (Cannon AM 2016)

Health care practitioners can work together to eliminate prescriptions of codeine to improve safety in breastfed infants.  
(Al-Adhami 2016)

Ending undernutrition starts with the most powerful intervention of all, breastfeeding  
The World Bank (Hanson 2015)

### ILCA Conference

Caffeine takes twice as long for babies to process as adults. It takes adults 4 hours, babies 8 hours, but a 9 months old can process in 3 hours. (Hale ILCA 2016)

### Up-dated Association Statements for 2016

Academy of Breastfeeding Medicine  
(Chantry 2015)

ABM Protocols  
[www.bfmed.org](http://www.bfmed.org)

Antidepressants #18 2015  
Persistent Pain #26 2016

National Association of Neonatal Nurses  
(Spatz 2016)

American College of Obstetricians and Gynecologists (2016)

Position Statement on Breastfeeding from the Italian Pediatric Societies (Davanzo 2015)

Pediatric Society in India  
Infant and Young Child Feeding Guidelines (Tiwari S 2016)

American Academy of Pediatrics  
Safe Sleep and Skin-to-Skin Care in the Neonatal Period for Healthy Term Newborns  
(Feldman-Winter 2016)

Sudden Unexpected postnatal collapse of the Newborn  
(Ferrarello 2016)

CDC Breastfeeding Report Card (August 2016)

BFHI up-date

[www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)

### **Nipple Pain**

More women were satisfied using lanolin, its application to sore/damaged nipples was ineffective for reducing pain or improving breastfeeding outcomes.  
(Jackson & Dennis 2016)

Low-Level Laser Therapy to Relieve Nipple Pain (Coca 2016)

Similar effects on damaged nipples when using

- Lanolin
- Peppermint
- Dexpanthenol cream  
(Shanazi 2015)

### **Prevent Nipple Cracking**

Emu oil  
(Zanardo 2016)

Extra Virgin Olive Oil (Cordero 2015)

### **Breast Pain**

Blocked ducts was the  
most common cause of breast pain.  
(Leung 2016)

Engorgement treatment  
Insufficient evidence to justify treatments  
(Mangesi—Cochrane Review 2016)

Negative suction drain healed breast abscess faster and more likely to breastfeed (Wei 2016)

Massage and hand expression are helpful for engorgement  
(Witt & Bolman 2016)

Massage for engorgement, plugged ducts and mastitis  
Blocked ducts were also more common in this study.  
(Witt & Bolman 2016)

### **Common Sense**

Freezer storage at -20 degrees C (-4 F) of human milk for 9 months is OK. Milk may be stored in the refrigerator for 3 days before storing in the freezer. (Ahrabi 2016)

Milk ejections patterns are the same during breastfeeding and pumping.  
(Gardner H 2015)

Pumping in one easy step  
(Hoover 2016)

### **Validating Previous Research**

Maternal health factors are greater than we thought.  
(Bartick 2016)

### **Labor medication**

Intrapartum exposure to drugs fentanyl and synthetic oxytocin significantly decrease the likelihood of the baby sucking while skin-to-skin with its mother during the first hour after birth. (Brimdyr 2015)

Baby-Friendly Hospitals do make a difference to initiation and exclusivity rates.  
(Munn AC; Perez-Escamilla R 2016)

### **Intro of Solids**

Six month exclusive  
(Smith HA—Cochrane Review 2016)

### **Centering Prenatal Care**

Women in groups with more diversity in age had greater patient engagement and attended more group sessions.  
(Earnshaw 2016)

Better outcomes, ie Less likely to have infants SGA, in NICU, rapid repeat pregnancy. (Ickovics 2016)

Higher rates of breastfeeding and completion of postpartum diabetes screening. (Schellinger 2016)

## **Fathers**

Breastfeeding was not a priority for young fathers (less than 24 years)  
(Ayton J 2016)

Hard for fathers to support breastfeeding when there are challenges.  
(Bennett 2016)

Compared to fathers in the control group, fathers in the intervention group had higher BF knowledge scores and higher attitude scores reflecting more positive attitudes toward early initiation of BF and 6 months EBF. Fathers in the intervention group were also more likely to report active involvement in supporting mothers to practice EBF during antenatal and postpartum periods. (Bich TH 2016)

Fathers can be supportive of breastfeeding when experiencing a preterm birth.  
(Denoual 2016)

Engaging inner-city fathers (Furman 2016)

Prenatal education of fathers improves breastfeeding rates.  
(Su M 2016)

Fathers (age 18-24 years) of unintended pregnancies were more likely to have a child who never breastfed.  
(Wallenborn 2016)

Milk Man an app for fathers about breastfeeding  
(White 2016)

## **Vitamin D**

Vitamin D supplements can be given to the mother (6,400 IU) such that baby will receive appropriate vitamin D levels from her milk. (Hollis 2015)

During pregnancy  
(Dimitris 2016)  
(Perumal 2015)

## **Health risks of not breastfeeding**

Childhood cancers  
(Amitay EL 2016)

Ear infections  
(Lodge CJ 2016)

Respiratory tract infection  
(Ramani VK 2016)

Osteoporotic fracture risk  
Breastfeeding may well reduce the risk of osteoporotic fractures (Duan X 2016)

Breast Cancer

Protective role of:

- Physical activity
- Early childbearing
- Multiparity
- Breastfeeding

(Laamiri FZ 2016)

## **Lancet 2016**

### Infant Survival

Early initiation of breastfeeding reduces neonatal and early infant mortality (NEOVITA Study Group)

Political support and financial investment are needed to protect, promote, and support breastfeeding (Rollins)

More breastfeeding would prevent deaths. (Victora)

## **NICU**

Exclusive Human Milk-Based Diet reduces NEC (Hair AB 2016)

Milk expressed at home had more bacteria than milk expressed in the hospital. (Haiden 2016)

Breastfeeding, pasteurized donor milk, probiotics, avoidance of histamine type II receptor antagonists, restrictive antibiotic treatment should be considered early on for prevention of NEC (Muller 2016)

Test weighing to support direct breastfeeding in the NICU (Rankin 2016)

In very preterm newborns, human milk feeding potentially plays a protective role in preventing retinopathy of prematurity. (Zhou J 2015)

### **Pacifier Use in Healthy Term Infants**

Did not significantly affect prevalence or duration of breastfeeding (Jaafar SH—Cochrane Review 2016)

### **Rooming-in**

Little evidence to support or refute the practice of rooming-in (Jaafar--Cochrane Review 2016)

### **Is breast milk composition influenced by maternal nutrition?**

We do not know. (Bravi 2016)

[www.pubmed.gov](http://www.pubmed.gov)