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Breastfeeding Buzz



Impact Simply One Can of Formula Can Make to Infant's Microbiome

Inside human intestines exist an ecosystem of about 100 trillion living organisms which include: bacteria, viruses, and fungi. These have major roles including breaking down food, synthesizing vitamins, as well as defending us from pathogens. This ecosystem is known as our intestinal "microbiome." Breastfeeding has a very significant role in establishing a healthy microbiome in babies. Babies' microbiomes have long term effects on humans' overall health. The impact of how a baby receives breastmilk, whether it be by nursing at the breast or through pumped breastmilk in a bottle, can also affect an infant's gut microbiota. Non-milk-derived bacteria can also be influenced by how an infant is fed whether the feeding includes maternal skin, infant mouth, breast pumps, or bottles. Research has shown breastfed newborns have a more stable and uniform population of gut flora microorganisms in their digestive tracts than formula fed infants. Simply introducing one formula bottle changes the flora in their digestive systems. The changes to the infant's gut made by giving just a single bottle of formula increase inflammation and risk of infection in the body. A baby who receives just one formula bottle will take up to four weeks for his or her gut to return to that of an exclusively breastfed baby. One month is a long time for infants as they do not have fully functioning immune systems yet. For more information, visit <https://www.ohsu.edu/school-of-medicine/moore-institute/breastfeeding-and-microbiome>, <https://www.sciencedirect.com/science/article/pii/S1931312820303504>, and <https://themilkmeg.com/just-a-few-bottles-of-formula-here-or-therewhats-the-big-deal-breastmilk-and-gut-health/>.

FREE EDUCATION

November 3

1:00 p.m. – 2:15 p.m. OASH (Office of the Assistant Secretary of Health) Webinar: Communities Supporting Breastfeeding at Work. Register at https://www.zoomgov.com/webinar/register/WN_eREFzSe2TCmxoRUJ5YdzLg

November 4

7:30 a.m. – 9:30 a.m. School of Public Health University at Albany Breastfeeding Grand Rounds; Marijuana Use During Pregnancy and Breastfeeding. Register at <http://ualbany-sph.informz.net/ualbany-sph/event.asp?eid=23DEFcBF-E77E-4825-BA8A-6C46C9F69700>

November 9

2:30 – 3:30 p.m. IEBFC Monthly Check In. Register at <https://www.eventbrite.com/e/monthly-check-in-meetings-tickets-138847816557>

November 10

12:00 p.m. – 1:30 p.m. BreastfeedLA Webinar: Creating a Roadmap

for Lactation Support in the NICU. Register at

<http://events.r20.constantcontact.com/register/event?oeidk=a07eilpr6op62b05cf28llr=qfjggocab>

November 16

Available on Demand. Great Lakes Breastfeeding Webinar: Breastfeeding Fundamentals & the Criminalization System. Register at <https://mibreastfeeding.org/webinars/>

November 17

1:00 p.m. – 2:15 p.m. OHSA Webinar: Organizational Sustainability for Breastfeeding Support in IHS Hospitals: Baby Friendly Initiative. Register at https://www.zoomgov.com/webinar/register/WN_wsa8CjeySUqJigtREq19nQ

1:00 p.m. – 2:00 p.m. Medela Webinar: After the Loss of an Infant: Suppression of Breast Milk Supply. Register at <https://www.medela.us/mbus/for-professionals/Education/Programs/Detail/806>

Breastfeeding Classes

- Peer counselors are available to provide individual breastfeeding classes at all WIC clinics.

Breastfeeding Support

WIC's Breastfeeding Program 601-981-2304
Mississippi Lactation Services, Dr. Christina Glick, M.D. 601-932-6455
The Infant Risk Center 806 352-2519 Dr. Thomas Hale's helpline for medications information
Merit Health Woman's Hospital Lactation Center 601-933-6180 or 601-933-6493

