



BREASTFEEDING BUZZ

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New Device Created Identifying Biomarker to Breastfeeding Complications

The University of Massachusetts Amherst has developed a new device that detects sodium ions in breast milk. Sodium ions in breastmilk are a biomarker of elevated mammary permeability, typical of subclinical mastitis, which is asymptomatic inflammation of the breast, that may contribute to milk supply issues. Professor Kathleen Arcaro stated evidence supports, "That women who have elevated permeability in the tissues that line the mammary gland (a hallmark of subclinical mastitis) at one-week postpartum are less likely to continue breastfeeding." Typical mastitis causes pain, swelling, and fever; however, subclinical mastitis has no symptoms. A high concentration of sodium in breast milk is a biomarker of this condition. No device that could detect sodium concentrations in breast milk able to work in a short amount of time, at a low cost, and with a high rate of precision existed. A large lab bench piece of equipment was used to test sodium concentrations, but it was expensive and slow. The University of Massachusetts Amherst has developed a device similar to a blood sugar detector in size that can deliver these results in three minutes (rather than 30 minutes), costs \$20 per device (compared to \$180,000 per piece of large equipment), costs \$1 per test instead of \$110, and requires a sample of breastmilk 1000 times smaller than the larger equipment. This easy, fast, inexpensive device will help identify mothers with this condition who are struggling with their milk supply. This will be helpful as ways to address elevated mammary permeability exist. For more information, visit <https://medicalxpress.com/news/2024-10-team-device-biomarkers-breastfeeding-complications.html>.

Free Education

November 12

2:30 p.m. – 3:30 p.m. IEBFC Virtual Monthly Check-In. Register at <https://www.iebreastfeeding.org/>

1:00 p.m. – 2:00 p.m. Medela Webinar: Nurturing Tiny Miracles: The Lifelong Benefits of Human Milk for Preterm Infants. Register at

<https://register.gotowebinar.com/register/5321453101425260127?source=Medela+Website>

November 21

11:00 a.m. – 12:00 p.m. The Milk Bank Webinar: Employer's Guide to Lactation Support: A Free Webinar. Register at <https://givebutter.com/xpaeA6>

November 22

1:30 p.m. – 2:30 p.m. IABLE Webinar: Clinician Teacher in Breastfeeding and Lactation Medicine: A Healthcare Series Baby Friendly Hospital Initiative Part 2: BFHI and its Relationship with Longitudinal Breastfeeding Support. Register at <https://lacted.org/shop/clinician202411/>

Available Now on Demand Great Lakes Breastfeeding Webinar: Mind, Mood, and Milk Feeding: Addressing the Challenges of Feeding When Maternal Mental Health Needs Are Present. Register at <https://mibreastfeeding.org/webinars/>

MSBFC Resource Guide

The Mississippi Breastfeeding Coalition has compiled a Resource Guide available at <https://www.msbfc.org/resources.html>. This list includes contact information for statewide lactation services, the MS MILC Leagues, the Mississippi WIC Breastfeeding Program, regional breastfeeding coalitions, support organizations (such as La Leche League Mississippi Groups, the National Breastfeeding Healthline), Pacify App, other resources useful to breastfeeding mothers (such as National Maternal Mental Health Hotline, Mom.me, Mother's Milk Bank of Mississippi) as well as reliable online resources. Organizations that would like to be added to the guide should email their information to info@msbfc.org.

Breastfeeding Support

WIC's Breastfeeding Program 601-981-2304

The Infant Risk Center 806 352-2519

Dr. Thomas Hale's medication helpline

La Leche League of Metro Jackson, MS
<https://www.facebook.com/groups/LLLofMetroJackson/>

Merit Health Woman's Hospital

Lactation Center 601-933-6180

MS MILC Leagues For locations and information, see

<https://www.msbfc.org/ms-milc-league.html>

UMMC Children's of MS Lactation

Medicine Clinic 601-984-5480

Breastfeeding Classes

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

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