

Medications in Human Milk

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Overview

- Gender-inclusive language
- Medications in milk
 - What do we know?
 - How do people make decisions?
- Milk as medicine
 - Covid ice cream
 - Microbiome repair
 - Reduce opioid withdrawal
- Resources
- Case report: methadone toxicity



Gender-inclusive language

<u>Traditional terms</u>	<u>Gender-inclusive terms</u>
breastfeeding	breastfeeding, chest feeding, lactating, expressing, pumping, human milk feeding
breast milk	milk, human milk, mother's own milk, parent's milk, father's milk
breastfeeding mother or nursing mother	lactating parent, lactating person

Make no assumptions.

Meet people where they are at and ask them what their preferred terminology is. Gender-inclusive language is not a war on women.

- Human milk is widely understood to be the optimal source of nutrition for all infants
- Numerous important health benefits for both parent and child
- Exclusive breastfeeding is recommended for the first six-months of life^{2,3,4}

BREASTFEEDING
GOOD FOR BABY GOOD FOR MOM

Benefits for baby:

- Prevents diarrhea, ear infections, pneumonia and asthma
- Cuts risk of Sudden Infant Death Syndrome
- Lowers risk for obesity, developing allergies

Benefits for mom:

- Lessens risk of breast cancer, ovarian cancer
- Prevents postpartum depression, Type 2 diabetes
- Reduces stress

Sources: U.S. Surgeon General and National Institutes of Health

The infographic features a central illustration of a blue silhouette of a woman breastfeeding a purple silhouette of a baby. The background is a solid light orange color. The text is arranged in columns around the central image, with the title at the top and source information at the bottom.



Reality





Feeding decisions are not easy.

Not all women are able to breastfeed, despite it being their intention.

1. Unable to produce enough milk (~1-5%)
2. Inability to feed (~2%)
3. Contraindications (?? %)
 - I. Evidence-based
 - II. No evidence exists