

# Contents

CHAPTER 1	The Revolution in Infant Feeding	1
CHAPTER 2	Anatomy of the Breast.....	34
CHAPTER 3	Physiology of Lactation.....	56
CHAPTER 4	Biochemistry of Human Milk.....	91
CHAPTER 5	Host-Resistance Factors and Immunologic Significance of Human Milk.....	146
CHAPTER 6	Psychological Impact of Breastfeeding.....	194
CHAPTER 7	Benefits of Breastfeeding for Infants/Making an Informed Decision.....	214
CHAPTER 8	Practical Management of the Mother-Infant Nursing Couple.....	230
CHAPTER 9	Maternal Nutrition and Supplements for Mother and Infant.....	285
CHAPTER 10	Weaning.....	320
CHAPTER 11	Normal Growth, Failure to Thrive, and Obesity in Breastfed Infants.....	338
CHAPTER 12	Medications, Herbal Preparations, and Natural Products in Breast Milk.....	364
CHAPTER 13	Transmission of Infectious Diseases Through Breast Milk and Breastfeeding.....	407
CHAPTER 14	Breastfeeding Infants with Problems.....	483
CHAPTER 15	Premature Infants and Breastfeeding.....	524
CHAPTER 16	Medical Complications of Mothers.....	563
CHAPTER 17	Human Milk as a Prophylaxis.....	633
CHAPTER 18	Employment and Away from Home Activities while Breastfeeding.....	650

CHAPTER 19 Induced lactation and Relaxation (Including Nursing an Adopted Baby) and Cross-Nursing.....667

CHAPTER 20 Reproductive Function During Lactation.....688

CHAPTER 21 The Collection and Storage of Human Milk and Human Milk Banking.....712

CHAPTER 22 Breastfeeding Support Groups and Community Resources.....743

CHAPTER 23 Educating and Training the Medical Professional.....754

Appendices

APPENDIX A Composition of Human Milk.....766

APPENDIX B Normal Serum Values for Breastfed Infants.....768

APPENDIX C Herbs and Natural Products.....770

APPENDIX D Precautions and Breastfeeding Recommendations for Selected Maternal Infections.....776

APPENDIX E Manual Expression of Breast Milk.....792

APPENDIX F The Storage of Human Milk.....794

APPENDIX G Measurements of Growth in Breastfed Infants.....797

APPENDIX H Organizations Interested in Supporting and Providing Materials for Breastfeeding.....803

APPENDIX I Breastfeeding Health Supervision.....808

APPENDIX J Academy of Breastfeeding Medicine Protocols 1-21.....817

Protocol #1: Guidelines for Blood Glucose Monitoring and Treatment of Hypoglycemia in Term and Late-Preterm Neonates.....817

Protocol #2: Guidelines for Hospital Discharge of the Breastfeeding Term Newborn and Mother-. "The Going Home Protocol".....825

Protocol #3: Hospital Guidelines for the Use of Supplementary Feedings in the Healthy Term Breastfed Neonate.....834

Protocol #4: Mastitis.....840

Protocol #5: Peripartum Breastfeeding Management for the Healthy Mother and Infant at Term.....845

Protocol #6: Guideline on Co-Sleeping and Breastfeeding.....854

Protocol #7: Model Breastfeeding Policy.....856

Protocol #8: Human Milk Storage Information for Home Use for Healthy Full-Term Infants.....861

Protocol #9: Use of Galactagogues in Initiating or Augmenting Maternal Milk Supply.....864

Protocol #10: Breastfeeding the Near-Term Infant (35-37 Weeks' Gestation).....869

Protocol #11: Guidelines for the Evaluation and Management of Neonatal Ankyloglossia and Its Complications in the Breastfeeding Dyad.....874

Protocol #12: Transitioning the Breastfeeding/Breast-Milk-Fed Premature Infant from the Neonatal Intensive Care Unit to Home.....879

Protocol #13: Contraception During Breastfeeding.....886

Protocol #14: Breastfeeding-Friendly Physician's Office: Optimizing Care for Infants and Children.....897

Protocol #15: Analgesia and Anesthesia for the Breastfeeding Mother.....901

Protocol #16: Breastfeeding the Hypotonic Infant.....907

Protocol #17: Guidelines for Breastfeeding Infants with Cleft lip, Cleft Palate, or Cleft Lip and Palate.....913

Protocol #18: Use of Antidepressants in Nursing Mothers.....949

Protocol #19: Breastfeeding Promotion in the Prenatal Setting.....929

Protocol #20: Engorgement.....933

Protocol #21: Guidelines for Breastfeeding and Substance Use or Substance Use Disorder.....937

APPENDIX K Medical Education for Basic Proficiency in Breastfeeding.....946

APPENDIX L Glossary.....949