

SCREENING FOR MILK SUPPLY PROBLEMS

MOTHER: Secondary

- Poor latch
- Poor breast/mouth fit
- Firm, inelastic breast tissue
- Infrequent feeds (<8x/24 hrs)
- Restricted feeding times
- Schedule feeding
- Infrequent pumping sessions _____
- Reliance on poor quality breast pump
- Breast infection
- Medications, supplements _____
- Hormonal birth control started: _____
 - ◇ Pill ◇ Patch ◇ IUD ◇ Injection
- Herbs _____
- Gastric bypass surgery: when? _____
- Poor nutrition or <1500kcal/day
- Deficient in zinc, iodine, iron, mag or calcium

MOTHER: Delayed /Suppressed lactation:

- Milk in >72 hrs _____
- Difficult birth/stress/urgent c-section
- Swelling after birth (edema)
- Hypertension
- Premature labor & milk in before birth
- Corticosteroids for prem labor < 3d to delivery
- Overweight/obese or excess preg gain
- GDM/ T1 / T2 Diabetes/ Metabolic Syndr
- Insulin tx of T2 or GDM during pregnancy
- Older Maternal Age
- Severe PP bleeding/ hypotensive / anemia
- Placental problems during preg/delivery
- Retained placental tissue
- Placenta accreta, increta, percreta
- Gestational ovarian theca-lutein cyst
- SSRIs, magnesium in late pregnancy or early pp
- Prenatal tocolytics (for preterm contractions)
- B-6 for hyperemesis- dose _____

MOTHER: OTHER Primary

- Breast surgery: augmentation, reduction, other
- Breast or cranial radiation, or chemotherapy
- Blunt trauma to chest or burn wounds
- Spinal cord injury/accidents (nerves)
- Obstructed ducts or nipple pores
- Previous severe mastitis or abscess
- History of Infertility or PCOS
- High BMI or high gestational wt gain
- Diabetes T1, T2, GDM
- Thyroid dysfunction (hypo/hyper, or PP)
- Hyperandrogenism/ clinical or lab
- Hx of hyperPRL: tx? _____
- Hx autoimmune condition
- Exposure to EDCs when? _____
- Other _____

LACTATION CURVE RISKS OR RED FLAGS

- Early return of menses
- Chronic breast inflammation
- Low baseline prolactin
- Insulin resistance
- Smokes cigarettes; marijuana?
- Infant suck/ bfg struggles/ early term
- New pregnancy
- Family hx alcoholism
- Chronic incomplete breast drainage

MOTHER: IGT risk factors

- Breast type (Huggins): 1 2 3 4
- Unusual breast shape _____
- Distance between breasts > 1.5"
- Significant asymmetry of breasts
- Prenatal breast growth? 0 1 2
- Postpartum breast growth? 0 1 2
- Stretch marks with little breast growth
- Scant veining
- Bulbous areola
- Sparse palpable glandular tissue
- Exposure to disruptive chemicals during critical windows
- Androgynous body type
- Late breast development
- BCPs before breasts fully developed
- Obese/insulin resistant prior to puberty

MOTHER: Milk Ejection

- History of abuse
- Anxiety; Recent traumatic event or birth
- Post-traumatic stress disorder or bfg pain
- Weak infant suck
- Breast surgery
- Spinal cord injury
- Smoking
- Thyroid problems

BABY:

- Cardiac or respiratory problems
- Suck/swallow/breathe difficulties
- Stridor (squeaking)
- High or low muscle tone
- Torticollis (head pulls to one side)
- Small or Large for gestational age baby
- Very receding chin
- Hard/soft/submucousal cleft palate
- Bubble palate
- Restrictive lingual frenulum/tongue-tie
- Clicking, Tongue retracting or thrusting
- Weak suction or slips off a lot