

Insufficient Glandular Tissue by Kristi Richey, RD, IBCLC



Most mothers are able to produce more than enough milk for their baby (or babies). However, a small percentage of mothers are unable to produce an adequate supply of milk because of insufficient glandular tissue (IGT). Basically, there is not enough milk-making tissue in the breast. The size of a woman's breasts has no bearing on the amount of milk she can make. Breast size is generally determined by the amount of fatty tissue in the breast; where as, milk-making capability is determined by the amount of glandular tissue.

Women who have IGT typically report that their breasts did not change in size or shape during their pregnancy. They also may report that their milk never "came in" during early postpartum or report that they never felt full or engorged. In a study of 34 mothers by Kathleen Huggins, et al. (2000), researchers found a correlation between the following physical characteristics and lower milk output:

- Widely spaced breasts (more than 1.5 inches apart)
- Breast asymmetry (one breast is significantly larger than the other)
- Tubular shaped breasts (breast has a narrow base and its volume is long rather than round)

Disproportionately large or bulbous areolae may also be a sign of IGT. It is important to note that some mothers with one or more of the above physical

characteristics may have no problems establishing a full milk supply. All of these mothers should be encouraged to breastfeed and may find it helpful to meet with a lactation consultant for suggestions for getting breastfeeding off to the best possible start. They can be prepared with possible options if they have issues with low milk supply. If their baby needs to be supplemented with their own breastmilk, donor milk or formula, some mothers offer all feeds at the breast with a supplemental nursing system. With guidance and support, many mothers can have a fulfilling breastfeeding experience. Even if supplementation is needed, any amount of mother's milk the baby receives is invaluable. ☘

Huggins, K., Petok, E., Mireles, O. Markers of lactation insufficiency: a study of 34 mothers. Current Issues in Clinical Lactation 2000; 25-35

World Breastfeeding Week (WBW) 2014: August 1 - 7

The World Alliance for Breastfeeding Action has announced that the slogan and theme for World Breastfeeding Week 2014 will be "**BREASTFEEDING: A Winning Goal - for Life!**" For more information on this year's theme, go to <http://worldbreastfeedingweek.org>.

Breastfeeding Coordinators — Get Ready For CWA

The California WIC Association (CWA) Annual Meeting in San Diego is just a few months away! If you haven't already, start making your plans to attend. At the annual meeting, there is a session specifically for Breastfeeding Coordinators. Session attendees generally find the gathering very helpful. The session gives the Coordinators an opportunity to hear breastfeeding updates from the State, explore important issues surrounding breastfeeding and network with others.

The Breastfeeding Coordinators' gathering is currently scheduled for Tuesday, April 8, from 4:00-5:30 pm. The schedule is subject to change so please check the CWA Annual Meeting schedule for changes. The subject of the conversation will be "Keeping Breastfeeding in the Forefront." There will be a panel of speakers who discuss how they set breastfeeding priorities



and keep breastfeeding in the forefront. More details about the session will be coming in the future.

There is a Breastfeeding Coordinators Steering Committee which helps to organize the CWA session, plus the Steering Committee has telephone meetings with the State every other month where they discuss policy issues. Some of the members will be rotating off the Steering Committee. At the annual meeting, we will be asking for volunteers to cycle onto the Steering Committee.

We look forward to seeing all you Breastfeeding Coordinators at CWA!
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FUN FACTS

1. **LIQUID GOLD.** HUMAN MILK IS SOLD ON THE INTERNET FOR \$4 PER OUNCE. THAT'S ABOUT 262 TIMES THE PRICE OF OIL.
2. **YOU'RE PROBABLY A RIGHTY.** ALMOST THREE-QUARTERS OF MOMS PRODUCE MORE MILK WITH THEIR RIGHT BREAST (AND IT HAS NOTHING TO DO WITH BEING RIGHT-HANDED).
3. **DISTINCTIVE SCENT.** BREASTFED BABIES CAN PRACTICALLY PICK THEIR MOMS OUT OF A LINEUP BASED ON SMELL ALONE.



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