

# Medications and More

## NEWSLETTER

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### Notes from the Editor:

Happy New Year! Here is what's happening in the breastfeeding arena:

USBC has a petition to encourage President-elect Obama to place a high priority on breastfeeding as an essential public health issue. To sign the petition, [click here](#).

USBC is hosting a strategic planning session in Arlington, VA, on Jan. 29 & 30. Regional representatives (voted on in December by state coalitions) will attend and take the info back to their states.

The next Hartmann/Hale Human Lactation Research Conference will be held in Amarillo on June 4-6.

The next ILCA conference will be held in Orlando, FL, on July 22-26.

The Breastfeeding Promotion Act (HR2236) introduced by Rep. Carolyn Maloney (D-NY) in May, 2007, has 23 co-sponsors. It needs at least 200 to move it through the legislative process. For more information on the bill, [click here](#). You can help by contacting your national legislators and asking them to co-sponsor the bill.

**Medications and More Newsletter is a free monthly e-newsletter publication of Hale Publishing LP, Amarillo, TX.**

## Guest Author

### Can Fats Make You Happy? Depression and Long-Chain Omega-3 Fatty Acids in the Perinatal Period

by Kathleen Kendall-Tackett, Ph.D., IBCLC

We hear a lot today about the health benefits of omega-3 fatty acids. Is it hype? Will the media soon turn its attention to the next "miracle" supplement? Probably not. The evidence for the effectiveness of EPA and DHA is compelling. Omega-3 deficiencies are related to high levels of inflammation in our bodies. And inflammation increases our risk of heart disease, autoimmunity, inflammatory arthritis—and depression (Calder, in press; Kendall-Tackett, in press).

Here's how it happened. During the 20th century, we dramatically changed our diets. We now consume more proinflammatory omega-6 fatty acids, and fewer anti-inflammatory omega-3s, than we did a century ago (Kiecolt-Glaser et al., 2007). Omega-6s are found in vegetable oils, such as corn and safflower oils. We eat a lot of these in processed foods and commercial baked goods. Omega-3 fatty acids are found in plant and marine sources. The parent omega-3 is  $\alpha$ -linolenic acid (ALA), and it is found in walnuts, flax seed and canola oil. Unfortunately, ALA (including flax) is not effective in preventing or treating depression. Only the long-chain omega-3 fatty acids are effective: eicosapentenoic acid (EPA) and docosahexanoic acid (DHA). EPA, in particular, is anti-inflammatory because it competes for the same metabolic pathways as arachidonic acid (a long-chain omega-6), and stops the escalation of the inflammatory response system, including pro-inflammatory cytokines, eicosanoids and leukotrienes (Calder, in press). That is why EPA is helpful not only with depression, but also autoimmunity, allergic diseases, inflammatory arthritis, and heart disease.

## CONTINUED

A number of recent studies have demonstrated that EPA and DHA are effective for preventing and treating mood disorders including postpartum depression (Hibbeln, 2002), major depression in children (Nemets et al., 2006) and adults (Nemets et al., 2002), bipolar disorder (Frangou et al., 2006), and recurrent self-harm (Garland et al., 2007). Researchers have documented these effects in population studies, randomized clinical trials, and in prevention studies.

The chief dietary source of EPA and DHA is fish. According to population studies, people must eat 1 to 1.5 pounds of fish per week to achieve the mental health effects (Noaghiul & Hibbeln, 2003). But eating that much fish is generally not safe for pregnant and breastfeeding women because of contaminants in seafood (assuming mothers even like fish). The best sources of EPA and DHA are still fish-oil supplements. Most recent studies of pregnant women have noted no teratogenic effects of these supplements with a wide range of dosages (Marangell et al., 2004; Shoji et al., 2006; Smuts et al., 2003). The same is true for breastfeeding. At modest levels of supplementation, EPA/DHA also appear to have no negative impact on mothers or their breastfeeding babies (Freeman et al., 2006). And supplementation had no impact on cytokine levels in breast milk (Hawkes et al., 2002).

However, high doses can potentially alter breast milk. In one study, high-dose fish-oil supplementation significantly increased EPA and DHA concentrations in breast milk and erythrocytes (Dunstan, Mori et al., 2004; Dunstan, Roper et al., 2004), and increased breast milk IgA and sCD14. The researchers expressed some caution, but it should be noted that the dosage used in this study was very high (2.2 g DHA, 1.5 g EPA): 11 times the recommended minimum of DHA. Even with this large dose, EPA/DHA might help promote beneficial probiotic *Lactobacilli*, which can help protect against the development of allergic disease.

### Sources of EPA and DHA

As noted above, fish oil is the best source of EPA and DHA. Fortunately, finding safe sources of fish

oil is now relatively easy. The U.S. Pharmacopeia is an independent, not-for-profit organization that tests fish oil for contaminants and lists specific brands that they verify on their Web site ([www.USP.org](http://www.USP.org)). Other sources of DHA include prenatal vitamins and fortified foods. Be sure to read labels of fortified foods carefully, however. Some advertise "omega-3s" and contain flax, not EPA/DHA. These products are not harmful. But they won't help with depression.

### What About Cod Liver Oil?

Some studies have used cod liver oil as their source of EPA/DHA. This supplement has the added benefit of including Vitamin D, which is helpful since a high number of mothers are also deficient in Vitamin D (Wagner, Taylor, & Hollis, 2008). However, cod liver oil at high dosages can be toxic because it contains three-fat soluble vitamins (A, D & E). Used with care, and at modest doses, cod liver oil appears to be safe during pregnancy (Hellend et al., 2003; Olafsdottir et al., 2006). It may prove to be a good supplement for breastfeeding women as well (Wagner et al., 2008).

In summary, long-chain omega-3 fatty acids can have a major impact on a mothers' physical and mental health. If mothers make omega-3s a part of their daily diet, they'll discover what many others have learned: the right kind of fat can indeed make them happy—and can help them cope with the stresses and strains of new motherhood.

### Recommended Dosages

200-400 mg DHA for prevention of depression

1,000 mg EPA for treatment of depression

### U.S. Food and Drug Administration Generally Recognized as Safe Levels:

3,000 mg DHA/EPA

1,500 mg DHA

Kathleen Kendall-Tackett, Ph.D., IBCLC is a Clinical Associate Professor of Pediatrics at Texas Tech University School of Medicine and Acquisitions Editor at Hale Publishing. This article is adapted from her monograph: *Non-pharmacologic treatments for depression in new mothers* (2008, Hale Publishing). Available at [www.ibreastfeeding.com](http://www.ibreastfeeding.com)

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## Allergy/Asthma

Determinants of the Incidence of Childhood Asthma: A Two-Stage Case-Control Study.

## Dental Caries

Oral conditions in very low and extremely low birth weight children.

## Environmental Toxins

Interference of ethanol and methylmercury in the developing central nervous system.

Molar-incisor-hypomineralisation and dioxins: new findings.

Reporting individual test results of environmental chemicals in breastmilk: potential for premature weaning.

The heart of the matter on breastmilk and environmental chemicals: essential points for healthcare providers and new parents.

## HIV/AIDS

Determinants and trends in perinatal human immunodeficiency virus type 1 (HIV-1) transmission in the metropolitan area of Belo Horizonte, Brazil: 1998 - 2005.

Infant feeding and HIV in Sub-Saharan Africa: what lies beneath the dilemma?

Mother to child transmission of human immunodeficiency virus: the Jerusalem experience, 1996-2006.

Risk Factors for Early and Late Transmission of HIV via Breast-Feeding among Infants Born to HIV-Infected Women in a Randomized Clinical Trial in Botswana.

Role of breastfeeding cessation in mediating the relationship between maternal HIV disease stage and increased child mortality among HIV-exposed uninfected children.

Survival of infants born to HIV-positive mothers, by feeding modality, in Rakai, Uganda.

When to start antiretroviral therapy?

## Infant/Child Issues

A predictive model for respiratory syncytial virus (RSV) hospitalisation of premature infants born at 33-35 weeks of gestational age, based on data from the Spanish FLIP study.

Assessment of a Neonatal Rat Model of Necrotizing Enterocolitis.

Behavioral approaches to anxiety and pain management for pediatric venous access.

Birth to breast--a feeding care map for the NICU: helping the extremely low birth weight infant navigate the course.

Breastfeeding the late preterm infant.

Chiropractic care of a pediatric patient with symptoms associated with gastroesophageal reflux disease, fuss-cry-irritability with sleep disorder syndrome and irritable infant syndrome of musculoskeletal origin.

[Comparing argentinian reference with WHO standards for the anthropometric evaluation of children less than 5 year-old.]

Descriptive epidemiological features of bronchiolitis in a population-based cohort.

Effect of birth weight and postnatal weight gain on body composition in early infancy The Generation R Study.

Guidelines for detection, management and prevention of hyperbilirubinemia in term and late preterm newborn infants (35 or more weeks' gestation) - Summary.

Impact of Infant Feeding Practices on Childhood Obesity.

Incidence and clinical outcome of cytomegalovirus transmission via breast milk in preterm infants  $\leq 31$  weeks.

Low level of galacto-oligosaccharide in infant formula stimulates growth of intestinal Bifidobacteria and Lactobacilli.

Management of acute procedural pain in the neonatal intensive care unit (NICU).

Nosocomial colonization due to imipenem-resistant *Pseudomonas aeruginosa* epidemiologically linked to breast milk feeding in a neonatal intensive care unit.

RSV disease in the pediatric population: epidemiology, seasonal variability, and long-term outcomes.

Strategies for preventing respiratory syncytial virus.

The mother's immune system is a balanced threat to the foetus, turning to protection of the neonate.

The relationship between feeding and necrotizing enterocolitis in very low birth weight infants.

Toward understanding the connections between infant jaundice and infant feeding.

[WHO growth standards for infants and young children.]

### Maternal Issues

A systematic review of the association between breastfeeding and breast cancer.

Breastfeeding reduces postpartum weight retention.

Conquering common breast-feeding problems.

Difficult temperament, breastfeeding, and their mutual prospective effects: the Norwegian Mother and Child Cohort Study.

Duration of breast-feeding and the incidence of type 2 diabetes mellitus in the Shanghai Women's Health Study.

Expressed breast milk as 'connection' and its influence on the construction of 'motherhood' for mothers of preterm infants: a qualitative study.

Maternal perceptions of insufficient milk supply in breastfeeding.

Multiple sclerosis and reproductive risks in women.

Ovarian cancer detection and treatment: current situation and future prospects.

[Project to improve perinatal care effectiveness in vietnamese women.]

Reduced Watery Diarrhea during Pregnancy in a Psoriasis Patient with Lymphocytic Colitis.

Skin-to-skin contact for culturally diverse women having breastfeeding difficulties during early postpartum.

The effect of breastfeeding on breast aesthetics.

The Reset Hypothesis: Lactation and Maternal Metabolism.

[Tuberculosis, the old fellow.]

Why do we respond so differently? Reviewing determinants of human salivary cortisol responses to challenge.

### Medications

A pitfall of measuring lithium levels in neonates.

FDA's Proposed Rule for Pregnancy and Lactation Labeling: Improving Maternal Child Health Through Well-informed Medicine Use.

Imatinib use during pregnancy and breast feeding: a case report and review of the literature.

Intake of iodine and perchlorate and excretion in human milk.

Medications in pregnancy and lactation: part 1. Teratology.

Resistance of Nasopharyngeal Pathogens and Antimicrobial Prescription Rates for Children in an Area Under Controlled Antimicrobial Use.

Retrospective diagnosis of an adverse drug reaction in a breastfed neonate: liquid chromatography-tandem mass spectrometry quantification of dextropropoxyphene and norpropoxyphene in newborn and maternal hair.

Safety issues of maternal drug therapy during breastfeeding.

The content of African diets is adequate to achieve optimal efficacy with fixed-dose artemether-lumefantrine: a review of the evidence.

The use of oral contraceptive before pregnancy and breastfeeding duration: A cross-sectional study with retrospective ascertainment.

Vaccination immunology.

### Nutrients/Nutrition

Comprehensive proteomic analysis of the human milk proteome: Contribution of protein fractionation.

Dietary diversity is a good predictor of the micronutrient density of the diet of 6- to 23-month-old children in Madagascar.

Does vitamin D make the world go 'round'?

Effects of infant feeding practice on weight gain from birth to 3 years.

Gene Expression in the Human Mammary Epithelium during Lactation: the Milk Fat Globule Transcriptome.

IgA1 levels in milk and serum samples from intestinal parasite-infected or normal puerperae.

Isolation of bifidobacteria from breast milk and assessment of the bifidobacterial population by PCR-DGGE and qRTi-PCR.

Metabolic programming: Role of nutrition in the immediate postnatal life.

Neonatal protection by an innate immune system of human milk consisting of oligosaccharides and glycans.

Plant stanol ester spreads as components of a balanced diet for pregnant and breast-feeding women: evaluation of clinical safety.

Research needed to strengthen science and programs for the control of iron deficiency and its consequences in young children.

Setting the stage for child health and development: prevention of iron deficiency in early infancy.

## Obesity

A Randomized Breast-feeding Promotion Intervention Did Not Reduce Child Obesity in Belarus.

Duration of Breast-feeding and Adiposity in Adult Life.

Exclusive breastfeeding of Swedish children and its possible influence on the development of obesity: a prospective cohort study.

Methods Appropriate for Studying the Relationship of Breast-feeding to Obesity.

## Promotion

A Quasi-Experimental Evaluation of a Breastfeeding Support Program for Low Income Women in Michigan.

Attributions of breastfeeding determinants in a French population.

Breastfeeding experiences of taiwan nurses on rotational shifts.

Breastfeeding Rates in Baby-Friendly and Non-Baby-Friendly Hospitals in the Czech Republic From 2000 to 2006.

Breastfeeding status on US birth certificates: where do we go from here?

Bringing nature to the fore.

[Educational intervention on breastfeeding promotion to the Family Health Program team]

Effect of breastfeeding education and support on promoting breastfeeding: a literature review.

Effects of hospital policies and practices on initiation and duration of breastfeeding.

Evaluation of Lactation Support in the Workplace or School Environment on 6-Month Breastfeeding Outcomes in Yolo County, California.

Grandmother breastfeeding support: what do mothers need and want?

Inequalities in child health up to five years: a supradistrict audit.

[Infant biochemical and clinical parameters within the baby friendly programme]

Integrating lactation consultants into primary health care services: are lactation consultants affecting breastfeeding success?

Paediatric primary care quality and accessibility: Parents' perspective.

Pediatricians and the promotion and support of breastfeeding.

Pre- and postnatal influences on preschool mental health: a large-scale cohort study.

Prevalence of exclusive breastfeeding at 3, 4 and 6 months in Bangkok Metropolitan Administration Medical College and Vajira Hospital.

Shattered expectations: when mothers' confidence in breastfeeding is undermined--a metasynthesis.

The breast-feeding conversation: a philosophic exploration of support.

U.S. Health policy and access to banked donor human milk.

What information do parents want from the antenatal consultation?



Dec. 29, 2008 - News10abc reports that the number of people petitioning Facebook's removal of breastfeeding pictures from member pages has grown to 70,000. On Saturday, protestors demonstrated in front of Facebook's worldwide headquarters in Palo Alto, CA.

Dec. 18, 2008 - GMANews.TV reports that the House of Representatives in Manila, Philippines, has several breastfeeding bills that have been approved by the health committee. House Bill 421 seeks to limit advertisements of breastmilk substitutes for children aged one to two. House Bill 3179 seeks to ban advertisements that promote breastmilk substitutes, infant formula, and complementary food products intended for newborn to six-month-old babies and promote breastfeeding for the first six months of life. House Bill 4078 seeks to provide an appropriate environment of awareness and support for women to breastfeed infants from birth to six months and up to two years, with the addition of appropriate complementary foods. House Bills 1541 and 878 seek to strengthen and update the 1986 Milk Code.

Dec. 17, 2008 - ContraCostaTimes.com reports that a group called Mothers International Lactation Campaign (MILC) is planning a nurse-in outside the Facebook Palo Alto offices on December 27 to protest the removal of user-posted images showing women breastfeeding their babies. The protesters say breastfeeding is not obscene and Facebook's removal of their pictures sends the wrong message to mothers everywhere. A Facebook spokesman clarified that the site does allow breastfeeding photos as long as they do not show a fully exposed breast. A Facebook-based petition of like-minded mothers called "Hey, Facebook, breastfeeding is not obscene" has more than 53,000 members.

Dec. 16, 2008 - A new study published in the December issue of *Breastfeeding Medicine* found that vitamin D has a critical function in maintaining the immune system throughout life. The disease risks of vitamin D deficiency are documented in the study report. The study authors emphasize the need for clinical studies to determine the vitamin D dose needed to achieve adequate vitamin D levels in breastfeeding mothers and their infants without toxicity. Long term vitamin D deficiency has been linked to immune disorders such as multiple sclerosis, rheumatoid arthritis, type 1 diabetes, and cancer.

Dec. 16, 2008 - A new study published in the December issue of *Breastfeeding Medicine* compared breastfed and formula-fed infants over time and showed that the beneficial effects of breastfeeding are greater than the potential risks associated with infant exposure to environmental chemicals that may be in breastmilk.

Dec. 16, 2008 - Medical News Today reports that the FDA is encouraging the White House to approve revised recommendations to encourage greater seafood intake for women of childbearing age, infants, and children, saying the benefits of eating seafood outweigh the risk of mercury exposure from fish. In the report, the FDA states that the nutrients in fish could boost a child's IQ by 3 points. The Environmental Protection Agency is criticizing the new recommendations, calling the policy scientifically flawed and inadequate. A spokesperson for the National Fisheries Institute praised FDA's efforts and said the agency used a science-based approach.

Dec. 16, 2008 - Rush University Medical Center announced that they have received a \$3 million grant from the National Institute of Health to study the impact of human milk on health outcomes and health care cost savings for very low birthweight babies. Over the next 5 years, researchers will examine 600 infants born to racially and economically diverse mothers to determine the relationship between the amount, duration, and timing of human milk feedings and improved health outcomes.

Dec. 15, 2008 - *The Vancouver Sun* reports that the British Columbia Human Rights Tribunal has dismissed the breastfeeding discrimination complaint filed by Manuela Valle against H&M Stores. Ms. Valle was told to feed her baby in a fitting room so she would not offend other customers. Ms. Valle filed a complaint against the store alleging that the store discriminated against her because of her sex. The Tribunal dismissed the complaint saying the store had already addressed

the problem and offered Valle an apology. The store wrote Valle a letter on August 8 apologizing and saying it was company policy to offer full support for mothers to breastfeed in public anytime, anywhere. The policy has been in effect since September 2007 and was reaffirmed to all employees.

Dec. 8, 2008 – WebMD reports on a study published in the American Journal of Clinical Nutrition. In this study of 25,000 women participating in the Danish National Birth Cohort, length and intensity of breastfeeding was measured. Each woman received a breastfeeding score. Results showed that women with higher breastfeeding scores were more likely to lose their pregnancy weight six months after giving birth. Researchers concluded that women who gain a reasonable amount during pregnancy and breastfeed exclusively are likely to lose all weight gained during pregnancy by six months postpartum. This is an important health topic for American women. Fifty-two percent of women of childbearing age are overweight and 29% are obese. These existing weight problems can be exacerbated by pregnancies. Another key factor is the amount of weight gained during pregnancy. Thirty-eight percent of American women's pregnancy weight gain exceeds recommendations.

Dec. 8, 2008 – Medical News Today reports on a study published in *Pediatric Nephrology*. Dr. Itzhak Levy and colleagues wanted to define possible risk factors and the potential role of breastfeeding in the development of urinary tract infections in premature infants. They performed a case control study of 6,198 premature infants and found the main organism present in urinary tract infections was a *Klebsiella* species. Male gender and peripheral IV were significantly associated with urinary tract infection. Breastmilk was associated with a lower risk of infection.

Dec. 1, 2008 – KFOX Las Cruces reports that two New Mexico infants have contracted a rare illness called enterobacter sakazakii. One of the

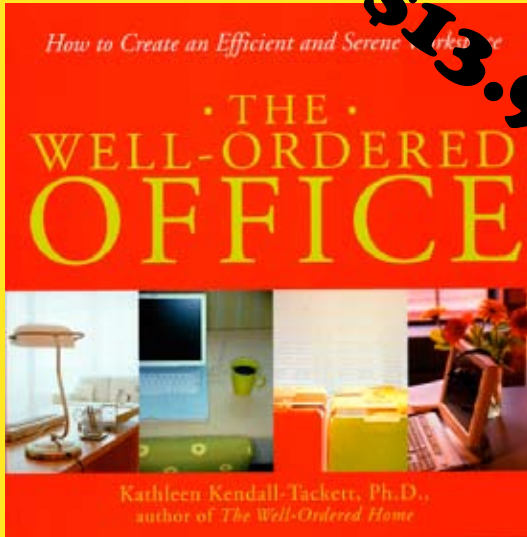
infants is dead and the other is being treated at a hospital. The New Mexico Department of Health said the illness is sometimes associated with baby formula, although no connection has been made to a formula. The infants who tested positive had different strains of *Enterobacter sakazakii* and are not linked. The Health Department is recommending breastfeeding to parents who are worried about a safe way to feed their infants.

November 26, 2008 – Yahoo!7News reports that a new anti-discrimination law has been introduced to parliament in Australia. If passed, the Equal Opportunity Miscellaneous Amendment Bill will protect nursing mothers from discrimination in the workplace. This bill will also address discrimination in relation to religious dress, caring responsibilities, mental illness, and illnesses such as HIV.

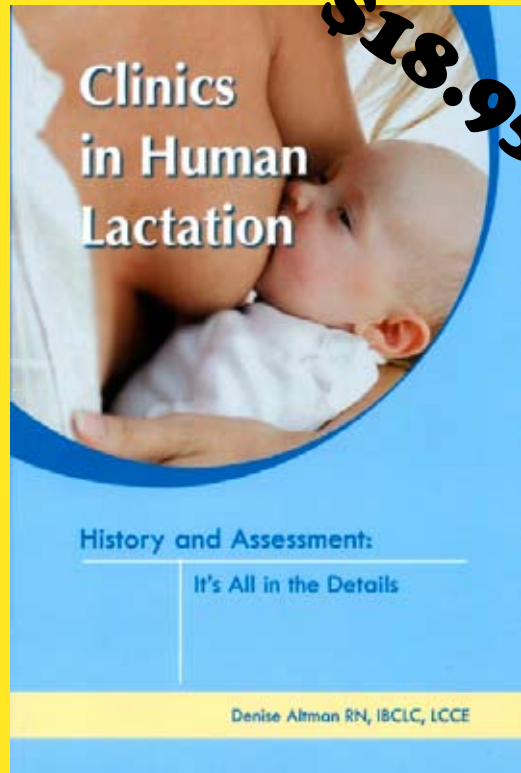
November 24, 2008 – HealthNewsDigest.com reports that in honor of Prematurity Awareness Month, the United States Breastfeeding Committee joins the CDC, MCH Bureau, and DHHS Office on Women's Health in recommending that infants be exclusively breastfed for six months, and continue to breastfeed for the first year, and as long afterwards as mutually desired by mother and baby. They further state that providing breastmilk to premature babies boosts their developing immune system. USBC Chair Joan Younger Meek calls upon hospitals and physicians to recommend human milk for premature infants. If mothers are unable or unwilling to provide their own milk, donor human milk is the ideal replacement.

November 24, 2008 – WKBT.com reports that Gunderson Lutheran Hospital in LaCrosse, Wisconsin, has been designated as a Baby-Friendly Hospital.

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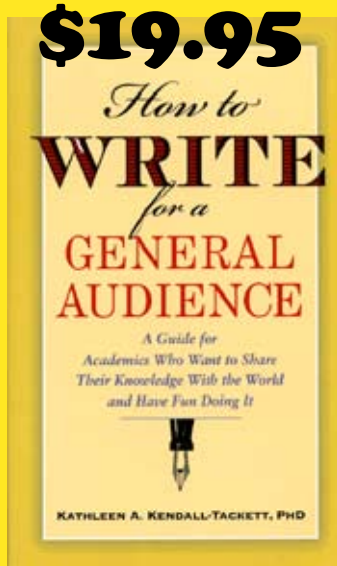
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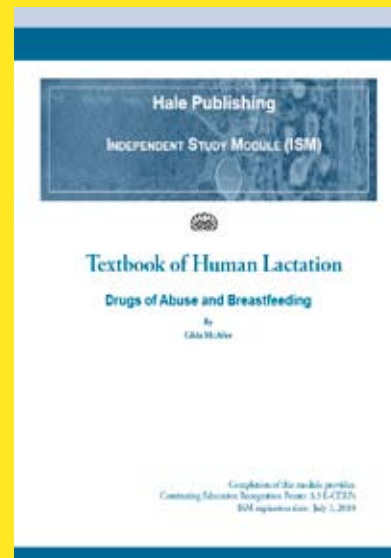


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