



## **ILCA Print and Multimedia Reviews** **November 2008 – Available at [www.ILCA.org](http://www.ILCA.org)**

### **Best Medicine: Human Milk in the NICU**

Nancy E Wight MD, IBCLC, Jane A Morton, MD, and Jae H Kim MD, PhD  
Hale Publishing, LP, 2008

312 pages, illustrations, appendices, glossary, index, softcover, USA \$32.95

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Management and support of fragile premature infants change daily but there still remains difficulty in encouraging the use of human milk versus staid sole dependence on commercial products.

**Human Milk in the NICU** provides significant and much needed evidence-based guidelines, research, and references that strongly support scientific reasons for change when it comes to nutritional support of the NICU (Neonatal Intensive Care Unit) patient.

Written by three respected physicians in the lactation community, this book begins with a wonderful forward by Professor Peter Hartmann that discusses primitive beginnings of the mammary gland and the evolution of milk from innate immune system components.

In **Human Milk in the NICU**, readers will find clear, concise topics that range from preterm developmental physiology, nutritional goals and best practices, challenges of human milk for preterm infants, developing a supportive NICU environment for breastfeeding families, and breastfeeding the NICU graduate. The authors acknowledge areas where scientific research is still lacking (which will hopefully motivate further investigation), yet provide an array of supportive clinical lactation/NICU experience and insightful best practices until this gap is filled.

Each chapter provides tons of information presented in an easy to read yet interesting format. This small book provides an astounding volume of supportive references and articles, with key concepts clearly defined at the end of each chapter for colleagues and staff who demand references. Graphs, photographs, and other illustrations are frequently used to provide clear information that will be beneficial for staff educational programs. Appendices cover 63 pages with sample policies and protocols, staff attitude/knowledge survey, a mother's discharge checklist and other vital resources.

**Human Milk in the NICU** is an absolutely needed addition for all NICU libraries and an insightful reference for those who provide lactation or nutritional support for premature patients. This reviewer wishes it could become a mandatory read for all medical residents and NIUC staff. What an excellent book that has the potential to revolutionize the practices of the NICU.

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