



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

### **Textbook of Human Lactation, First Edition**

Thomas W Hale and Peter E Hartmann

Hale Publishing, LLP, 2007

661 pages, illustrations, references, index, hardcover, US\$89.95

Orders: Hale Publishing, 1712 N Forest St, Amarillo TX 79106 USA

Tel: 806-376-9900 or 800-378-1317; fax: 806-376-9901

E-mail: [books@hale-publishing.com](mailto:books@hale-publishing.com); URL: [www.ibreastfeeding.com](http://www.ibreastfeeding.com)

Drs Hale and Hartmann co-edit 35 chapters written by expert lactation researchers from institutions worldwide (mostly American and Australian) on “the higher science of the field” (p. xi). This unique volume provides to researchers, and to lactation consultants who are scientifically inclined, an insightful and highly referenced overview on selected topics.

There are six sections: Anatomy and Biochemistry, Immunobiology, Management (Infant), Management (Mother), Maternal and Infant Nutrition, and Medications. The topics are varied and some are refreshingly novel, such as the development of flavour preferences, management of PCOS and lactation issues for obese women. The Australian update on the anatomy, histology, and cytology of the lactating breast is fascinating, as is the co-sleeping research by McKenna and Gettler.

My favourite chapter is Lars Hanson’s *The Role of Breastfeeding in the Defense of the Infant*, which highlights that milk defense factors “all act without causing inflammation and tissue damage” (p. 159), unlike blood and tissue-mediated systems, comparing the adult and infant defense systems. Sheila Humphrey takes a strong stance against blanket contraindications of herbs during lactation, as being “more rooted in legal considerations than clinical reality” (p. 630) and her critique of several herbal professional texts is highly informative. Nancy Wight and Jane Morton’s chapter on breastfeeding the premature infant covers concerns and benefits of using donor milk and of using milk fortifier (mentioning research on making this from *human* milk), as well as a section on supporting the breastfeeding mother in the NICU.

One third of the book is dedicated to medications. Numerous tables on groups of drugs, e. g., “Antidepressants and Antipsychotics,” provide useful, at-a-glance information to the clinician to compare treatment options. The history of Vitamin D research is presented thoroughly, but does not convince this reviewer that “it would seem prudent to adopt the approach of separately supplementing mother and child” (p. 457) when the same paragraph reports that maternal supplementation alone is effective in raising Vitamin D milk levels.

I have been challenged, expanded, informed, and enthralled by this book. I am glad to own it.

Jacquie Nutt, BSc, IBCLC

Wellington, Western Cape Province, South Africa