



Volume 2, Issue 1

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NEW AAP STATEMENT ON THE USE OF DONOR MILK

The American Academy of Pediatrics recently issued the policy statement “Donor Human Milk for the High- Risk Infant: Preparation, Safety, and Usage Options in the United States”. The document, which appears in the January 2017 issue of *Pediatrics*, reaffirms the organization’s previous statements regarding the importance of an all human milk diet for premature infants and provides further recommendations and information regarding the usage of donor milk.

The statement emphasizes the use of donor milk for all pre-term infants and infants with severe intestinal disorders. The role of HMBANA affiliated milk banks in providing donor milk to meet the nation’s needs is highlighted. Particular attention was paid to the importance of stringent safety guidelines such as those used by Mid-Atlantic/Three Rivers Mothers’ Milk Bank.

Lastly, the AAP discussed the role of insurance coverage for banked donor milk to ensure that all babies with a demonstrated medical need have access to donor milk.

To read the statement in its entirety please visit:



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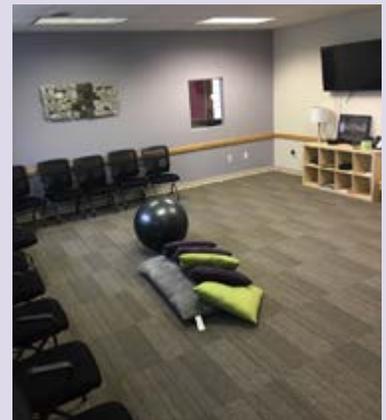
It’s our 1st Anniversary!

Join us for a special OPEN HOUSE

**Thursday, February 2nd
11am – 2pm and 5pm - 8pm**

Come take a tour of the milk bank, help us celebrate, and find out how donor milk is making a real difference in our region... one ounce at a time.

3127 Penn Avenue
Pittsburgh, PA 15201



Looking for a space to host a class, seminar, or meeting? Our classroom might be the place! The room can accommodate 20-25 people seated. Handicap accessible, and both street and lot parking are available. For more information please contact us at info@threeriversmilkbank.org

MEET OUR BOARD

Nora Curley Peace, Esq., Board President

Attorney Nora Peace has over 35 years of experience in business law, estate planning, and wealth management, working in both private practice and corporate settings. She has a special focus on dentistry and medicine with general and specialty practices. Nora has the unique combination of both the expertise of a trusted legal and wealth advisor and the on-the-ground experience of running numerous dental, surgical, commercial real estate, and contracting businesses.

Nora has been a longtime supporter of maternal and infant health issues and along with several of the milk bank's current board members, was on the founding Board of The Midwife Center nearly two decades ago. We are delighted that she is such a central part of our project as well. The Milk Bank greatly benefits from her broad and extensive experience as well as her results driven leadership style.

On a personal note, Nora spends her down time with her best friend, husband Arnold Peace, pampering their dog Poco and working on their numerous pleasure car and land-speed racing projects. After raising five children, they are also enjoying their seven returnable rug rat grandchildren Cadence, Hayden, Braden, Sebastian, Max, Brittani, and Lillian!



“The Milk Bank has been the best non-profit and business startup project I have ever been involved with and working with the rest of the Board is the icing on the cake!”

FROM OUR EXECUTIVE DIRECTOR

It's hard to believe that it has already been a year since we made our very first delivery to Children's Hospital of Pittsburgh.

As we reflect on all that has happened in these past twelve months we are struck by the generosity of our community. The hundreds of mothers who have donated their milk. The foundations that support us as part of their goal of lowering infant mortality rates. The hospitals who have gone through the work of implementing a donor milk program to improve patient care. The individual financial donors and business donors who are helping us through these startup years. We are all very thankful to work in a place that is a daily reminder of the goodness of humanity.

So what's next? Our goals for 2017 include expanding both inpatient and outpatient donor milk usage across our region and advocating for Medicaid and insurance coverage. We are also developing more programming to support NICU families and breastfeeding mothers.

Stay tuned!

Denise O'Connor, BS, IBCLC
Executive Director

MILK DONATION AND SUPPLEMENT USE

The use of supplements, including vitamins, teas, herbs, shakes, and energy drinks is a commonplace occurrence that few people give a second thought to. Many of these supplements are incompatible with milk donation making their use one of our most frequent reasons to defer a potential donor. Fortunately, most of these mothers are willing to discontinue use so that they may donate.

These restrictions are due in part to a lack of studies and regulation. For these reasons, we cannot accept milk that was pumped while a mother is taking any herbal supplement, including those intended for increasing milk production, such as fenugreek.

Many nursing mothers use multivitamins, perhaps continuing their prenatal brand. These are usually acceptable but mega doses of vitamins are not.

Energy drinks may contain high doses of a variety of herbs, vitamins, and stimulants such as caffeine. For example, some energy drinks contain 20-80 times the recommended daily allowance of B vitamins.

HMBANA affiliated milk banks are required to strictly adhere to its evidence based screening guidelines to ensure the safety of donor milk for medically challenged infants. These guidelines include specific criteria regarding medications, supplements, and alcohol. Due to the fragility of the babies that we work with, the restrictions include items that may be acceptable to use while a mother is nursing her own, healthy baby.

All breastfeeding mothers are strongly encouraged to read the labels of each of these products. Many are surprised to discover that they have specific warnings for pregnant and nursing mothers.

Should a mother who is interested in donation have a question regarding a particular product, they can reach our screening nurses at donate@threeriversmilkbank.org



DONOR MILK USE BEYOND THE NICU: OUTPATIENTS

While the majority of donor milk is used in neonatal intensive care units (NICUs) for significantly premature infants, most HMBANA milk banks also serve outpatients.

Demand for outpatient donor milk is growing both in our region and nationally as clinicians become aware of this option and are seeing positive results. For those babies with medical needs, donor milk can make a big impact, improving growth and development while providing immunological support. Typical outpatient diagnoses include severe allergies, malabsorption issues, congenital or acquired gastrointestinal disorders, failure to thrive, formula intolerance, congenital heart disease, post-surgical nutrition, neonatal abstinence syndrome, and prematurity.

Our milk bank is also able to fill orders for what we term “bridge milk”... short term supplementation while mother and baby work on latch and/or supply issues. Bridge milk is used in either the outpatient or inpatient setting and mothers utilizing it are typically getting lactation support from a lactation consultant or their healthcare provider.

Orders may also be filled for longer term elective outpatient donor milk use such as in cases of adoption, persistent maternal insufficiency, or when breastfeeding is not possible due to medication.

All outpatients must obtain a prescription from their healthcare provider. Families in the greater Pittsburgh area may pick up donor milk at our facility in the Strip District. For those recipients that are outside of Pittsburgh, frozen milk is shipped overnight via FedEx.

Donor milk is often covered by insurance if an infant has a medical need. Three Rivers Mothers’ Milk Bank’s policy is to provide donor milk to all infants with a documented medical need, regardless of ability to pay. In 2016, the milk bank distributed 12,630 ounces of donor milk to outpatients throughout Pennsylvania representing 22% of our volume and provided \$19,250 of free care.

To inquire about ordering or prescribing donor milk please contact us at orders@threeriversmilkbank.org.

“Demand for outpatient donor milk is growing both in our region and nationally as clinicians become aware of this option and are seeing positive results.”

A YUMMY WAY TO SUPPORT THREE RIVERS MOTHERS’ MILK BANK

Show your support for donor milk by joining us for a fundraiser to benefit **Three Rivers Mothers’ Milk Bank.**

McCandless, Wexford, or Cranberry
Chipotle locations.

Sunday, March 19th, 2017
10:45am– 10:00pm

Bring this ad, show it on your smartphone, or tell the cashier that you are supporting Three Rivers Mothers’ Milk Bank and 50% of the proceeds will be donated to Three Rivers Mothers’ Milk Bank!



CHIPOTLE

MEXICAN GRILL

4861 McKnight Road
McCandless, PA 15237

11359 Perry Highway
Wexford, PA 15090

20024 US-19 Cranberry
Township, PA 16066

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Interested in prescribing donor milk for your patients?
Contact us at orders@threeriversmilkbank.org
[Click here for more clinician information](#)

Interested in becoming a donor?
Contact us at donate@threeriversmilkbank.org

Visit us at threeriversmilkbank.org

CALENDAR OF EVENTS

January

14- The Midwife Center Breastfeeding Class 9:30am-noon *

14 - Saturday Milk Donor Dropoff 12:30-1pm **

19-21 - Doula Workshop ***

22 - The Midwife Center Childbearing Essentials 3 9am-12pm *

26 - Infant Loss Bereavement Group 7-8:30pm ***

31- La Leche League Pittsburgh East Meeting 9:30am

February

2 - 1st Anniversary Open House 11am-2pm and 5pm-8pm

5 - The Midwife Center Childbearing Essentials 1 and 2 9am-4pm *

6 - The Midwife Center Newborn Care 6pm *

11 - The Midwife Center Breastfeeding Class 9:30am-noon*

11 - Saturday Milk Donor Dropoff 12:30-1pm**

12 - The Midwife Center Childbearing Essentials 3 9am-12pm *

23 - Infant Loss Bereavement Group 7-8:30pm ***

28 - La Leche League Pittsburgh East Meeting 9:30am

March

5 - The Midwife Center Childbearing Essentials 1 and 2 9am-4pm *

6 - The Midwife Center Newborn Care 6pm *

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23 - Infant Loss Bereavement Group 7-8:30pm ***

28 - La Leche League Pittsburgh East Meeting 9:30am

* Registration required. Please visit midwifecenter.org

** Approved donors only. Contact us to schedule your dropoff

*** Call Jan Mallak at 412-973-3521 for more information