

FREQUENTLY ASKED QUESTIONS

1. How do I know if I am a candidate to donate milk?

Most nursing mothers are eligible to donate. If you are healthy with a good medical history, you are a likely candidate. You will need to complete a medical survey and conduct a blood test to rule out any diseases that may disqualify you from becoming a donor. You may begin pumping and storing extra milk even before these tests are completed.

2. When can I start expressing milk for the milk bank?

You should start breastfeeding your own baby before you donate. We recommend you wait three to four weeks after your baby's birth to begin donating.

3. Will I have enough milk for my baby if I donate?

Your baby makes milk on a supply and demand basis and adjusts to the amount of milk needed. The best time to pump extra milk is in the morning hours when your milk production rapidly replaces the milk you have pumped. If your pediatrician is happy with your baby's weight gain, there is no need to worry about having enough milk.

4. Who receives my donated milk?

All breast milk donated to our milk bank is processed and distributed to hospitals where it is intended for use primarily for very low birth weight infants (less than 1500 g.)

5. How much milk should I express for the milk bank?

There is no specific amount of milk that donors are expected to donate. The average donor collects about 6 ounces of milk per day for the program but this number may vary. Regardless of how much milk you donate, it is important to remember that every ounce is valuable to a sick baby!

6. Will I be paid for my donations?

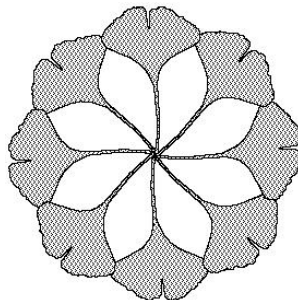
We do not compensate donors for milk. However, we do cover all related expenses.

YOUR ROLE AS A DONOR

Every ounce of donated milk is critical in making our milk bank program successful. Therefore, we have designed a program to make your breast milk donation a simple and positive experience.

As an approved milk bank donor, you can expect to:

- ☆Collect and store your breast milk with the provided equipment
- ☆Donate your previously collected milk
- ☆Return your filled bottles to our milk bank when convenient for your schedule
- ☆Keep the provided electric breast pump after completing your donation to the milk bank
- ☆Share in the satisfaction that your donation will save the lives of infants in need



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THE MILK BANK

**Donate
your extra
breast milk
and help save lives!**



Tel: 539-1544
www.womenshealthandbirthcenter.com

BREAST MILK: ITS BEST FOR BABIES

Our milk banks mission is to collect excess breast milk from qualified donors in the local community and make it available for very low birth weight NICU infants and other critically-ill babies.

It has been established that breastfeeding provides benefits such as:

- ☆Lower risk of serious infections of the lungs, intestinal tract, brain, inner ears, urinary tract and circulatory system
- ☆Reduced risk of sudden infant death syndrome, sepsis , necrotizing entercolitis, diabetes, asthma, obesity, leukemia and other blood cancers
- ☆Decreased infant medical costs and physician visits when compared with formula fed babies



THE MOST PRECIOUS GIFT YOU CAN GIVE

Premature infants need every available ounce of breast milk for survival and growth. Our smallest infants in the NICU are especially vulnerable to life-threatening infections and intestinal disease.

The two most common and dangerous of these infections are:

Sepsis: an infection of the bloodstream

Necrotizing Entercolitis: Intestinal inflammation and breakdown

Feeding babies human breast milk instead of formula products can dramatically reduce these frightening and often fatal events. There are thousands of unique elements in breast milk that work to protect babies in a way that formula and medication cannot. Some of these elements include:

- ☆sIgA: Protective protein that destroys bacteria
- ☆Lactoferrin: Proteins that slow bacteria growth
- ☆Lysozyme: Enzymes that help break down food
- ☆Bifidus: Good bacteria that aids in digestion
- ☆DHA & ARA: Fatty acids that aid in development

In many cases, mother's own milk is not available to sick babies, decreasing their chance of healthy development. By donating your extra breast milk, you provide these critically-ill infants with an improved chance for survival.

HOW OUR MILK BANK WORKS

The first step in this process is qualifying the medical history and lifestyle habits of potential donor as well as testing their blood viruses. All donor and recipient information is kept strictly confidential.

You can find out if you qualify from the comfort of your own home by going to our website and following the link provided.

Once a donor approved, we provide all of the necessary equipment free of charge including:

- ☆Blood testing
- ☆An electric breast pump with hard and soft funnels
- ☆Collection bottles and lids
- ☆Milk delivery container

After your milk has been received, it is delivered to Prolacta Bioscience for pasteurization and formulation. Your breast milk donation not only benefits sick babies but also helps to subsidize the cost of providing lactation services to our community.

Parameter	Untreated Milk	Pasteurized	% Remaining
Secretory IgA (mg/mL)	462	379	82
Lysozyme (IU/mL)	39,000	22,000	57
Lactoferrin (g/100 mL)	0.24	0.033	14
Vitamin B6 (µg/100 mL)	8.8	7.8	89