

Objectives

- Review the prevalence of breastfeeding in U.S and around the world
- Describe mammary gland and regulation of milk secretion
- Identify the nutritional components of breast milk
- Summarize the bioactive components of breast milk
- Discuss the positive and negative impact of lactation on the infant and mother

Content Outline

1. Prevalence of lactation
 - 1.1 U.S
 - 1.2 Throughout the world
2. Physiology of lactation
 - 2.1 Mammary gland development
 - 2.2 Regulation of milk secretion
3. Composition of human Milk
 - 3.1 Nutritional factors
 - 3.2 Bioactive components
4. Impact of Lactation
 - 4.1 Infant
 - 4.2 Mother

Reading Material Resources

This self assessment module is based on the resources listed below.

Access from the Lippincott Williams and Wilkins publisher site OVID. Login information available at the online testing center once module is purchased.

Chapter 50B, Lactation, Modern Nutrition in Health and Disease, Shill, et.al, LWW, Philadelphia, 2005, pages 784-793.