

Baby Friendly Newsletter

愛嬰資訊

April 2010

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Feature Article

Breastfeeding can help prevent cancer



Baby Friendly Hospital Initiative
Hong Kong Association
愛嬰醫院香港協會

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聯合國兒童基金會

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主席的話

每年2月4日為「世界癌症日」。全球每年約有 1,200 萬人證實患上癌症。香港的2007年數據顯示有 24,342宗新症，死於癌症則有 12,316 宗，而患癌的人數每年有增無減，發病率亦較 10 年前飆升 3 成，情況值得關注。

今年的主題是「癌症同樣可以預防」。有研究發現，女性餵哺母乳能降低患上乳癌的機會。究竟母乳餵哺與癌症預防有什麼關係？今期專題會跟大家解釋。本訊亦搜羅了一些有關母乳餵哺的研究報告及新聞，與大家分享。

此外，本會將為每年八月的國際母乳哺育週舉辦慶祝活動，敬希各界踴躍支持，讓母親、社會大眾及政府正視母乳餵哺這個公共課題，根植未來社會棟樑的健康。

葉麗嫦醫生

Message from the Chairman

Every February 4 is "World Cancer Day". Each year about 12 million people are diagnosed to have cancer in the world. In 2007, Hong Kong had 24,342 new cases of cancer while 12,316 people died of cancer. The number of cancers has been increasing every year and the incidence rate is 30% higher than 10 years ago. The situation deserves concern.

This year's theme was "cancer can be prevented too". Studies have found that breastfeeding can reduce women's risk of breast cancer. What is the relationship between breastfeeding and cancer prevention? You will find the explanation in this issue. We have also collected a number of studies and news on breastfeeding to share with you.

In addition, we will be holding activities to celebrate World Breastfeeding Week in August. We hope you will support the activities with enthusiasm so that mothers, our community and our government will pay appropriate attention to breastfeeding, an important public health issue. Thus, a healthy foundation is laid for the future pillars of our society.



Dr. Patricia Ip

母乳哺育～只要十個措施！

對嬰兒友善的方式

Breastfeeding ~ Just 10 Steps! The Baby-Friendly Way



每年的八月一日至七日為國際母乳哺育週，全球超過120個國家舉辦不同的活動來慶祝。今年的主題為：『母乳哺育～只要十個措施！對嬰兒友善的方式』，紀念因挪干替宣言二十周年，提出所有提供產科服務及母嬰保健的醫療設施實行成功母乳育嬰十項指引。藉此振興在醫療衛生系統、保健工作者以至社區層面支持婦女實現母乳育嬰的意圖。

成功母乳育嬰十項指引（下文簡稱十項指引）

每一所提供產科服務及母嬰保健的醫療設施都應該：

1. 以書面制訂母乳育嬰政策，並會不時傳達給所有的醫護人員知道。
2. 提供職員培訓，讓醫護人員學會所需技巧，以執行母乳育嬰政策。
3. 讓母親知道母乳育嬰的好處及處理方法。
4. 協助母親於產後半小時內開始餵哺母乳。
5. 指導母親如何餵哺母乳，即使在母嬰分隔的情況下，仍然維持乳汁分泌。
6. 除非有醫生的指示，否則不會提供母乳以外的食物或飲料予初生嬰兒。
7. 實施母嬰同房，即由嬰兒出生開始，准許母親每天與嬰兒24小時同房。
8. 鼓勵母親按嬰兒的需要餵哺母乳。
9. 不提供人造乳頭予母乳餵哺的嬰兒。
10. 促進成立母乳餵哺支援小組，並在母親出院時轉介她們到這些小組。

迄今愛嬰醫院及十項指引的進展

成就：在這20年，超過20,000所提供產科服務及母嬰保健的醫療設施（約佔全球的28%）全面實施十項指引並已認證為愛嬰醫院。愛嬰醫院促進本土、國家或區域以及全球的純母乳餵哺率增長。母乳餵哺的持續增加是近年的兒童死亡率得以下降的關鍵因素。（聯合國兒童基金會，2009）

經修訂的愛嬰運動常規包括建議應用十項指引於醫療設施以外的計劃。如果醫院全面實行十項指引，社區的支持將增加其有效性。否則，其他母乳育嬰行動的效果就較為渺小了。

Every year, August 1 to 7 is the World Breastfeeding Week (WBW), with celebrations in more than 120 countries. This year's theme: "Breastfeeding ~ Just 10 Steps! The Baby-Friendly", commemorates the 20th anniversary of the Innocenti Declaration that called for implementation of the Ten Steps to exclusive breastfeeding in all maternity facilities. It also aims to revitalise activities within health systems, and among healthcare providers and communities to support women to achieve their breastfeeding intentions.

Ten Steps To Successful Breastfeeding

Every facility providing maternity services and care for newborn infants should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within a half-hour of birth.
5. Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breast milk unless medically indicated.
7. Practise rooming in – allow mothers and infants to remain together – 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

Progress To Date On Baby Friendly Hospital Initiative (BFHI) And The Ten Steps

Achievements: During these 20 years, more than 20,000 maternities (about 28% of all maternities in the world) have fully implemented the Ten Steps and have been certified as Baby-friendly Hospitals. The BFHI increases exclusive breastfeeding at the local, national and global levels. Increased breastfeeding has been a key factor contributing to recent declines in child mortality (UNICEF 2009).

The revised Baby-friendly practices include suggested sets of ten steps for programmes beyond the hospital, in other health settings and in the community. Where the Ten Steps are in place in hospital, community-based support adds to their effectiveness. But, where there are few steps in place in the hospital, other breastfeeding efforts are less effective.



仍然面臨的挑戰：雖然十項指引潛在益處的證據日漸增多，不幸地是，我們聽到許多報道指出因缺乏承擔，醫院的常規下降，保健醫療工作者受訓不足去輔導母親。因此，是時候在醫院、其他保健設施及社區振興實施十項指引，以重回我們愛嬰運動的道路。

重鋪愛嬰運動的道路

愛嬰醫院運動的校訂及更新：於2007年，聯合國兒童基金會和世界衛生組織完成校訂及更新愛嬰醫院運動的資料，更為用者友善，又提供新方法在醫療設施以外實行愛嬰運動。其他類似的舉措如“母嬰友善運動”及“國際母親嬰兒分娩運動”以優化產婦服務，主要為減低對母嬰在陣痛及分娩時不必要的介入。**跟隨愛嬰運動將增加母乳餵哺率，及改善母嬰健康。**

哺乳友善常規：我們知道，隨著更多的十項指引到位，婦女就越有可能達到她們的母乳育嬰目標。這充分表現出每一所提供產科服務及母嬰保健的醫療設施以及社區努力增加十項指引中常規的實施的重要性，縱使他們發現難以一次全面達標。往後他們會發現每一新項變得容易多了！



重鋪的愛嬰道路將指引您到更遠的境界！馬上行動吧！



我現在能做什麼？

您能：

1. 幫助您的朋友，同事，及社區跟隨成功母乳育嬰十項指引
2. 查找你的社區或國家的愛嬰醫院及成功母乳育嬰十項指引的情況
3. 倡議所有提供產科服務及母嬰保健的醫療設施，醫療保健制度，以及社區作出改變
4. 為母嬰、為我們的未來作出改善

資料來源：WABA 2010年國際母乳哺育週月曆

欲知詳情，請瀏覽國際母乳餵養行動聯盟（WABA）的網址：<http://www.waba.org.my> 或請與本會項目主任聯絡。

為配合此慶祝活動，本會將於八月初舉辦多個活動，歡迎有興趣人士參加。敬希留意本會網站。如欲以電郵收取最新消息，請即填妥第10頁之表格登記。

Challenges Remaining: Unfortunately, we hear reports of lack of commitment, deteriorating hospital practices, and inadequate training of health workers to counsel mothers, even as the evidence of the potential benefits of the Ten Steps grows.

Therefore, it is time to revitalise implementation of the Ten Steps in hospitals, in other health care settings, and in communities and to return our path to the Baby-friendly Way!

“Repaving” The Baby-Friendly Way

Baby-friendly Hospital Initiative revisions and updates: In 2007, UNICEF and WHO completed an update and revision of the BFHI materials that is more user friendly and that offers new approaches to baby-friendly beyond the maternity. Other similar initiatives are “Mother-Baby Friendly” and International Mother-Baby Childbirth Initiative (IMBCI): 10 Steps to Optimal Maternity Services, which is mainly for the mother and birth to reduce unnecessary interventions during labour and delivery.

Following the Baby-friendly way will increase breastfeeding rates, and improve the health of mothers and babies around the world.

Breastfeeding-friendly Practices: We know that with more of the ten steps in place, the more likely women are to achieve their breastfeeding goals. This confirms the importance for every maternity, hospital, clinic, and community to strive to increase the number of steps in place, even if they find it difficult to achieve all ten at once. Later they will find that it becomes easier with each new step!

The repaved Ten Steps Path will take you far! So act NOW!

What Can I Do Now?

Consider what you can do to:

1. Help your friends, colleagues and community to find the path.
2. Find out what the status of the Ten Steps and BFHI is in your country.
3. Create change at the national level. Advocate for changes in hospitals, maternities and in the wider health care system – health centres, primary care and communities.
4. Improve our world for mothers and children and for our future.

Source: WABA 2010 World Breastfeeding Week Calendar

For details, please visit WABA's website: www.waba.org.my, or contact our Project Officer.

To celebrate the WBW, we will hold activities at the beginning of August. Interested parties are welcome to participate. Please keep checking our website: www.babyfriendly.org.hk. If you would like to receive emails regarding our activities, please complete the form on P.10 to sign up.

哺乳母親的七項自然定律

Seven Natural Laws For Nursing Mothers



「簡化母乳哺育：哺乳母親的七項自然定律」的作者之一 Kathy Kendall Tackett 問

為何沒有更多母親哺乳？有人認為不是缺乏有關資訊的問題，卻認為是以奶瓶餵哺為社會準則的矛盾環境下的資訊泛濫。關鍵就在於要幫助母親克服那些困難，及開啓她們已經擁有關於哺乳的長處和能力。

因此得出七項自然定律，提供一個不受文化支配的生物學的、哺乳動物的架構。

定律一：嬰兒天生是應接受母乳餵哺：有證據證明讓嬰兒與母親肌膚接觸，嬰兒便會表現與其他哺乳動物一樣與生俱來的動作。

定律二：母體是嬰兒的自然棲息地：其中一個例子是於南非進行的一個研究發現運用袋鼠式護理令嬰兒死亡率大幅下降。

定律三：於一個舒適的環境感覺會較好和分泌更流暢：這重申了餵哺姿勢與吸吮技巧的原理。

定律四：開始時更多的授乳意味著將有更多的母乳：圍產期是影響孩子一生的良機，而首兩個星期是為嬰兒定下母乳哺育及其他一般生活模式的關鍵時刻。

定律五：每對哺乳的母嬰有自己的生理節律：其他習性譬如定時哺喂，補充食物及人造奶頭等打亂了哺乳母嬰的自然模式。

定律六：排出更多奶水等於製造更多奶水：這很簡單，乳房消耗奶水時造奶較快，而乳房充滿奶水時造奶較慢！

定律七：孩子自然斷奶：這是最有趣的，根據歷史記載的例子，孩子是兩歲後開始斷奶。

Kathy Kendall Tackett, co-author of "Breastfeeding made simple: seven natural laws for nursing mothers" asked, "Why don't more women breastfeed?" Some argue that it cannot be due to a lack of information, rather it can be due to too much information, coming amidst a conflicting social environment where bottle-feeding is the norm. The key is to help mothers cut through this and, "tap into strengths and abilities they already possess and that are built-in to the breastfeeding relationship".

This is where the Seven Laws come in. They provide "a biological, mammalian framework independent of culture".

Law 1: Babies are hardwired to breastfeed: this is backed by evidence that babies left in skin-to-skin contact exhibit inborn behaviour similar to other mammals.

Law 2: Mother's body is baby's natural habitat: one of a few pertinent examples is a study from South Africa that showed how the introduction of Kangaroo Mother Care led to a dramatic decrease in infant mortality.

Law 3: Better feel and flow happen in the comfort zone: This reiterated the principles of positioning and attachment.

Law 4: More breastfeeding at first means more milk later: the perinatal period is a window of opportunity to impact on children's lives and that the first two weeks are particularly crucial for establishing breastfeeding and more general patterns for the baby's life.

Law 5: Every breastfeeding couple has its own rhythm: practices such as scheduled feeding, supplements and dummy use disrupt the natural pattern that a breastfeeding mother and child establish.

Law 6: More milk out equals more milk made: quite simply, drained breasts make milk faster and full breasts make milk more slowly!

Law 7: Children wean naturally: in many ways the most interesting, citing historical examples that weaning took place after two years.

資料來源：Baby Friendly News, Issue 30, 3, February 2010, UNICEF UK Baby Friendly Initiative.

Source: Baby Friendly News, Issue 30, 3, February 2010, UNICEF UK Baby Friendly Initiative.
UNICEF UK Baby Friendly Initiative.

招募愛嬰熱線哺乳顧問

愛嬰熱線（電話：2838 7727）每天由早上九時至晚上九時接收公眾有關母乳餵養的查詢，於晚上六時起由一群合資格及經驗豐富的專業人士擔當義務顧問回覆查詢，提供母乳餵哺的專業意見。

您也希望加入成為愛嬰熱線顧問的一份子嗎？

每一位顧問的參與也能令我們的熱線服務更趨完善，我們正等候您的加入呢！

只要您曾完成四十小時或以上的母乳餵養輔導課程，有興趣在各位媽媽遇到疑難時，透過電話為她們提供專業意見，歡迎致電2591 0782或寄電郵至 bfi@unicef.org.hk 查詢詳情。

Recruitment Of Lactation Consultant

The Baby Friendly Hotline (Tel: 2838 7727) receives public enquiries daily from 9am to 9pm about breastfeeding. From 6pm onwards our hotline counselors, who are qualified and experienced breastfeeding experts will contact the callers to answer their enquiries, providing professional advice on breastfeeding.

Would you like to become our Hotline Counselor?

Every counselor helps us improve the hotline service. We are waiting for you!

If you have completed a forty-hour or more counseling course on breastfeeding and would like to provide professional counseling to mothers on phone, please call 2591 0782 or email us at bfi@unicef.org.hk for more information.

We Need Your Support!

我們需要您的支持！

專題

Feature Article

報導

母乳餵哺

有助預防癌症

Breastfeeding Can Help Prevent Cancer



每年2月4日為世界衛生組織的世界癌症日，藉以喚起大眾對癌症的關注及提高癌症預防的意識。本會在2月27日舉辦了母乳餵哺與癌症預防講座，很榮幸邀得世界癌症研究基金會（香港）教育主任兼澳洲註冊營養師趙詠頤女士及香港乳癌基金會創會人張淑儀醫生於席上分享一些癌症的知識，及讓大家瞭解怎樣透過餵哺母乳來預防癌症。在此，本會再次感謝各界的支持，亦寄望香港市民能提高癌症預防的意識及進一步提高母乳餵哺的風氣。

癌症預防從母乳餵哺開始

講者：世界癌症研究基金會（香港）教育主任兼澳洲註冊營養師趙詠頤女士

根據世界癌症研究基金會在2007年發表的研究指出，女性餵哺母乳每12個月，更年期前或後患上乳癌的機會將降低4.3%。趙詠頤解釋，減低母親患上乳癌的風險的原因如下：

- 減低母體內與癌症有關的荷爾蒙水平
- 把乳房內遺傳基因受到破壞的細胞清除
- 有助減去懷孕期間所額外增加的體重

媽媽哺乳會減輕體重，有助產後保持苗條身材。同時，減少肥胖，避免增加影響患癌病的荷爾蒙水平，從而降低患食道癌、大腸癌、腎癌、胰腺癌、子宮內膜癌及更年期後的乳癌等6種癌病的機會。在斷奶時，乳房裏一些基因變異的細胞亦會自然排除體外。餵哺母乳時間愈長防乳癌效果愈佳。

餵哺母乳同樣對嬰兒發育至成人有長遠的保護作用。趙詠頤指出，進食母乳的嬰兒不易過胖，能間接預防以上6種癌病，亦減少高血壓、糖尿病，哮喘、濕疹等免疫系統的問題。

趙詠頤建議母親最好能在嬰兒出生的1小時內就開始哺乳，在嬰兒初生的6個月以純母乳餵哺，之後再逐漸添加固體食物。她又提醒媽媽授乳時可能感到口渴，應多補充水分。

餵哺母乳期間進食貼士

- 每天攝取額外500個卡路里
- 最理想是每天進食最少5份蔬果，多選擇膳食纖維豐富及進食蛋白質豐富的食物
- 避免有酒精和咖啡因的飲品
- 進食營養補充品時，要詢問註冊營養師或醫生意見
- 盡量避免進食中藥材，以免影響嬰兒
- 如務必進食傳統補品如薑醋，宜豬腳先去皮去脂肪，每天不宜進食超過一碗

February 4 is World Health Organization's World Cancer Day. The aim is to arouse public awareness of the prevention of cancer. BFHIHK held a seminar on breastfeeding and cancer prevention on 27 February. We were honoured to have Ms Patricia Chiu, Education Director of World Cancer Research Fund (Hong Kong) and Australian registered dietitian, and Dr Polly Cheung, Founder of Hong Kong Breast Cancer Foundation to share their professional knowledge on how breastfeeding prevents cancer. We once again thank the support we received and hope that people in Hong Kong have a heightened awareness of cancer prevention and the prevalence of breastfeeding will increase.

Cancer Prevention Begins With Breastfeeding

Speaker: Ms Patricia Chiu, Education Director of World Cancer Research Fund (Hong Kong) and Australian registered dietitian

According to a report published by World Cancer Research Fund in 2007, for every 12 months of breastfeeding, the risk of the women developing pre or post menopausal breast cancer is reduced by 4.3%. Ms Chiu explained that the reasons of reduction of breast cancer are as follows:

- Reduction of hormones related to cancer in the mother
- Removal of breast cells with disrupted genes
- Reduction of extra weight gained during pregnancy

Breastfeeding mothers lose weight helping them to slim down after the pregnancy. At the same time, reduction in body fatness avoids an increase in cancer-related hormones, thereby lessens the risk of developing six kinds of cancer - cancer in the oesophagus, colorectum, kidney, pancreas, uterus and breast (after menopause). During weaning, abnormal cells in the breast will naturally pass out of the body. The longer the breastfeeding, the better will be the anti-cancer effect.

Similarly, breastfeeding has long-term protective effect on the infant through to adulthood. Ms Chiu pointed out that breastfed babies have less obesity, which can indirectly prevent the six cancers above. Breastfeeding also reduces the child developing high blood pressure, diabetes, and immunological conditions like asthma, and eczema.

She recommended mothers begin breastfeeding within an hour of infants' birth, exclusively breastfeed for 6 months, and then gradually add solid food. She also reminded lactating mothers to drink more fluids when they feel thirsty.

Tips on diet during breastfeeding

- Eat an extra 500 calories a day
- Eat five servings of fruits / vegetables; choose food rich in dietary fibres and protein
- Avoid alcohol and caffeine
- Consult a registered dietitian or doctor when considering nutritional supplements
- Avoid Chinese herbs which may affect the baby
- If traditional Chinese food for mothers after delivery is eaten, such as "ginger with vinegar", it is best to remove the skin and fat from the pork knuckles and not eat more than a bowl each day



以母乳餵哺預防乳癌

講者：香港乳癌基金會創會人 張淑儀醫生

香港癌症資料統計中心數字顯示，本港2007年有2701宗乳癌新症，最年輕不足廿歲，患者大部分在四十歲至五十五歲年齡組別，同年有526人死於乳癌，死亡人數在三十五歲以上年齡組別開始增加。

香港乳癌基金會分析過1006名乳癌患者情況，當中從未餵哺母乳的比率佔六成四，僅次於缺乏運動這個風險因素。張醫生解釋，孕婦乳房在懷孕期間會逐步發育至成熟階段，為日後餵哺母乳作好準備，婦女產後不斷餵母乳，乳房組織會產生抑制癌症因子，降低患乳癌的機曾，即使收經仍有助減低乳癌的威脅。

張醫生建議婦女要有良好的生活及飲食習慣。不吸煙、減少喝酒。每天要做最少約30分鐘的帶氧運動。保持正常體重指標，學習積極和正面的壓力處理。她又提醒媽媽定期檢查乳房，有助及早發現乳癌及作出治療，提高治愈率及生存率。

如何知道為您提供服務的醫生支持母乳餵哺

講者：愛嬰醫院香港協會主席 葉麗嫦醫生

您可從診所或醫院的環境及氣氛和醫生的言行知道他們是否支持母乳餵哺。

葉醫生引用2000年婦產科期刊內 Howard C 等的文章，如果診所或醫院於婦女產前派發奶粉商資訊及樣本，包括入BB會單張、折扣券等，媽媽出院前停餵母乳的機曾增5.8倍，兩星期內停餵母乳增1.9倍。如媽媽曾計劃母乳餵哺少於12星期，她們會於更早期停止或不以純母乳餵哺。

人們常高估自己的定力。一項刊登於美國醫科期刊的調查發現61%醫生認為自己不受藥廠宣傳策略影響，卻認為只有16%周邊的醫生不受藥廠宣傳策略影響。

配方奶與母乳差不多？不！比起配方奶，母乳是活的物體，含活細胞、酵素、助長器官成長因素。它的基本營養成分與配方奶不同，因嬰兒需要而能千變萬化。其實，母乳餵哺並非只是提供食物而已，它涉及複雜的母嬰關係。當嬰兒吮吸母乳時，會刺激母體內荷爾蒙的反應。

支持母乳餵哺的醫生會協助您於產後半小時內開始餵哺母乳，讓您瞭解成功的母乳餵哺必須早而頻密。建議您首六個月以純母乳餵哺。除非有醫療需要，否則無需提供任何母乳以外的食物或飲料予初生嬰兒。六個月後加適當的輔食品，繼續母乳餵哺至兩歲或以上。因為這些醫生明白只少數母親因醫學理由不能以母乳餵哺。在必要時醫生會為您作出轉介，使您能得到適當的協助。

已認證的愛嬰醫院或診所必須執行世界衛生組織「成功母乳餵哺十項指引」及遵守1981世界衛生組織國際母乳代用品銷售守則及其後相關決議案。



Breastfeeding Prevents Breast Cancer

Speaker: Dr Polly Cheung, Founder of Hong Kong Breast Cancer Foundation

Hong Kong Cancer Registry Statistical Center figures in 2007 showed that within the 2701 new cases of breast cancer, most of the patients were in the age group of 40 to 55. The youngest was under 20. In the same year, 526 people died of breast cancer. The death toll began to rise after 35.

Hong Kong Breast Cancer Foundation analyzed 1006 cases of breast cancer. 64% of the patients had never breastfed, ranking second on the list of risk factors for breast cancer after the lack of exercise. Dr Cheung explained that during pregnancy, the breasts will gradually mature in development in preparation for breastfeeding. When women continuously breastfeed after delivery, their breasts produce factors that inhibitor breast cancer and lower the risk of its development. Even after menopause the effect is sustained.

Dr Cheung recommended women to have a healthy life style and eating habits. Do not smoke and reduce alcohol intake. Do aerobic exercises at least 30 minutes a day, maintain a normal body mass index, and learn positive and active stress management. She also reminded mothers to examine their breasts on a regular basis, so as to facilitate early detection and treatment of breast cancer which will improve the cure as well as their survival rate.



How To Know Whether Your Doctor Supports Breastfeeding

Speaker: Dr Patricia Ip, Chairman of Baby Friendly Hospital Initiative Hong Kong Association

You can tell from the environment and atmosphere of the clinic or the hospital and the doctor's words and behaviour whether he supports breastfeeding or not.

Dr. Ip referred to Howard C, et al's article in Obstetric and Gynecology Journal in 2000 that if clinics or hospitals distributed information from milk companies and samples of formula milk to pregnant women including applications to Baby Clubs and discount vouchers, etc, mothers were 5.8 times more likely to stop breastfeeding before discharge and 1.9 times more likely to stop breastfeeding within two weeks. If mothers had planned to breastfeed less than 12 weeks, they would stop even earlier or did not breastfeed exclusively.

One often overrates one's resistance to influence. A survey published in an American medical journal found that 61% of doctors believed that they themselves were not influenced by promotions of drug companies but they thought only 16% of other doctors were not influenced by these promotions.

Is formula milk similar to breastmilk? No! Compared with formula milk, breastmilk is a life substance. It has living cells, enzymes, and factors that enhance the growth of organs. Its basic nutrient composition is different from formula and can be ever-changing according to the needs of the infant. In fact, breastfeeding is not just providing food. It involves a complex relationship between mother and child. When a baby suckles, there are hormonal changes in the mother.

A doctor who supports breastfeeding will help you start breastfeeding within half an hour of birth, and help you understand that successful breastfeeding means early and frequent breastfeeding. The doctor will recommend you to exclusively breastfeed for the first six months. Unless there are medical indications, there is no need to supplement with formula milk or other drinks. After six months, appropriate solid food can be introduced with continued breastfeeding to the age of two years or beyond. The doctor understands that only a small number of mothers are unable to breastfeed due to medical reasons. When necessary, your doctor will refer you for assistance.

Hospitals or clinics that have been certified as baby-friendly must implement the WHO "Ten Steps to Successful Breastfeeding" and comply with the 1981 WHO International Code of Marketing of Breastmilk Substitutes and subsequent relevant resolutions.

如何知道為您提供服務的護士支持母乳餵哺

講者：愛嬰醫院香港協會司庫兼伊利沙伯醫院母乳餵哺專科護士
林志愛女士

支持母乳餵哺的護士擁有正確的母乳餵哺知識。

在您的產前期，她聆聽您的需要，與您討論、講解餵母乳的準備。她給予您正確的建議，而不是由奶粉商提供的資料，讓您明白初乳的重要、學習餵哺技巧、及瞭解嬰兒的需要。

產房是對母嬰友善的。支持母乳餵哺的護士令您有自信、安全感，讓您由家人陪產。減少不必要的醫療干預，例如禁食、靜脈注液等。多用非藥物的止痛方法。讓您選擇生產的姿勢，因而減少『外陰切開術』、剖腹產子的需要。

她鼓勵及實行母嬰產後儘早有肌膚接觸，有效穩定嬰兒體溫及其他生理狀況。因為在母親懷中的嬰兒更安靜。母親身上的益菌促進寶寶的免疫力。讓嬰兒發揮本能，自然覓食，並在哺乳後才處理其他如量體重等步驟。

於產後，她讓您母嬰同室，使您能多接觸孩子，觀察他的需要。她教導您餵哺的知識及技巧，又會留心您餵奶的需要。提醒您按嬰兒需要餵哺，不是按時餵哺。如母嬰分開，便於產後6小時內開始擠奶，不分日夜，每3小時一次，並將母乳送給嬰兒。任何時候都不用奶咀。

她鼓勵您繼續餵人奶，為您解決餵人奶的問題。又提供轉介支援，給家庭充足的跟進資料，如熱線電話、母嬰健康院、互助組織等。當母親有任何餵哺問題時，能即時提供意見及幫助。

留心醫護人員有否

- 給您一些奶粉樣本、或奶粉商送的小禮物
- 將您的資料交給奶粉商
- 建議您在遇到一些狀況時不要再餵母乳：
 - 孩子6個月大了，...
 - 孩子病了，...
 - 孩子出牙了，...
 - 你要剖腹產...
 - 你病了 / 要吃藥...
 - 你經期回來了...



相關資料可瀏覽：

世界癌症研究基金會(香港) www.wcrf-hk.org
香港乳癌基金會 www.hkbcf.org
本會網站 www.babyfriendly.org.hk

How To Know Whether Your Nurse Supports Breastfeeding

Speaker: Ms Christine Lam, Treasurer of Baby Friendly Hospital Initiative Hong Kong Association and Lactation Consultant of Queen Elizabeth Hospital

A nurse who supports breastfeeding possesses the correct knowledge on breastfeeding.

During your antenatal visit, she listens to your needs, explains and discusses with you how to prepare for breastfeeding. She gives you correct recommendations rather than the information provided by formula milk manufacturers. She helps you understand the importance of colostrum, learn feeding skills, and recognize what your baby needs.

The delivery room is mother-and-baby friendly. A nurse who supports breastfeeding gives you self-confidence and a sense of security, allowing your family members to accompany you during delivery. She reduces unnecessary medical interventions, such as fasting and intravenous fluids. She uses more non-drug methods of pain relief, let you choose your desired position for delivery thus reducing the use of episiotomy or need for caesarean section.

She encourages and implements early skin-to-skin contact between you and the baby which stabilizes the baby's body temperature and other vital parameters. The baby is more calm when in your bosom. Colonization with the bacteria on your body is beneficial to the baby's immunity. She lets the baby display his innate ability, naturally look for a feed and postpone other measures like weighing till afterwards.

In the postnatal period, she let you room-in with your baby, so you can have more contact with your baby and observe its needs. She teaches you the knowledge and skills of feeding and attends to your breastfeeding needs. She reminds you to feed on demand by your baby, not by the clock. If you have to be separated from your baby, she advises you to express milk within 6 hours of birth, once every 3 hours day or night. She gives the breastmilk to the baby without the use of artificial teats.

The nurse encourages you to continue breastfeeding, and helps you find solutions to any breastfeeding problems. She also provides adequate follow-up information to families and referrals to community support such as hotlines, maternal and child health centres, and support organizations. When you have any feeding problems, she is able to provide immediate advice and help.

Be cautious whether your nurse:

- gives you milk powder samples, or gifts from formula milk manufacturers.
- gives your details to formula milk manufacturers
- recommends that you stop breastfeeding when:
 - your child is 6 months old
 - your child is sick
 - your child's teeth erupt
 - you had a Caesarean section
 - you are sick or taking medicine
 - your menstruation restarts ...

For related information please visit:

World Cancer Research Fund (Hong Kong)
www.wcrf-hk.org
Hong Kong Breast Cancer Foundation www.hkbcf.org
Our website www.babyfriendly.org.hk

愛嬰

Baby Friendly Updates

新知



純母乳餵哺有助良好睡眠

挪威進行了一項調查研究產後婦女睡眠問題的普遍性和誘因及其與抑鬱症之關連。此外，該研究旨在找出任何其他因素獨立地是否與其中一種情況相關。共有4,191名母親在產後七星期時完成問卷。睡眠用一個有效的評測工具——匹茲堡睡眠品質指數(PSQI)作測量，而抑鬱症症狀則用愛丁堡產後抑鬱量表(EPDS)。57.7%有睡眠問題，16.5%患有抑鬱。母親表示她們平均有6.5小時睡眠。睡眠質素不好的誘因是抑鬱、以往有睡眠問題、初產、沒有以純母乳餵哺、及有較年幼或男性嬰兒。除了其他誘因，不良睡眠能獨立地與抑鬱症關連。

詳細報告請參閱 Dorheim SK, Bondevik GT, Eberhard-Gran M, et al. Sleep and depression in postpartum women: a population-based study. Sleep 2009; 32: 847-55.

資料來源：
Baby Friendly News, Issue 30, 3, February 2010,
UNICEF UK Baby Friendly Initiative.

過早引進固體食物使嬰兒過胖

大英聯合王國的千禧世代研究追蹤12,000名於2000年出生的兒童。這些數據顯示，超過四分之一(26%)在四個月前進食固體食物的嬰兒於3歲時超重，而較後進食固體食物的嬰兒有22%於3歲時超重。

類似的情況在孩子5歲時出現，在四個月前進食固體食物的嬰兒有24%超重，而較後進食固體食物的嬰兒有20%超重。該研究還發現，沒有被母乳餵哺的孩子更有可能超重(23%，相比與接受母乳餵哺4個月或以上的18%)。

總體而言，研究中18%的兒童於3歲體重超重及5%屬於肥胖，而16%的兒童於5歲體重超重及5%屬於肥胖。更多的女孩在5歲時比同齡的男孩超重(23%與19%)。

研究小組領導Dr Lucy Griffith說：“我們的發現表明需要繼續促進母乳餵養，阻止過早引入固體食物，還表明有必要於幼年促進健康的飲食習慣和運動模式。”

詳細報導請參閱“Solids increased obesity risk”. February 16, 2010. UK Press Association.

資料來源：UNICEF UK Baby Friendly Initiative

Exclusive Breastfeeding Associated With Better Sleep

A study in Norway was carried out to assess the prevalence of, and risk factors for, postpartum maternal sleep problems and its associations with depression. In addition, the study aimed to identify any other factors independently associated with either condition. A total of 4,191 mothers completed a questionnaire seven weeks postpartum. Sleep was measured using a validated tool, the Pittsburgh Sleep Quality Index (PSQI), and depressive symptoms using the Edinburgh Postnatal Depression Scale (EPDS). The prevalence of sleep problems was 57.7 per cent, and the prevalence of depression was 16.5 per cent. Mothers reported an average of 6.5 hours sleep. Factors associated with poor sleep quality were depression, previous sleep problems, being primiparous, not exclusively breastfeeding, or having a younger or male infant. Poor sleep was associated with depression independently of other risk factors.

For report details, please refer to Dorheim SK, Bondevik GT, Eberhard-Gran M, et al. Sleep and depression in postpartum women: a population-based study. Sleep 2009; 32: 847-55.

Source: Baby Friendly News, Issue 30, 3, February 2010, UNICEF UK Baby Friendly Initiative.

Early Introduction Of Solids Associated With Obesity

New data from the United Kingdom Millennium Cohort Study, following 12,000 children born in 2000, shows that more than one in four (26 per cent) babies given solids before four months were overweight aged three compared with 22 per cent of those fed solids later on.

The same held true when the youngsters reached five, with 24 per cent of those given solids before four months being overweight compared with 20 per cent of those given solids after four months. The research also found that children who were not breastfed were more likely to be overweight (23 per cent compared with 18 per cent of those breastfed for four months or more).

Overall, 18 per cent of the children in the study were overweight at age three and 5 per cent were obese, while 16 per cent were overweight at age five and 5 per cent were obese. Aged five, more girls were overweight than boys (23 per cent versus 19 per cent).

Dr Lucy Griffiths, who led the research team, said, "Our findings suggest a continuous need to promote breastfeeding and discourage premature introduction of solid foods. They also show the need to promote healthy patterns of eating and physical activity in the early years."

For report details, please refer to "Solids increased obesity risk". February 16, 2010. UK Press Association.

Source: UNICEF UK Baby Friendly Initiative



母乳餵哺新聞

News on Breastfeeding



1. 香港兒童權利委員會執行秘書黃惠玉要求廣管局仿效早前跟進「豪華樓盤廣告」的做法，採取行動跟進奶粉廣告的問題。她表示，現時奶粉廣告提供的誤導內容深入民心，令不少家長誤以為奶粉更富營養而打消餵哺母乳的念頭。惟已有科研證實服食奶粉會增加嬰兒患有癯肥、糖尿病及入院的機率，更會增加母親罹患乳癌的風險。她促請政府引入世衛守則，嚴禁奶粉商「賣廣告」，長遠保障兒童及消費者的權益。兒科醫生葉麗嫦表示，電視奶粉廣告經常強調的特別元素，大部分至今尚未有足夠科研證實其成效，若嬰兒長期高劑量地服用有關元素，反而有機會產生不良反應。



2. 衛生及食物局局長周一嶽表示，新財政年度醫管局爭取到資源自購奶粉，日後公立醫院謝絕奶粉商贈送奶粉，醫管局會以投標方式購買，估計每年增加數千萬開支。他承認醫院以往為了省錢，依靠奶粉商免費供應奶粉，當中又涉及宣傳，一直被支持餵哺母乳的團體如愛嬰醫院香港協會批評。醫管局自購奶粉既可鼓勵婦女餵哺母乳，亦符合世衛呼籲醫院不要接受奶粉贈品。



3. 為保障婦女在公共場所哺育母乳的權益，提高婦女哺育母乳意願，台灣行政院院會通過「公共場所母乳哺育條例」草案，明確規定一定面積以上之政府機關、公營事業及百貨公司等公共場所，都必須設置合乎標準的哺乳室，並應有明顯標示；未來婦女在公共場所哺乳或哺乳室外公開哺乳時，不得禁止、驅離或妨礙。違者將罰以六千元以上、三萬元以下罰款。

衛生署長楊志良強調，哺乳是神聖工作，呼籲各界不應以有色眼光來驅離。而行政院長吳敦義也表示，此法是婦女人權進步的象徵，呼應了聯合國「消除對婦女一切形式歧視公約」。

1. Ms Billy Wong, the Executive Secretary of the Hong Kong Committee on Children's Rights, requested the Broadcasting Authority to use the approach to the "luxury real estate advertisement" to take action on formula milk advertising. She said that at present the content of misleading formula milk commercials is penetrating the community so that many parents mistakenly think that formula milk is more nutritious and thus dismiss the idea of breastfeeding. On the other hand, an increasing number of researches confirmed that infants fed with formula milk suffer from an increased risk of obesity, diabetes and hospitalization. Mothers' risk of having breast cancer is also increased. She urged the Government to adopt the WHO code of marketing which strictly prohibits advertisements of formula milk to protect children and the interests of consumers in the long run. Dr Patricia Ip, a paediatrician, said that advertisements of formula milk on television regularly emphasize special ingredients. The majority do not have sufficient scientific evidence to confirm their effectiveness. On the contrary, if infants consume high quantities of such ingredients, there is a possibility of ill effects.

2. The Secretary for Food and Health Dr York Chow said the Hospital Authority (HA) has secured resources to purchase formula milk in the new financial year. Therefore public hospitals will decline free milk powder provided by the manufacturers in the near future. The HA will place tenders to purchase formula milk. The estimated increase in annual expenditure amounts to over tens of millions of dollars. Dr Chow acknowledged that in the past, in order to save money, hospitals have been relying on the manufacturers for free formula milk, a practice that can be interpreted as promotion of formula milk. This has been criticized by breastfeeding supporting groups such as the Baby Friendly Hospital Initiative Hong Kong Association. HA's self-purchase of formula milk will encourage women to breastfeed, and is also in line with the WHO's call for hospitals not to accept free formula milk.

3. To protect women's right to breastfeed in public places and to increase mothers' willingness to breastfeed, the Executive Yuan of Taiwan has adopted the "Bill of breastfeeding in public places". The Bill clearly stipulates premises of government agencies, public enterprises and department stores and other public places of a certain size or above must have standardized breastfeeding rooms with clear signage. In future, women breastfeeding in public places or outside breastfeeding rooms cannot be prohibited, expelled nor hindered. Violators will be fined between 6,000 yuan to 30,000 yuan.

The Minister of the Department of Health Chih-Liang Yaung stressed that breastfeeding is sacred work and urged that people should not drive mothers away because of tinted vision. The Premier of Executive Yuan Den-yih Wu also said that this law is a symbol of the progress of women's rights, echoing the United Nations' "Convention on the Elimination of All Forms of Discrimination against Women."

資料來源：

1. 香港商報，香港新聞A20頁，日期：2009年12月4日
2. 明報，港聞版A10頁，日期：2010年2月26日
3. 台灣中國時報，焦點新聞A5頁，日期：2010年1月22日

Sources:

1. Hong Kong Commercial Daily, Local News, Page A20, dated 4 December 2009
2. Ming Pao, Local News, Page A10, dated 26 February 2010
3. Taiwan China Times, Focus News Section, Page A5, dated 22 January 2010



我們需要您的支持！

We Need Your Support!

為了給孩子們最好的開始，我們誠邀閣下登記成為本會的會員或義工，本會將定期和大家分享母乳育嬰的資訊，把健康的訊息傳播開去。詳情請瀏覽 www.babyfriendly.org.hk 或致電 2591 0782 查詢。

We need your support to give our children the best start in life. You are cordially invited to join us as our member or volunteer. We will share with you the latest news and information about breastfeeding. Let's spread the healthy message to every one! For more information, please visit www.babyfriendly.org.hk or contact us at Tel.: 2591 0782.

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- 本人欲成為愛嬰醫院香港協會的： I wish to join The BFHIHKA as
- 永久會員 a LIFE MEMBER (永久會費 Fee: HKD \$1000.)
 - 本年度會員 an ANNUAL MEMBER (年費 Annual Fee: HKD \$100.)
- 本人欲捐助愛嬰醫院香港協會 I wish to donate HK\$_____ to the Association.
- 本人願意成為愛嬰醫院香港協會義工，協助籌辦活動
I wish to assist in voluntary activities organized by the Association.
- 本人希望收取電子版的“愛嬰資訊”及其他最新消息，不需要郵寄。
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Please return completed form by: mailing to G/F., Luen Hop Building, 168-170 Junction Road, Kowloon,

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** 如欲捐助，請填妥表格連同劃線支票抬頭人 "Baby Friendly Hospital Initiative Hong Kong Association" 郵寄至本會上述地址。

** If you wish to make a donation, please send the completed form and a crossed cheque payable to "Baby Friendly Hospital Initiative Hong Kong Association" to above mentioned address.

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Baby Friendly Hospital Initiative
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愛嬰醫院香港協會



聯合國兒童基金會

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愛嬰醫院運動是聯合國兒童基金會致力推動、保護及支持母乳餵哺的全球性運動。
Baby Friendly Hospital Initiative (BFHI) is an UNICEF initiative to promote, protect and support breastfeeding.