

BREAST MILK *makes a difference*

“Donor milk is an integral part of our management of the tiniest premature infants when mother’s milk is unavailable. Human milk use in this population prevents potentially life-threatening intestinal infections and blood infections. It also helps ensure the best nutritional and developmental outcomes in these vulnerable babies. We want our patients to have the best care possible, and donor milk is a part of that care.”



Tarah T. Colaizy, MD, MPH
Assistant Professor, Division of Neonatology
UI Department of Pediatrics
Medical Director, Mother’s Milk Bank
of Iowa

Iowa could become the 1st state to provide human milk to all its premature infants.

“Human milk provides optimal nutrition for infants. As a Registered Dietitian, I am pleased to be a part of the Mother’s Milk Bank, because it gives every infant access to a safe, readily available supply of human milk.”

Douglas P. Robertson, RD, LD
Associate Director, Food and Nutrition Services
UI Hospitals and Clinics



To order donor human milk or for more information about the Mother’s Milk Bank of Iowa:

- 877-891-5347 or 319-356-2652
- jean-drulis@uiowa.edu
- pager 1800
- fax 319-384-9933
- www.uihealthcare.com/milkbank
- Mother’s Milk Bank of Iowa,
Department of Food and Nutrition
Services, University of Iowa at
Liberty Square, 119 2nd Street,
Suite 400, Coralville, Iowa 52241

“I learned the significance of feeding human milk to infants during my appointment with the Fomon Infant Nutrition Unit at the University of Iowa; however, I also became distinctly aware that there were times when some women could not provide this valuable nutrition. Hence, the labor and birth of the Mother’s Milk Bank of Iowa which gives infants in need the opportunity to receive the medicinal and nutritional supplement they deserve, donor human milk.”

Jean M. Drulis
Director and Cofounder
Mother’s Milk Bank of Iowa
Department of Food and
Nutrition Services



Changing Medicine.
Changing Lives.™

200 Hawkins Drive
Iowa City, Iowa 52242
www.uihealthcare.com/milkbank

MOTHER’S
MILK BANK
OF IOWA



Brochure funded in part through a contract with the Iowa Department of Public Health



MOTHER’S MILK BANK OF IOWA



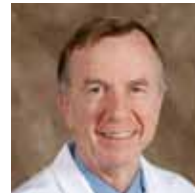
University of Iowa Health Care



THE AMERICAN Academy

of Pediatrics has long recognized human milk as the preferred nutrition for all infants, especially premature and sick infants. To give babies the best possible opportunity to thrive, the Mother's Milk Bank of Iowa collects, stores, and distributes human milk to those who need it in Iowa.

“*Human milk is the best food for human babies, especially those born too early or with other medical problems. Human milk improves the premature or ill baby's chance of full recovery and good health throughout childhood. If milk from the baby's own mother is not available in sufficient quantity, the next best choice is human milk from a milk bank such as the Mother's Milk Bank of Iowa.*”



Edward F. Bell, MD
Professor, Division of
Neonatology
UI Department of Pediatrics

The Mother's Milk Bank of Iowa Engagement is divided into 2 stages.

Stage I: Engagement at UI Children's Hospital
Neonatologists, other physicians and health care professionals at the University of Iowa Children's Hospital routinely prescribe and promote the use of donor human milk for infants under their care. Scores of infants receive this medicinal and nutritional supplement.

Stage II: Engagement Across Iowa
Stage II is in motion and is comprised of many steps. It will take years to accomplish. Although infants in NICU's outside UI Children's Hospital are the main focus, other hospitalized infants and infants living at home are also part of this initiative.

ALL THE donated milk

collected and stored in the Mother's Milk Bank of Iowa is pasteurized. Most immunologic and nutritional components of human milk remain intact after pasteurization. Pasteurized human milk has never been linked to the transmission of any disease. Pasteurized milk is frozen and stored until prescribed by a physician for an infant.

The Mother's Milk Bank of Iowa was founded in August 2002 by Jean M. Drulis and Ekhard E. Ziegler, MD within the Division of Nutrition, Department of Pediatrics, UI Children's Hospital. In March 2006 the Mother's Milk Bank of Iowa joined the Department of Food and Nutrition Services, UI Hospitals and Clinics.

“*Breast milk is more than a food for premature babies, it is powerful medicine that protects these infants. It is also very easy on their tender stomachs and thus allows babies to reach full feeds sooner. When moms can't provide milk for their babies, for whatever reason, milk from healthy donors fills the gap. With few exceptions, donor milk is as good as mom's own milk in protecting babies from serious illness.*”



Ekhard E. Ziegler, MD
Professor, Divisions of Pediatric
Nutrition and Neonatology
UI Department of Pediatrics
Associate Medical Director
and Co-founder, Mother's Milk
Bank of Iowa

“*Breast milk is a precious gift.*”

Holly Szcodronski, RD, LD, CBE
State WIC Breastfeeding Coordinator
Bureau of Nutrition and Health Promotion
Iowa Department of Public Health

MORE THAN two decades

of research have established that human milk is the perfect food for infants. It protects them from illness—infants on human milk have lower hospital admission rates, fewer ear infections, rashes, and allergies, as well as less diarrhea.

Human milk is even more important for premature infants. Human milk contains many ingredients not found in formula. It is full of immune system boosters and infection-fighting factors, and contains unique proteins, fats, carbohydrates, and enzymes necessary for tiny infants to survive.

“*Registered dietitians play an important role on the health care team and are key drivers on the nutritional management of patients. One important nutritional component is the Mother's Milk Bank of Iowa for providing the best possible care to our infant patients.*”

Joan Dolezal, RD, LD
Director, Food and Nutrition Services
UI Hospitals and Clinics

Donor human milk is available across Iowa for **premature and term infants** from the Mother's Milk Bank of Iowa. Indications for its use:

- hospitalized premature infants
- infants born with immunological defects
- insufficient milk supply
- adopted infants
- mother illness requiring brief cessation of breast feeding