

Oral Care and Probiotics

November 14-16, 2016 Orlando, USA

The important of human milk banking for infant nutrition

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Milk contains the necessary components for the development of newborn. Breastfed contain many components that will positively affect the infant's growth and also development compared to other types of milk. Therefore, exclusive breastfeeding in the first 6 months of life, and the next 18 months to continue breastfeeding with supplementary feeding is important for the infant's physical and psychological health. At the same time, it reduces the cost of hospital during the infant's life, incidence of Nekrotizan Enterokolit and late-onset of sepsis and improves the infant's gut microflora. Children who benefit regularly own mother's attention and affection, will have a chance consistent and balanced personality development later in life. The infant's own mother's milk should always be the first option and supplies to be supportive efforts to continue lactation is very important. If the mother's milk is not available or mother cannot provide infant milk due to various reasons, donor breast milk from established breast milk bank is the preferable option. Breast milk bank can be used as tool to reach breast milk which is gold standard, for yet underdeveloped digestive system and immune barrier with a newborn baby. Breast milk bank stands out as the first choice for newborns, but this comes with various risks. In order to minimize these risks, guidelines has been demonstrated that certain procedures should be followed. The procedures were cause loss of various milk components and also vary from culture to culture. In Turkey, human milk banks have been established in various cities as appropriate people belief. More researches and activities needs to be organized to use human milk bank worldwide, especially in the undeveloped country.

Biography

Gul Ogren has completed her Bachelor of Nutrition and Dietetic from Erciyes University. She is currently pursuing her Master's Program at the Department of Nutrition and Dietetic, Marmara University. She was a Research Assistant at Marmara University, Turkey.

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