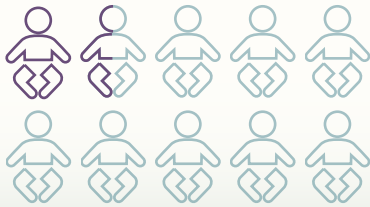
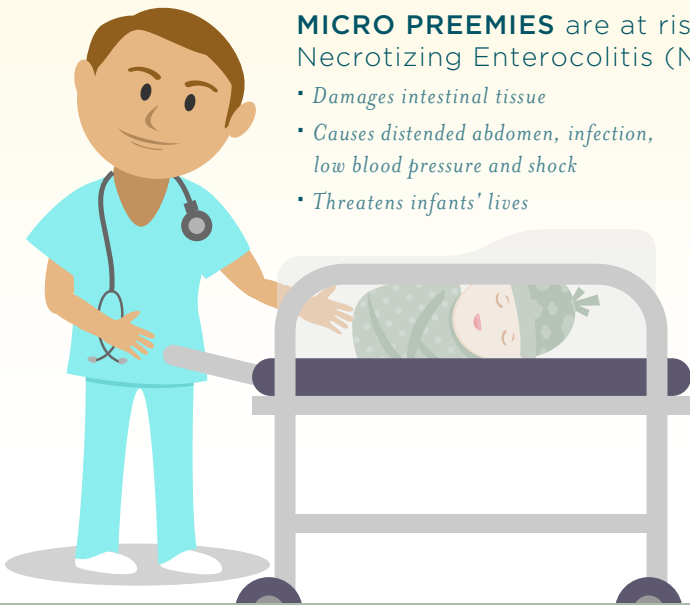


# Why PREMATURE INFANTS Need Access to an EXCLUSIVE HUMAN MILK DIET



In the United States, more than **1 IN 10** BABIES ARE BORN PREMATURE. Micro preemies are born severely premature, weighing less than 1,250 grams.

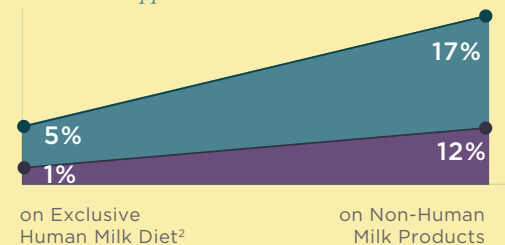


**MICRO PREEMIES** are at risk for..... Necrotizing Enterocolitis (NEC), which:

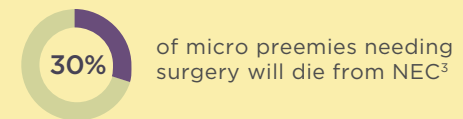
- Damages intestinal tissue
- Causes distended abdomen, infection, low blood pressure and shock
- Threatens infants' lives

NEC occurrence increases when a preemie consumes non-human milk products.

When that happens:



Micro preemies who get NEC (dark blue) and Micro preemies requiring surgery to treat NEC (purple)



## HOW TO HELP PREVENT NEC: EXCLUSIVE HUMAN MILK DIET

What is an Exclusive Human Milk Diet?



**NO** cow's milk



**NO** sheep's milk



**NO** goat's milk



**NO** formula



- ✓ mother's milk
- ✓ human donor milk
- ✓ human milk-based fortifier

## Why Is An Exclusive Human Milk Diet Important?

An Exclusive Human Milk Diet gives vulnerable infants the best chance to be healthy and reduces the risk of NEC and other complications.

When a micro preemie can access an EXCLUSIVE HUMAN MILK DIET:

Mortality is reduced by **75%**<sup>2</sup>

Feeding intolerance decreases<sup>4</sup>

Chances of NEC are reduced by **77%**<sup>2</sup>

## HUMAN MILK = MEDICINE

NICU moms often have difficulty providing all the nutrition their babies need. Any amount of human milk your baby receives is beneficial. Talk to your care team about your baby's specific nutrition needs and request support to help you achieve your goals.



<sup>1</sup> Hair AB, et al. "Beyond Necrotizing Enterocolitis Prevention: Improving Outcomes with an Exclusive Human Milk-Based Diet". Breastfeeding Medicine DOI: 10.1089/bfm.2015.0134

<sup>2</sup> Abrams SA, et al. "Greater Mortality and Morbidity in Extremely Preterm Infants Fed a Diet Containing Cow Milk Protein Products." Breastfeeding Medicine July/August 2014, 9(6): 281-285

<sup>3</sup> Hull MA et al. "Mortality and management of surgical necrotizing enterocolitis in very low birth weight neonates: a prospective cohort study." J Am Coll Surg. 2014 Jun;218(6):1148-55.

<sup>4</sup> Assad M, Elliott MJ and Abraham JH. "Decreased cost and improved feeding tolerance in VLBW infants fed an exclusive human milk diet" Journal of Perinatology advance online publication 12 November 2015; DOI: 10.1038/jp.2015.168