Handout: Insufficient Glandular Tissue (IGT) – Hypoplasia

The 4 major factors of the milk supply equation © Lisa Marasco, Lactation Consultant IBCLC, 2010

- glandular tissue +
- intact nerves / ducts +
- hormones / receptors +
- milk removal = good milk production

Mammary development is the cornerstone of building a milk factory capable of full production.

The placenta plays a crucial role in breast development.

Environmental factors may affect hormones and receptors and alter glandular growth.

Hormonal imbalances may cause problems.


What are the Visual Markers of Hypoplastic Breasts?
In a study of 34 mothers by Kathleen Huggins, et al. (2000) the researchers found a correlation between the following physical characteristics and lower milk output:

- widely spaced breasts (breasts are more than 1.5 inches apart)
- breast asymmetry (one breast is significantly larger than the other)
- presence of stretch marks on the breasts, in absence of breast growth, either during puberty or in pregnancy
- tubular breast shape

Additional characteristics that may indicate hypoplasia:

- disproportionately large or bulbous areolae (darker area around nipples)
- absence of breast changes in pregnancy, postpartum, or both

END OF EXTRACT

RESOURCES:

ARTICLES
- Milk Production Overview http://lowmilksupply.org/overview.shtml
- Living with Chronic Low Milk Supply http://www.mobimotherhood.org/MM/article-lms.aspx

Continued...
WEBSITES

- Low Milk Supply  http://www.lowmilksupply.org
- MOBI (Mothers Overcoming Breastfeeding Issues)  http://www.mobimotherhood.org/MM/default.aspx
- Not Everyone Can Breastfeed  http://www.noteveryonecanbreastfeed.com

BLOG

- Diary of a Lactation Failure  http://diaryofalactationfailure.blogspot.com.au

PODCAST


FACEBOOK GROUP (log in to your Facebook account & request to join)

- IGT Mamas  https://www.facebook.com/groups/IGTmamas

BOOK


LACTATION AIDS TO SUPPLEMENT BREASTFEEDING:

AUSTRALIA


USA

Lactation Aid  (Simplified device designed by Dr Jack Newman)  http://www.breastfeedinginc.ca/product.php?prodID=41
Lactation Aid Instruction Video  http://www.breastfeedinginc.ca/content.php?pagename=vid-lactaid

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For lactation consultations (including via webcam) please email me: julieanne@lifebeginslactation.com.au

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