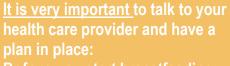
## Infant Feeding Basics: For Women Living with HIV in the US

World Health Organization, American Academy of Pediatrics, and Centers for Disease Control recommend that women with HIV in the United States **DO NOT** breastfeed to prevent passing HIV to their baby.

However, many women have questions about infant-feeding options and may consider breastfeeding.

It is important to understand the **risks and the benefits** of breastfeeding, as well as other options for feeding. **Talk to your medical provider** to get the support and care you need to make an informed decision that is best for you, your baby, and your family.



Before you start breastfeeding,

**While** breastfeeding AND

Before you stop breastfeeding

## Benefits of Breastfeeding FOR MOTHER

Lowers risk of:

- Ovarian & Breast Cancer
- Postpartum Blood Loss
- Postpartum Depression

## **FOR BABY**

- Best source of nutrition
- Helps with brain development
- Helps protect against future illnesses such as Diabetes, Asthma and Obesity

**Lowers** risk of:

- Respiratory tract disease
- Ear infections
- Gastrointestinal infections
- Sudden Infant Death Syndrome

The **most important** things you can do to lower the chance of passing HIV to your baby while breastfeeding is taking antiretroviral treatment (both mother <u>and</u> baby) everyday.

Together, this can decrease your baby's risk to 0-3%.\* (USAID, 2010)

BREASTFEEDING WITHOUT Antiretroviral MEDICATIONS:

Every month you breastfeed without ARVs, there is a **1% INCREASE** in risk of passing HIV to your baby. (World Heath Organization, 2006)



a hub of positive reproductive & sexual health www.hiveonline.org



# Factors that INCREASE RISK of passing HIV to baby while breastfeeding

- Detectable viral load
- Lower T-cell count
- Length of breastfeeding (the longer a woman breastfeeds, the higher the risk)
- Newly diagnosed (if a woman gets HIV while pregnant or breastfeeding)
- Mixed feeding: breast milk AND anything else (such as formula, baby food, water, or juice) if mom is not on medication
- Breast infection or cracked/ bleeding nipples

# Factors that LOWER RISK of passing HIV to baby while breastfeeding

- Undetectable viral load
- Antiretroviral medications (both mother and baby)
- Prevention of breast infections (contact a lactation consultant for breastfeeding support)

## **Alternatives to Breastfeeding**

**Deciding what is Best for You and Your Family** 

**CONSIDERING YOUR OPTIONS MAY BRING UP DIFFERENT FEELINGS AND EMOTIONS.** Some

YOU ARE NOT ALONE.

Talk with your provider and find out what support is available.

## Options to Discuss with your Provider

### Milk Bank

- Provides donated, pasteurized breast milk to families in need
- Baby gets all of the nutrients in breast milk
- Zero risk of passing HIV to your baby breast milk is tested to make sure it is safe
- May be covered by public/private insurance

Check out: Human Milk Banking Assoc. of North America www.hmbana.org OR National Milk Bank http://www.nationalmilkbank.org

## **Wet Nurse**

- When another woman breastfeeds your baby
- Baby gets all of the nutrients in breast milk
- The woman who breastfeeds will need to be tested for HIV before and after breastfeeding

#### Flash Heating

- A technique that involves heating expressed breast milk
- Does not appear to destroy nutrients in breast milk
- Destroys HIV if done correctly
- Takes a lot of time and planning

Check out: http://www.eatsonfeetsresources.org

### Formula Feeding

- Zero risk of passing HIV to your baby
- You can still closely bond by holding your baby skin-to-skin
- Use iron-fortified formula to prevent anemia

Check out this brochure about bonding with your baby



## For More Info:

HIVE: a hub of positive reproductive and sexual health

(415) 206 - 8919

http://www.hiveonline.org/

National Perinatal HIV Hotline: Connects pregnant women with appropriate health care. Offers clinician to clinician consultation 24/7

(888) 448 - 8765

www.nccc.ucsf.edu

Women, Infants, and Children (WIC): Provides supplemental foods, health care referrals, and nutrition education

(888) 942 - 9675 http://www.fns.usda.gov/wic

The Well Project: HIV Resource Center for Women http://www.thewellproject.org/







Questions? For more info. check out www.hiveonline.org



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