

母乳路雖不易行，然而千萬別輕言放棄，因為餵哺母乳有很多好處。

Breastfeeding is not easy, but never give up too early, it has numerous benefits.

## 人仔食人奶，牛仔食牛奶

*Human milk for Human babies,  
Cow's milk for Calf*

根據世界衛生組織建議，嬰兒應由全母乳餵哺，直到大約6個月大，才逐漸引進固體食物，並持續餵哺母乳至2歲或以上。

According to WHO recommendation, infants should be exclusively breastfed for the first 6 months of life before introducing solid food and continues for up to 2 years of age or beyond.



## 為什麼會極力推薦母乳餵哺？ Why breast feeding?

### 媽媽的益處 Benefits for Mother

- 減低乳癌和卵巢癌風險  
Reduce risk of breast and ovarian cancer
- 幫助產後修身  
Help slimming
- 促進產後子宮收縮  
Promote uterus contraction, reduce bleeding after delivery
- 節省奶粉開支及預備時間  
Save time and money for preparing formula milk



### 嬰兒的益處 Benefits for Baby

- 減低感染機會  
Decrease risk of infection
- 減低肥胖及糖尿病  
Reduce chance of obesity and diabetes
- 容易消化  
Easy to digest
- 親餵嬰兒有較少的牙齒咬合問題  
Fewer dental malocclusion problem
- 幫助腦部、視力及腸道發育  
Promote neural, retinal and intestinal development



### 母嬰方面 Benefits for Mother and Baby

親餵嬰兒增進親子關係 Enhance bonding



# 乳腺阻塞或 乳腺炎物理治療

Physiotherapy in Blocked Duct and Mastitis



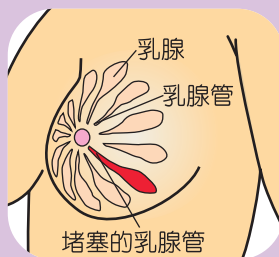
不少準媽媽都希望能以自己的母乳餵哺兒女成長。然而，大家都會擔心BB出生後未能成功餵哺母乳，亦有媽媽餵哺母乳不久便放棄...

Many expectant mothers plan to breastfeed their babies. However, most of them do not have confidence to breastfeed their babies successfully, or will give up easily.

## 乳腺阻塞或乳腺炎是其中一個主要原因 Blocked duct or mastitis is one of the main reason

很多媽媽會因為乳腺炎產生的痛楚或不適、乳量減少、怕用藥等問題，停止母乳餵哺。

Many mothers will stop breastfeeding because of pain; reduced milk production and use of medication related to mastitis.



## 乳腺炎 Mastitis

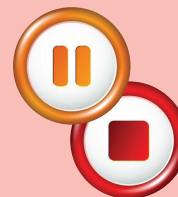
哺乳引起的乳腺炎於產後十二星期最常見，尤以產後二至三星期為甚。媽媽會出現發燒 $\geq 38.5^{\circ}\text{C}$ 、乳房表面紅腫發熱、疼痛等症狀。多數乳腺炎於病發兩天後會有很大改善。

Lactational mastitis is most commonly seen in the first 12 weeks postpartum, especially in the first 2-3 weeks. Signs and symptoms include: tender, hot, swollen, wedge shaped area of breast associated with body temperature  $\geq 38.5^{\circ}\text{C}$ , chill, flu like aching and systemic illness. Most cases feel better in 2 days.



### 乳腺炎成因 Causes of mastitis

- 乳腺阻塞  
Blocked duct
- 造乳量 > 排乳量  
Filling > Emptying of the breast
- 含乳不當  
Poor latch
- 長時間沒有排出乳汁，如睡覺過長  
Prolonged time of not draining the breast, e.g. sleep for too long
- 胸罩過緊等  
Clothing too tight, e.g. bra



### 遇上乳腺阻塞或乳腺炎怎麼辦 What to do?

- 持續有規律地親餵嬰兒或擠奶  
Breastfeed or express milk on schedule
- 確保嬰兒含乳正確  
Proper latch
- 考慮以冷敷舒緩痛楚  
Cold pack
- 放鬆心情  
Relax
- 多休息  
More rest
- 尋求醫護人員協助，適時食藥或轉介物理治療  
Seek medical advice, start medication if necessary, or physiotherapy



### 物理治療怎樣幫助改善乳腺炎? How can physiotherapy help?

- 超聲波治療  
Therapeutic ultrasound
- 手法治療 (如淋巴引流)  
Manual therapy (e.g. lymphatic drainage)
- 運動膠布 (改善淋巴流動)  
Taping (to improve lymphatic flow)
- 運動治療 (如伸展及練力運動)  
Exercise (e.g. stretching & strengthening exercises)
- 個別建議  
Individual advice



### 預防勝於治療 Prevention is better than cure

餵奶或擠奶規律切忌突然轉變、確保嬰兒正確含乳、擠奶喇叭大細正確、多休息、保持心情暢快，遠離乳腺炎！

Avoid sudden change in the number of feeding or expression; proper latch; correct size of flange; rest and relax, can prevent mastitis.

### 注意 Attention

乳腺阻塞或乳腺炎有機會導致膿腫出現，嚴重情況甚至需要以外科手術清除。媽媽發現問題時，應把握時機及早醫治！

Blocked duct or mastitis may lead to abscess formation. Surgery is required in severe cases. Seek medical advice early!