

Understanding Chronic Low Milk Supply



It is estimated that anywhere from

5-15%

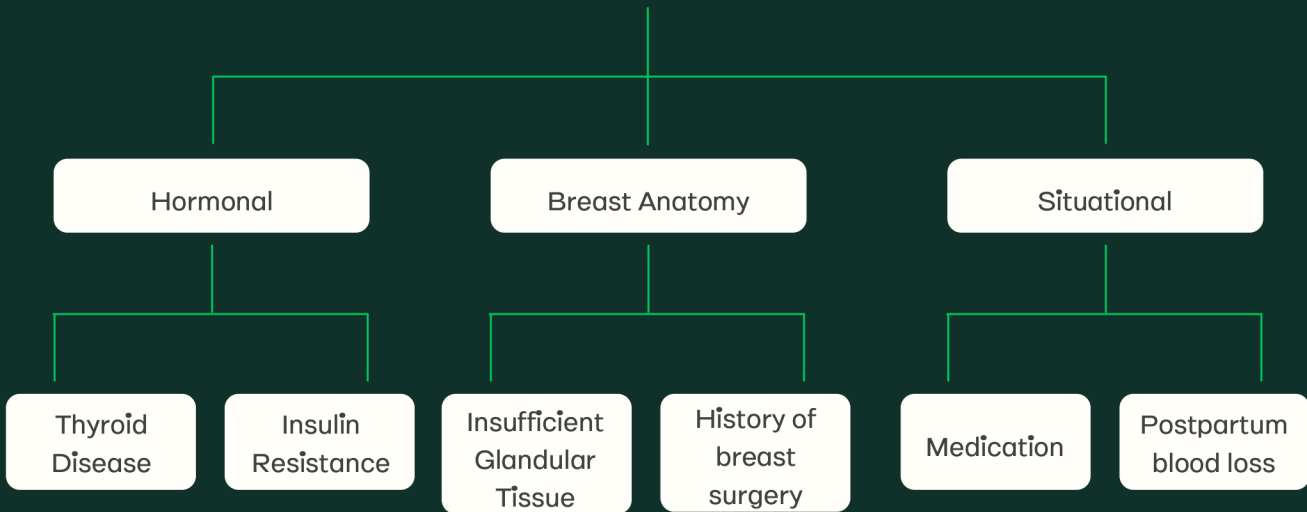
of lactating parents have chronic low milk supply

GENERALLY, MILK PRODUCTION GOES UP WITH INCREASED MILK REMOVAL



Chronic low milk supply = The production of less milk than is needed to exclusively feed an infant despite best practices and the adequate management

CAUSES OF CHRONIC LOW MILK SUPPLY



Low milk supply doesn't mean that you can't provide breastmilk to your baby. Work with your health care team to find a plan that fits you and your family.

Feeding is not all or nothing.

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References: Lee, S. & Kelleher, S. L. Biological underpinnings of breastfeeding challenges: the role of genetics, diet, and environment on lactation physiology. *Am. J. Physiol. Endocrinol. Metab.* 311, E405–22 (2016); Neville, M. C., & Morton, J. (2001). Physiology and endocrine changes underlying human lactogenesis II. *The Journal of nutrition*, 131(11), 3005S-3008S; Biloš, L. S. K. (2017). Polycystic ovarian syndrome and low milk supply: Is insulin resistance the missing link?. *Endocr Oncol Metab*, 3(2), 49-55; Speller, E., & Brodrigg, W. (2012). Breastfeeding and thyroid disease: a literature review. *Breastfeeding Review*, 20(2), 41-47; Cassar-Uhl, D. Finding sufficiency: breastfeeding with insufficient glandular tissue. Amarillo: Praeclarus Press, LLC (2014).