



Donor Human Milk: Fast Facts

- 💧 NorthernStar Mothers Milk Bank (NMMB) is a community based, not-for-profit organization that provides screened and pasteurized donor human milk (DHM) to babies in need when mother's own milk is not available.
- 💧 NMMB is part of the Human Milk Banking Association of North America (HMBANA), a regulatory body that establishes standards and guidelines for the operation of milk banks.
- 💧 There are 3 HMBANA milk banks in Canada: Vancouver, Calgary, and Toronto. Quebec also has a milk bank associated with their Blood Bank. There are 17 HMBANA milk banks in the US.
- 💧 NMMB uses the Holder Method of pasteurization (heating to 62.5°C for 30 min), which eliminates harmful bacteria while maintaining the majority of the milk's beneficial components.
- 💧 Each batch is tested for bacteria post-pasteurization by a third party laboratory. Milk is dispensed when test results are negative.
- 💧 DHM is dispensed to hospitals, as well as infants in the community. It is dispensed by prescription from a physician, midwife or nurse practitioner.
- 💧 Human milk has been shown to protect against problems such as NEC, URI, sepsis, obesity, diabetes, and food allergies. A mother's own milk is optimal for her baby under most circumstances. However, when unavailable or undesirable, DHM is the next best alternative.
- 💧 DHM is dispensed based on availability; highest-priority recipients are preterm and ill hospitalized infants.
- 💧 Common reasons for use of DHM include:
 - preterm birth
 - failure to thrive
 - infants susceptible to or recovering from necrotizing enterocolitis (NEC)
 - malabsorption syndromes
 - short-gut syndrome
 - renal failure
 - inborn errors of metabolism
 - allergies or intolerance to cow and soy milk
 - immune suppression therapy
 - pre- or post-surgical nutrition and immunological support
 - cardiac problems
 - bronchopulmonary dysplasia
 - pediatric burn patients
 - treatment for infectious diseases (intractable diarrhea, gastroenteritis, infantile botulism, sepsis, pneumonia, hemorrhagic conjunctivitis)

For more information, visit our website: www.northernstarmilkbank.ca