

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.
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ARTICLE EXTRACT: Supporting Mothers with Mammary Hypoplasia (© 2009 Diana Cassar-Uhl, Lactation Consultant IBCLC) <http://www.lli.org/llleaderweb/lv/lviss2-3-2009p4.html>

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>
- **Is Supplementation Necessary?** <http://www.lowmilksupply.org/supplementing.shtml>
- **Living with Chronic Low Milk Supply** <http://www.mobimotherhood.org/MM/article-lms.aspx>
- **Breastfeeding with Insufficient Glandular Tissue** <http://ezinearticles.com/?Breastfeeding-with-Insufficient-Glandular-Tissue&id=245523>
- **The Risk of Invalidating Moms Who Say They Can't Breastfeed** <http://www.bestforbabes.org/risk-of-invalidating-moms-who-say-they-cant-breastfeed>
- **Breast Size & Breastfeeding** http://www.007b.com/breast_size_breastfeeding.php

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

- Insufficient Glandular Tissue / Hypoplasia <http://motherloveblog.com/2011/07/25/when-the-booby-fairy-doesnt-arrive-a-podcast-interview-on-insufficient-glandular-tissuebreast-hypoplasia-with-diana-cassar-uhl>

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

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

BOOK

- The Breastfeeding Mother's Guide to Making More Milk <http://www.makingmoremilk.com>

LACTATION AIDS TO SUPPLEMENT BREASTFEEDING:

AUSTRALIA

Supplemental Nursing System (SNS) <http://www.mothersdirect.com.au/catalogue/breastfeeding-aids-2/supplemental-nursing-system>

Using a breastfeeding supplementer <https://www.breastfeeding.asn.au/bfinfo/sns.html>

USA

Lact-Aid Nursing Trainer System <http://www.lact-aid.com./trainer-systems>

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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