

THRUSH (YEAST INFECTION IN THE BREAST)

A yeast infection in your breast is also called thrush. It is the overgrowth of yeast on your nipple or inside your breast, behind the nipple. You may also see yeast buildup on your baby's tongue. Mom should still continue to breastfeed. Your breast milk is not infected¹.

The growth of yeast in your body is natural and is controlled by good bacteria. Yeast live in warm, moist areas. When bacteria are not able to control yeast overgrowth, yeast can move up the milk ducts and cause pain and an infection. Women with large breasts may have excessive sweating, which can cause an overgrowth of yeast.

MOST COMMON CAUSES²:

- The overuse of antibiotics or steroids can decrease the amount of good bacteria in your body to control the growth of yeast.
- Nipple damage during early breastfeeding.
- Moisture from breastfeeding pads.
- May happen after breastfeeding is going well.
- Mastitis (breast infection).

TIPS OF THE WEEK

- Continue breastfeeding. Your milk is not infected.
- Women with large breast may have excessive sweating which can cause an overgrowth of yeast.
- Take all medications as prescribed by your doctor.

SIGNS AND SYMPTOMS OF THRUSH IN THE BABY³:

- White patches in the mouth (tongue, inner cheek or lips) that don't come off when wiped off. It may be mistaken for milk
- Diaper rash that does not go away. Your baby may latch and let go while breastfeeding.

SIGNS AND SYMPTOMS OF THRUSH IN MOM³:

- Pink, red, shiny or cracked nipples.
- Burning or itching in the breast between feedings.
- Small white patches on or around nipples.
- Shooting breast pains.
- There could be no outward signs.

See your healthcare provider. You and your baby will be treated with antifungal medications. Take all medications even after symptoms are gone.

FOR BABY¹:

- Treat baby's mouth with antifungal 1-4 times a day (depending on the type medicine) after every feed. Do not wash it off.
- Continue breastfeeding even when taking the medicine.

FOR YOU^{1,3}:

- Rinse nipples with plain water and let them air dry. You can also put on a cotton shirt to help soak up the water on your nipples.
- Boil anything that comes into contact with your nipples or your baby's mouth for 20 minutes (pacifier, bottle nipples, and toys). Boil breast pumping parts for 20 minutes as well.
- Any milk pumped during the time of having thrush should be thrown away. Freezing does not kill thrush.
- If thrush happens often, talk to your doctor.

The health care law, (Affordable Care Act) requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women. You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, or Medi-Cal. Contact your insurance plan for questions about your breastfeeding benefits.



IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455

RESOURCES:

[womenshealth.gov/breastfeeding/common-challenges/#g](https://www.womenshealth.gov/breastfeeding/common-challenges/#g)

[webmd.com/parenting/baby/features/breastfeeding-sore-nipples](https://www.webmd.com/parenting/baby/features/breastfeeding-sore-nipples)

whattoexpect.com/what-to-expect/landing-page.aspx

kellymom.com/bf/concerns/child/thrush-resources/

APP:

BREASTFEEDING FOR BOOBS

itunes.apple.com/us/app/sara-chanas-breastfeeding/id743090884

BLOG:

BABY CENTER BLOG

blogs.babycenter.com/

VIDEO

YEAST INFECTION IN THE BREAST

youtube.com/watch?v=rxWSUgBXILs



REFERENCES

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