Vocabulary Words

Print out these pages of vocabulary words, on card stock works best. Fold each page into thirds with the references folded inside. Then you will have the words on one side and the definition on the other.

You can carry these with you and use them to study whenever you have a few minutes. You can use them in reverse also. Turn them over and read the definition and then state the word.

We have provided three verson of the file to print. If you choose, you can go into the file and delete the words that are very easy for you, and print out the ones you really need to study.

- A pdf version that will print you see it
- A Excel spread sheet version (modifiable)

Best wishes!

WORD	DEFINITION	REFERENCE
% of breastmilk that is carbohydrates	Approximately 7%	Wikipedia. en.wikipedia.org/wiki/Breast_milk.
% of breastmilk that is fat	Approximately 4%	Hale and Hartman, 2007. Textbook of Human Lactation, page 50.
% of breastmilk that is protein	Approximately .8 - 1 %	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 272.
% of calories in breastmilk from	Approximately 40%	Hale and Hartman, 2007. Textbook of Human Lactation, page 69.
carbohydrates		
% of calories in breastmilk from fat	Approximately 50%	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 124.
% of calories in breastmilk from protein	Approximately 10%	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 272.
Acinus	Any of the small sacs or alveoli that terminate the ducts and are lined with secretory cells.	Merriam-Webster Medical Dictionary. Available online: http://www.merriam- webster.com/medical/acinus?show=0&t=1296699192
Acrocyanosis	Bluish discoloration of the hands and feet in the newborn; peripheral cyanosis. Should not persist beyond 24 hours after birth.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Active immunity	Immunity conferred by the production of antibodies by one's own	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 868.
Active transport	Passage of drug into breastmilk assisted by components in breastmilk.	Hale & Hartman, 2007. Textbook of Human Lactation, page 470.
Acyclovir/Zovirax	r mer man docu eo en car men peo mineotronio, alla	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 177.
Aerobic bacteria	Bacteria requiring air for metabolic processes. The breast is colonized with this type of bacteria.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
AGA	Appropriate for destational Age. Having a sittle Weight settleen	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 671.
Alcohol and breastfeeding	Alcohol can decrease milk supply. Breastfeeding must be interrupted for 1 hour per drink, or until mother is sober.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 171 & 188.
Aldomet/Methyldopa	Antihypertensive, L2. Frequently used to treat hypertension during pregnancy. No concerns reported via breastmilk.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 667.
Allergen	A substance that causes an allergic response, such as foods, drugs, inhalants. Cow's milk is common source for infants.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Alphalactalbumin	A major protein found in human milk whey. Assists in processing lactose.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Alveolar ridge	The ridges on the upper and lower jaw where infant's teeth will grow.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Alveolus, alveoli	Secrete and store milk for let down. Surrounded by myoepithelial cells, contractile cells and connective tissue.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 80.
Amenorrhea		Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 707 &865.
Amoxicillin	Antibiotic, L2. Observe for change in intestinal flora, compatible.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 177.
Ampicillin	Antibiotic, L1. Observe for change in intestinal flora, compatible.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 177.
Anaphylaxis	Hypersensitivity (as to foreign proteins or drugs) resulting from sensitization following prior contact with the causative agent.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/anaphylaxis.

WORD	DEFINITION	REFERENCE
Anchor scar	Surgical technique for breast reduction, slang.	
Ankyglossia	A tongue tie. Characterized by a thick, short, or tight frenulum under the tongue. Can cause breastfeeding issues, such as a painful latch or inefficient milk transfer.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Anterior pituitary	This gland releases prolactin into the blood effecting milk production and ejection. It is susceptible to stress.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 91.
Anthrax	Infectious disease caused by a spore-forming bacterium (Bacillus anthrax), characterized by external ulcerating nodules or by lesions in the lungs.	Merriam Webster Medical Dictionary. www.merriam- webster.com/medical/anthrax.
Antibody	Immunoglobulin formed in response to an antigen, including bacteria and viruses. Antibodies attack those bacteria or viruses helping the body resist infection.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Antigen	Substance that stimulates antibody production. May be dust, food. or bacteria.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Apgar score	Index to evaluate the condition of a newborn infant based on a rating of 0, 1, or 2 for color, heart rate, reflex response, muscle tone, and respiration with 10 being a perfect score.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/apgar%20score.
Apocrine gland	Sweat glands located on the areola that secrete a scent.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 197-198.
Apoptosis	Programmed normal cell death.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Applied research	Research that focuses on solving or finding an answer to a clinical	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Areola	or practical problem. The darker pigmented skin that surrounds the nipple. Contains	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Aspirin	sebaceous glands (Montgomery Glands) Salicylate analgesic, L3. Use associated with Reye's Syndrome in	Hale, 2010. Medications and Mother's Milk (14th ed.), page 87.
Atopic eczema	infants. Inherited allergic tendency to skin rashes or inflammation. Exclusively breastfed infants are less likely to develop as cow's milk protein is a common allergen.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863.
Autocrine control	The point in lactation when milk supply is controlled by milk	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 92.
Autonomy	removal. Local control in the breast. The capacity of a rational individual to make an informed, un-	Wikipedia. en.wikipedia.org/wiki/Autonomy#Medicine.
Average	coerced decision. The middle value of a data set. Add all the numbers and divided	Wikipedia. Available online: http://en.wikipedia.org/wiki/Average.
Axilla	by the amount of numbers in the set. Underarm. Breast tissue (the axillary tail) can sometimes extend	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 863-864.
B Cell	into axilla. Lymphocyte produced in bone marrow and peripheral lymphoid	Riordan & Wambach, 2010. Breastfeeding and Human Lactation
β lactaglobin	tissue; found in breastmilk. Attacks antigens. Major protein in bovine milk.	(4th ed.), page 864. Hale & Hartman, 2007. Textbook of Human Lactation, page 40.
Back to sleep	A campaign that significantly reduced SIDS. Babies are less prone	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation
Bactericidal	to SIDS when sleeping on their back. Destroys bacteria.	Consultant Practice (2nd ed.), page 632. Merriam-Webster Medical Dictionary. www.merriam-
Bacteriostatic	Prevents the growth of bacteria.	webster.com/medical/bactericidal. Riordan & Wambach, 2010. Breastfeeding and Human Lactation
Bactrim/Septra	Sulfonamide antibiotic, L3. The mixture of trimethoprim and sulfamethoxazole. No concerns reported via breastmilk.	(4th ed.), page 864. Hale, 2010. Medications and Mother's Milk (14th ed.), page 249.
BALT/GALT/MALT	Bronchus/gut/mammary-associated immunocompetent lymphoid tissue. Intermammary pathway. IgA antibodies are transferred through breastmilk to the infant.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864.
Basic research	Research that generates knowledge for the sake of knowledge.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864.
Bed-sharing	Sharing adult bed with baby. Questioned safety in reduction of SIDS. Safe bed sharing has been shown to extend the duration of breastfeeding.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 282-283.
Bellagio Consensus Conference	Meeting to develop protocol for the Lactational Amenorrhea	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 714-715.
Beneficence	Method of birth control. 1988. The duty to do good.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 31.
BFHI Baby Friendly Hospital Initiative	Initiative by UNICEF and WHO (1991) to support breastfeeding in hospitals and maternity centers. "The 10 Steps".	Unicef. Baby-Friendly Hospital Initiative. Available online: http://www.unicef.org/programme/breastfeeding/baby.htm.
Bioavailable	The amount of a nutrient that is actually absorbed by the body. Nutrients found in breastmilk are easily absorbed by the infant's body.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864.
Bisphenol A	(BPA) organic compound found in plastics. Linked to disease in infants. Now banned.	Wikipedia. en.wikipedia.org/wiki/Bisphenol_A.
Bivariate	Statistics derived from the analysis of the relationship between two variables.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864.
Blessed thistle	An herbal galactagogue. L3.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 592.
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WORD	DEFINITION	REFERENCE
Bolus	A quantity of medication given by IV, or a quantity of fluid (milk) given orally.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/bolus.
Bradycardia	Relatively slow heart rate. Opposite of tachycardia.	Merriam Webster Medical Dictionary. www.merriam- webster.com/medical/bradycardia.
Breastfeeding dyad	A breastfeeding mother and baby.	
Buccal pads	Fat pads on the masseter muscles in an infant's cheeks giving them a plump cheeked appearance. Provide stability for the tongue during suckling.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864.
Calories in breastmilk	Mature milk has approximately 20 cal/oz.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 227.
Candidiasis	Fungal infection caused by Candida albicans; also called "thrush."	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864.
Caput succedaneum	Diffuse swelling or collection of serum under the scalp of the newborn from birth trauma. Differentiated from cephalhematoma by unrestriction by the sutures of the skull.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864.
Casein	The main protein in breastmilk. Creates the curd when digested in the infant stomach.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864. Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 26.
Central pedicle technique	Breast reduction surgical technique. Intended to keep ducts intact.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 654.
Cephalexin/Keflex	Antibiotic, L1. Observe for change in intestinal flora; compatible.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 178.
Cephalhematoma	Collection of blood beneath the periosteum due to birth trauma; contrasted with caput succedaneum, where the effusion overlies the periosteum and consists of serum.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864.
Chamomile	A herb, L3. Used for anti-inflammatory, calminative, antispasmodic, milk sedative, and antiseptic properties. No concerns reported via breastmilk.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 202.
Chicken pox	A virus infection, mothers can continue to breastfeed. Antibodies from her breastmilk provides immunity for the baby.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 202-203.
Chi-square	Statistical procedure that uses nominal level data and determines significant differences between observed frequencies in relation to data and expected frequencies.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864.
Choanal atresia	A rare congenital anomaly, blocked posterior nostrils on one or both sides. Feedings by mouth are either difficult or impossible. Surgery opens the airways.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 644.
Chylothorax	Congenital anomaly, obstruction of the lymphatic system. Chyle (lymphatic fluid) collects in the chest cavity and is drained via chest tubes. Managed by diet and medication. Fat free breastmilk has been used successfully.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 648-649.
Ciprofloxacin (Cipro)	Antibiotic, L3. Recently approved by AAP.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 178. Hale, 2010, Medications in Mothers' Milk. p. 224.
Claritin/Loratadine	Long-acting antihistamine, L1. Observe for sedation, dry mouth, and tachycardia.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 617.
CMV Cytomegalovirus	Type of herpes virus found in human milk, genital tract, urine, and pharynx. Transmitted by close contact. Avoid pumping or breastfeeding in premature infants if mom has acute infection.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 204.
Colic	Syndrome in early infancy characterized by episodic loud crying, apparent abdominal pain (legs drawn up and rigid abdomen) and irritability.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 864-865.
Colostrum	First milk created during late pregnancy and early postpartum period. Has higher concentrations of immunoglobins, fat soluble vitamins and some minerals.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Comfrey	An herbal poultice, L5. Is not considered safe due to alkaloids found in breastmilk after use.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 259.
Conceptual framework	Structure of interrelated concepts that may be generated inductively by qualitative research to provide a base for quantitative study.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Congenital infection	Infection existing at birth that was acquired via placenta. Includes HIV and TORCH organisms.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Conjunctivitis	Inflammation of the mucous membrane that lines the eyelid. Sometimes treated with fresh breastmilk.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Construct	Higher order theoretical or empirical idea or phenomenon that has abstract meaning and requires multiple concepts to represent it more concretely.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Contraception	Preventing conception. Hormonal pill, barrier methods, intrauterine device. Breastfeeding can provide contraceptive protection.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Cooper's ligaments	Also know as the "suspensory ligaments." Attaches the skin of the breast to the chest wall.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 82.

WORD	DEFINITION	REFERENCE
Cord blood	Blood remaining in the umbilical cord after birth. May be saved for later stem cell transplantation.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Correlation coefficient	Statistic that indicates the degree of relationship between two variables. The range in value is +1.00 to -1.00; 0.0 indicates no relationship, +1.00 is a perfect positive relationship, and -1.00 is a perfect inverse relationship.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Creamotcrit	The amount of cream in a milk sample. The amount of cream (fat) varies from mother to mother, feeding to feeding, and throughout the course of lactation.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Cross-nursing	Informal, short term wet nursing. Typically seen in the context of child care.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Cultural competency	Ability to understand, communicate, and interact effectively with people from different cultures. Four components: Awareness of one's own cultural worldview; attitude towards cultural differences; knowledge of different cultural practices and worldviews; cross-cultural skills.	Wikipedia. en.wikipedia.org/wiki/Cultural_Competency.
Cultural relativism	Acknowledging the variation in beliefs and actions given to the behaviors of different cultures.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Culture	The values, beliefs, norms, and practices shared by a group of people that guide the thoughts and behaviors of that group.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Cyanotic/Cyanosis	Bluish coloring due to low oxygen levels.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 296-296.
Cytoprotective	Protection from inflammation and death for cells.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 854.
De-	Latin word meaning "of" or "from."	Wikipedia. Available online: http://en.wikipedia.org/wiki/De.
Deductive reasoning	Process of reasoning from a general premise to the concrete and specific.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
Deontology	Approach to ethics that judges the morality of an action based on the action's adherence to rules. Described as duty or obligation, because rules 'binds you to your duty'.	Wikipedia. Available online: http://en.wikipedia.org/wiki/Deontology.
Dependent variable	Variable the investigator measures in response to the independent or treatment variable; the outcome variable that is affected by the independent variable.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 865.
DHA & ARA	Docosahexanoic acid and Arachidonic acid. Essential fatty acids known for improving visual acuity and cognitive ability.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 125-126.
Diffusion	Process by which the molecules of one substance (e.g., a drug) are spread uniformly throughout blood or plasma.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Dioxin	Chemical contaminant in the environment. As dioxin levels increase, the EPA has still determined it safe for mothers to breastfeed in the United States.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 369.
Disaccharide	Complex sugar consisting of two monosaccharides. Forms the principle sugar in breastmilk, known as lactose.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Distal	Remote from the point of attachment or origin. Opposite of proximal.	Wikitionary. Available online: http://en.wiktionary.org/wiki/distal.
Dong quai	Herb contraindicated in lactation. Used to quell uterine cramps.	Humphrey, 2003. The Nursing Mother's Herbal, page 239.
Donor milk	Human milk voluntarily given to a milk bank. Donor is screened, milk is pasteurized.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Dopamine	A prolactin inhibiting factor. Decrease releases prolactin and milk	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 88.
Down Syndrome	production begins. Duplication of the 21st chromosome. Characterized by epicanthal folds, a flat nasal bridge, broad hands and short fingers, a single crease in the upper palm (simian crease), a flattened forehead, small mouth, large tongue (macroglossia), and hypotonia. Some have congenital heart disease.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 636.
DRGs	Diagnostic Related Groups, used by insurance companies for reimbursement.	Wikipedia. en.wikipedia.org/wiki/Diagnosis-related_group.
Drip milk	Milk that leaks from the opposite breast during a feeding. This	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Ductules	milk is low in fat. The small ducts in the mammary gland that transfer the milk from the already to the last if transfer ducts.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Echinacea	From the alveoli to the lactiferous ducts. Herbal immunostimulant, L3. Known for stimulating immune system and wound healing. No concerns reported via breastmilk.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 348.
Eczema	A skin inflammation or rash.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Eminences of the pars villosa	"Tiny swellings on the inner surfaces of the infant's lips that help the infant to retain a grasp on the breast during suckling."	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
EMM/EBM	Expressed Mother's Milk/Expressed Breastmilk.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 163.

WORD	DEFINITION	REFERENCE
Endocrine control	The point in lactation when milk supply is hormone driven. Milk will come in whether or not a mother is breastfeeding.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 92.
Enteromammary system	Antigens enter maternal gut, pass to the lymph system where IgA specific antibodies are produced, then enter breastmilk.	Hale and Hartman, 2007. Textbook of Human Lactation, page 200, 206
Enveloped virus	Virus that cannot infect other cells without a coat (envelope). If the envelope is destroyed (e.g., by heat or soap and water) it is unable to produce infection. Ex. Cytomegalovirus and the human immunodeficiency virus.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Epidemiology	Study of the frequency and distribution of disease and the factors causing that frequency and distribution.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Epidural	Analgesia for childbirth. Anesthesia is placed in the epidural space just outside of the dura mater.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 217.
Epiglottis	Cartilaginous structure of the larynx, just below the soft palate. When the infant swallows it closes the larynx maintaining passage of milk to the esophagus.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Estrogen	This hormone dramatically drops after birth allowing milk production to begin.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 88.
Ethical altruism	Ethical doctrine that holds that individuals have a moral obligation to help, serve, or benefit others, if necessary at the sacrifice of self interest.	Wikipedia. en.wikipedia.org/wiki/Ethical_altruism.
Ethical egoism	Ethical position that moral agents ought to do what is in their own self-interest.	Wikipedia. en. wikipedia. org/wiki/Ethical_egoism.
Ethnocentrism	Assessing other cultures based on how one's own culture defines appropriate behavior.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Ethnography	A research method that attempts to understand the beliefs, practices, and behaviors of the culture of study from the perspective of those living within the culture.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Exclusive Breastfeeding	Feeding with only breastmilk, no supplements of water, glucose water, artificial breastmilk, or foods.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 296-297.
Exercise and breastfeeding	Moderate exercies is fine. Exercise to exhaustion can increase lactic acid levels in milk and baby may refuse to breastfeed.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 501.
Exocytosis	A cell releases secretory vesicles as in production of protein and lactose in the alveoli.	Merriam-Webster Medical Dictionary. www.merriam- webster.com/medical/exocytosis.
Exogenous	Derived from outside the body - such as iron supplements.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 866.
Expected daily weight gain in the first 3 months	15-30 grams or 1/2 to 1 ounce a day.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 284.
Expected daily weight gain in the second 6 months.	1 pound per month.	Wikipedia. www.kidsgrowth.com/resources/articledetail.cfm?id=811.
Extension	Unbending movement around a joint in a limb that increases the angle between the bones. Opposite of Flexion.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/extension.
External validity	Extent to which study findings can be generalized to samples and settings different from those studied.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Extraneous variable	Variables that can affect the relationship of the independent and dependent variables (i.e., interfere with the effect of treatment.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Fat soluble vitamins	Vitamins including A, D, E, K. These vitamins are not affected by recent maternal diet, as they can be stored in the body.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 128.
Fentanyl/Sublimaze	Opiate analgesic, L2. A narcotic analgesic used during labor and delivery. Controversy about effect on breastfeeding.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 405.
Fenugreek	Most commonly used herb to stimulate milk production.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 175.
Fibroadenoma	Glandular structure (such as breast) with a large amount of fibrous tissue (benign tissue).	Merriam-Webster Medical Dictionary. www.merriam- webster.com/medical/fibroadenoma and http://www.merriam- webster.com/medical/adenoma.
Finger feeding	An alternative feeding method that involves a feeding tube running along side the finger during a feed. It is believed to help coordinate suck, swallow, and breath and allows baby to pace themselves.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 232-233.
Flange	Hard plastic shields used to collect milk while pumping. Sometimes a soft plastic or silicone. The nipple opening is often available in a variety of diameter sizes to accommodate differing nipple sizes.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 396 & 398.
Flash heating	Quick, high temperature pasteurization.	You Tube. www.youtube.com/watch?v=NNw1odielol
Flat nipple	A nipple that does not protrude out or retract in (it is neither everted or inverted). It may or may not have slight movement inward or outward when stimulated or compressed.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 205.

WORD	DEFINITION	REFERENCE
Flexion	Bending movement around a joint in a limb that decreases the angle between the bones of the limb at the joint. Opposite of extension.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/flexion?show=0&t=1296702486.
Flow rate	Refers to the milk flow during milk ejection. Can also refer to the flow of a bottle nipple. When the milk flow is high the baby sucks slower and when the milk flow is low the baby sucks faster.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 445 & 450. Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 523.
Fluconazole/Diflucan	Antibiotic, L2. Safe; no untoward effects have been reported.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 179.
Fluoxetine/Prozac	Psychotropic drug, L2 in older infants and L3 in neonates.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 182.
Foods containing B6	Meat, fish, poultry, beans, and many fruits and vegetables, such as bananas and spinach.	National Institutes of Health. Office of Dietary Supplement. //ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/.
Foods containing calcium	Milk, milk products, broccoli, kale, and most grains.	National Institutes of Health. Office of Dietary Supplement. //ods.od.nih.gov/factsheets/Calcium-Consumer/.
Foods containing folic acid	Leafy green vegetables, citrus fruits, dried beans and peas.	National Institutes of Health. Office of Dietary Supplement. //ods.od.nih.gov/factsheets/Folate-HealthProfessional/.
Foods containing iron	Meat, fish, poultry, lentils, and beans.	National Institutes of Health. Office of Dietary Supplement. //ods.od.nih.gov/factsheets/Iron-HealthProfessional/.
Foods containing Vit B12	Animal products, such as fish, meat, poultry, eggs, milk and milk products. For vegitarians, fortified cereals or nutritional yeast.	National Institutes of Health. Office of Dietary Supplement. //ods.od.nih.gov/factsheets/vitaminb12/.
Foods containing Vit C	Citrus fruits, peppers, broccoli, and strawberries.	National Institutes of Health. Office of Dietary Supplement. //ods.od.nih.gov/factsheets/VitaminC-Consumer/.
Foods containing Vit E	Nuts, seeds, vegetable oils, and green leafy vegetables.	National Institutes of Health. Office of Dietary Supplement. //ods.od.nih.gov/factsheets/vitamine/.
Foremilk	The milk at the beginning of a breastfeeding. This milk has low fat content.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Fortification of breastmilk	The process of adding extra nutrients to breastmilk for premature infants. These nutrients can be derived from human milk or cow's milk base.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 46-47.
Fourth intercostal nerve	Essential for inervation of the nipple. Enters the areola at 5 o'clock position on the left breast and the 7 o'clock position on the right breast.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 56.
Frenotomy	Release of tongue tie by clipping the lingual frenulum. Often preformed without anesthesia with few complications.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 389.
Frenulectomy/frenuloplasty	Surgical procedure to release a tongue tie. Used for more extensive tongue tie.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 389.
Frenulum	Membrane on the underside of the tongue that anchors it to the floor of the mouth. If short or tight it may restrict tongue extension and cause breastfeeding problems.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Gag reflex	Reflex that protects the airway by causing a contraction in the back of the throat.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 229 & 585.
Galactocele	A milk filled lacteal cyst. Most frequent lump found in a lactating breast.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page311.
Galactogogue	A food, herb or drug that is thought to increase milk supply in lactating women.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Galactopoiesis	Mainting lactation once lactogenesis has been established.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Galactorrhea	Secretion of breastmilk in non-lactation women. Common among women who have previously been pregnant or breastfed.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 93.
Galactose	A monosaccharide derived from lactose. Helps with central nervous system development.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Galactosemia	Disorder of the metabolism of galactose, a milk sugar. Baby must be on galactose-free formula.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 650 & 652.
Gastroenteritis	Inflammation of the stomach and intestines resulting from bacterial or viral invasion.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Gastroschisis	Congenital malformation characterized by herniation of abdominal contents through a fusion defect.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Gentian violet	Purple dye with antifungal properties used to treat candida.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 303-304.
Gestational age	Infant's age since conception, usually specified in weeks and partial weeks. Counted from the first day of the last normal	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Gigantomastia	Massive enlargement of breasts during pregnancy can result in	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 307.
Goat's Rue	tissue necrosis, ulceration, and infection. An herbal galactagogue. Chemically similar to metformin.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 592.
Golgi apparatus	Cytoplasmic organelle that is active in production and transport of breastmilk proteins—called also Golgi complex.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/golgi%20apparatus.
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WORD	DEFINITION	REFERENCE
Group B Strep	Common streptococcus bacteria in lower intestines. Harmless in adults, serious infection in neonates.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 526.
H1N1	Commonly called the Swine Flu. Mother baby separation needed during communicable stage. May feed pumped breastmilk.	www.cdc.gov/h1n1flu/infantfeeding.htm
Half-life	Length of time for half of a drug dosage to be eliminated. Five half-lives from time of original dosage usually clears the drug.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Hand expression	The manual removal of milk. Mothers push hands back towards chest wall and then roll fingers towards the nipple.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 241.
Harlequin sign	Harmless color change in a newborn in which the dependent side of the body is a deep color while the other side is pale.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
HBIG	Hepatitis B specific immunoglobulin. Infants who are born to mothers with hepatitis B should receive this immunization at birth.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 698.
HBV	Hepatitis B Virus.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 205.
HELLP syndrome	H (intravascular hemolysis), EL (elevated liver enzymes; LP (low platelets). Develops as a result of preeclampsia in about 0.1% of women.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 610-611.
Hematemesis	Vomiting of blood. The bleeding may be from the infant's upper gastrointestinal (GI) tract or a crack in the mother'snipple.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Hepatitis A	Acute viral infection of the liver usually transmitted through food and water-borne routes. The newborn can be infected by vertical transmission from the mother. Baby and mother should be given gamma globulin. Breastfeeding can proceed as normal.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 697.
Hepatitis B	Acute viral infection of the liver. It is safe for baby to breastfeed from infected mother, if baby receives a hepatitis vaccine with 12 hours after birth.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 205.
Hepatitis C	Chronic viral infection of the liver. Breastfeeding is allowed if mother's titers are not high.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 205-206.
Hepatitis D	Viral infection of the liver, usually a co-infection with Hepatitis B. Once immunization has begun breastfeeding can begin.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 698.
Hepatitis E	Viral infection of the liver that is self-limited and is not chronic. It is typically association with water contamination. Breastfeeding is considered safe.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 698.
Hepatitis G	Viral infection of the liver is associated with blood transfusions and has not been proven to transmit through breastmilk.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 698.
Heroine	Narcotic analgesic, L5. Not recommended for breastfeeding. Infant should be observed for sedation, tremors, vomiting, restlessness, and poor feeding.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 500.
HSV Herpes Simplex Virus	Sexually transmitted disease. Type 1 is infection of the mouth. Type 2 occurs in genitalia. However, lesions can occur on any place of the body including the breasts. Infants should not come in contact with active lesions. Good hand washing should be encouraged.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 201-202.
High Temperature Short Time Pasteurization	Method of pasteurization of breastmilk to preserve nutrients.	www.britannica.com/EBchecked/topic/265421/ high-temperature-short-time-method
Hindmilk	The milk at the end of a breastfeeding. This milk has a higher fat content.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Human Immunodeficiency Virus Acquired Immunodeficiency Syndrome HIV/AIDS	Sexually transmitted disease . Antiretroviral drugs are helpful in prevention of it's spread to infant during pregnancy. In the U.S. it is recommended that women do not breastfeed. In developing countries exclusive breastfeeding is recommended.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 198-199.
Holder pasteurization	A pasteurization process in which the milk is heated to 62.5° Celsius for 30 minutes, and then rapidly cooled in ice water.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 482.
Horizontal axis	The "X" axis in a graph	The X-axis and Y-asix remembered. www.gradeamathhelp.com/x-axis-and-y-axis.html
Horizontal transmission	Transmission of pathogens through direct contact.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 867.
Hospital grade breast pump	Bilateral electric breast pump. Used in hospitals, available for rent in community. Achieves more effective suction levels and frequency.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 526.
HTLV 1	Human Lymphotropic Virus. Causes T-cell leukemia and lymphoma. Breastfeeding is not recommended.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 206.
Human Growth Hormone	Found in human milk, it provides growth promoting and protective effects on cells.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 147.

WORD	DEFINITION	REFERENCE
Human milk bank	Organization that collects, screens, processes and distributes donor milk. The milk is dispensed on prescription for infants and adults in need.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 868.
Human milk fortifiers	Nutrients derived from human milk or cow's milk and added to human milk to enhance the growth of very low birth weight infants.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 868.
Hyper-	Meaning "excessive."	Wikitionary. en.wiktionary.org/wiki/hyper
Hyperadenia	Mammary tissue without a nipple present (sometimes seen in axilla).	Creasy, Resnik, lams, 2004. Maternal-Fetal Medicine: Principles and Practice (5th ed.), page 139.
Hyperalimentation	Intravenous feeding of an infant, commonly a very premature infant, with a solution of amino acids, glucose, electrolytes, and vitamins.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 868.
Hyperbilirubinemia	A condition characterized by elevated levels of bilirubin and decreased elimination of bilirubin.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 367 & 370.
Hyperprolactinemia	Higher-than-normal prolactin levels, which may result in spontaneous breastmilk production and amenorrhea. Causes include pituitary tumors and some pharmaceuticals.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 868.
Hyperthelia	Having supernumerary nipples (extra nipples).	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/hyperthelia.
Нуро-	Meaning "deficient."	Wikitionary. en.wiktionary.org/wiki/hypo
Hypoglycemia	Low blood glucose levels. Breastfed infants tend to have lower glucose levels than formula fed infants.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 233.
Hypothalamus	Links the nervous system to the endocrine system via the pituitary gland. Secrets the prolactin-inhibiting factor (dopamine).	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 225. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 88.
Hypoxia	Low blood oxygen causing tachycardia, hypertension, peripheral, vasoconstriction, dizziness, and mental confusion.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 868.
IDM	Infant of Diabetic Mother	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 227-241.
Ig E mediated allergy	Allergic reaction to food causing immediate, systemic reaction; can sometimes be severe.	Wikipedia. Available online: http://en.wikipedia.org/wiki/Food_allergy.
Ig G	Immunoglobulins that cause phagocytic (engulf and absorb) destruction of microorganisms, bind to and activate complement, and are the only immunoglobulins to cross over the placenta from mother to fetus.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/igg.
Ig G mediated allergy	Allergic reaction to food causing delayed, diffuse symptoms.	Wikipedia. en.wikipedia.org/wiki/Food_allergy.
Immunoglobulin	Proteins produced by plasma cells to respond to a immunogen. The 5 different types include: IgG, IgA, IgM, IgE, and IgD.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 142.
Incidence	How much a particular behavior is practiced at a given time.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 868.
Incubation period	Period between exposure to infectious pathogens and the first signs of illness.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 868.
Independent variable	Experimental (treatment) variable that is manipulated by the investigator to influence the dependent (outcome) variable.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 868.
Inducted lactation	The process of stimulating milk production in a woman who has	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869.
Inductive reasoning	not been pregnant for the current child. Process of reasoning from specific observations or abstractions to	Riordan & Wambach, 2010. Breastfeeding and Human Lactation
Inferior podicle technique	a general premise. Breast reduction surgical technique.	(4th ed.), page 869. Mannel, Martens & Walker, 2008. Core Curriculum for Lactation
Inferior pedicle technique Informed consent	A patient has been given full information and offered appropriate	Consultant Practice (2nd ed.), page 654. Wikipedia. en.wikipedia.org/wiki/Informed_consent.
	options.	
Inframammary incision	Technique used in breast augmentation where the incision is made in the fold under the breast and the implant is placed under the breast tissue.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 309.
Insulin/humulin	Hormone that regulates carbohydrate and fats. L1, no concerns reported breastmilk. Insulin is too large a molecule to be secreted into breastmilk.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 537.
Internal validity	Extent to which manipulation of the independent variable makes a significant difference on the dependent variable, or the extent to which the independent variable, rather than extraneous variables, has caused the change in the dependent variables.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869.
Intracellular	Occurring within cells. For example, viruses live within cells as part of their reproductive period.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869.
Intrauterine	Within the uterus; in utero.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869.
Intrauterine growth rate	Normal rate of weight gain of a fetus. It is considered by many to	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869.
Inverted nipple	be the ideal growth rate for premature infants. Nipple below the skin live. Umbilicated nipple can be pulled out or everted, while an invaginated nipple cannot be everted. Occurs in 3 percent of women.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 84, 291.

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Intrauted A pith the control of device invented for treaters, Replacement Repl	Involution	When breasts return to a non-lactating state.	
Aboth control device to the eleviser of those his work to the users. Footbornoonal process of the process of th	Isoniazid		Hale, 2010. Medications and Mother's Milk (14th ed.), page 551.
Intrauterine Gevice UiGR	IUD	A birth control device inserted into the uterus. Nonhormonal	
apacide intratations growth. In Presidence Wisdonscarbon of state, caused by high bilinution levels. Physiologic journels or usually respokes within the first vester of life. Because in James of the Committee of the Presidence of the Committee of the Physiologic journels or usually respokes within the first vester of life. It is decided by the presidence of hybridologic journels or usually respokes within the first vester of life. The committee of the presidence of the committee of the presidence of the presidence of the committee of the presidence of the presidence of the committee of the presidence of the presiden			Riordan & Wambach 2010 Breastfeeding and Human Lactation
Physiologic journals a stually resolves within the first weeks of the Committee in Controlled Studies in Contr		expected intrauterine growth.	(4th ed.), page 671.
uncompared billuthin entering the brain. Characterized by either 2, you feeling, you for feeling, you for feeling, you freely you feeling, which you feeling you feel you you want of your you want of your you want of your you want of you want of your you want of your you want of you	Jaundice	Physiologic jaundice usually resolves within the first weeks of life.	
West tones 1 month Watches faces intently, follows objects, reacts to noise. West milestones 2 months Smiles at sound of voices. Lifts head and chest while on stomach. The control of	Kernicterus	unconjugated bilirubin entering the brain. Characterized by lethargy, poor feeding, vomiting, irregular respiration, perhaps	-
Raises head and chest while on stomach, holds head up for periods of time, grasps objects, smiles at people, makes vowed notices. Key milestones 4 months Babbles, laughts, imitates sounds. Rolls over, sits with support, holds ratta. Rey milestones 5 months Objects in moth. Solids head steady, reaches for objects and gets them, places Solids head steady, reaches for objects and gets them, places Solids head steady, reaches objects from hard for brand, pulls self up to sit, makes double syllable sounds like "idada". Willowish see making archivilyfilds, development, singen. Solids were, mores objects from hard for brand, pulls self up to sit, makes double syllable sounds like "idada". Responds to name, finds partially hidden objects, sits without support, and provide the syllable sounds like "idada". Responds to name, finds partially hidden objects, sits without support and provide support, and provide support, period, provide support and provi	Key milestones 1 month		· ·
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holds rattle. Key milestones 5 months Holds head steady, reaches for objects and gets them, places objects in months Rolls over, moves objects from hand to hand, pulls self up to st, makes double spilled be sounds like "dada". Week Months and the spilled be sounds like "dada". Week Months and the spilled be sounds like "dada". Week milestones 9 months Responds to name, finds partially hidden objects, sits without support, crawls, picks up objects with pincer grasp. Walls with or without support, beginning to say words, imitates people. Walls with or without support, beginning to say words, imitates people. Walls independently, drinks from a cup, says at least 15 words. Walls independently, drinks from a cup, says at least 15 words. Week milestones 18 months L 1 Orugs that have been taken by a large number of breastfeeding mothers with no observed adverse effects in infant. Controlled studies have not shown any risk or harm to infant or the drugs is not orally biosocialible in the infant. These drugs are considered "safest" to use when breastfeeding, months one considered "safest" to use when breastfeeding months or with the week protected in the infant. These drugs are considered "safest" for breastfeeding months to the considered "safest" for breastfeeding months to the considered "safest" for breastfeeding months to the breast the duly safe to the infant. These drugs and considered "moderately safe" for breastfeeding months to the breast feeding months to the infant. These drugs are considered "for breastfeeding months to the breastfeeding months to the breastfeeding months to the breast feeding months to the breast feeding months to the breastfeeding months to use.	Key milestones 3 months	periods of time, grasps objects, smiles at people, makes vowel	www.webmd.com/parenting/guide/is-your-baby-on-track;
Debets in mouth. Rey milestones 6 months Responds to name, finds partially hidden objects, sits without support, crawls, picks up objects with pincer grasp. Walks with or without support, beginning to say words, imitates people. Walks with or without support, beginning to say words, imitates people. Walks with or without support, beginning to say words, imitates people. Walks with or without support, beginning to say words, imitates people. Walks independently, drinks from a cup, says at least 15 words. Walks independently, drinks from a cup, says at least 15 words. Walks independently and the been taken by a large number of breastfeeding wow.webmd.com/parenting/guide/is-your-baby-on-track? www.webmd.com/parenting/guide/is-your-baby-on-track? www.webmd.com/parenting/guide/is-your-baby-on-track. ###################################	Key milestones 4 months		•
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New weekend.com/parenting/guide/is-your-baby-on-track.	Key milestones 9 months		www.webmd.com/parenting/guide/is-your-baby-on-track;
Drugs that have been taken by a large number of breastfeeding mothers with no observed adverse effects in infants. Controlled studies have not shown any risk or harm to infant or the drug is not orally bioavailable in the infant. These drugs are considered "safest" to use when breastfeeding, women, but have not been widely studied in breastfeeding women, but have not been widely studied in breastfeeding women, but have not been widely studied in breastfeeding women, but have not been shown to have an adverse effect on the infant or the risk of adverse effect is unlikely. These drugs are considered "safe" for breastfeeding moms to use. L 3 Drugs that have not been widely studied in breastfeeding women or the adverse effect shown by controlled studies is only minimal. These drugs should only be given if the benefit justifies the potential risk to the infant. These drugs are considered "noderately safe" for breastfeeding moms to use. L 4 Drugs with positive evidence of risk to breastfeed infant or to breastmilk production. However, the benefits for the breastfeeding mother may justify the risk to the infant. These types of drugs are considered "possibly hazardous" for breastfeeding mother may justify the risk to the infant. These types of drugs are considered "contraindicated" for breastfeeding mothers to use. Studies or human experience have shown that there is a significant risk to infant. The risk of busing these drugs in breastfeeding women clearly outweighs the benefit of the drugs are considered "contraindicated" for breastfeeding women clearly outweighs the benefit of the drugs are acrossed by the infant to breakdown lactose in breastfeeding and Human Lactation (4th ed.), page 869. Lactifer	Key milestones 12 months		•
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women, but have not been shown to have an adverse effect on the infant or the risk of adverse effect is unlikely. These drugs are considered "safe" for breastfeeding moms to use. L 3 Drugs that have no controlled studies on breastfeeding women or the adverse effect shown by controlled studies is only minimal. These drugs should only be given if the benefit justifies the potential risk to the infant. These drugs are considered "moderately safe" for breastfeeding moms to use. L 4 Drugs with positive evidence of risk to breastfeed infant or to breastfilk production. However, the benefits for the breastfeeding mother may justify the risk to the infant. These types of drugs are considered "possibly hazardous" for hreastfeeding women to use. L 5 These drugs are considered "possibly hazardous" for hreastfeeding mother may justify the risk to the infant. These types of drugs are considered "contraindicated" for breastfeeding mothers to use. Studies or human experience have shown that there is a significant risk to infant. The risk of using these drugs in breastfeeding women clearly outweighs the benefit of hreastfeeding women clearly outweighs the benefit of hreastfeeding women clearly outweighs the benefit of hreastfeeding women clearly outweighs the benefit of to simple sugars. Lactiferous ducts The 15-24 milk ducts that collect milk from ducteles and carry it to the nipple. If the alveoli are the "grapes" these structures would be the "stems". Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869.	L1	mothers with no observed adverse effects in infants. Controlled studies have not shown any risk or harm to infant or the drug is not orally bioavailable in the infant. These drugs are considered	Hale, 2010. Medications and Mother's Milk (14th ed.), page 15.
the adverse effect shown by controlled studies is only minimal. These drugs should only be given if the benefit justifies the potential risk to the infant. These drugs are considered "moderately safe" for breastfeeding moms to use. L 4 Drugs with positive evidence of risk to breastfeed infant or to breastfield production. However, the benefits for the breastfeeding mother may justify the risk to the infant. These types of drugs are considered "possibly hazardous" for breastfeeding women to use These drugs are considered "contraindicated" for breastfeeding mothers to use. Studies or human experience have shown that there is a significant risk to infant. The risk of using these drugs in breastfeeding women clearly outweighs the benefit of hreastfeeding women clearly outweighs the benefit of to simple sugars. Lactase Enzyme needed by the infant to breakdown lactose in breastmilk (and ed.), page 869. Lactiferous ducts The 15-24 milk ducts that collect milk from ducteles and carry it to the nipple. If the alveoli are the "grapes" these structures would be the "stems". Main bacteria in the intestine of a breastfeed infant. Called the "Rordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869.	L 2	women, but have not been shown to have an adverse effect on the infant or the risk of adverse effect is unlikely. These drugs are	Hale, 2010. Medications and Mother's Milk (14th ed.), page 15.
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These drugs are considered "contraindicated" for breastfeeding mothers to use. Studies or human experience have shown that there is a significant risk to infant. The risk of using these drugs in breastfeeding women clearly outweighs the benefit of hreastfeeding. Lactase Enzyme needed by the infant to breakdown lactose in breastmilk to simple sugars. Enzyme needed by the infant to breakdown lactose in breastmilk to simple sugars. The 15-24 milk ducts that collect milk from ducteles and carry it to the nipple. If the alveoli are the "grapes" these structures would be the "stems". Lactobacillus bifidus The 15-24 milk ducts that collect milk from ducteles and carry it to the nipple. If the alveoli are the "grapes" these structures would be the "stems". Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869.	L 4	breastmilk production. However, the benefits for the breastfeeding mother may justify the risk to the infant. These types of drugs are considered "possibly hazardous" for	Hale, 2010. Medications and Mother's Milk (14th ed.), page 15.
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Lactobacillus bifidus Main bacteria in the intestine of a breastfed infant. Called the Riordan & Wambach, 2010. Breastfeeding and Human Lactation	Lactiferous ducts	to the nipple. If the alveoli are the "grapes" these structures	-
	Lactobacillus bifidus	Main bacteria in the intestine of a breastfed infant. Called the	_

WORD	DEFINITION	REFERENCE
Lactocyte	An epithelial cell that lines the alveoli. Secretory cell.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 165.
Lactoengineering	The process of adding nutrients to human milk that are derived from human milk.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869.
Lactoferrin	An iron binding protein that prevents gastrointestinal diseases.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 144.
Lactogenesis	Found only in human milk, not bovine milk. The onset of milk production.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation
Lactogenesis I	Beginning milk production; mid-pregnancy to day 2 postpartum.	(4th ed.), page 869. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 85 & 86.
Lactogenesis II	Rapid increase in volume increases due to rapid drop in progesterone. Milk production switches from endocrine to autocrine control. Day 3 and 8 postpartum.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 86.
Lactogenesis III	Maintenance stage of milk production. Controlled by the autocrine system (supply and demand).	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 86.
Lactose	A disaccharide that is the primary carbohydrate found in human milk.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 869-870.
Lactose deficiency/intolerance	Inability of the intestines to digest lactose; the principal carbohydrate in human milk.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
Laryngomalacia	Unusual flaccidity of laryngeal structures, a benign congenital condition that accounts for 70 percent of persistent stridor in linfants.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
Larynx	Upper end of the trachea (windpipe) through which the voice is produced. In the infant, the larynx lies close to the base of the tongue; during swallowing, it rises and is closed off by the epiglottis.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
Late preterm infant (weeks of gestation)	An infant born between 34 0/7 and 37 6/7 weeks gestation.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
Lateral and medial pterygoid	The muscle that controls certain movements of the jaw (medial) and acts as an antagonist of other facial muscles (lateral). It works in conjunction with the masseter and temporalis muscles.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/pterygoid+muscle.
Lauric and capric acid	A crystalline fatty acid found in fats and oils, also called dodecanoic acid. Active against viruses, bacteria and protozoa.	Merriam-Webster Medical Dictionary. www.merriam- webster.com/medical/lauric+acid?show=0&t=1296699750 and http://www.merriam-webster.com/medical/capric%20acid.
Left brained thinking	The side of the brain characterized by vision and hearing, art, pleasure, feeling, subjectivity.	Wikipedia. en.wikipedia.org/wiki/Lateralization_of_brain_function
Leptin	A hormone found in breastmilk that regulates appetite, metabolism, and food intake. Not present in formula.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 146.
Lesion	Area of injured or diseased skin.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
Let-down reflex Milk Ejection Reflex	Oxytocin causes the myoepithelial cells surrounding the alveoli to contract and remove milk from the breast. Stimulated by the suckling infant and causes the suckling pattern to change from non-nutritive sucking to nutritive sucking as the milk flow increases.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 91. Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 296-237.
Leukocytes	Living cells found in breastmilk that fight infection. Includes macrophages and lymphocytes.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
LGA	Large for Gestational Age. Having a birth weight greater than the 90th percentile on intrauterine growth charts. There is a concern	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 671-672.
Liability	for hypoglycemia. Professional responsibility for an occurrence or omission. Being	Wikipedia. en.wikipedia.org/wiki/Liability.
Ligand	the cause. Small molecule that binds specifically to a larger molecule (e.g., the binding of an antigen to an antibody, or of a hormone to a	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
Likert scale	receptor). Scale that primarily measures attitudes by asking respondents their degree of agreement or disagreement to a number of	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
Lipase	statements. Enzyme that digests the fat in breastmilk.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870 & 146.
Lobe	Clusters of several alveoli with their ducts. Each breast contains 15-20 of these structures. Included in each one is 10-100 alveoli.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 80.
Lobule	A structure composed of branching ductules that end in alveolar	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 54.
Low birth weight infant	clusters. A birth weight of less than 2500 grams.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 671.
Low-dose birth control pills	A type of hormonal birth control that includes both estrogen and progestin in lower doses. May reduce milk supply but less likley than estrogen based pills.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 728.
Lymphocyte	A developed leukocyte that is bactericidal.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
Lyophilization	A process preformed to obtain human milk nutrients used to fortify human milk. The milk is rapidly frozen and dried in a high vacuum.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.

WORD	DEFINITION	REFERENCE
Lysozyme	Found in the whey component of breastmilk, this enzyme creates a bactericidal and anti-inflammatory response.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 146.
Macrophage	Type of white blood cells, dominant type of phagocytes. They engulf and absorb pathogens, and also produce lactoferrin and lysozyme.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 141.
Macrophage	Type of white blood cell that ingests foreign material. Destroys bacteria, protozoa, and tumor cells; in addition to stimulating cells in the immune system.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
Malpractice	Professional negligence by act or omission. Deviation from accepted standards of practice that causes injury or death to the patient, with most cases involving medical error.	Wikipedia. en.wikipedia.org/wiki/Medical_malpractice.
Mammary bud	A cluster of embryonic epithelial cells that mark the beginning of milk ducts. Forms approximately 49 days after conception.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 870.
Mammogenesis	The development of mammary glands and related breast structures.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Mandible	The lower jaw, which causes the compressions during breastfeeding helping to milk the breast.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Manual breast pump	Hand operated pump, generally used for short term or occasional pumping.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 524.
Marshmallow root	An herbal galactagogue. Safety rating A.	Humphrey, 2003. The Nursing Mother's Herbal, page 294.
Matrescence	Becoming a mother.	http://findarticles.com/p/articles/mi_qa3783/is_200101/ai_n8945 635/
Mature milk	The breastmilk after colostrum and transitional milk, typically	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Median	beginning 2 weeks postpartum. Middle number in a series of numbers; the number on either side	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Metformin/Glucophage	of which exist an equal amount of numbers. Oral hypoglycemic agent for diabetes, L1. Can also be used to treat Polycystic Ovary Syndrome. No side effects reported.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 662.
Metronidazole/Flagyl	Antibiotic, L2. Milk levels moderately high, but significantly less than pediatric therapeutic dose (15 mg/kg/d).	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 179.
Micrognathia	Underdevelopment of the jaw, especially the mandible.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Mastitis Milk fever	Breast infection usually caused by S aureus. Localized breast tenderness and flu-like symptoms, hot, reddened spot on the breast. Stress, cracked nipples, plugged ducts, large milk supply, and engorgement/milk statis are risk factors. Treated with dicloxacillin, amoxycillin-clavulinic acid, cephalexin, erythromycin, clindamycin, ciprofloxacin or nafcillin.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 294-295.
Milk stasis	Breastmilk retention causing uncomfortable breast fullness. Results in slower milk production.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page264.
Milk-plasma ratio	Quantity of a drug in human milk in relation to maternal plasma. If the M/P ratio > 1.00, the drug is found in greater quantities in milk than in plasma. M/P ratio < 1.00, the drug is found in lesser quantities in milk than plasma.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871. Hale, Medicaitons in Mother's Milk 2010, p 18.
Mitosis	Cell division in which each daughter cell contains the same DNA as the parent cell.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Mode	The value that occurs most frequently in a data set. For example, if the data set is 1, 3, 3, 3, 5, 7, 8, 8, the mode is 3.	Wikipedia. en.wikipedia.org/wiki/Mode_(statistics).
Molecular weight	The chemical size of a molecule of a drug. The smaller the molecular weight of the medication (9300 Daltons or lower) the greater the diffusion across cell membranes.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 167.
Mongolian spots	A bluish-black pigmented area on the newborn's buttocks or back. Seen in newborns with dark skin and typically fade over time. Can easily be confused for bruising.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 686.
Morbidity	Number of ill persons or instances of disease in a specific population.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Mortality	Number of deaths in a specific population.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Mucous membranes	Membranes that line body passages or cavities that communicate directly or indirectly with the exterior (such as respiratory tract).	Merriam-Webster Medical Dictionary. www.merriam- webster.com/medical/mucous%20membrane.
Multiparous	Having carried two or more pregnancies to viability.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Myelination	Protective fatty sheath around nerve fibers. Long-chain polyunsaturated fats that are important to myelination are abundant in human milk.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Myoepithelial cells	Contractile cells that surround the milk secreting alveoli creating the milk letdown.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Necrotizing enterocolitis	Inflammation of the intestinal tract that may cause tissue to die. Premature infants not receiving human milk are at markedly greater risk for this serious complication.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.

WORD	DEFINITION	REFERENCE
Neonatal period	Birth through the first 26 days of life.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
Newborn normal heart rate (birth to	100 - 160 beats per minute	Medline Plus. www.nlm.nih.gov/medlineplus/ency/article/003399.htm.
one year)		www.mm.am.gov/medimepius/ency/article/003333.mm.
Newborn normal respiratory rate (birth	30-60 breaths per minute.	Wikipedia. en.wikipedia.org/wiki/Respiratory_rate.
to one year)		
NGO	Nongovernmental organization. Organizations that operate independently of any government.	Wikipedia. en.wikipedia.org/wiki/Non- governmental_organization.
Nicotine	Chemical in cigarette smoke, L2.	Hale, 2010. Medications in Mother's Milk, page 745.
NICU	Neonatal Intensive Care Unit	
Noncasein protein	A protein found in the whey component of milk. Includes alphalactalbumin, serum albumin, lactoferrin, immunoglobulins,	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 871.
	and lysozyme.	
Nonmaleficence	The duty to do no harm.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 31.
Non-nutritive sucking	Sucking not on the breast, such as a pacifier, or sucking at the breast with brief sucks and long rest periods with minimal milk flow.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Nonparametric statistics	Statistical procedures used when required assumptions for using parametric procedures are not met, especially assumptions regarding a normal probability distribution.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Nonprotein nitrogen	Approximately 1/4 of nitrogen found in breastmilk. Contains	Riordan & Wambach, 2010. Breastfeeding and Human Lactation
Nosocomial	essential amino acids for infant. Infections resulting from hospital treatment. Can be prevented	(4th ed.), page 872. Wikipedia. en.wikipedia.org/wiki/Nosocomial_infection. Riordan
Nosocomiai	by hand washing, hand sanitizer gels, disposable gloves, and disinfection of baby equipment.	& Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 527.
Nucleotides	A compound that has a nitrogen base. Essential for energy metabolism, enzyme reactions, gastrointestinal tract development, and immune function.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 128.
Nutritive sucking	Rhythmic sucking at the breast with milk flow.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Obesity affect on breastfeeding	Maternal obesity is linked to hypertension, type 2 diabetes, and a greater risk of birth interventions. Delays lactogenesis, lower milk supply and earlier weaning.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 255. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 107.
Oligosaccharide	A carbohydrate consisting of monosaccharides found in breastmilk. Antibacterial properties. Promotes the growth of Lactobacillus bifidus.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Operational definition	Explicit description of a concept or variable of interest in measurable terms.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Orbicularis oris	Muscle made up of several layers of fibers passing in different directions that encircles the mouth and controls most movements of the lips (as compressing, closing, or pursing movements).	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/orbicularis+oris.
Osteoporosis	A condition of bone loss. Breastfeeding for 6 months or longer is the best protection against bone loss. Although calcium is lost during breastfeeding, more calcium is deposited after weaning.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 510.
Oxytocin	Hormone responsible for the milk-ejection-reflex. Causes contraction of uterus after delivery and creates a sense of calmness and relaxation.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 91.
Paced bottle feeding	Style of bottle feeding that helps avoid overly fast flow, especially in less mature infants. This technique includes: positioning infant upright in the caregiver's arms, positioning bottle horizontally with just enough angel to keep milk in the tip of the nipple, and pacing the feeding to approximately the same time as a breastfeeding would take.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 243. Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 559.
Paget's disease	Type of breast cancer, 1-3% of all breast cancers. Occurs unilateral with demarcated, red, scaly plaque on the nipple and/or areola. Blood tinged discharge, pain, crusting, itching, burning, skin thickening, redness, ulceration, or nipple retraction.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 652.
Palate, hard	The hard portion of the roof of the mouth. During breastfeeding the infant compresses the breast tissue against this area with his tongue.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Palate, soft	The soft portion of the roof of the mouth, located between the hard palate and the throat. This area rises when the infant swallows to close the nasal passages.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Pancreas	A large gland that secretes digestive enzymes which pass through the intestine and break-down proteins, fats, and carbohydrates. It also secretes insulin.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/pancreas.

WORD	DEFINITION	REFERENCE
Parametric statistics	Statistical procedures used when a sample is randomly selected, represents a normal distribution of the target population, and is considered sufficiently large in size, and interval level data are collected.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Parenchyma	Essential and distinctive tissue of an organ as distinguished from its supportive framework.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/parenchyma.
Parenteral	Introduction of fluids, nutrients, or drugs into the body by an avenue other than the digestive tract (intravenous, intramuscular).	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Passive immunity	Immunity passed to infant by antibodies manufactured passed to the infant transplacentally or in breastmilk. Passive immunity is temporary.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 868.
Passive transport	Passage of drug into breastmilk by diffusion, molecular weight and relative amount of drug circulating in maternal serum.	Hale & Hartman, 2007. Textbook of Human Lactation, page 467.
Pasteurization	Heating milk to destroy pathogens.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Pathogen	Substance or organism capable of producing illness.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
PDA	Patent ductus arteriosis. Abnormal blood flow between the aorta and pulmonary artery.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 24.
Pepcid/Famotidine	Reduces gastric acid secretion, L1. No concerns reported via breastmilk.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 398.
Periareolar incision	A technique used in breast augmentation where the incision is made around the areola. It is associated with loss of nipple sensation.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 360.
Peristalsis	Involuntary, rhythmic, wavelike action. To strip milk from the breast, and infant's tongue uses a peristaltic motion that begins at the tip of the tongue and progresses toward the back of the mouth.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Personal use breast pump	Bilateral electric breast pump. Used primarily by working mothers. Achieves good suction and frequency.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 524.
Pharynx	Muscular tube at the rear of the mouth, through which air travels to the larynx and food from the mouth travels to the esophagus.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Phasic bite	A reflex that is characterized by a rhythmic opening and closing of the jaw when the gums are stimulated. Appears around 28 weeks gestation.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 142.
Philtrum	The region between the nose and lips. The midline area should be grooved and defined. In fetal alcohol syndrome the area is flat.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Phototherapy	A treatment for jaundice involving blue spectrum light. The light is absorbed by bilirubin and changes the structure, allowing it to be excreted from the body more easily.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 374.
Physiologic engorgement vs. Pathologic engorgement	Physiologic engorgement is normal increase in milk production of lactogenesis II. Pathologic engorgement is excessive fullness due to restrictive feeding practices or ineffective milk removal.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 637-638.
Pierre Robin Syndrome	Syndrome of oral facial abnormalities, micrognathia (a small jaw) and glossoptosis (tongue often blocks airway). Cleft palates are common. Difficulty maintaining the airway frequently causes feeding problems.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 643-644
PIH Pregnancy Induced Hypertension	Preeclampsia or toxemia. Characterized by increased blood pressure during pregnancy, after 20 weeks gestation. Treatment often includes preterm delivery. Can progress to HELLP syndrome.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 470 & 610.
Pinch test	Compressing the areola to see wither the nipple protrudes or retracts.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 63.
рКа	Ph of a drug when equally ionic and nonionic. Drugs with pKa higher than 7.2 may be sequestered in breastmilk.	Hale, 2010. Medications in Mother's Milk, p. 19.
PKU	Inherited disorder where phenylalanine metabolism is impaired. Abnormal metabolites accumulate in blood and tissue, including the brain causing damage. Partial breastfeeding and special low PKU formula may be used.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 872.
Placenta	Intrauterine organ that transfers nutrients from the mother to the fetus. After the delivery the drop in estrogen and progesterone levels allows milk secretion to begin.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Polycystic ovarian (ovary) syndrome	A endocrine-metabolic disorder where multiple cysts interfere with ovarian function. Common symptoms are unusual breast development, amenorrhea, male pattern hair growth, obesity. Can effect milk supply.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 523.
Polymastia	Having more than 2 breasts. Additional breasts occur along the milk line and typically have little glandular tissue.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.

WORD	DEFINITION	REFERENCE
Population	Total set of individuals that meet the study criteria from which the sample is drawn and about whom findings can be generalized.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Port wine stain	Nevus flammeus. Reddish or flat pink lesion that does not blanch with pressure, caused by dilated capillaries below the epidermal skin. This lesion usually remains constant in size and does not fade with time.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 686.
Post-	After, later than.	Merriam Webster Medical Dictionary. www.merriam- webster.com/medical/post
Posterior pituitary	This gland releases oxytocin into the blood effecting milk ejection.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 91.
Power	It is susceptible to stress. Probability that a statistical test will reject a null hypothesis when it should be rejected, or, in other words, detect a significant difference that does exist.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
PPD Postpartum Depression	3 types of disorders: Postpartum blues is a temporary depression lasting a few days. Postpartum depression is a mild to moderate depression lasting at least 2 weeks. Postpartum psychosis is the most severe form, beginning at 2-4 weeks postpartum. Mothers may have insomnia, irrational ideas, feelings of failure, depression, hallucinations, and self-accusatory thoughts.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 539.
Pre-	Prior to, before, earlier than.	Merriam Webster Medical Dictionary. www.merriam-webster.com/medical/pre
Prednisone	Steroid, L2. No concerns reported via breastmilk. Safe for short term use.	
Preeclampsia	Characterized by increased blood pressure during pregnancy, after 20 weeks gestation. Treatment often includes preterm delivery.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 610.
Premature infant	Born at less 37 weeks gestation.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 671.
Preterm infant (weeks of gestation)	Under 37 weeks gestation.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 671.
Primary infection	First incidence of the illness after exposure to a pathogen.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Primiparous	First pregnancy. Having carried one pregnancy to viability.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Pro-	Latin word meaning "for."	Wikipedia. en.wikipedia.org/wiki/PRO.
Progesterone	A hormone high during pregnancy delaying lactogenesis II. Dramatically decreases after birth.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 88.
Progestin only birth control pills	Hormonal birth control that does not contain estrogen. Called the "mini-pill." Not likley to decrease milk production.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 728.
Prolactin	Hormone essential for initiating and maintaining milk production.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 88.
Prolactin inhibiting factor	Stimulates dopamine releases and thus inhibits prolactin. Nipple stimulation and milk removal suppresses PIF and dopamine, causing prolactin levels to rise and the breast to produce milk. From they hypothalamus.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 90.
Prolactin receptor sites	Binding sites on the walls of the lactocytes that receive prolactin. Frequent breastfeeding early in lactation creates more receptor sites resulting in increased milk production.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 89.
Prone	Lying facing down.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Protein binding	Percentage of a drug bound to maternal plasma. High PB means less in breastmilk.	Hale, 2010. Medications in Mother's Milk, p. 18.
Proximal	Closer to the point of attachment. Opposite of distal.	Wikitionary. en.wiktionary.org/wiki/proximal.
Pseudoephedrine/Sudafed	Decongestant, L3. Usually compatible with breastfeeding, but can effect maternal milk supply.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 867.
Raynaud's phenomena	Temporary vascular condition; intense pain and pallor of the skin (usually of the fingers or toes, but in breastfeeding woman the nipples), cause by vasospasm. Can include white, red and blue phases.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Reliability	Degree to which collected data are accurate, consistent, precise,	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Reverse pressure softening	and stable over time. Technique to allow feeding on an engorged breast: apply steady pressure with fingers around the areola, pressing back towards chest wall. Moves edema towards lymphatic drainage system, triggers milk ejection reflex by stimulating nerves near the areola.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page241.
Rickets	Abnormal calcification of the bones and changes in growth plates that lead to soft or weak bones due to lack of Vitamin D. AAP advises that full-term breastfed infants receive vitamin D supplement beginning at 2 months of age."	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.

WORD	DEFINITION	REFERENCE
Right brained thinking	The side of the brain characterized by logic, order, analysis, sequential.	Wikipedia. en.wikipedia.org/wiki/Lateralization_of_brain_function
Rooting reflex	Infant turns his head towards touch and opens mouth. Appears at 28 weeks gestation and disappears around 4 months.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 698.
Rotavirus	Viral illness causing severe diarrhea.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
RSV	Respiratory syncytial virus. Viral respiratory illness; can be severe in infants.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Rugae	The ridges behind the gum line on the hard palate. This structure helps the infant to maintain grasp of the breast during suckling.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Sample	Subset of the population selected for study.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Sampling	Procedure of selecting the sample from the population of interest.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Secretory IgA	Immunoglobulin that forms antibodies in body and is critical in mucosal immunity. The most common immunoglobulin in breastmilk.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 142.
Separation Anxiety	Three stages: Protest stage a child attempts to recover the mother/caregiver by crying, kicking, screaming for a few hours to days. Despair stage a child grievs or mourns as they accept their new environment. May show regressive behavior, such as sucking the thumb. Denial or detachment a child begins to interact and approach others.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 595.
Sepsis	Presence of bacteria in fluid or tissue.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873.
Seroconvert	Serum shows the presence of a factor that previously was absent. Ex., when cytomegalovirus antibodies become present in blood due to CMV disease the person is said to have seroconverted.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 873-874.
Seropositive/Seronegative	Serum that demonstrates (positive) or does not demonstrate (negative) the presence of a factor.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Serum	Clear fluid portion of blood that remains after coagulation.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Serum albumin	Protein in serum (blood).	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
SGA Small for Gestational Age	Having a birth weight that is below the 10th percentile on intrauterine growth charts. There is a concern for malnutrition and hypoglycemia.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 671-672.
Shatavari	A herbal galactagogue. Safety rating B.	Humphrey, 2003. The Nursing Mother's Herbal, page 301.
SIDS Sudden Infant Death Syndrome	Diagnosis when all other possible causes of death were ruled out. Major risk factors are maternal smoking, prone position, and formula feeding.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 282 & 874.
Smooth muscle	Involuntary muscle fiber that responds to hormones. Ex., muscle around alvoli contracts in response to oxytocin.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 54.
Spontaneous lactation	Unusual milk production in a non-breastfeeding woman. Also known as galactorrhea.	Merck manuals Online Medical Library. www.merckmanuals.com/professional/sec12/ch151/ch151g.html.
Spoon feeding	Alternative feeding method. Feed infant via small spoon.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 226-227.
SSRIs Selective serotonin reuptake inhibitor	Class of antidepressants (as fluoxetine or sertraline) that inhibit the inactivation of serotonin by blocking its reuptake by nerve cell endings.	Merriam-Webster Medical Dictionary. www.merriam-webster.com/medical/ssri.
St John's Wort	Antidepressant, L2. No concerns reported via breastmilk,	Hale, 2010. Medications and Mother's Milk (14th ed.), page 950.
Stem cells	probably safe for breastfeeding. Stem cells can differentiate into all of the specialized cells types. Have been found in breastmilk.	Cregan, Fan, Appelbee, Brown, et al. (2007). Identification of nestin-positive putative mammary stem cells in human breastmilk. Cell and Tissue Research, 329(1), 129-136. Available online:
Stroma	The supporting tissues of an organ, ie, the breast.	MedicineNet. com www.medterms.com/ script/main/art.asp?articlekey=12709
STS	Skin to skin or Kangaroo Care.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Suck, suckle	The action of baby milking the breast. Related more to tongue movement than suction.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Supine	Lying on one's back.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Supplementing at breast	System for supplementing the baby while feeding at the breast. Reservoir holding milk with a tube attached that is secured to the breast.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 414.
Switch nursing	Baby is switched back and forth between the two breasts during a feeding to help stimulate multiple letdowns and increase milk intake.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Symbiosis	Intimate association of two different kinds of organisms. An example is the breastfeeding dyad.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.

WORD	DEFINITION	REFERENCE
T cells	Any of several kinds of thymic lymphoid cells or lymphocytes that help to regulate cellular immune response.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Tachycardia	Relatively rapid heart rate whether physiological (as after exercise) or pathological. Opposite of bradycardia.	Merriam Webster Medical Dictionary. www.merriam- webster.com/medical/tachycardia.
Tachypnea	Abnormally rapid rate of breathing.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation
Tanner stages	Five stages of sexual development in adolescence evaluating	(4th ed.), page 874. Merck manuals Online Medical Library.
	pubic hair, genitals and breast development	www.merckmanuals.com/professional/sec18/ch243/ch243a.html? qt=tanner stages&alt=sh.
Target population	Population that is of interest to the investigator and about which generalizations of study results are intended.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
ТВ	Contagious bacterial infection usually involves lungs. Mothers	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 525.
Tuberculosis	may breastfeed after treatment is begun.	
TE Fistula	A fistula (passage way) between the trachea and esophagus. Oral feedings are withheld until the fistula is surgically repaired due to	Merck manuals Online Medical Library. www.merckmanuals.com/professional/sec19/ch289/ch289b.html
Tracheoesophageal fistula	the risk of aspiration.	?qt=tracheoesophageal fistula&alt=sh.
Teleology	The belief that all events are directed toward some ultimate purpose.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Ten Steps	Baby Friendly Hospital Initiative uses the Ten Steps as outlined by UNICEF/WHO.	Baby Friendly Hospital Initiative USA. www.babyfriendlyusa.org/eng/10steps.html.
Thyroid stimulating hormone	Promotes mammary growth and lactation through a permissive rather than a regulatory role.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 90.
TORCH diseases	Acronym for organisms that can damage the fetus:	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 204 & 875.
Torticollis	toxoplasmosis, rubella, cytomegalovirus, herpes simplex. Condition of the neck in which the cervical muscles are	Riordan & Wambach, 2010. Breastfeeding and Human Lactation
	contracted, producing twisting of the neck and an unnatural position of the head.	(4th ed.), page 874.
Tracheomalacia	Malformation of the trachea cartilage causing collapse and wheezing sound during respiration.	Mannel, et al. Core Curriculum, 2008, p. 633.
Transcutaneous bilimeter	Device that estimates bilirubin concentrations in the blood by measuring the intensity of yellowish skin coloration.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 874.
Transitional milk	Breastmilk produced between colostrum and mature milk, during the first 4-10 days postpartum.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 875.
Transplacental	Transferred from mother to fetus through the placenta.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 875.
Trigeminal nerve	Cranial nerve V.	Walker, 2009. Breastfeeding Management for the Clinician: Using
Type I Diabetes	High blood sugar levels due to lack of insulin prodution in he	the Evidence (2nd ed.), page 92. Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 652-653. Mannel, Martens & Walker, 2008. Core
	pancreas. An insulin dependent disease. Can delay lactogenesis II.	Curriculum for Lactation Consultant Practice (2nd ed.), page 267 & 681.
Type II Diabetes	High blood sugar levels due to lack of insulin prodution in the pancreas. A noninsulin dependent disease known as adult onset diabetes.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 681.
UNICEF	Branch of the United Nations that advocates for children's rights. Developed the International Code of Marketing of Breastmilk	UNICEF. www.unicef.org/.
United Nations Children's Fund	Substitutes in conjunction with the WHO.	
Univariate	Statistics derived from the analysis of a single variable (e.g., frequencies).	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 875.
Universal precautions	Guidelines for infection control, based on the assumption that	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 875.
	every person receiving health care carries an infection that can be transmitted by blood, body fluids, or genital secretions.	, , , , , , , , , , , , , , , , , , , ,
Utilitarianism	The idea that the moral worth of an action is determined solely by its usefulness in maximizing utility and minimizing negative utility.	Wikipedia. en.wikipedia.org/wiki/Utilitarianism.
Validity	Degree to which collected data are true and represent reality; the extent to which a measuring instrument reflects what it is	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 875.
Variable	Intended to measure. Attributes, properties, and/or characteristics of persons, events, or objects that are examined in a study.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 875.
Vasospasm	The nipple blanches sometimes turning blue or red temporarily	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 306.
	due to vasoconstriction. Also occurs in other extremities, such as fingers and toes.	(4th ed.), page 506.
Velum	The soft palate.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 95.
Vertical axis	The "Y" axis in a graph	The X-axis and Y-asix remembered. www.gradeamathhelp.com/x-axis-and-y-axis.html
Vertical transmission	Transmission of infection from mother to child transplacentally or through breastmilk.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 875.
Very low birth weight infant	A birth weight of less than 1500 grams.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 671.
Virtue ethics	Approach to ethics that emphasizes the character of the moral agent, rather than rules or consequences, as the key element of ethical thinking.	Wikipedia. en.wikipedia.org/wiki/Virtue_ethics.

WORD	DEFINITION	REFERENCE
Vitamin D	A fat soluble vitamin that prevent rickets. Produced in the skin from exposure to sunlight. Found in fatty fish, eggs and meat.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 128.
Vitamin K	Fat soluble vitamin necessary for blood clotting. Insufficient amounts of this vitamin can cause hemorrhagic disease. Injections of this vitamin are routinely given postpartum to infants.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 129.
WABA World Alliance for Breastfeeding Action	Formed in 1991, this global organization's goal is to protect, promote, and support breastfeeding.	World Alliance for Breastfeeding Action. www.waba.org.my/aboutus.htm.
Water soluble vitamin	Dissolve in water and not stored in the body. Vitamin C, nicotinic acid, B12, riboflavin, and B6. B12 can be deficient in women who eat a vegan diet.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 129.
Weaning milk	Breastmilk during the end of lactation (whether intentional or unintentional). This milk is higher in sodium and immunoglobins.	Mannel, Martens & Walker, 2008. Core Curriculum for Lactation Consultant Practice (2nd ed.), page 676.
West Nile Virus	Viral disease spread by mosquitos. Breastfeeding is permitted.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 206.
Wet nurses	A woman who breastfeeds a infant that is not her own.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 875.
Whey	The liquid portion of milk that is left after curds separate. Primarily consists of proteins alphalactalbumin and lactoferrin.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 875.
Whey:Casein ratio	Ratio changes throughout lactation. Early milk the ratio is 90:10, mature milk is 60:40, weaning milk is 50:50. The ratio in formula is 20:80.	Walker, 2009. Breastfeeding Management for the Clinician: Using the Evidence (2nd ed.), page 26.
WHO Code International Code of Marketing of Breast-milk substitutes	The code protects and promotes breastfeeding by ensuring the proper use of breastmilk substitutes. The code applies to the marketing of formula, milk products, beverages, complimentary foods used for the replacement of breastmilk. The code covers the marketing of feeding bottles and nipples (teats).	World Health Organization, 1981. International Code of Marketing of Breast-milk Substitutes, page 8. www.who.int/nutrition/publications/code_english.pdf.
Witch's milk	Colostrum, formed under the influence of maternal hormones, which may be temporarily present in newborn's breasts.	Riordan & Wambach, 2010. Breastfeeding and Human Lactation (4th ed.), page 875.
Zoloft/Sertraline	Antidepressant, L2. A serotonin reuptake inhibitor with a short half-life. No concerns reported via breastmilk, probably safe for breastfeeding.	Hale, 2010. Medications and Mother's Milk (14th ed.), page 930.