



The Rogers Hixon Ontario Human Milk Bank


Mount Sinai Hospital
Joseph & Wolf Lebovic Health Complex

PROVIDES PASTEURIZED HUMAN DONOR BREAST MILK TO HELP PROTECT THE **MOST MEDICALLY FRAGILE BABIES**

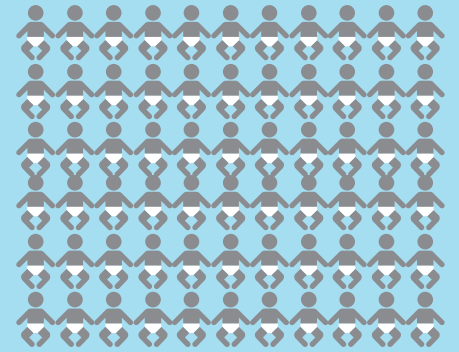
WHY DONATE YOUR BREAST MILK?

- Donor milk **helps save** hospitalized babies lives
- Donor milk contains bioactive components, including hormones and enzymes, that **optimize baby's health and development**

YOU MAY BE ELIGIBLE TO DONATE IF YOU ARE:

-  Nursing a baby up to 18 months of age
-  Free from smoking, illegal drug use and regular alcohol use
-  In good general health
-  A bereaved mother who wishes to donate her breast milk to help another baby
-  Able to donate a minimum of 5 litres
-  Not currently taking medications (except daily vitamins and some hormone replacements)

Approximately **1,000** fragile hospitalized babies could benefit from donor human milk in Ontario **EVERY YEAR**



HOW IT WORKS

1

TO BE A DONOR, ALL YOU HAVE TO DO IS:



Visit milkbankontario.ca

Complete a screening questionnaire, sign a consent form and have a blood test

Pump and store surplus breast milk with guidance from Milk Bank staff

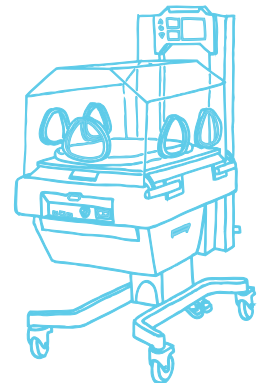
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ONCE DONOR BREAST MILK is received and pasteurized to eliminate harmful bacteria, it is provided by prescription to hospitalized babies throughout Ontario



3

YOUR DONATION HELPS:



- Protect babies against the risk of:
 - necrotizing enterocolitis, a severe bowel condition that primarily targets preterm babies
 - other serious illnesses and infections
- Provide preterm and medically fragile babies with optimal nutrition for a healthier start

Visit milkbankontario.ca