



# UNDERSTANDING *Low milk supply*

## RISK FACTORS & WHAT YOU CAN DO

Breastfeeding is a learning journey for both you and your baby. Some parents worry about making "enough" milk. While true low milk supply is less common than many think, certain factors can affect how much milk you produce.

### RISK FACTORS FOR LOW MILK SUPPLY:

#### **Medical & Hormonal Conditions:**

- Polycystic Ovary Syndrome (PCOS)
- Thyroid disorders (both overactive and underactive)
- Diabetes or insulin resistance
- Hormonal imbalances (like low prolactin or estrogen dominance)

#### **Breast Anatomy**

- Insufficient glandular tissue (IGT) - not the same as breast size
- Previous breast surgeries, including reductions or implants
- Flat, inverted, or severely damaged nipples

#### **Birth & Postpartum Factors**

- Significant blood loss (PPH) or retained placenta
- Delayed initiation of breastfeeding
- Separation from baby after birth
- Frequent formula supplementation early on, without pumping

#### **Lifestyle & Medication Factors**

- Certain medications, like decongestants (pseudoephedrine), birth control, or fertility drugs
- Smoking or other substance use
- Chronic stress or fatigue (which, let's be real, is a challenge for every new parent!)

### WHAT YOU CAN DO

- Feed often: 8–12+ times in 24 hours is normal.
- Ensure a good latch: Work with a lactation consultant to assess.
- Pump if separated: Especially in the early weeks.
- Use both breasts each feeding.
- Follow your baby's lead: Watch for hunger cues, not the clock.
- Reach out to our team for support: 863-680-2229