



## **Overabundant milk supply: diagnosis and treatment options**

Gonneke van Veldhuizen, IBCLC

Haagstraat 6, 6447 CJ Merkelbeek, The Netherlands  
phone number 0031-6-20474391  
E-Mail: [gonneke@eurolac.net](mailto:gonneke@eurolac.net)

### **Brief biography**

Gonneke van Veldhuizen-Staas, IBCLC, Merkelbeek, The Netherlands, lactation consultant since 1992, works as lactation consultant in private practice and is a professor in Lactation Consulting at KHLim, Hasselt, Belgium and Arteveldehogeschool, Gent, Belgium, as well as a lecturer on breastfeeding conferences, seminars and classes for health professionals. Specialty fields are optimizing normal breastfeeding and low-tech breastfeeding solutions.

Milk production is a carefully designed and complicated collage of structures and processes to assure the optimal nurturing and nourishment of a child, while preserving normal behavioral possibilities for the mother. In some women the mechanism of regulation of milk production seem to not automatically work as designed. This can create accumulation of milk in the breasts, and the ongoing production of more milk than needed. For both mother and child this overabundant production and availability of milk can lead to various unwanted symptoms and distress. Although not scientifically studied in depth, many advises circulate for mothers to handle overproduction, with more or less success, and even with opposite effect.

As thorough-as-possible drainage of the milk producing and storing systems in the breast and then paced demand to both breasts normalizes the systems of supply and demand. This normalization can work out rather quickly. The effects on the baby will show with the first feed after mechanical drainage. The infant will suckle without fussiness and will have the unfamiliar but pleasant experience of an immediate, gentle milk flow of double calorie, high fat milk that will not disturb coordination of his or her breathing and swallowing mechanisms. The gastrointestinal tract symptoms or colic will quickly diminish. Overabundant milk supply is an often under-diagnosed condition in otherwise healthy lactating women. Symptoms can occur in both mother and child and may lead to pathology in both. Full drainage and block feeding offers an adequate and userfriendly way to normalize milk production and treat symptoms in both mother and child.

This presentation will discuss the original described method along with case studies and feedback from health care professionals and mothers.