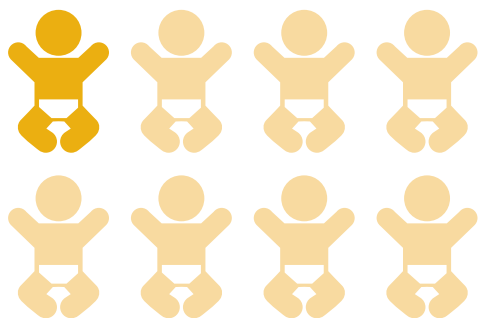




# Extra Milk? Share the Health

## 1 OUT OF 8 BABIES IS BORN PREMATURELY



## Become a donor in 3 easy steps:

1



Call  
757-668-MILK (6455)  
and complete a short  
phone interview.

2



Complete online  
questionnaire.

3



Have your blood  
drawn at a local lab  
(at our expense).

Convenient drop-off locations are available for local donors. If you're donating from outside our area, the milk bank will arrange for overnight shipping at no cost to you.

### Can you donate?

To undergo the donor screening process, breastfeeding mothers must:

- Be in good general health.
- Be willing to undergo blood testing at the milk bank's expense.
- Not consume herbal supplements and take only approved medications.
- Have a milk supply in excess of your baby's needs (bereaved or surrogate mothers are also eligible to donate).

### Why does donating matter?

- Each year, preterm birth affects nearly 500,000 babies.
- The risk of premature or sick babies developing devastating intestinal infections is ten times higher if they are fed formula instead of human milk.
- Human milk protects against allergies, contains antibodies to fight disease, and provides growth hormones that help babies develop.
- Pasteurized donor human milk is easily digested, and it provides infection-fighting benefits and optimal nutrition in the absence of mother's own milk.
- One ounce of donor milk can feed four premature infants.

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Corwin was born weighing only 1 pound, 3 ounces. His lungs were severely underdeveloped and he had a hole in his small intestines. He was unable to digest formula and, due to the medications I was on, I was not able to provide milk for him. I was so grateful to the many donors who made it possible for him to get the human milk he needed.



- Octavia, mom to Corwin

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## Your breast milk can save lives. Become a donor today!



CHKD.org/Milk • 757-668-MILK (6455) • Toll Free 844-798-MILK (6455)