

Have milk? Donate QC buffer for babies sought

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The Quezon City government has appealed to lactating mothers to shore up the stock of its milk bank to benefit more babies whose own mothers cannot provide enough nourishment or have diseases that may be passed on to their offspring.

According to **Quezon City Human Milk Bank (QCHMB)** head Dr. Shahani Duque, her office is implementing measures to raise awareness among lactating women to increase the number of qualified milk donors.

20 percent discarded for contaminants. the QCHMB said. But only 80 percent — 49,680 milliliters (ml) of the total 63,485 ml — of milk donated passed the pasteurization test, she added.

About 13,800 ml were found to be infected and were discarded, Duque said. She stressed the importance of screening donor women to ensure they are not infected with HIV, hepatitis B and other diseases that may be passed through breast milk. On 15 July, the QCHMB held a milk letting activity as part of its objective to raise the number of donors and qualified milk donations.

The same milk-letting activity will be held on 5 August by the **Novaliches District Hospital** in celebration of Breastfeeding Month.

A milk bank like the QCHMB collects, screens, processes and dispenses human milk from donors who are not biologically related to the recipients.

Human milk is considered to provide optimum nutrition to babies, especially during the first year of life.

Milk banks provide alternatives to putting babies on infant formulas derived from animal or plant sources.