

A photograph of a man in a white lab coat holding a baby, overlaid with a teal tint. The man is looking down at the baby with a gentle expression. The baby is wrapped in a blanket.

**Human  
milk  
saves  
lives.**



**The Milk Bank**  
THEMILKBANK.ORG

Use of only human milk to feed preterm and low birth-weight infants reduces mortality by 75%

75%

“  
To have played a part in anyone’s journey of growing a child has been an honor. It’s been a blessing. Thank you for allowing me to be part of that.”

—JACKIE, REFLECTING ON HER MILK DONATION

# What is The Milk Bank?

For critically ill infants, the use of safe, pasteurized donor human milk (PDHM) from The Milk Bank is more than a nutritional choice, it is a lifesaving medical intervention. Like a blood bank, The Milk Bank screens, collects, pasteurizes, and analyzes living tissue: human milk! Studies show that the use of only human milk to feed preterm and low birthweight infants reduces mortality by 75% and lowers the occurrence of necrotizing enterocolitis (NEC), a serious and sometimes fatal intestinal complication, by 77%.<sup>1</sup>

Each year, over 1,000 milk donors are needed to meet the needs of area Neonatal Intensive Care Units and hospitals as well as hundreds of medically fragile outpatients.

## WHY HUMAN MILK?

When a parent’s own milk is not available, PDHM is the next best option. PDHM is recommended by the American Academy of Pediatrics, the Centers for Disease Control and Prevention, and the World Health Organization because PDHM provides vital nutrition, immunologic protection and antibodies which help protect against devastating illness and infection.

A parent’s own milk might be unavailable for many reasons, like a parent’s health complications or low or development milk supply.

1. Steven A. Abrams, Richard J. Schanler, Martin L. Lee, and David J. Rechtman. 1 July 2014. Greater Mortality and Morbidity in Extremely Preterm Infants Fed a Diet Containing Cow Milk Protein Products. Breastfeeding Medicine. <https://www.ncbi.nlm.nih.gov/.../08.8%E2%80%9327.8%25>



Donated milk was not only the best food for my baby, it was a gift to me. The mothers that pumped and provided that milk gave me the gift of time. They gave me the gift of patience. And they gave my child the gift of life. ”

—CRYSTAL, ON RECEIVING DONOR MILK FOR HER BABY



### WHAT IS THE COST OF PASTEURIZED DONOR HUMAN MILK?

Every step in preparing PDHM is steeped in safety because PDHM is provided to the most vulnerable infants.

A processing fee helps offset the cost of these safety measures.

Through the support of generous financial supporters, The Milk Bank's Medical Relief Fund provides financial assistance to outpatient families in need.

This processing fee helps cover:

- milk donor screening & blood testing
- microbiological testing for milk
- nutritional analysis of milk
- pasteurization equipment
- bottling and cold storage

## How can I donate milk?

- Complete a short screening at [themilkbank.org](http://themilkbank.org) or by phone at 317-536-1670.
- Fill out a donor application with medical history.
- Allow The Milk Bank to obtain consent from your healthcare provider.
- Complete a blood test at The Milk Bank's expense.

Milk donations can be dropped off at any of our convenient Milk Depot locations. If there's not a Milk Depot near you, we will send you shipping supplies at no cost.

### HOW CAN I ACCESS PASTEURIZED DONOR HUMAN MILK?

If your baby is born early or has complex medical issues, they may receive PDHM during their NICU or hospital stay. PDHM is a standard of care that helps improve health outcomes. Donors and milk are carefully screened to ensure milk is safe for your baby.

Ask your hospital or birth center if they use PDHM from The Milk Bank and talk to your healthcare provider about the importance of human milk for fragile babies.

We also serve families who need safe donor milk at home for a variety of reasons. They pick up orders of PDHM in their community or have it shipped to them.

Families order PDHM to **bridge a small gap** and help meet breastfeeding goals. Talk to our team about **long-term needs**, like adoption or ongoing medical concerns.

Visit [themilkbank.org](http://themilkbank.org) or call 317-536-1670 to learn more.

### SOME USES OF PASTEURIZED DONOR HUMAN MILK

- Prematurity
- Prevention or recovery from necrotizing enterocolitis (NEC)
- Prevention of Sudden Infant Death Syndrome
- Failure to thrive
- Pre and post-operative nutrition
- Adoption or foster care
- Absent or insufficient lactation
- Illness requiring temporary interruption of breastfeeding
- Treatment for infectious diseases
- Immunodeficiency disorders
- Non-infectious intestinal disorders



**The Milk Bank**

# Human milk saves lives.

Would you like to donate milk  
or need access to Pasteurized  
Donor Human Milk?



Reach out to learn more.

**THEMILKBANK.ORG**

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Member, Human Milk Banking Association of North America