Time	Narration					
00:00	Welcome to this Spoken Tutorial on Breast conditions in lactating mothers.					
00:06	In this tutorial, we will learn about- Breast engorgement and Mastitis .					
00:13	Let us begin with Breast engorgement .					
00:17	Engorgement occurs most commonly between 3 to 5 days after delivery.					
00:23						
00:28						
00:33	Thus, now we will discuss the difference between breast engorgement and full breasts.					
00:40						
00:46						
00:52	Mother may suffer from fever that lasts for more than 24 hours and latching becomes hard for the baby.					
01:01	Whereas, full breasts are normal.					
01:04	Full breasts appear big but they do not give shiny appearance.					
01:10	Full breasts are not painful and fever is absent during breast fullness.					
01:17						
01:23	Breast engorgement can occur in the following conditions-					
01:27	If mother has not fed the baby soon after delivery.					
01:32						
01:36						
01:42						
01:46	Now let's discuss how engorgement can be treated.					
01:51	First- Ask the mother to wash her hands with the clean water					
01:55	Then, bring the baby closer to the mother so she can see, smell and touch the baby.					
02:03	If baby is too fussy, mother can smell the baby's towel.					
02:08	After that, mother should drink a glass of water.					
02:12	Then, keep wet warm cloth on the breast for 5 to 10 minutes or					
02:18	mother can also take a warm shower.					
02:21	It will help the breast milk to come out.					
02:24	After that, health worker should tell the mother to relax as excess of stress will affect the let-down reflex and					
02:33	milk will not come out.					
02:36	Now, either health worker or any family member should massage on the mother's neck and upper back.					
02:43	It will help the breast milk to come out.					
02:46	Since, nerve supply towards upper back and breast is same.					
02:52	Then, mother should start gently massaging her breast in circular motion.					
02:57	Massaging will make her relax and will improve the let-down reflex.					
03:03	All these things will help in releasing of Oxytocin.					
03:07	It is known as Oxytocin reflex or let-down reflex.					
03:12	Oxytocin is a hormone which helps a breast milk to come out.					
03:17	Then, mother should manually express some amount of milk to soften the areola .					
03:23	It will help the baby to latch on the breast correctly.					

03:27	During expressing the breast milk, mother should apply pressure around the areola .						
03:33	After expressing, mother should guide the areola in the baby's mouth, as it would be difficult for a baby to self-attach.						
03:42	Try to breastfeed on both sides.						
03:46	Between the feeds, mother should keep wet cold cloth on breasts for 5- 10 minutes. Or,						
03:53	mother can keep cold cabbage leaves on breasts.						
03:58							
04:04							
04:08	Then mother should breastfeed frequently.						
04:13	Now, let's learn how can we prevent breast engorgement .						
04:17	First, try to understand the hunger signals of a baby such as squirming,						
04:25							
04:27	in rooting reflex, baby turns her head towards anything which touches her cheek or mouth.						
04:36							
04:38							
04:42	Breastfeed the baby whenever she shows early hunger signals and not wait for the baby to cry.						
04:50	Make sure that the baby is latched on properly and feeding well.						
04:55	Remember, empty one breast completely before you switch to the other side.						
05:02	Next, let's learn another breast condition called Mastitis .						
05:07	It is a condition where part of breast becomes red, swollen and hard.						
05:14	Mother feels severe pain, fever and ill.						
05:18	Many mothers go through mastitis in first 6 weeks.						
05:22	But, it can occur at any time during lactation.						
05:27							
05:31							
05:37	Whereas mastitis affects part of the breast and usually only one breast.						
05:44	Mastitis may develop in an engorged breast or follow condition of blocked ducts.						
05:51	Now, we will discuss how blocked duct develops into mastitis if untreated.						
05:58	Blocked duct is a condition where milk is not removed from the part of a breast.						
06:04	Usually this duct is the part of breast blocked by thickened milk.						
06:11	It leads to lump formation. This lump is tender and often present with redness of the skin over the lump.						
06:20	Blocked duct and breast engorgement causes milk stasis.						
06:24	When milk stays in part of a breast in blocked ducts and breast engorgement, it is called stasis .						
06:32	If this stasis is not removed, it could lead to inflammation of breast tissue. It is called non-infective mastitis.						
06:42	Whereas, sometimes breast becomes infected with the bacteria and this is called infective mastitis.						
06:51	In following conditions, bacteria will easily enter through fissure:						

 07:06 Note that breast abscess is a progression of untreated mastitis. Now, let's discuss the causes of mastitis. 17:15 The first and foremost cause of mastitis is infrequent feedings. 17:21 If lactating mother is a working woman then frequent breastfeeding becomes challenging. 17:22 17:27 Other reason for infrequent feedings could be illness in mother or a baby. 17:23 Second is nipple feeding. In nipple feeding, baby will not empty the breast completely. 17:40 17-40 17-41 Frith is to pressure on the breast other foods apart from breast milk. 17:47 18-16 18-17 18-18 18-18 18-19 18-18 18-19 19-19 18-19 19-19 18-19 19-19 19-19<th>06:56</th><th>if fissure is present on the breast, Mastitis remains untreated and delayed treatment.</th>	06:56	if fissure is present on the breast, Mastitis remains untreated and delayed treatment.					
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