

Milk feeds: from zero to hero

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This talk will cover important theoretical and practical aspects around early feeding choices in preterm infants. These choices impact on important early health outcomes such as infection rates, necrotising enterocolitis development and feed tolerance, as well as the development of later problems such as obesity, asthma, allergy and metabolic health. We will review the evolving understanding of the crucial relationship between host immune function, enteral feed choices, and the microbiome and how it is established, or interfered with, over the first weeks of life in the context of preterm health. Data underpinning the importance of and role of mum's own breast milk in establishing enteral feeding will be reviewed and data pertaining to alternate choices of feed type including human donor milk and the DOMINO trial. This will include new and emerging data on the role of human milk oligosaccharides. We will discuss and review data on the point at which milk is introduced (ADEPT) and the outcomes from the recently completed SIFT trial to determine optimal rates of feed advancement in the preterm population.

The potential for 'additives' to milk for health benefit, including pre and probiotics will be explored, including the recently completed ELFIN trial data (supplemental lactoferrin) and the rationale for the mechanistic study MAGPIE, embedded within the ELFIN and SIFT trials.

References

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