

Bölüm 4

YENİDOĞAN BESLENMESİNDE ANNE SÜTÜ VE SÜT SAĞMA POMPALARI

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GİRİŞ

Doğumdan sonra, bir bebeğin beslenmesi, bireyin daha sonraki yaşamında optimal büyüme, gelişme ve gelecekteki sağlığını tanımlamak için hayati öneme sahiptir (Saavedra & Dattilo, 2017). Anne sütü, bebeğin sağlıklı bir yaşama başlamasına yardımcı olarak gelişimini ve sağlıklı büyümesini destekler. Anne sütü içeriğindeki vitaminler, mineraller, proteinler ve karbonhidratlar sayesinde bebeğin ihtiyacı olan gereksinimleri ilk 6 ay tek başına karşılamaktadır. Bir bebeğin yaşamının ilk altı ayında anne sütü ile beslenmesi, bebekte aşırı kilo ve obezite, tip 2 diyabet ve diğer bulaşıcı olmayan kronik hastalıkların riskini azaltır (Qiao et al., 2017; Horta and Lima, 2019). Ayrıca anne sütü, enfeksiyon ve enflamasyona karşı koruma sağlayan bağışıklık sistemi ve organ gelişimine katkıda bulunan yüz binlerce farklı biyoaktif molekül içerir. Anne sütü yenidoğanın bağırsaklarında bakteriyel kolonizasyon kaynağı sağlar (Camacho-Morales et al, 2021). Tüm bu nedenlerle, anne sütü bebeğin daha az sağlık problemiyle karşılaşması ve hayatta kalmasının doğal ve tavsiye edilebilir bir yolu olduğu için yenidoğanın beslenmesinde altın standartta bir besin olarak kabul edilir (Sarı & Güngör Satılmış, 2022). Dünya Sağlık Örgütü (World Health Organization/ WHO), Birleşmiş Milletler Çocuklara Yardım Fonu (United Nations International Children's Emergency Found/ UNICEF) ve Amerikan Pediatri Akademisi (American Pediatric Association/ APA) yenidoğanın doğumdan en geç bir saat sonra başlanarak ilk altı ay sadece anne sütü ile beslenmesinin ve en az iki yıl boyunca anne sütü almaya devam etmesinin sağlanmasını önermektedir (APA, 2021; WHO,2021). Bu nedenle bu çalışmada süt pompası desteği ile anne sütünün kullanılabilirliğine dikkat çekmek amacıyla, bu konudaki güncel bilgiler derlenmeye çalışılmıştır.

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