

HORMONES OF LACTATION CHECK LIST

Prolactin

- Did the milk ever come in?
- Family hx alcoholism
- Prior traumatic head injury
- History of autoimmune/auto-inflammatory conditions (lactotroph antiautobodies?)
- Postpartum hemorrhage->
- Partial pituitary damage or Sheehan's
- History of good serum prolactin level, normal breast development but poor milk output (macroprolactin?)
- History of HyperPRL or pituitary adenomas
- History of prolactin suppressing drugs
- Current or prior history of low prolactin level for stage of lactation
- Responsive/non-responsive to galactagogues
- Lower than avg serum PRL levels in pregnancy
- Testing context: Note 1) timing of test, 2) avg number of feeds/pumps, 3) impaired suck

Thyroid

- Hypothyroid- pre-existing, pregnancy onset, postpartum onset. Sx of slow metabolism
- Hyperthyroid- pre-existing, pregnancy onset, postpartum onset. Sx of high metabolism
- Check for subclinical thyroid dysfunction
- Poor milk ejection
- Oversupply & hyperthyroid sx
- Low supply & hypothyroid sx
- Risk factors: smoking, diabetes, low iodine, medications, hx of autoimmune problems

Obesity

- High BMI or excessive pregnancy gain
- Poor prolactin surges during bfg?
- Insulin resistance/diabetes
- Hyperandrogenism
- Hypoplasia
- Risk factor: hx hypertension
- Risk factor: High estrogen
- Risk factor: PCOS

Hypertension

- Hx of chronic PIH
- Hx of Pre-eclampsia, HELLP
- Corticosteroid tx in pregnancy
- Magnesium sulphate tx preg/PP

Insulin

- Type 1 diabetes
- Type 2 diabetes / Gestational diabetes
- Insulin resistance/ hyperinsulinemia
 - Acanthosis nigricans, skin tags
- Risk factor: rapid pregnancy weight gain or pre-pregnancy obesity
- Risk factor: PCOS
- Risk factors: timing of onset

Androgens

- Elevated testosterone, DHEA, DHEA-S, dihydrotestosterone, androstenedione, FT index; low SHBG
- Hirsutism (male pattern body hair)
- Adult acne
- Risk factor: insulin resistance or PCOS
- Risk factor: hx SGA or pre-eclampsia
- Risk factor: CAH (Congenital Adrenal Hyperplasia)
- Gestational Ovarian Theca-lutein cyst

Oxytocin/Milk Ejection

- High BMI, hypertension
- History of pitocin augmentation
- Smoking, morphine, tocolytics, magnesium?
- Hx of thyroid dysfunction or diabetes
- Upper body nerve subluxations
- Nerve damage from surgery or accident
- Chronic pain/noxious stimuli
- Depression and/or Anxiety history
- Hx of traumatic birth experience
- ACE or Excessive stress or trauma
- Hx of Grief / Loss