**Quiz: D-MER: What breastfeeding moms might not be telling you?**

1. A mother might describe dysphoric milk ejection reflex as a sudden mood shift from panic to sadness while nursing.
2. D-MER usually goes away in the first 3 weeks post-partum.
3. Moms who have a history of depression and anxiety may be more likely to experience D-MER.
4. D-MER is a type of post-partum mood disorder.
5. Mothers who experience D-MER are likely to report the symptoms.
6. As many as 35% of mothers experiencing D-MER will consider quitting or actually quit breastfeeding.
7. Providers/supporters who are working with breastfeeding moms should ask all moms if they experience any emotions just before or during their letdown.
8. Mothers who are experiencing severe D-MER, are at high risk for breastfeeding failure, and need to be referred to their health care provider for follow up and treatment.
9. Knowledge about what D-MER is and why it is happening will help many women deal with the emotions they are experiencing.
10. D-Mer.org and the Dysphoric Milk Ejection Reflex Support Group on Facebook are sources of support and information for breastfeeding moms, supporters and providers.