

Understanding the Mastitis Spectrum:

ABM Protocol # 36 Quiz

1. The breast & milk have their own microbiomes that help to keep a healthy family of “germs” present?
2. One possible contributing factor to the increasing incidence of conditions of the mastitis spectrum is a constant worry about having too much milk?
3. Heat is the best treatment for postpartum engorgement?
4. Bacteria imbalances can cause “sticky” biofilm layers to form in the milk ducts causing them to narrow and slow the flow of milk?
5. In order prevent mastitis it is important to keep the breast empty by feeding more often and pumping after every feed?
6. Inflammatory mastitis may resolve with basic interventions & does not always require antibiotics?
7. Bacterial mastitis does not present as cellulitis?
8. It is fine to continue breastfeeding or pumping when a parent has an abscess as long as the baby or pump do not come in contact with the abscess?
9. Deep breast massage & vibration are recommended to decrease risk of mastitis?
10. Breast redness is always a sign of infection and requires antibiotics?