

乳汁產生機轉 衛生教育指導

The mechanism of lactation

✚ 乳房結構 Breast structure :

乳房由腺體組織、結締組織及脂肪組成，由腺體組織製造乳汁後，經由乳房中的小管輸送到乳頭，乳頭有很多感覺神經，非常敏感，對於泌乳的反射極為重要。

Breasts are consisted of gland tissues, connective tissues and fat tissues, breast glands produce milk and that passes through many small ducts to the nipple. There are many sensory nerves in the nipples which are very sensitive and vastly important for lactation.

✚ 乳汁產生的荷爾蒙及反射

Hormones and reflex initiate lactation :

✚ 乳汁是經由荷爾蒙及反射作用產生，懷孕時體內荷爾蒙即發生改變，以準備產後哺乳。當嬰兒吸吮時，便發動泌乳反射。Lactation is initiated by hormones and reflexes. During pregnancy, hormones change, along with a reflex mechanism makes postpartum nursing possible. The milk ejection reflex develops in response to the stimulation of the baby sucking on the nipple.

✚ 腦部中的腦下垂體於產後會刺激乳房中的乳腺細胞分泌乳汁。每當嬰兒吸吮時，就會刺激乳頭上的神經，將訊息傳到腦下垂體前方由此製造泌乳激素經由血液到乳腺，使其分泌乳汁，故吸吮愈多，奶水愈多和泌乳激素一樣，當嬰兒吸吮並刺激乳頭感覺神經時，就會產生催產素。它是由腦下垂體的後部分泌，經由血液流至乳房，產生噴乳反射。若沒有噴乳反射單靠嬰兒吸吮是無法得到充分的乳汁。

The anterior pituitary gland causes the lacteal glands to secrete milk post partum. When the baby sucks on the nipple, it stimulates the nerves in the nipple and may induce the secretion of the prolactin from anterior pituitary gland resulting in lactation. Milk secretion increases as the frequency of the baby sucking on the nipple increases. Pitocin is produced in the posterior pituitary gland while the baby is sucking on the mother's nipple and may result in milk ejection reflex. Without the "milk ejection reflex", the baby sucking on the mother's nipple alone will not produce milk.

影響噴乳反射的因素

Factors of interfered of milk ejection reflex:

- 促進噴乳反射：母親愉悅的心情，正向哺餵的想法，跟寶寶互動良好。

The following helps to induce the milk ejection reflex: mother in a good mood, mother maintaining positive thoughts regarding breast feeding, and good interactions between the mother and her baby.

- 抑制噴乳反射：母親沮喪的心情、跟寶寶互動不佳。

The following inhibit the milk ejection reflex: mother in a bad mood, poor interactions between the mother and her baby.