

Aeroflow Breastpumps

Insulin Resistance and Milk Supply

Type 2 Diabetes (T2D), Gestational Diabetes (GDM), and Polycystic Ovary Syndrome (PCOS) are conditions linked to a larger underlying issue known as Insulin Resistance (IR). Insulin is a hormone made by the pancreas that helps control blood sugar.¹ When you have insulin resistance, your body doesn't respond well to insulin. Over time, the pancreas needs to make more and more insulin to keep blood sugar levels normal.¹

Women with IR may have difficulty getting pregnant and problems establishing a full milk supply.² Although many women with IR make plenty of milk, others find that they struggle to produce enough. It's important to know how insulin can affect your hormones, fertility, and breast growth and development when you plan to breastfeed. A proactive approach to treating your IR increases the opportunity for improved breastfeeding success and long term health outcomes.

Symptoms³

- Irregular or missed periods
- Extra hair on face or body
- Cystic, painful acne
- Weight gain or difficulty losing weight
- Dark patches on neck, groin, and under breasts
- Brain fog and feeling tired
- Mood swings, headaches, problems sleeping
- Excessive thirst and urination
- BMI >25

Treatment Options

There are many ways to manage and improve your insulin resistance.

Monitoring and Support⁴

- **Blood Sugar Monitoring:** Regularly check your blood sugar levels and make changes to your diet, exercise, and medications as needed.

- **Healthcare Provider:** See your healthcare provider regularly for check-ups and blood tests.

Medications⁴

- **Metformin:** If you take metformin for insulin resistance or PCOS, it's considered safe to continue while breastfeeding.
- **Insulin:** There are long and short-acting medications to regulate blood sugar and insulin levels. It's important to work with your healthcare provider to find the right dose, as your needs may change during breastfeeding.
- **Semaglutide:** Recent research shows that injectable weight loss medications transfer into mothers' milk at undetectable levels and appear to be safe for use while breastfeeding. Because these medications can reduce appetite, it is important to make sure you are still getting the nutrients you need while breastfeeding. Continuing to take a pre/postnatal multivitamin can help.⁵

Diet & Exercise⁶

- **Balanced Meals:** Incorporate proteins, whole grains, healthy fats, fruits, and vegetables into your diet. Minimize sugary and processed foods. Work with a registered dietitian nutritionist if you have questions.
- **Fiber:** High-fiber foods can help improve insulin sensitivity and blood sugar control.
- **Low Glycemic Index Foods:** These foods can help manage insulin resistance.
- **Hydration:** Drink plenty of water every day.
- **Essential Nutrients:** Keep taking your pre or postnatal vitamins to ensure you are getting enough nutrients like calcium, magnesium, and vitamin D.
- **Regular Physical Activity:** Exercise for 30 minutes most days. Activities such as walking, swimming, or yoga can all help manage blood sugar levels.
- **Weight Management:** Maintaining a healthy weight can improve hormonal balance.

Tips for Increasing Milk Supply

- **Frequent Breastfeeding:** Nurse your baby often, at least 8-12 times a day.
- **Breast Massage and Compression:** These techniques can help to maximize milk transfer and empty your breast more completely.
- **Pumping:** Additional milk removal will help to boost supply.
- **Skin-to-Skin Contact:** Spend time holding your baby close to your skin.
- **Herbs:** Goat's Rue, Milk Thistle, and Moringa contain compounds that help increase insulin sensitivity, lower blood sugar, and may help increase milk supply.⁷
- **Lactation Consultant:** A lactation consultant can give you personalized help with breastfeeding and boosting milk supply.

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Ultimate Breastfeeding Prep
- Pumping 101
- The Brain-Boob Connection

To register for these classes, log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

References

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