

## Module 8

### Pharmacology & Toxicology in Breastfeeding: Understanding Medications and Environmental Factors

#### Course Aims:

#### 1. Principles of Drug Excretion into Breast Milk:

- Develop a basic understanding of how drugs are excreted into breast milk.

#### 2. Medications and Breastmilk Production:

- Examine the interaction of medications with breast milk production and the potential effects on infants.

#### 3. Risk-Benefit Ratio and Breastfeeding:

- Appreciate the importance of assessing the risk-benefit ratio of medications and their impact on breastfeeding.

#### 4. Environmental Influences on Breastfeeding:

- Discuss the environmental factors that can influence breastfeeding and its potential effects on infants.

#### Course Objectives:

Upon completing this course, participants will be able to:

1. Discuss the factors that control drug excretion into breast milk, enabling informed discussions with breastfeeding parents.
2. Explain the risk-benefit ratio in the context of breastfeeding and medications, guiding parents in making well-informed decisions.
3. Describe medications that are contraindicated while breastfeeding, ensuring the safety of both parent and baby.
4. Address the potential effects of smoking, alcohol, and caffeine on breastfeeding and infant well-being.

5. Appreciate the significance of excessive weight loss during lactation and provide strategies to manage it.
6. Discuss how lactation may be influenced by specific drugs and medical procedures, offering tailored guidance to breastfeeding parents.
7. Evaluate potential effects of maternal medication on the baby and provide appropriate information and support.
8. Suggest methods to reduce drug excretion into breast milk, promoting breastfeeding safety.
9. Discuss strategies to minimize pesticide exposure for both the mother and baby in the breastfeeding relationship.