

# HORMONES OF LACTATION CHECK LIST

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## Prolactin

- Did the milk ever come in?
- Family hx alcoholism
- Postpartum hemorrhage->
- Partial pituitary damage or Sheehan's
- Prior traumatic head injury
- History of autoimmune/auto-inflammatory conditions (lactotroph antiautobodies?)
- History of good serum prolactin level, normal breast development but poor milk output (macroprolactin?)
- History of HyperPRL or pituitary adenomas
- History of prolactin suppressing drugs
- Current or prior history of low prolactin level for stage of lactation
- Responsive/non-responsive to galactogogues
- Lower than avg serum prolactin levels in pregnancy
- Testing: Note timing of test, context of avg number of feeds/pumps for better interpretation

## Thyroid

- Hypothyroid- pre-existing, pregnancy onset, postpartum onset
- Hyperthyroid- pre-existing, pregnancy onset, postpartum onset
- Check for subclinical thyroid dysfunction
- Poor milk ejection
- Oversupply & hyperthyroid sx
- Low supply & hypothyroid sx
- Risk factors: smoking, diabetes, low iodine, medications, hx of autoimmune problems

## Oxytocin

- History of pitocin augmentation
- Thyroid dysfunction
- Excessive stress or trauma
- Normal OT but poor MER... CX43?

## Insulin

- Type 1 diabetes
- Type 2 diabetes / Gestational diabetes
- Insulin resistance/ hyperinsulinemia
  - Acanthosis nigricans, skin tags
- Risk factor: rapid pregnancy weight gain or pre-pregnancy obesity
- Risk factor: PCOS
- Risk factors: timing of onset

## Androgens

- Elevated testosterone, DHEA, DHEA-S, dihydrotestosterone, androstenedione, FT index; low SHBG
- Hirsutism (male pattern body hair)
- Adult acne
- Androgynous (male) body shape
- Risk factor: insulin resistance or PCOS
- Risk factor: hx SGA or pre-eclampsia
- Risk factor: CAH (Congenital Adrenal Hyperplasia)
- Gestational Ovarian Theca-lutein cyst

## Obesity

- High BMI
- Poor prolactin surges during bfg?
- Insulin resistance/diabetes
- Hyperandrogenism
- Risk factor: hx hypertension
- Risk factor: High estrogen
- Risk factor: PCOS

## Estrogen

- History of estrogen dominance
- History of low estrogen
- Estradiol response to pregnancy
- Risk factor: Obesity or PCOS