

Negative correlations were noticed between serum IgA levels and lactosis levels.

Conclusions Serum levels of immunoglobulins in infants (both IgA and IgG) seems to be more related to human milk IgG and lactosis levels rather than human milk IgA and their specific chemokines.

496 **INVESTIGATING THE EFFECT OF BLACK TEA CONSUMPTION DURING PREGNANCY ON THE OXIDANT/ANTIOXIDANT STATUS OF BREAST MILK**

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Background and Aims Black tea is associated with antioxidant properties. The objective of this study was to investigate the effect of the amount of black tea consumption during pregnancy on the oxidant/antioxidant status of breast milk.

Methods Breast milk was obtained from 30 mothers and analysed for lipid peroxidation based on levels of malondialdehyde (MDA), and levels of reduced glutathione (GSH). In a survey completed by all participants, daily black tea consumption during the pregnancy was reported.

Results No correlation was found between the amount of black tea consumed and levels of MDA ($p=0.401$) and/or GSH detected ($p=0.473$). The results of this study indicate that consumption of varying amounts of black tea do not affect the oxidant/antioxidant status of breast milk.

Conclusions We conclude that this insensitivity of breast milk to antioxidant contributions by black tea reflects the capacity for breast milk to be resistant to the myriad of factors that otherwise affect a pregnant woman.

497 **EBF IN NICU AND NORMAL NURSERY BABIES IN IRAN**

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Introduction Exclusive breastfeeding (EBF) that means “no supplemental liquids or solid foods other than medications or vitamins” is what recommended by WHO for the first 6 months of life to decrease the mortality and morbidity in infants. Statistics indicate, however, that initiation and maintenance of EBF are becoming low in our country.

Method To identify the reasons of unsuccessful EBF in 150 mother-infant pairs hospitalized in two different wards (NICU and normal nursery) in two public hospitals in 2008 in Mashhad, we conducted a prospective study which contains 3 stages. At first mothers were interviewed in hospital at the time of discharge and completed 2 telephone interviews at 3 and 6 months postpartum. Finally 129 mothers remained in the study.

Results We found that 65.1% of mothers whose infants had been hospitalized in NICU initiated EBF, 51.6% continued EBF until 3 months and 40.3% completed EBF until 6 months postpartum. These percents were respectively 85.1%, 70.1% and 49.3% for normal nursery infants' mothers. Also we found that hospitalization in NICU, lower birth weight and gestational age, longer duration of hospitalization and NPO duration and having more than two infants in one delivery have negative effects on being successful in EBF.

Conclusion Prevention and timely resolution of breastfeeding problems among NICU infants' mothers is what we recommend

based on this study results. Better quality lactation training for both mothers and their husbands may be useful too.

498 **AWARENESS, PRACTICES AND BENEFITS OF BREAST FEEDING IN ISRA UNIVERSITY HOSPITAL, PAKISTAN**

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Background Several studies regarding Breastfeeding have been done in Pakistan and around the world. We have also done such a study in Isra University Hospital. Breast feeding is perfectly suited to nourish infants. It is truly said that what is good for babies is good for mother.

Our objectives were to determine knowledge about optimum breast feeding practices, benefits of breast feeding and pre-lacteal feeds, to evaluate the awareness of breast feeding through demographic parameters and to determine the causes of failure of breast feeding among mothers.

Methodology Questionnaire based hospital survey was conducted among 150 mothers, based on objectives which depended on certain variables: demographic variables like age, education, socio economic status, occupation, address. It also had questions about duration of marriage, number of kids. Study design was Cross Sectional Study and was done using SPSS.

Results Breast feeding was initiated by 89.33% (134) of mothers. 10.67% (16) of mothers, who failed to breastfeed their babies, had mainly the reason of milk not being produced (50%). Later we specifically asked the breastfeeding mothers certain questions. It was revealed that they were breast feeding their babies because breast milk is the best/balanced diet. 84% recommended breastfeeding for today's mothers.

Conclusion According to our study Illiterate females and house wives were breast feeding more. Economically deprived mothers tended to breastfeed their babies for longer period as compared to economically well-off or educated mothers. We came to the conclusion that awareness programs regarding correct breastfeeding practices be conducted.

499 **EXCLUSIVE BREAST-FEEDING AND RELATED FACTORS IN INFANTS**

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Introduction Breast feeding method that provides physical, psychological and spiritual needs, in first 6 months of birth. Exclusive breast feeding up to 6 months, is a major factor in health financing in developing countries.

Method It is a cross sectional study in breastfeeding mothers came to public health centers in one year at Tabriz in this study selected 150 mother with bellow 2 years old baby with simple random sampling we used a valid questioner we used X2 test and SPSS16 software for analyze of data.

Results and findings In this study frequency of exclusive breastfeeding up to 6 months were 56/4% (49/3- 63/4: CI95%) with rate in boys 57/2% (49/9- 64/4: CI95%) and in girls were 55/7% (62/6- 48/7: CI95%) and 91/6% (94/7-88/7: CI95%) were children who had breast feeding immediately after delivery, of which 41/3 percent had continued feeding up to six months. study showed a direct relationship between longitude of breast feeding and educational study before delivery and an indirect relationship with maternal age. Maternal age, maternal knowledge and advice of relevant about use of formula were meaningful factors in the multiple regression model. Most of the mothers (85.4%) were in middle socio-economic group.