

Submission no. 429AUTHORISED: 20/6/07 *R***Subject:** Breastfeeding Story - Donna Emery

Hi, my name is Donna Emery and I am the mum of a 13 month old son, Luke who I have only just weaned.

I was the sort of person who really wanted to breast feed to give my son the best possible start in life. To make it even more important was the fact that he was diagnosed with Cystic Fibrosis when he was 5 weeks old.

From when Luke was about 3 weeks old I started getting sore and cracked nipples. It just kept getting worse and worse and the various nipple creams just weren't working. I ended up having to express and bottle feed Luke for 24 hours a couple of times just to give myself time to heal a bit.

At about 8 weeks old my clinic nurse picked up that I may have had thrush on my nipples and a visit to the doctor confirmed it. As soon as I started using the medication, the soreness got better and within about a week I was well on the way to recovery.

I was in so much pain that I was almost ready to give up breast feeding - against my own wishes. There was no way I could have continued on in that much pain for 12 months. It wasn't just the pain for me either, I was bleeding so much that Luke was swallowing the blood - YUCK!! (That was the point when I had to stop and give my self a break for 24 hours).

Anyway, I just wanted to share this story because if someone had mentioned it to me sooner I wouldn't have been in so much pain for so long. I have already saved my sister-in-law from the same fate, thank heavens.

Donna Emery