

麻油雞酒湯攝取對母乳餵哺之影響

Effects of consuming chicken soup with sesame-oil and alcohol on breast milk in lactating women.

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摘要

47 麻油雞酒湯與母乳餵哺 北市醫學雜誌 第 2 卷 第 2 期, 2005 目的: 母乳是最合乎嬰兒生理需求的食品, 在我國傳統的坐月子習俗中, 麻油雞酒湯是大部分哺乳婦會攝取的膳食之一, 但其所含酒精的排除需要多少時間及是否會對母乳餵哺造成影響? 這是本篇研究想探討的主要目的。方法: 於臺北醫學大學萬芳醫院招募對酒精無過敏的健康哺乳婦女共 23 位, 以利用標準化配方統一製作的不含酒精的麻油雞湯(CS)和酒精含量為 40 mg/mL 的麻油雞酒湯(AS)為實驗材料。每位受測者分別各進行 2 次實驗, 中間間隔一星期, 實驗前 3 天受試者避免攝取酒精性飲料或膳食, 實驗進行前受試者以電動擠乳器排空乳汁, 再分別依體重攝取 8 mL/kg CS 或 AS。於攝取後 10, 20, 30, 40, 60, 90 分鐘和 20, 40, 60, 90, 150 分鐘, 分別收集乳汁和抽血, 於攝取後 120 分鐘, 測量乳汁分泌時第一滴乳汁噴出時間和 30 分鐘的泌乳量。結果: 研究發現攝取 AS 後 25±11 和 32±19 分鐘血液和母乳中的酒精濃度分別達到最高, 約於攝取後 200 分鐘時, 大部分受試者的血液和母乳中酒精濃度趨近於基準值。攝取 AS 後, 乳汁分泌時第一滴乳汁噴出時間顯著較攝取 CS 長。30 分鐘泌乳量方面, 攝取 AS 與 CS 相較, 13 人有減少的情形, 而 10 人有增加的情形, 故不具統計上之差異。結論: 綜合本實驗結果, 攝取麻油雞酒湯後對母乳餵哺的影響, 主要會延長當次乳汁分泌時的噴乳反射時間, 且根據本研究結果, 建議攝取後 2.5~3 小時以上再行母乳餵哺應可避免或減少嬰兒經由乳汁攝入酒精所產生的健康風險。

Abstract

The aim of present study was to investigate the effects of consuming sesame-oil chicken with rice wine on breastfeeding. Twenty-three healthy and non-alcohol sensitive lactating women were recruited from the Department of Obstetrics and Gynecology at Taipei Medical University Wan-Fang Hospital. Use standard materials and methods to prepare non-alcoholic sesame-oil chicken soup as control (CS) and sesame-oil chicken with rice wine soup (AS) which alcohol concentration was 40 mg/mL as experimental material. Each woman took 2 testing days that separated by 1 week, and they were instructed to refrain from drinking any alcoholic beverages or diets before the 3 days of the two testing days. Before experiment, each subject emptied both breast by using an electric breast pump, and then drank 8 mL/kg of body weight CS or AS. After 10, 20, 30, 40, 60, 90 min of CS or AS consumption, the subject collected 2 mL milk respectively. The amount of milk yield within 30 min and the time of the first droplet of milk to be ejected were measured

after 120 min of CS or AS consumption. Blood samples were also collected before experiment and after 20, 40, 60, 90, 120 min of CS or AS consumption. The results show that, maximum blood and milk alcohol concentration were achieved after 25 ± 11 and 32 ± 19 min of AS consumption respectively. The blood and milk alcohol concentration of most subjects returned to the basal alcohol levels after 150 min of AS consumption. The time for the first droplet of milk to be ejected was significantly longer after consuming AS than CS. The milk yield within 30 min was significantly decreased in thirteen subjects and increased in ten subjects after consuming AS. In conclusion, the prolongation of milk ejection time was the main effects of consuming sesame-oil chicken with rice wine on breastfeeding. According to the present study, it recommends to breast-feed milk after 2.5 hours or more than 2.5 hours of consumption to avoid the risk on infants caused by alcohol exposure of breast milk.