攝取麻油雞酒湯對母乳餵哺之影響

Effects of consuming sesame-oil chicken with rice wine on breastfeeding

中文摘要

本研究的目的為探討攝取麻油雞酒湯對母乳餵哺的影響。於臺北醫學大學萬芳醫院招募產後 15 天~3 個月且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。分別各進行 1 天實驗，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。於攝取後的 10, 20, 30, 40, 60, 90 分鐘分別收集 2 mL 乳汁，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；於實驗進行前後和攝取後的 20, 40, 60, 90 分鐘抽血。結果顯示，攝取 AS 後 25±11 分鐘血液中的酒精濃度達到最高，攝取 AS 後 32±19 分鐘母乳中的酒精濃度達到最高，於 150 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。至於 30 分鐘泌乳量，攝取 AS 與 CS 相較，13 人有顯著減少的情形，而 10 人有顯著增加的情形。綜合本實驗結果，攝取麻油雞酒湯對母乳餵哺的影響，主要為乳汁分泌時的噴乳反射時間延長，且亦得知攝取後 2.5 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。

英文摘要

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.