HORMONES OF LACTATION CHECK LIST

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

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

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

Obesity

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

Oxytocin

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

Estrogen

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

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