



Mothers' Milk Bank
— OF NORTH TEXAS —

600 WEST MAGNOLIA AVENUE
FORT WORTH, TX 76104
817.810.0071
WWW.TEXASMILKBANK.ORG



The Bank Statement

2016 IN REVIEW

Record Year by the Numbers



564,055
ounces dispensed

11,000
more than in 2015



757
approved
donors



6 NEW
donor milk
collection depots

42 total depots



131
hospital
NICUs served

up from **114**
in 2015

Letter from the Executive Director

A RECORD YEAR & A BRIGHT FUTURE AHEAD



Amy Vickers, RN, MSN, IBCLC
Executive Director

Milk banking continues to advance as the standard of care for premature and sick infants. With this progression and growing demand among healthcare providers, non-profit milk banks such as ours must forge ahead, increase capacity and diversify services in order to help more babies than ever before.

According to the March of Dimes, "the U.S. preterm birth rate ranks among the worst of high-resource countries." Babies born too soon face serious complications and elevated mortality rates. Mounting evidence shows that high risk babies fed human milk have better outcomes and survivability, resulting in a significant increase of the use of donor human milk in NICUs.

Statistics from 2016 once again show that Mothers' Milk Bank of North Texas surpassed milestones from the previous year, a trend that has held true every year since opening. Between 2004 and 2016, more than 6000 donor moms gave more than 3 million ounces of milk, which was pasteurized and dispensed to help thousands of medically needy babies.

There is no doubt this dynamic and extremely fulfilling effort takes a committed and pervasive village. It's my privilege to lead this organization, but helping these babies would not be possible without the heartfelt generosity of donor moms, dedicated employees, talented board members, state-of-the-art NICUs, motivated volunteers and passionate community supporters. With big and exciting plans on the horizon to accommodate more mouths to feed, I hope you will stay tuned and continue to be a part of our very special village.

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Journey to Wellness Fueled by Donor Milk



Lincoln in the NICU

Lincoln's strength and fighting spirit were evident from the day he was born. Just a day after his birth in March of 2016, he had an MRI to examine a large mass on the right side of his abdomen. Doctors found a malignant tumor that had merged with parts of his intestine. Lincoln's parents, Victoria and Jason, knew they had a long road to wellness ahead of them.

The family went to Cook Children's Medical Center to begin their fight. Lincoln had surgery to remove the tumor from his intestines, and he spent time in the NICU. He was unable to breastfeed for the first month and a half of his life, and

Victoria could not get a good supply of her own milk established. Lincoln relied on donor human milk to get through this phase. When he was able to start feeding, doctors discovered a tongue and lip tie that continued to make breastfeeding difficult.

Because of this issue, Victoria and Jason tried to feed Lincoln formula upon bringing him home. However, it aggravated the scar tissue of his intestines. Determined to find a solution, they learned about the outpatient program at Mothers' Milk Bank of North Texas through the staff at Cook Children's.

Lincoln began receiving donor milk as an outpatient in April of 2016, and his parents say it has made a world of difference. "It has saved him from further surgeries," Jason said. "It helped to boost his immune system during chemo, and it's helped him grow in weight from the 25th percentile to the 78th percentile as of his last weigh in."

Today, Lincoln is happy and healthy. He loves having his parents read to him, and he has recently started walking. He is still receiving donor milk, but is starting to transition to regular food. His family is thankful for the milk donors who provided the nutrition Lincoln needed to fight his health battles.



Lincoln Thriving After Receiving Donor Milk

"Thank you for your time, effort, generosity, and donations to the milk bank," Jason said. "Each of you is a hero in your own right who deserves praise in selflessly helping those that come into this world and need a little help due to circumstances."



Repeating a Priceless Gift



Raj in the NICU

They say that love is even sweeter the second time around. For Anjali from Frisco, Texas, this also rings true for donating breastmilk. After her first son, Prem, was born in November 2014, Anjali had a growing reserve of extra milk in her freezer and a fierce determination not to throw it away. After all, she thought of every drop as liquid gold. Online research connected Anjali to Mothers' Milk Bank of North Texas (MMBNT) and her journey of helping other babies began.

Then in 2016, Anjali started donating milk for the second time. Prem was almost 2 when brother Raj arrived early at 32 ½ weeks on August 9, weighing only 2 ½ pounds. "Raj's premature birth came out of nowhere, especially because I had no concerning history or complications," she said. Anjali was able to pump milk for Raj and it was a huge relief when he gained weight quickly and was discharged earlier than expected after only one month in the NICU.

For a long time, Raj only took one ounce per feeding, 8 ounces total each day. However, Anjali was pumping a lot more than Raj needed. Again, she wanted her excess milk to go to good use. She says, "The milk bank's screening process was so easy and straightforward and I knew there were many babies in the NICU who could use it."



Raj



Vimal, Prem, Anjali and Raj

Since Raj's birth this past summer, Anjali has donated more than 700 ounces by loading up her cooler with frozen breastmilk and dropping it at Texas Health Presbyterian Hospital in Plano, one of 42 MMBNT depots. Her milk is transported to MMBNT where it is thawed, pasteurized and poured into bottles for the fragile babies who need it most.

As a repeat donor, Anjali has donated a total of 2,164 ounces so far, potentially providing more than 6,400 feedings. She says, "I'm a strong believer in breastmilk and the benefits it provides, especially for premature infants like Raj. It's a great feeling and such an honor that I am able to do this for other babies."



Our Year in Photos

Miracle Milk Stroll



New Van!



Billboard

2016 Luncheon



Big Latch On



Fort Worth Zoo Day



Trinity Valley Volunteers

You Change Lives Every Day

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— OF NORTH TEXAS —

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