



CLIENT TESTIMONIAL

Mastitis

BROUGHT TO YOU BY JANET VILJOEN CONSULTING (WWW.JANETVILJOEN.CO.ZA)

© PHYSIODYNAMIX 2017

What is Mastitis?

A condition which causes breast tissue to become painful and inflamed, it is most common in breastfeeding women within the first three months of breastfeeding. Symptoms of the condition include a red swollen area on the breast which may be warm to the touch; a lump or area of hardness; a burning pain in your breast which may occur only when breastfeeding or may be continuous; and/or a discharge from the nipple.



In breastfeeding mothers the mastitis may be caused by a build-up of milk in the breast, a condition referred to as “milk stasis”. This may be due to the baby not latching properly, infrequent or missed feeds, or baby not sucking properly.

A mom’s story...

“I had four bouts of mastitis after my twins were born. I think, as a first-time mom, everything is new and rather alarming, and

breastfeeding is difficult – especially when you have multiples!

If I think back, I had been breastfeeding my twins for at least six months before I really got the hang of it. I had received all sorts of advice, as one does, regarding breastfeeding and breast massage, but none of it helped at the time.



I searched high and low for someone who could help me and found Fiona and Sam at Physiodynamix who immediately taught me massage techniques that worked, and provided the support I had been in desperate need of.

My recommendation to pregnant moms who would like to breastfeed is to find a lactation specialist before you give birth and to source specialist physiotherapists who you can consult directly should you encounter lactation problems - such as those at Physiodynamix. Once your baby has arrived everything is hectic and that isn't the time to start researching who and what you may need – do it now!

Create your support group now!

The La Leche League is active in South Africa, and one of the things that has really helped me is their Facebook group. I've posted a question in desperation at 1am and someone has answered – that's a really good feeling.”

Support in Johannesburg...

La Leche League: there are active leaders in Johannesburg/Gauteng region and their contact details are available on the website - <http://www.llli.org/southafrica.html>



La Leche League SA Facebook Group: an active and vibrant community, this group has just under 30 000 members (at time of writing). That represents a powerful mother-to-mother support system! Join now - <https://www.facebook.com/lalecheleaguesouthafrica/>

Book an appointment:

Physiodynamix, Cramerview Village Centre, corner of Curzon and Main Roads, Bryanston. Open from:

7am to 5.30pm; Telephone: 011 706 7433