References

## REFERENCES



Aarts C., (2004): During Breastfeeding and Breastfeeding Problems in Relation to Length of Postpartum Stay: A longitudinal cohort study of a national Swedish sample. Acta Paediatr., 93(5): 669-76.

Abd El-Fattah Z., (1996): Neonatal Morbidity and Mortality in Upper Egypt (Sohag), a follow up study. A Thesis Submitted To High Institute Of Nursing, Cairo University.

Abdel- Tawab N. Nawar L., Youssef H., Dala H., (2000): Integrating Issues of Sexuality into Egyptian Family Planning Counseling, Frontiers in reproductive health. Population Council, Cairo, Egypt.

Agamy H., (2011): مشكاكل الرضاعة الطبيعية . http://www.Fedo.net/MedicalEncyclopedia/womanhealth/womanmarrage/pre gnancyanddelivery/problemsofbreastfeeding.htm.

Agancy for International Development. Breast Feeding for Child Survival Strategy, 1990.

Ahmed S., (2004): Factors Associated with Using of Episiotomy during Labor and Its Effect on Perineum. A thesis submitted to Faculty of Nursing, Sin Shams University.

Akin J. and Dovanpo J., (1981): Determinants of Breast Feeding and Weaning Patterns in Malaysia (Draft): presented at the 50<sup>th</sup> annual meeting of the population association of America, Washington D.C, 26-28:67.

Alexander G. and Kotelchuck M., (1996): Quantifying the Adequacy of Prenatal Care: A comparison of indices, public health reports 111 (5): 408 – 18.

American Academy of Family Physician (AAFP), (2001): Work group of Breastfeeding. Part 2: The management of Breastfeeding. Appendix A: Ten steps to support patient's choice to breastfeed their baby. Pediatric Clinics of North America; 48(2).

American Academy of Pediatrics (AAP) Committee on Nutrition, (1999): Iron Fortification of Infant Formulas. Pediatrics, 104(1):148-53.

American Academy of Pediatrics (AAP), (1997): Breastfeeding and the Use of Human Milk. Journal of Pediatric Nursing, 100: 9.

American Academy of Pediatrics (AAP), (2003): Section on Breastfeeding and Committee on Nutrition. Prevention of rickets and vitamin deficiency: New guidelines for vitamin D intake. Pediatrics, 111(4), 908-10.

American Academy of Pediatrics (AAP), (2005): Section on Breastfeeding. Policy statement: Breastfeeding and the use of human milk. Pediatrics, 115(2); 496-506.

American College of Obstetricians and Gynecologists Committee on Health Care for Underserved Women, (2007): ACOG Committee Opinion 361: Breastfeeding: maternal and infant aspects. Obstetric Gynecology, 109 (2 Pt 1): 479-80.

American Dietetic Association (ADA), (2001): Position of the ADA: Breaking the Barriers to Breastfeeding. Journal of American Dietetic Association, 101(10); 1213-19.

Amin S., Merle K., Orlando M., Dalzell L. & Guillet R., (2000): Brainstem Maturation in Premature Infants as a Function of Enternal Feeding Type. Pediatrics, 106(2), 312-22.

Andrews J., (2010): Cabbage for Postpartum Breast Engorgement. http://www.babymed.com/Blog-aspxx?454.

Ann-Page L. & Mc Candlish R., (2006): The New Midwifery: Science and sensitivity in practice.2<sup>nd</sup> ed. Netherlands: Churchill Livingstone, 319-20.

Applebaum R., (1975): The Obstetricians' approach to the Breasts and Breast Feeding. Journal of reproductive medicine, 14 (2): 98-116.

Arora S, Vatsa M. & Dadhwal V., (2008): Indian Journal of Community Medicine, July 33(3):160-2.

Artola RC and Jimenez V., (1990): The Effect of Early Postpartum Mother-Infant Contact and Breastfeeding Promotion on the Incidence and Continuation of Breastfeeding. Int J Nurs Stud, 27(3): 179-89.

Auvenshine M. and Enriquez M., (1990): Comprehensive Maternity Nursing Perinatal and Women's Health. 2<sup>nd</sup> ed. Jones & Bortlett publishers. Boston, 437-62.

Ayers J., (2000): The Use of Alternative Therapies in the Support of Breastfeeding. Journal of human lactation, 16 (1):52-6.



Baby Friendly Hospital Initiative, Report on clinical surveys upon the KAPS of health professional and mothers. AL-Hussein Hospital. Al-Azhar University, UNICEF, 1992.

Ballering E., (2010): Cabbage Leaves for Breast Engorgement. http://4midwifinfo.com/ articles/cabbage-leaves-for-breast-engorgement. An original article for www. Midwifinfo.com by Elizabeth Ballering.

Barbosa-Cesnik C., Schwartz K., & Foxman B., (2003): Lactation Mastitis. Journal of American medical association, 289(13), 1609-12.

Bashir K., (2008): Manual on Pregnancy, Labor and Puerperium. India: Daya publishing house, 84, 90-3.

Baumslag N., (1989): Breast Feeding Trends Influencing Factors. A report prepared for the Asia/Near East Bureau, USAID. Washington (DC): USAID, 39-46.

Benson R. & Pernall M., (2002): The Puerperium Handbook of Obstetric and Gynecology. 3<sup>rd</sup> ed. New York: Mc grow-Hill Co.

Bick D. & MacArthur C., (1995): The Extent, Severity and Effect of Health Problems after Childbirth. British journal of midwifery, 3(1): 27-31.

Biennial report, (1996): The Empowering women. Geneva. WHO, 24 - 6.

Blck A., Borer W., Bruce B., etal, (2007): Dorland's Illustrated Midical Dictionary. 31<sup>st</sup> ed., Philadelphia: Sanders Elsevier Co., 603

Bobak, Jensen, (1993): Maternity and Gynecologic Care. The nurse and family. 5<sup>th</sup> ed. Mosby Co., St. Louis, 623-47.

Bonner J., (2001): Recent Advances in Obstetrics and Gynecology. Toronto: Churchill Livingston Co., 50-61.

Bonyata K., (2010): Establishing and Marinating Milk Supply When Baby is not nursing. http://www.kellmom-com establishing and maintaining milk supply when.mht.

Brady CN., (1990): The Commitment of Breast Feeding. Int J Gyn Obs, 31.

Braveman P. etal, (1993): Access of Prenatal Following Major Medicaid Eltigibility Expansions, JAMA, 269(10): 1285-9.

Brown M. & Hurlack J., (1995): Preparation of the Breast for Breastfeeding. Nursing research, November-December 24 (6): 448-51.

Buckley K., Kulb N., (2003): The Postpartum Period. New York: Flescler Co.

Buekens P., (1990): Variation in the Provision and Uptake of Antenatal Care, Bailliere's Clin Obstet Gynecology, 4 (1): 69-86: 187-205.

Burroughs A. and Leiffer G., (2001): Maternity Nursing. 8<sup>th</sup> ed. USA: Sanders Co., 128-35:188-97.



Cable R. and Davis J., (1997): Nipple Wound Care: a new approach to an old problem. Journal of human lactation, 31 (4): 313-8.

Cahill J. & Wagner C., (2002a): Challenges in Breastfeeding: Maternal consideration. Contemporary pediatrics, 5, 94.

Cahill J. & Wagner C., (2002b): Challenges in Breastfeeding: Neonatal concerns. Contemporary pediatrics, 5, 113.

Chirico G., Marzollo R., Cortinovis S., Fonte C., Gasparoni A., (2008): Anti infective Properties of Human Milk. J Nutr, 138:1801S-6S.

Churchill H., (1995): Perception of Child Birth: Are women properly informed? Nursing Time Journal, 91(45): 31-3.

Churchill H., (1995): Perceptions of Childbirth: are women properly informed, Nursing times, 91 (43): 31-3.

Collaborative Group of Hormonal Factors in Breas Cancer and Breastfeeding (CGHFBCB), (2000): Collaborative analysis of individual data from 47 epidemiological studies in 30 countries, including 50,302 women with breast cancer and 96,973 women without the disease. Lancet, 360(9328), 187-95.

Cotterman K., (2006): Coconut Oil Increases Beneficial Properties in Human Breast Milk. www.workathomeboard.com/item/3774.

Csar N., (1991): Breast Engorgement: What is the incidence and pattern? Unpublished master thesis. University of Illionis, Chicago, IL.

Cunnigham G. etal, (2001): Williams Obstetric: section in normal labor and delivery. 21<sup>st</sup> ed. USA: Medical publishing division, 386-418.



da Silva op., Knoppent DC., Angelini MM. & Forret PA., (2001): Effect of Domperidone on Milk Production in Mothers of Premature Newborns: a randomized, double-blind, placebo-controlled trial. CMAJ, Jan; 9; 164 (1):17-21.

Davidson M., London M. & Ladewig P., (2008): PLDS' Maternal-Newborn Nursing & Women's Health across the Lifespan. 8<sup>th</sup> ed. USA: Person prentice Hall, 894,902-12, 1122-27.

Davis M., (2010): Engorgement: The Cabbage Cure. 2010. http://www.lactationconsultant.inf/cabbagecure.html.

Day S. & Hartmann P., (1995): Infant Demand and Milk Supply. Part 2: The short term control of milk synthesis in lactating women. Journal of human lactation, 11: 27-37.

Deborh L. & Jodi M., (2003): Introduction to Maternity and Pediatric Nursing. 4<sup>th</sup> ed... USA: Saunders Co., 204-43.

Dekel M., (2010): Thermograph,. <a href="http://www.breasthermography.com/breast\_thermography-proc.htm">http://www.breasthermography.com/breast\_thermography-proc.htm</a>.

Deneux C., (2006): Sore, Cracked Breast Nipple Treatment. www.ayurvediccure.com/ breast.nipples.htm.

Dewey K. and Heining M., (2002): Maternal Weight-Loss Patterns during Prolonged Lactation. American journal of Clinical Nutrition, 58: 162-6.

Donnal L., Shannon E. and Marilyn J., (2002): Maternal Child Nursing Care.

New York: Mosby Co., 332-42.

Duffy EP., (1997): Positive Effect of an Antenatal Group Teaching Session on Postnatal Nipple Pain, Nipple Trauma and Breastfeeding Rate. Midwifery, 13(4): 189-96.



Edelman C., (2006): Health Promotion throughout the Lifespan. 6<sup>th</sup> ed. Canada: Mosby Co., 386-7.

Edgar A., (2005): Anatomy of a Working Breast. New Beginning, 22 (2): 44-50.

Eglash A., Montgomery A., Wood J., (2008): Breastfeeding. DisMon, 54 (6): 343-411.

Egyptian Medical Schools, (2001): Reproductive Health Curriculum: Family planning methods module. Student handbook. October, 33-5.

El she Waddell rbeni F. ,(1998): A study of knowledge and practices of women related to self care during puerperium in Kuwait , A thesis submitted to high institute of public health , Alexandria university.

Els J. and Kools M., (2005): A Breastfeeding Promotion and Support Program: a Randomized Trial in the Netherlands. Preventive Medicine; 40 (1): 60-70.

EL-Sahwi S., Abbassy A., Gumiei M., (1991-1992): Assessment of Knowledge, Attitudes and Practices Regarding Breast Feeding among Health Service Providers and Mothers as well as Hospital Practices with Respect to Breast Feeding at Shatby Maternity and Children Hospitals in Alexandria, UNICEF: Cairo Office.

Essawy M. and Ahmed M., (1998): Relationship between Initiation of Breastfeeding and Its Continuation. Journal of Medical Research Institute, 19(1): 154-7.



Fatmi Z. and Avan I., (2002): Demographic, Socioeconomic And Environmental Determinats Of Utilization Of Antenatal Care In A Rural Setting Of Sindh, Pakistan, J Pak Med Assoc,; 52(4): 138-42.

Fikry F., (1980): The Effect of Implementing A Domiciliary Post Partum Nursing Care Program on the Knowledge and Health Practice of Mothers, A Thesis Submitted To High Institute Of Nursing, Alexandria University.

Ford A. & Simpson L., (2008): Breastfeeding. Postgraduate Obstetrics & Gynecology, 28 (23), 1-8.

Fracer D. & Cooper M., (2009): Myles Textbook for Midwives. 15<sup>th</sup> ed. London: Churchill Livingston. Elsevier Co., 625-56.

Francois C. and Connor S., (1998): Acute Effect of Dietary Fatty Acids on the Fatty Acids of Human Milk. American journal of Clinical Nutrition, 67: 301-8.

Fraser D., Cooper M. & Fletcher G., (2004): Myles Textbook for Midwives. 14<sup>th</sup> ed. Edinburg: Churchill Livingstone, 217-9: 625-50: 750-64.

Freed G., (1993): Breastfeeding. Time to teach what we preach. JAMA, 243-6.

Friel JK and Hodson NI., (1991): The Effect of Promotion Campaign on Attitudes of Adolescent Female toward Breastfeeding. Can Journal of Public Health, 80: 195-99.

Furman L., Minich N. & Hack M., (2002): Correlates of Lactation in Mothers of Very Low Birth Weight Infants. Pediatrics, April 109 (4): e 57.



Gallagher K.(2010): Breast Engorgement – Home - Treatment. http://www.mamaherb.com/breast-engorgement-home-remedy-usingcabbage.

Gamal Al-Deen A., (1993): The Effect of Nursing Intervention on the Prevention and Relief Engorgement during Early Puerperium. Alexandria. University of Alexandria, Faculty of Nursing, 306-15.

Ghulam, L.J., (1979): Early teenage childbirth consequences of this on mother and child. Report presented at the seminar on traditional practices affecting the health of women and children. Khartum 10 - 15 February; (WHO / EMRO technical Publication. (2): 137.

Glover R., (1998): The Engorgement Enigma. Breastfeeding Review, 6:31-4.

Gordon M., (1961): Social determinates of health practices .AM J. Ph; 51.

Grant P., (1992): Baby Friendly Hospitals toward a Baby Friendly World. Int. child health, 1 (III).

Graven R., (2009): Hirrle C. Fundamental of Nursing. New York: J.B. Lippincott Co.

Gregory K., (2005): Update on nutrition for Preterm and Full-term Infants. Journal of obstetrical, gynecological, and neonatal nursing, 34(1), 98-108.

Guest K., (2005): The Management of Nipple Pain and/or Trauma Associate with Breastfeeding: A Systematic Review. JBI Reports 1(4), Blackwell Publishing ASIA.

Guyton AC., (2010): Basic Human Physiology: Normal function and mechanism of disease. 2<sup>nd</sup> ed. Philadelphia: W.S. Sanders Co., 1977; 321, http://www.kwllymom.com.Linksworking & pumping Tips-mht. 3/1/2010.



Hafez A. etal, (1999): Extent of Utilization and Factors Influencing Antenatal Care in Rural Rajshi, J Prev Soc Med, 18 (1): 1-6.

Hahn D., (2006): Overcoming Breastfeeding Problems. www.nlm.nih.gov/medlineplus/002452.htm.

Hanretty K., Ramsden I. & Callander R., (2003): Obstetrics Illustrated. 3<sup>rd</sup> ed. Edinburgh: Churchill Livingstone Co, 341-2.

Hassan H., (2005): Traditional Practices Among Pregnant Women to Overcome Common Pregnancy Minor Discomforts in Rural Areas. A thesis submitted to Faculty of Nursing. Tanta University.

Hassan L., (2000): Assessment of pregnant women's knowledge and practices towards minor discomforts during the third trimester of pregnancy at Port Said city. A thesis submitted to faculty of nursing, Suez Canal University.

Hassan M., (1991): The Relationship between the Beliefs of The Pregnant Women ang Their Initiation of Antenatal Care in Alex. A thesis sumitted to Faculty of Nursing, Alex. University.

Henagel AO., (1989): Study of Concepts and Behavior of Lactating Mothers in A Civilized Village toward Breast Feeding and Diarrhea. Lights on Breast Feeding. First year, 3.

Hendrson C., Macdonalds S. & Davis D., (2004): Mayes' Midwifery. A textbook for midwives.13<sup>th</sup> ed. Edinburgh: Baillier Tindall Co., 723-42.

Henly S. Hulden R., (2000): Update on Breastfeeding: Healthy people 2010 objectives. The American journal of maternal/child nursing, 25(5): 248: 47-8.

Hill P., (1991): Predictors of Breast Feeding. P.H. Nursing. Black Well Scientific Pub let I M.C., 8 (1): 46-52.

Hill PD., (1989): Effect of Heat and Cold on the Perineum after Episiotomy / Laceration. Journal of obstetrical, gynecological, and neonatal nursing, March / April; 124 - 9.

Horwood L. Darlow B. & Mogridge N., (2001): Breast-Milk Feeding and Cognitive Ability at 7-8 years. Archives of disease in Childhood. Fetal and neonatal edition; 84, F23-7.

Howard C.,de Blieck A., Ten Hoopen C., Howard F., Lanphear B. & Lawrence R.,(1999): Physiologic Stability of Newborn During Cup-and Breastfeeding. Pediatrics, 104, 1204-7.

Huggins K., Petok E. & Mireles O, (2000): Markers of Lactation Insufficiency: A study of 34 mothers. Current issues in clinical lactation. Boston: Jones & Bartlett publishers, 25-35.

Human Milk Banking Association of North America (HMBANA), (2005): Beast Practice for expressing, storing and handling human milk in hospitals: Homes and child care setting. Raleigh, NC.

Humenick S., (2005): Vitamin Composition Comparison of Breast Milk and Commercial Infant Formulas. www.bcc.ecnwxt.com/comsite5/bin/comsite5.pl?

Hunt R., (2009): Introduction to Community Breast Nursing. 4<sup>th</sup> ed. Philadelphia: Wolters Kluwer/ Lippincott Williams & Wilkins Co., 185-6.



Ibrahim B, Mensch B, El Gibaly O.,( 1998): Transitions to man head: Socialization to gender roles and marriage among Egyptian adolescents boys. International union for the Scientific study of population and CENEP, Buenos Airs, Argentina, 13-15 May; 16-7.

Iman H. and Iman E., (1992): Breastfeeding Patterns in a Rural Village in Giza, Egypt. American journal of Public Health, 82(5).

International Lactation Consultant Association (ILCA), (2000): Position Paper for Infant Feeding.

Ip S., Chung M., and Raman G, et al. ,(2008): Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries: Evidence report/technology assessment no. 153. (Prepared by Tufts- New England Medical Center Evidence-based practice center.) AHRQ publication No. 07-E007.

Isabirya K., (1992): Ten Steps to Successful Breastfeeding Elaborated. Int. Pediatric Association Publication in Collaboration with UNICEF and WHO, 1 (III).

Isabirya KM., (1990): The Mother, s Support Group Role in the Health Care System. Int J Gyn Obst, 31 suppl.1: 85-90.



Jacob A., (2005): A Comprehensive Textbook of Midwifery. New Delhi; Jaypee brother, 450-60.

Jane M., Donna O. & Ruth A., (2002): Breastfeeding and Use of Human Milk. American Academy of Pediatrics, 115(2)496.

Jelovesk FR., (2006): Postpartum Health. J Obestet Gyneco Nurs, 92(8): 852. @http://:www.wdxcyber.com/npreg09.htm.

Jernstrom H. and Lubinski J., (2004): Breastfeeding and the Risk of Breast Cancer in BRCA 1 and BRCA 2 Mutation Carriers. J Natl Cancer Inst, 96: 1094-8.

Johnson M., (2010): Do All Breastfeeding Mothers Need a Pump? http://www.kellmom./com/bf/pumping/bf.Links.pupms.html ≠manual since 10/10/2005.

Jones E., Dimmock PW. & Spencer SA., (2001): A randomized Controlled Trial to Compare Methods of Milk Expression after Preterm Delivery. Archive of disease in Childhood, fetal neonatal, Ed., Sep; 85 (2): F91-F95.



Karl D.,(2004): Using Principles of Newborn Behavioral State Organization. To Facilitate Breastfeeding. American journal of maternal / child nursing. 29 (5), 292-8.

**Kenner** K., Labbok M. and Van Look P., (1996): Lactation Amenorrhea Method for Family Planning. International Gynecology Obstetric, 54-7.

Kent J.C., Mitoulas L.R., Cregan M.D., Ramsay D.T., Doherty, D.A. & Hartmann P.E.,(2006): Volume and Frequency of Breast Feeding and Fat Content of Breast Milk Throughout the Day. Pediatrics, 117(3): 387-95.

Kharboush IF., (1992): Survey of Knowledge, Attitude and Practice Regarding Breast Feeding in Behera Governorate General Hospital. Damanhour, UNICEF: Cairo Office; 5-80.

Klossner J., (2006): Introductory Maternity Nursing. Philadelphia: Lippincott Williams & Wilkins Co., 272: 283-4.

Kmi etowiez, (2004): Removing Extreme Poverty by 2015 is under Threat. British Medical Journal, 329:642.

Komara C., Simpson D., Teasdale C, Whalen G., Bell S., Giovanetto L., (2007): Intervening to Promote Early Initiation of Breastfeeding in the LDR. American Journal Maternal Child Nurses, 32(2):117-123.

Kramer Ms., Chalmers B. Hodnett ED., etal, (2001): Promotion of Breastfeeding Intervention Trial (POBIT): A randomized trial in the Republic of Belarus. Journal of American Medical Association (JAMA), 285.



La Foy J. & Geden E., (1989): Post Episiotomy Pain: warm versus cold. Sitz bath. Journal of obstetrical, gynecological, and neonatal nursing, September / October, 399-403.

La Lech League International, (2010): LLLI Center for Breastfeeding Information: Breastfeeding statistics. www.llli.org//cbi/bfstats03.html.

Labbok M., (2001b): The Evidence for Breastfeeding: Lactogenesis, the transition from pregnancy to lactation. Pediatric Clinics of North America, 48(1).

Lawrence R.., (1999): Breastfeeding: A Guide for the Midical Profession. 5<sup>th</sup> ed. New York: Mosby Co.

Lee S. and Kim M., (2003): Effect of Lifetime Lactation on Breast Cancer Risk: a Korean Women's Cohort Study. International Journal Cancer, 105: 390-3.

Leifer G., (2003): Introduction to Maternity & Pediatric Nursing. 4<sup>th</sup> ed. Philadelphia: Saunders Co., 226-31.

Li R., Darling N., Maurice E.,Baker L.,Grummer-Strawn LM.,( 2005): Breastfeeding Rates in the United States by Characteristics of the Child, Mother or Family: the 2002 National Immunization Survey. Pediatrics, 115:e31-7.

Liburd A., (1998): The Use of Complementary Therapies in Midwifery in the UK, J. Nurse Midwifery, 44(3): 325-9.

Litteleton L, Engebretson J., (2005): Maternity Nursing Care. Australia Theomson Delmar L earning, 624-5.

Livingstone V., (1996): Too Much of Good Things: Maternal and infant hyper lactation syndromes. Can fame physician, 42:89-99.

Lopez J., Gonzalez G. and Rayes V., (1996): Bone Turnover and Density in Healthy Women during Breastfeeding and after Weaning. Osteoporosis International, 6: 153-9.

Lowdermilk A, Shannone E. & Irene M., (2000): Maternity Women's Health Care. 7<sup>th</sup> ed. New York: Mosby Co., 366-67.



Marti A. Feng Z., Altermatt H & Jaggi R., (1997): Milk Accumulation Triggers Apoptosis of Mammary Epithelial cells. Eur J. cell Biol, 73:158-65.

Mattson S., Smith J., (1993): Core Curriculum for Maternal-Newborn Nursing. Philadelphia: W.B. Saunders Co., the Organization for Obstetric, Gynecological and Neonatal Nurses, 339-45.

Mattson S., Smith J., (2000): Core Curriculum for Maternal-Newborn Nursing. 2<sup>nd</sup> ed. Philadelphia: W.B. Saunders Co., 312-4.

May KA. & Mahlmeister LR., (1990): Comprehensive Maternity Nursing: Nursing process and the child bearing family. 2<sup>nd</sup> ed. Philadelphia, New York: JB Lippincott Co., 1048-63.

Mc Cann J., (2008): Straight A's in Maternal-Neonatal Nursing. 2<sup>nd</sup> ed. Philadelphia: Wolter Kluwer-Lippincott Williams& Wilkins Co., 283-4,348.

Mc Cann J., (2009): Maternal Neonatal Nursing in a Flash. Philadelphia: Lippincott Williams & Wilkins Co., 185-6.

Mc Henery, (2002): The Medela Breastfeeding Information Guide Tips and Product. Table: Which Breast pump is best for you? Inc, 3.

Mc kenzie J., Pinger R. & Kotechi J., (2008): An Introduction to Community Health. 6<sup>th</sup> ed. London: Jones & Bartlett publishers, 195.

Mc Lachlan Z., Milne E., Lumley J. & Walter B., (1993): Ultrasound Treatment for Breast Engorgement: A randomized double-blind trial. Breastfeeding review, (May); 316-21.

Meek Jy., (2002): New Mother's Guide to Breastfeeding. New York: Bantam books.

Meier P., (2009): Hands-Free Pumping. http://www.kellmom-com. Hands-free pumping.html.

Ministry of health and population (MOHP), (2000): United States Agency for International Development. Essential Obstetrical Care. Postpartum Guidelines. MOHP, USAID, Cairo, Egypt.

Mishriky AM., Barrima EE., (1993): Knowledge, Attitude and Practice of Mothers and Health Care Providers about Breast Feeding in Ismailia. Suez Canal University, Faculty of Medicine, UNICEF: Cairo Office.

Missouri L., (2001): Fundamentals of Nursing. 5<sup>th</sup> ed. With over 1100 institutions. Philadelphia: Mosby Co., 855: 1283-87.

Mohrbacher N, IBCLC & Stock J., (1997): The Breastfeeding Answer Book. La Leche League, s, http://www.Mother-2-Mother.com.mht. 2/2/2010.

Montgomery D. and Splett P., (1997): Economic Benefit of Breastfeeding Infant Enrolled in WIC. J Am Diet Assoc, 97: 397-85.

Montle J., Haslon J., Barton S., (2004): Physiotherapy in Obstetrics and Gynecology. 2<sup>nd</sup> ed. London: B.H. Co., 220-5.

Moon J. & Humenick S., (1989): Breast Engorgement: Contributing variables and variable amenable to nursing intervention. Journal of obstetrical, gynecological, and neonatal nursing, 18: 309-15.

Moon J. and Humenick S., (1989): Breast Engorgement Contribution Variables and Variables Amenable to Nursing Intervention. Journal of obstetric Gynecological Neonatal Nursing, 18 (4): 258-68.

Moon JL et al., (1990): Breast Engorgement: contributing variables and variables amenable to nursing intervention. JOGNN Nurs, 18 (3): 12.

Morland Schultz K. & Hill P., (2005): Prevention of and Therapies for Nipple Pain: A systematic review. Journal of obstetrical, gynecological, and neonatal nursing, 34(4), 428-37, 247-75.

Mustafa N., (2005): Design, Implementation, and Evaluation of Health Practices Informational Guide for Post Partum Women, A thesis submitted to Faculty of Nursing, Alex. University.

Mwaniki P., Kabiru E. and Mbugua G., (2002): Utilization Of Antenatal And Maternity Services Seeking Child Welfare Services, East Afr Med J, Kenya, 79(4): 184-7.



Nagra SA.amd Gilani AH., (1987): Variation in Infant Feeding Practices in Pakistan with Socioeconomic Stratification. Journal of Tropical Pediatrics, 33.

National Academy of Sciences (NAS), (2002): Dietary Reference Intake for Energy, carbohydrate, fiber, fatty acids, cholesterol, protein, and amino acids. Retrieved April 27, 2003. http://www.napnap.edu.

National Association of Pediatric Nurse Associates and Practitioners (NAPNAP), 2001. NAPNAP position statement on Breastfeeding. Retrieved March, 2006, http://www.napnap.org/index.c fm? Page=54&sec\_57

National Center for Chronic Disease Prevention and Health Promotion. Promoting Health for Women before, during, and after Pregnancy, 2004.

National Health Service Center for Midwifes and Dissemination (NHSCMD), (2008): Promoting the Initiation of Breastfeeding. Effective health care bulletin, 2000; 6(2); 1-12.

Neifert M., (1999): Clinical Aspects of Lactation. Promoting Breastfeeding success. Clin Prenatal, 26(2): 281-306.

Neifert M., De Marzo S. Seacat J., etal., (1990): The Influence of Breast Surgery, Breast Apperance, and Pregnancy-Induced Breast Changes on Lactation Sufficiency as Measured by Infant Weight gain. Birth, 17:31-8.

Neville MC., (1999): Physiology of Lactation. Clin Prenatal, 26(2):251-79.

Newman J., (2006): Breastfeeding-Starting out Right. www.breastfeeding.com.

Newton M. & N. Newton., (1951): Postpartum Engorgement of the Breast. American journal of obstetric & gynecology, 61: 664-7.

Nikodem V., (2006): Advice about Breastfeeding. www.cyberparent.com/bfeed2/index. htm.

Nikodem V., Danziger D., Gebka N., Gulmezoglu A. & Hofmeyr G., (1993): Does Cabbage Leave Prevent Breast Engorgement? A Randomized Controlled Study. Birth: Issues in Perinatal Care and education, 20 (2): 61-4.

Nour S., (2007): Maternal and Newborn Health, Labor and Delivery. Faculty of Nursing, Zagazig University, Egypt, 98-9.

Nylander P. and Adekunle A., (1990): Antenatal Care in Developing Countries, Bailliere's Clin Obestet Gynecology, 4 (1): 69-86.



O'Brien K. Zavalek N., Abrams S. & Caulfield L., (2003): Maternal Iron Status Influences Iron Transfer to the Fetus during the Third Trimester of Pregnancy. American journal of clinical nutrition, 77(4), 924-30.

Oddy W., (2002): The Impact of Breast Milk on Infant and Child Health. Breastfeeding review, 10(3); 5-13.

Okasha MS., (2000): Study of Incidence of Lactational Amenorrhea, Its Relationship to Infant Feeding Patterns and Its Adoption as A Contraceptive Method among Urban and Rural Women. Ph.D. Dissertation. High Institute of Nursing, Alexandria University, 13-21.

Orshan S., (2008): Maternity, Newborn, and Women's Health Nursing: Comprehensive care across the lifespan. Philadelphia: Lippincott Williams& Wilkins Co., 710-15, 777-93.



Paton M. and Alexander J., (2003): Pregnancy and Lactation have no Long-term Deleterious Effect on Measures of Bone Mineral in Healthy Women. A Twin Study. American journal of Clinical Nutrition, 77: 707-14.

Pavan C and Davanzo R., (1999): Nipple Care, Sore Nipples, and Breastfeeding: A randomized trail. Journal of human lactation, 15(2): 125-30.

pediatric advisor, (2009): Postpartum breast engorgement. http://www.pediatricadvisor.

Pillitteri A., (2003): Maternal & Child Health Nursing. 4<sup>th</sup> ed. Philadelphia: Lippincott Williams& Wilkins Co., 512-16: 596-615.

Pillitteri A., (2007): Maternal & Child Health Nursing Care of The Childbearing & Childrearing Family.5<sup>th</sup> ed. Philadelphia: Lippincott Williams& Wilkins Co., 623-47: 728-37.

Podgurski M., (1995): Supporting the Breast-feeding Teen. Journal of Perinatal Education, 4(2):11-4.

Potter P.and Perry A., (2001): Fundamentals of Nursing. 5<sup>th</sup> ed. Philadelphia: Mosby Co., 1086-88: 1440-43: 111-23.

Princess Basma Women's Resource Center (PBWRC), (2000): Qualitative research on reproductive health knowledge and needs among Jordanian youth. Market Research organization, August; 1 - 12.



Reghab S., (1996): Thematic paper on Reproductive Health including Family Planning and Sexual Health in Egypt. Egypt, 12.

Reynolds A., (2001): Breastfeeding and Brain Development. Pediatric Clinic North Am, 48: 159-171.

Ricci S., (2007): Essentials of Maternity, Newborn and Women's Health Nursing. Philadelphia: Lippincott Williams& Wilkins Co., 412-3,487.

Riedel L., (1991): Breast Engorgement: Subjective and objective measurements and patterns of occurrence in primiparous mothers. Master thesis, Department of nursing, University of Wyoming, Laramine, Wyoming, 118.

Righard L. & Alande M., (1992): Sucking Technique and Its Effect on Success of Breastfeeding. Birth, 19: 185-9.

Riordan J. & Hoover K., (2005): Perinatal and Intrapartum Care. In J. Riordan (Ed.), Breastfeeding and Human Lactation. 3<sup>rd</sup> ed. Boston: Jones & Bartlett Co., 185-216.

Riordan J., (2005a) Breast-related Problems. In J. Riordan (Ed.), Breastfeeding and Human Lactation. 3<sup>rd</sup> ed. Boston: Jones & Bartlett Co., 247-75

Riordan J., (2009): Engorgement, What is normal? http://www.kellmom.com/bf/concerns/mom/engorgement.html.

Riordon J. & Auerbach K., (2004): Breastfeeding and Human Lactation. 3<sup>rd</sup> ed. London & Boston: Jones & Bartlett Co., 205-7:228.

Rivera L. and Lonnerdal B., (2001): Iron Supplementation of Breast Fed Honduran and Swedish infants from 4 to 9 months of age. J. of Pediatrics, 138 (5): 679-87.

Roberts, K. L, M. Reiter, and D. Schuster, (1998): Effects of Cabbage Leaf Extract on Breast Engorgement. Journal of human lactation, 14: 231-36.

Robson B., (1990): Breast Engorgement in Breastfeeding Mothers. Doctoral dissertation, case Western Reserve University, Cleveland, Ohio, UMI order # PUZ9023094.

Rolfes S. Pinna K. & Whitney E., (2006): Understanding Normal and Clinical Nutrition. 7<sup>th</sup> ed. Belmont: Thomson Wadsworth, apart of the Thomson Corporation Co.

Rosier W., (1988): Cool Cabbage Compresses. Breastfeeding Rev, 12:28-31.

Ross Products Division, (2004): Pediatric Nutritional Product Guide. Columbus, OH: Abbott laboratories.

Rowley J., (1992): Empowering women. Planned Parenthood challenges toward 2000. IPPE, London, 10 - 8.

Ruhn K., (2010): Exclusive Pumping- The Best Expressed. http://www.Mother-2-Mother-com.mht.

Ruth Lawrence, (2009): What is Engorgement? http://giftrawler.com/nc/go/.



Salem S., (2004): Patterns of Utilization of Antenatal Care in Tanta, A thesis submitted to Faculty of Nursing, Tanta University.

Salhan S., (2007): Textbook of Obstetrics. New Dlhi: Jaypee brothers Co., 612-22.

Sallem S., Mahzuz A., (1998): Reproductive Health of Adolescent Married Women in Squatter Area in Alexandria. National Population Council, 5-7.

Savage F., (1990): Breastfeeding in 1990s. The National Medical J of India, 3:155-9.

Schach-Nielsen L., Larnkjear A. & Michaelsen K., (2005): Long-term Effects of Breastfeeding on the Infant and mother. Advances in experimental medicine and biology, 569, 16-23.

Shea K., (1998): An Evaluation of Breastfeeding Promotion Literature: does it really promote Breastfeeding? Can J Public Health, 84(2): 24-2.Shiau S., (1997): Randomized Contorl Trial of Kangaroo Care with Full term Infants: Effects on maternal anxiety, breast milk maturation, breast engorgement, and Breastfeeding status. Doctoral dissertation, case Western Reserve University, Cleveland, Ohio.

Shukla H., (2010): Breast Massage: Massaging the breast. http://images.google.com.eg/images?hl=sq&source=hp&q=breast+massage&gbv=2.

Siegel J. (2010): Baby Milk Action 2001 update. No. 29 (June), p3 online. http://www.ibfan.org.

Singh, GK, Kogan MD, Dee DL., (2003): Nativity/Immigrant Status, Race/ Ethnicity and Socioeconomic Determinants of Breastfeeding Initiation and Duration in the United States. Pediatrics, 2007; 119: S28-46.

Slykerman R. Thompson J., Becroft D., Robinson E., Pryor J., Clark P., etal., (2005): Breastfeeding and Intelligence of Preschool Children. Acta paediatrica, 94(7), 827-9.

Smith C, Maurer F.,(2000): Community health nursing: theory and practices . 2<sup>nd</sup> ed. W.B. Saunders Com. Philadelphia, 651-2.

Smith A., (2006): The Nutritional Composition of a Mother's Breast Milk may Depends not just on her Genes may Influence Nutritional Composition of Breast Milk. www.eurekalert.org/pub\_releases/2005-05/.

Smith C. and Farces A., (2000): Community Health Nursing. Theory and Practices: postpartum care. 2<sup>nd</sup> ed. USA: Sanders Co., 658-60.

Smith K. (2003): Child Health USA. Percentage of Mothers who Began Breastfeeding in the Hospital. www.mchb.hrsa.gov/chusa03/pages/status.htm.

Smith M., (2010): Engorgement: What it is how to prevent it? 2010, http://www.Breastfeeding.com.

Snowden H., Renfew M. & Woolridge M., (2005): Treatment of Breast Engorgement during Lactation (Review). The Cochrane database of systemic reviews, Issue 3.

Snowden H., Renfrew M. & Woolrkdeg M., (2001): Treatment of Breast Engorgement during Lactation (Cochrane Review). The Cochrane library; Oxford: update software, Issue 2.

Snowden HM., Renfrew MJ. & Woolride MW., (2001): Treatments for Breast Engorgement during Lactation. Cochrane database system. Review, (2): CD000046.

Spicer K., (2001): What Every Nurse Needs to Know about Breast Pumping. Instruction and supporting mothers of premature infants in the NICU. Neonatal network, 20 (4): 35-41.

Spradley B. & Alleender J., (1996): Community Health Nursing. 4<sup>th</sup> ed. Philadelphia: Lippincott Co., 102-10.

Stanhope M. & Lancaster J., (2008): Public Health Nursing: Population-centered health care in the community. 7<sup>th</sup> ed. Canada: Elsevier Co., 906.

Stewart M. and Hunts, (2004): Pregnancy, birth and maternity care: feminist perspectives. BFM Com., Edinburgh, 46.

SU L., (2010): When Using Cabbage Leaves to Stop Breast Engorgement. http://www.Mother-2-Mother.com/motherconcerns.htm # engorgement.

Suellentrop K.,(2010): I'm not pumping Enough Milk. What can I do? http://www.kellmom-com I'm not pumping enough milk what can I do? Mhl.

Symonds E., Symonds I., (1998): Essential Obstetrics and Gynecology. 3<sup>rd</sup> ed. New York: Personal professional limited Co., 129-36.



Tedstone A., Dunce N., Aviles M., Sletty P. & Daniels L., (1998): Effectiveness of Interventions to Promote Healthy Feeding in Infants under One Year of Age: a review. Health education authority. London.

The National Conference for the Promotion of Breastfeeding., (1992): The Ministry of Health Egyptian Pediatric Association in cooperation with UNICEF and WHO.

The Up ledger Institute, (2000): Inc. http://www.upledger.com/

Tppozada M., Rocco M., Kholief A, Fattah H., (1999): A Manual of Obstetrics. 3<sup>rd</sup> ed, Alexandria: Dar EL-Elm, 293-307.

Trumbo P., Schlicker S., Yates A. & Poos M., (2002): Dietary References Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty acid, Cholesterol, Protein, and Amino acids. Journal of American Dietetic Association, 102 (11): 1621-30.

Tuttle C. and Dewey K.,(1996): Potential Cost Saving for Medical, AFDC, food samples, and WIC Programs Associated with Increasing Breastfeeding among Low Income Hmong Women in California. J Am Diet Assoc, 96: 885-90.



UNICEF UK baby friendly Initiative, (1999): The Baby Friendly Initiative in The Community: an implementation guide. UNICEF UK baby friendly Initiative UNICEF, London.

UNICEF/ WHO, (1993): Breastfeeding Management and Promotion in Baby Friendly Hospitals, an 18 hours course for maternity staff, UNICEF/WHO, 4-127.

UNICEF/ WHO, (1993): Breastfeeding Promotion in Practices. Facts for action for health professionals. UNICEF Cairo Office.

United Nation Fund Population, World Health Organization, and UNECIF, (2001): Maternal Mortality. Www.who.org. Geneva, 3(6):6-8.



Waddell A. women's health, improve our health, improve the world, Geneva: WHO,1995; 6-8.

Wahba Saneya A. et al., (1991): Mothers Perception and Practices toward Breast Feeding in an Egyptian Rural Village. Child Health Department. National Research Center. Cairo, Egypt: Journal of Arab Child, 2.

Walker D., Mc Cully L., Vest V., (2001): Evidence- Based Prenatal Care Visits When Less or More. Journal of Midwifery & Women Health, 46(3): 146-51.

Walker M., (2000): Breastfeeding and Engorgement. Breastfeeding abstracts, November; 20 (2): 11-2.

Walker M., (2010): Breastfeeding and Engorgement. Breastfeeding, 20(2), 11-2.

Wambach K., Campbell SH., Gill SL, Dodgson JE, Abiona TC, Heinig MJ., (2005): Clinical Lactation Practice: 20 years of evidence. Journal of human lactation, 21:245.

Weichert C. Prolactin Cycling and the Management of Breastfeeding Failure. Advanced pediatric, 1980; 27:391-407.

Weimer J., (2001): The Economic Benefit of Breastfeeding: A Review and Analysis. Food Assistance and Nutrition Research Report No 13. Washington, DC: Food and Rural Economic Division, Economic Research Service, US Department of Agriculture.

WHO, (1996): Maternal and New Born Health, Safe Motherhood: Antenatal care. Report of a technical working group, 31 October -4 November 1994, Geneva: Who, 8:5-7.

WHO, (1996): Antenatal Care. Report of a Technical Working Group. Geneva: WHO.

WHO, (1997): Coverage of Maternity Care: A Listing of A valuable Information, 4<sup>th</sup> ed., Geneva.

WHO.,(1998):http://www.who.int/archives/whday/en/documents/1998/whd98.ht ml.

WHO/FIGO/, (1992): International Confederation of Midwives, Definition of midwife.

WHO/UNICEF, (1989): Protecting, Promoting and Supporting Breastfeeding. The Special role of maternity services. Geneva: WHO / UNICEF statement, 3-26.

WHO/UNICEF, (1993): Breast Feeding Counseling: A Training Course. Participant's Manual WHO, Geneva.

Williams S., (1967): From an address delivered at the annual meeting of the national academy of engineering, Quoted in public health services world. December; 2-32.

Wilson W., Lowdermilk P., (2006): Maternal Child Nursing Care. USA: Mosby Co., 596,777-85.

Wilson-Clay B. & Hoover K., (1999): The Breastfeeding Atlas, Austin, Texas: Lact News press.

Wilson-Clay B. & Hoover K., (2005): The Breastfeeding Atlas. 3<sup>rd</sup> ed. Austin Texas: Lact News press,; 109-11.

World Federation of Public Health Association (WFPHA), (1989): Improving Maternal Health in Developing Countries. Information for action issue paper. Geneva, 2-11.

World Health Organization (WHO), (2000): Mastitis: causes and management (WHO/RCH/CAH/00.13). Dept of child and adolescent health and development. Geneva.

World Health Organization, (1981): International Code of Marketing of Breast Milk Substitutes. Geneva: WHO.

World Health Organization, (1991): Indicators Assessing Breastfeeding Practice, Geneva, Switzerland: WHO.

World Health Organization, (1994): Women's Health towards a Better World: Global Commission on Women's Health. Geneva: WHO Graphic, August, 1-15.

World Health Organization, (1995): Women's Health Today: Fourth World Conference on Women. Geneva: WHO September, 21-105.

World Health Organization, (1996): Family and Reproductive Health: programs for people. Geneva: WHO, 8-60.

World Health Organization, (1996): Safe Motherhood Progress report. 1993-1995. Geneva: WHO, 20-38.

World Health Organization, (1997): Coming of Age: from facts to action for adolescent sexual & reproductive health. Geneva: WHO, 1-16.

World Health Organization, (1999): Safe Motherhood Managing Complications in Pregnancy and Child birth, Health Home.www.who.org.,Geneva,6-7.

World Health Organization, (2001): Postpartum Care of Mothers and Newborn. Geneva: WHO.

World Health Organization, (2001): Global Estimates of Maternal Mortality. Geneva: WHO, 1995-2001.

World Health Organization, (2001): Reproductive Health Overview. Www.who.org. Geneva, 1 (6).

World Health Organization, (2001): The Optimal Duration of Exclusive Breastfeeding. A systematic review. Geneva: WHO.

World Health Organization, (2002): Safe Motherhood Fact Sheet. Maternal Mortality. Www.who.org. Geneva, 1-7.



Yamauchi Y., (1992): Breastfeeding Frequency during the First 24 Hours after Birth in Full Term N. Pediatrics, 86: 171-5.

Yawman D., (2003): Reflection on Baby-Friendly Hospital Innovative. Pediatric annuals, 32,360-1.



Ziemer MM and Pigeon JG., (1995): Skin Changes and Pain to the Nipple during the First Week of Lactation. JOGNN Nurs, 22(3): 223.