



Hypoplastic Breasts:

Signs, Causes, And Breastfeeding Tips

Hypoplasia of the breast is when a woman has insufficient glandular tissue (IGT), leading to smaller breasts and possibly a decrease in breast milk production.



Characteristic signs

Asymmetrical breasts

Tubular shaped breasts

Spacing of 1.5 inches or more between breasts

Large areolar region



Possible causes and risk factors

Genetic predisposition

Insulin-related abnormalities

Thyroid abnormalities

Uncontrolled polycystic ovary syndrome



Tips for breastfeeding your baby

Get yourself evaluated and speak to your doctor about options to improve breast milk production.

Speak to a lactation consultant to set a proper feeding schedule.

If your baby is not often feeding, express and feed milk.

Consider giving formula after taking a doctor's consent.

Connect with fellow mothers with the condition for supportive tips.



References

1. Mammary Hypoplasia: Not Every Breast Can Produce Sufficient Milk; Wiley Online Library
2. Hypoplasia; La Leche League