

Josiah's Story

Emily Hartley was transferred to Royal Brisbane and Women's Hospital in December 2009 when she was 22 weeks pregnant. On her arrival, she and her husband Anthony were told that if she gave birth before 28 weeks, the chances of her baby surviving were slim.



Their tiny miracle, Josiah, did arrive early - at just 23 weeks gestation. He weighed a tiny 698g and from the very second he was born he had to fight against the odds to survive.

Josiah spent the next 128 days in the Neonatal Unit before going home weighing a healthy 4kg.

During this time, Emily was determined to produce milk for Josiah. A task which was made even more difficult due to the fact that typically a mother is not supposed to be producing milk when just 23 weeks pregnant.

Emily would express up to nine times a day just to get 20ml of milk. It was an extremely stressful situation, but she persevered as she knew it was the best chance her son had to survive.

"I tried as hard as I could to express milk as it was the only thing I could do. I couldn't touch my baby. I could only stare at him in the humidicrib. No matter how hard I tried, I still couldn't produce enough milk," Emily said. "If a milk bank was there, it would have taken all that stress away."

GSNU neonatologist Dr Pieter Koorts credits the breast milk that Emily managed to provide as one of the reasons for Josiah's miraculous survival.



Josiah is now a busy, happy and mischievous young boy with no major health problems. His parents, Emily and Anthony, are now major advocates for the RBWH Milk Bank and have dedicated themselves to raising money and awareness for this important facility.

We need your help

The RBWH Milk Bank is largely funded by community donations and grants.

Please consider making a financial donation towards the RBWH Milk Bank, via RBWH Foundation, so we can ensure this facility will continue to save lives into the future.

Funding is needed to cover the ongoing running costs of the Milk Bank and it is also our dream that the service can be expanded to help premature babies in other Neonatal Units around Queensland.

To make a financial donation, simply fill out and return the enclosed form, visit rbwhfoundation.com.au or call the Foundation on 07 3646 7588.

If you wish to find out more about donating breast milk, please email milk_bank_rbwh@health.qld.gov.au



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Lions Club of Noosa Heads

All babies deserve the best start in life...some babies have to fight for it!



12% of all babies are born prematurely. 6% of babies are actually born more than 12 weeks premature. Many of these babies have to stay in hospital for around 10 to 20 weeks.

Without a doubt, these babies face the toughest start to life. It is also one of the most stressful life events for their parents and family.

The Grantley Stable Neonatal Unit (GSNU) at Royal Brisbane and Women's Hospital (RBWH) currently cares for more than 1,500 premature and seriously-ill babies every year. Babies are admitted from all over Queensland and Northern New South Wales.

The Neonatal Unit and its staff provide these babies with the best possible care, which now includes access to pasteurised donor human milk when their mother can't produce her own. The RBWH Milk Bank screens and pasteurises the milk from eligible donors. Providing this service helps reduce the length of hospital stay, improves survival rates and reduces the stress placed on families.

Why breast milk?

Premature babies have an immature immune system. The benefits of giving natural breast milk to a premature baby include:

- Immunologic protection against many organisms;
- Maturation, particularly in the gastrointestinal tract;
- Protection for immature tissue;
- Promotion of healing in tissue damaged by infection;
- Optimal nutrition; and
- Easy digestion.

Why a Milk Bank?

The World Health Organisation recommends breast milk as the ideal food for healthy growth and development of babies, as it is proven to reduce the risk of complications and infections.

Sometimes women have trouble producing enough of their own milk or, in cases of premature birth, any milk at all.

Mothers of pre-term babies nearly all try to express their own milk. But they often find themselves in very artificial and stressful situations and their milk supply is low.

In the absence of their own milk, having donor breast milk available through the RBWH Milk Bank provides parents an alternative to formula and the choice to give their baby optimal nutrition. Artificial formula has been shown to be detrimental to preterm infants.



Put your money in a bank with real 'savings'...and make a donation to the RBWH Milk Bank

There are three quick and simple ways to make a donation to RBWH Foundation and help fund life-saving clinical research.

1. Fill in the form below and mail it to PO Box 94, Royal Brisbane and Women's Hospital, Qld, 4029 or fax to 07 3646 1768;
2. Freecall 1300 363 786; or
3. 3. Donate securely online at www.rbwhfoundation.com.au

Donation Details:

Please accept my donation of:

\$30 \$80 \$120 \$200 Other: _____

I would like to make my donation:

- A single gift
- A regular contribution to be automatically deducted from my credit card each month.

Payment Details:

I enclose my cheque/money order
(NB cheques to be made payable to RBWH Foundation)

OR please charge my: Visa Mastercard

Card No:

Expiry Date: / CCV:

Cardholder's Name: _____

Please send my tax receipt to:
(NB all donations over \$2.00 are tax deductible)

Title: _____ First Name: _____

Surname: _____

Street Address: _____

Suburb/Town/City: _____ State: _____ Postcode: _____

Phone: () _____ Email: _____

Privacy: Information we collect on this form is used to process donations, provide receipts and to send information on RBWH Foundation and the activities it supports. For more information on our privacy statement visit www.rbwhfoundation.com.au

If you do not wish to receive further information from RBWH Foundation (apart from your receipt), please tick here.