

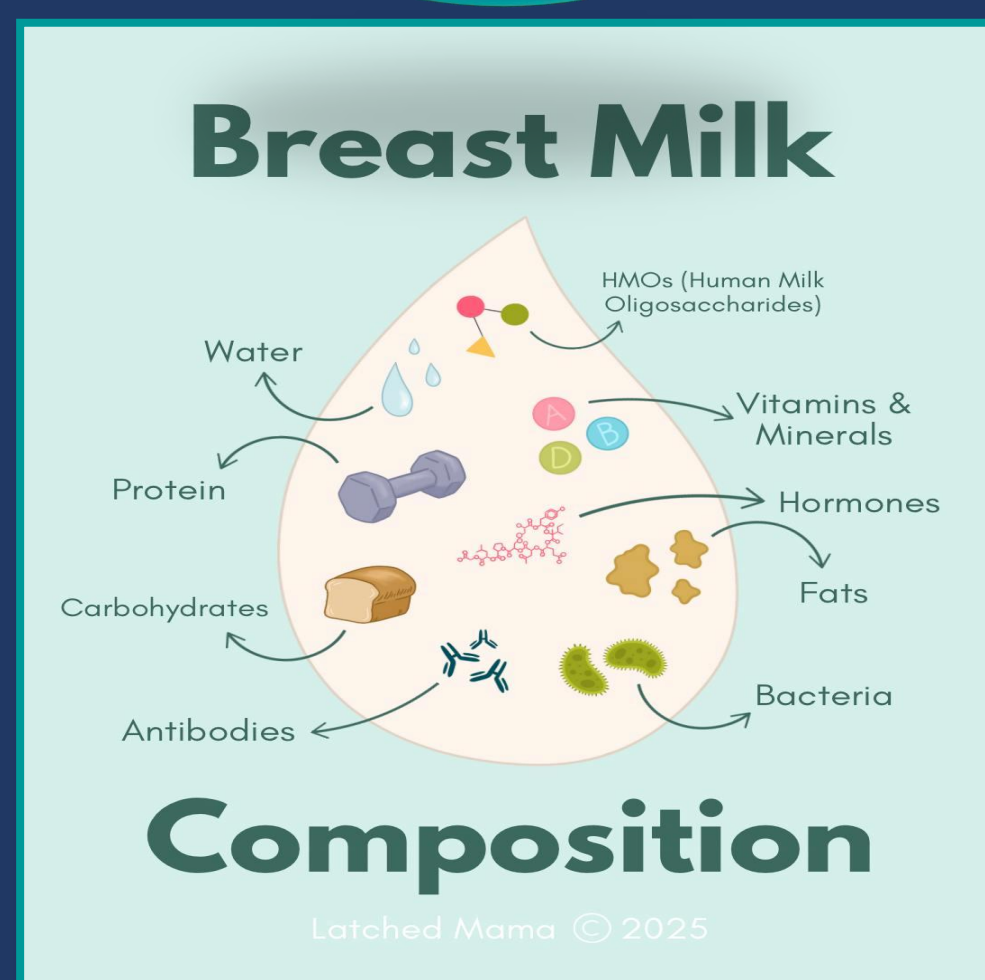


SCAN ME!



1 PROJECT OVERVIEW

The aim of the project is raising breast milk donation in Bulgaria and help mothers who lack sufficient breast milk, and on the other hand, to support research on the microbiome of breast milk.



2 SCIENTIFIC CONTENT

The large-scale study titled "Microbiome and composition of breast milk – key factors, role and relationship with oral and intestinal microbiota in newborns", conducted on the Bulgarian population and focusing on the mother/newborn pair, represents a pilot study for Bulgaria. It adopts a comprehensive approach to analyzing the microbiome composition of breast milk from Bulgarian donors.

3 INTERESTING FACTS



Breast milk provides complete nutrition.



Contains a combination of immunological and bioactive components.



Breast milk it's a living fluid, constantly changing to meet the baby's needs.



Producing breast milk consumes 25% of the body's energy; the brain only uses 20% by comparison.

4 SCIENTIFIC AND RESEARCH PROBLEMS

- Lack of breast milk samples for research purposes and deficiency of breast milk donors for the Human Milk Bank. →
- Shortage of breast milk for at-risk newborns. →
- Lack of public awareness about the existing problem and insufficient knowledge about the importance of breast milk for many newborns and its unique properties as a nutritional resource. →

5 OPEN SCIENCE SOLUTIONS



- Crowdsourcing - method of obtaining samples of human milk from lactating mothers.
- Citizens science - encourage mothers to share surplus milk through verified human milk bank.
- Information campaign - to promote the benefits of breastfeeding and breast milk donation.

6 IMPACT

30 % Increase in breast milk donors.

3 M Visitors in metro stations.



Cross sectional partnership stimulating.



Open data from scientific studies.



All data is open licensed and can be used for training purposes.



Interest in the topic from breast milk bank donors and hospitals.



Open innovation - multistakeholder cooperation.

7 CONTACTS AND CONTRIBUTION

- Viktoria Marinova-Yordanova - v.marinovaa@gmail.com
- Teodora Gandova - office@openresearch.bg
- Iliyana Rasheva - ilirasheva@gmail.com
- Faculty of Biology, Sofia University - https://uni-sofia.bg/index.php/bul/universitet_t/fakulteti/biologicheski_fakultetz
- ORBIT project - <https://openresearch.bg/project-orbit/page.html>
- Human milk bank Bulgaria - <https://milkbank.bg/>
- Sofia municipality - <https://www.sofia.bg/bg/>
- National Center of Public Health and Analyses - <https://ncpha.government.bg/?lang=bg>