



# THANK YOU, USA!

TARGET FORTIFICATION BY MIRIS

36 NICUs in the U.S. currently practice target fortification using the Miris HMA™ (Human Milk Analyzer) in their daily operations – giving thousands of premature babies the best possible start in life. Thank you all TF-NICUs out there, and all milk banks supporting them, for your precious contribution!



**Target fortification, or TF, is a nutrition-management scheme aimed at giving premature babies the right nutrition based on their individual needs. This enables them to grow proportionally, remain healthy throughout their NICU stay, and come out of the NICU as healthy babies. The procedure is cost efficient and surprisingly easy to implement.**

The nutrient content of different batches of human milk varies, and so does babies' individual nutritional requirements. TF means that the NICU staff measures the nutrient content of milk and fortifies according to the measurement results to ensure that each baby gets the amount they need.

So, how do you ensure adequate nutrition without TF? Different methods are deployed, but the most common procedure is standard fortification, that is fortifying milk by adding a set amount of macronutrients. This method seldom covers the baby's full need and is not individually optimized. In fact, a common result of standard fortification is over- or undernutrition, with negative health effects as a consequence.

What is medically desirable in a preemie's growth is linearity, which means that weight and length increase proportionally. This is just the kind of healthy growth made possible using a proactive approach such as TF. In contrast, the reactive strategy of standard fortification often results in uneven growth, where the baby's weight swings up and down following each over- or under-dimensioned feed. Using standard fortification, you are always one step behind, and any negative health effects are already a fact when the need for adjusting the fortification level is eventually identified.

The growth pattern achieved using TF has been linked to reduced disease, both during and after the NICU stay. For example, studies indicate a reduced prevalence of NEC, food intolerance, sepsis and other typical neonatal diseases. If babies stay healthier, it helps shorten their stay at the NICU.

Awareness of target fortification is growing by the day, with a steadily increasing number of NICUs implementing the Miris TF procedure. How many TF-NICUs will there be a year from now? Is your NICU next in line?



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