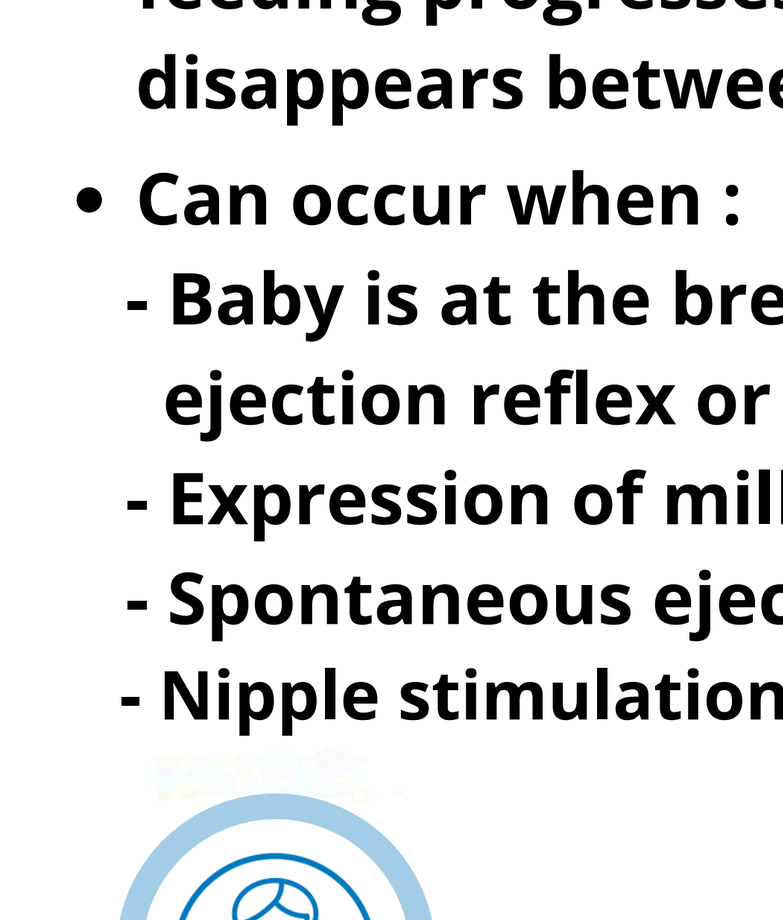
FÉDÉRATION Nourri-Source

DYSPHORIC MILK EJECTION REFLEX (D-MER)

- **Mood disturbance and unpleasant emotions felt when milk enters the breast (known as the ejection reflex)**
- **Dysphoric feeling diminishes as feeding progresses, then disappears between feeds**
- **Can occur when :**
  - **Baby is at the breast (at the first ejection reflex or every time)**
  - **Expression of milk**
  - **Spontaneous ejection reflex**
  - **Nipple stimulation**

Consult a health professional for more information



Good to know

- **Probably due to hormonal reaction (drop in dopamine during ejection reflex)**
- **Although there are similarities, D-MER has nothing to do with :**
  - **Post-partum depression**
  - **Mood disorder**
  - **Psychological aversion to breastfeeding**
- **Some people also experience nausea**

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www.nourri-source.org

REFERENCE : LE PETIT NOURRI-SOURCE

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