

Food Safety and Hygiene
&

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What are Human Milk Oligosaccharides (HMOs) and why are they so important?**Virginie Rigourd**

Human Milk Bank, France

Breast feeding (BF) is the more ecologic and economic mode of nourishing for the newborn and the infant, it provides ideal nutriment until 6 months and must be promote until 24 months. BF promote growth and neurologic development and protect infant against infection disease. Between the different factors implicated, more than 200 oligosaccharides are synthesized in the mammary gland, second constituent of human milk (HM), have a central place. Concentration in HM is higher in the early stage of lactation and varied with mothers and environment characteristics, HMOs resist to hard conditions (pasteurization, freezer). Numerous studies have demonstrated beneficial effects of HMOs, including modification of the intestinal microbiota, anti-adhesives antimicrobial effects, modulation of intestinal cell response, effects immune development and on brain development. Thus,

HMOs participate at infectious disease prevention, anti-allergic properties, neurologic development, for more immature newborn it prevents enterocolitis, and have later actions like prevention of obesity but also mastitis for the mother.

Speaker Biography

Virginie Rigourd is the managing director of the Human Milk Bank of Ile de France. She has graduated from the Medicine University in Paris, France in 1998 and finished post graduate training in 2003 from the same university on intra uterin growth retardation topics. She worked as paediatrician ahead of Ile de France Milk Bank, Paris, France and neonatalogiste in NICU at Necker Hospital, Paris, France. Member of the French Milk Bank Association and European Milk Bank Association. Since 2002 she worked as a national consultant, providing assessments of human milk security and on projects on human milk quality. Dr. Rigourd has carried out few researches on medication and breast feeding. During her work she has gained local and national recognition for her different advice on breast feeding and on practice around human milk in NICIU.

e: virginie.rigourd@nck.aphp.fr



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