**Success in Early Postpartum:  
Causes and Current Evidence Based Practices for Sore Nipples, Thrush, Edema, Engorgement, Mastitis and Plugged Ducts**

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Research shows that many mothers are afraid of experiencing pain in breastfeeding due to two common challenges, sore nipples and engorgement. Even more concerning is the fact that many women shorten their duration of breastfeeding due to these common issues. In fact, some practitioners still believe (and counsel new moms) that sore nipples and engorgement are a normal part of breastfeeding. Many women also experience early lactation challenges due to plugged ducts, mastitis, and thrush. Current strategies to minimize the risk, as well as manage treatment are not grounded in current evidence. Discover what the latest meta-analysis and research says about how to prevent and treat these early breastfeeding issues and begin to implement practices that really work to keep the motherbaby dyad breastfeeding longer and more comfortably.

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