

Quotation screenshots from

Dysphoric Milk Ejection Reflex: Sufferers speak. Is dopamine their story?

**AM Heise, D Wiessinger, MS
IBCLCs Retired**

All quotations in the paper are from, or excerpted from, posts by D-MER sufferers to the private FaceBook site Dysphoric Milk Ejection Reflex (D-MER) Support Group from D-MER.org. Each of those posts is shown in full here.

In order to join the private site, women first agreed to the following statement and approved for membership by Alia Macrina Heise:

This group offers support and connection for mothers that have, or have had, dysphoric milk ejection reflex.

This is a closed group, but it is not private. So though you need to request to join and your posts will not show up on your friend's feed, you will be listed as a member of the group on your personal profile. In other words, anyone can find the group and see who's in it but only members can see posts.

There are some researchers and medical professionals in this group who are here to support mothers in their own work and who are here to support mothers in their own work and to learn more about D-MER. The information gleaned from the group may be used to further the understanding of D-MER in a research, educational, or professional setting.

The mothers here support one another with open-mindedness, nonjudgment, and respect. The topic of breastfeeding duration and weaning is an okay topic as long as the conversation is supportive.

Posts are listed here in the categories and order in which they appear in the paper.

Cold water/Ice chips/Popsicle

ES (2023)

Hey Alia! I'm so sorry I stopped my pumping journey around October. I can give feedback in any way I'm still able to though. The methods I tried were cold mouth but it helped me the most and honestly I had virtually no symptoms of DMER if I drank cold water before and during pumping.

HGF (2023)

I keep a yeti filled with ice water and I just start chugging it when it happens and it helps tremendously!

Like Reply 17w



SPC (2022)



Dysphoric Milk Ejection Reflex (D-MER) ...

Group from d-mer.org

Jan 18, 2022 · 🌐

Hi friends! So I'm 3 weeks in with my second. I definitely had D-MER with #1 and didn't know. I'm now starting to feel symptoms again, but have found a couple of things that I've noticed have been helpful in reducing the symptoms when they happen.

#1 - I find if I drink really really cold water when I feel that first wave of symptoms it helps. Random, but helpful!

LA (2022) – volunteer

Comments (please share comments on Facebook too, for group dialogue!)

I would say I felt it 25%

AO (2022) – volunteer

Comments (please share comments on Facebook too, for group dialogue!)

very surprising, has never ever dissappeared before

JH (2022) – volunteer

Comments (please share comments on Facebook too, for group dialogue!)

I now always try to have cold water just before a feed 😊

AMB (2022) – volunteer

Highlights

Hello, I wanted to share with you that I participated in this google-form research that I saw in here few months ago - can't remember what it was called. You were supposed to drink half a cup of icecold water 5-10 seconds before putting baby to breast and it has been a total life saviour for me. The first time I tried it I felt almost no symptoms (which had NEVER happened before in any breastfeeding) I did not believe at all that it would work but my symptoms almost dissappeared in every feeding after that when I drank icecold water righth before. After a while I tried skipping it and then I realized the d-mer symptoms had reduced alot, I could manage the symptoms but it was always better to drink icecold water right before. I don't understand why it works and don't know if others will experience the same but I wanted to share it with you if it could help someone out there <3

Menthol

JH (2022) – volunteer

Do you leave the house with anything different because of the Mini Missions? ie: ice water, mints, etc. *

Always take cold water out with me & mints when I remember! Both together can really help at times 😊

NM (2022) – volunteer

Do you leave the house with anything different because of the Mini Missions? ie: ice water, mints, etc.

I keep a container of mints in my pumping bag for work

LA (2022) – volunteer

Comments (please share comments on Facebook too, for group dialogue!)

I can't believe this worked

LA (2022) – volunteer

Comments (please share comments on Facebook too, for group dialogue!)

I recommend also brushing your teeth 10-15 minutes before pumping or putting baby to breast, along with the refrigerated water, it helped dramatically.

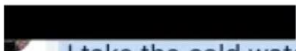
Carbonation

CN (2020)



I've managed to stick with breastfeeding for 2 months now. At the beginning the D-MER was awful. I couldn't believe how low and anxious I would feel as soon as I started feeding. I googled it thinking I was the only person who had ever experienced these feelings but thankfully I'm not. It's just so strange isn't it. I find myself needing a drink now when I feed, particularly a very cold fizzy drink, this seems to ease it. I've heard people having cold water does anyone else find a cold fizzy drink helps? It sounds so crazy. My family think I'm mad 🤪

AW (2022)



I take the cold water a step further and drink sparkling water with a lime.

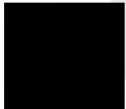
Also, I like to think of the feeling as a positive because it means I'm making milk to feed my baby - a lot of women can't or struggle to make it - the feeling means a letdown is imminent, which is a good thing.

My overall well being affects how bad the DMER feels (I think this is because I'm able to deal with it better if I'm feeling rested and relaxed). So look after yourself as best you can, get a support system you can lean on when things get tough, because if things are feeling like they're tough then DMER hits, it can be difficult to ignore that internal voice screaming EVERYTHING IS FALLING APART.

Like Reply 1v



LA (2023) - volunteer



But, I also used to drink carbonated water when I nursed and I found it helped as well.

LA (2023) – volunteer

I would actually carry a can of bubble with me when I pumped on the travel and it was always luke warm

Rhodiola rosea

TSD (2021)

I said "some what" but honestly ut was better than just "some what". It really made quite a big difference fir me. I recommend everyone give it a try. Sadly I don't remember the dose I took, but I followed the advice of someone else on here and took more than the suggested amount. I am thinking i took maybe three times the amount

Like Reply 2y



LN (2020)

I have been taking it for a few months now and I have had a big improvement in the severity and how often it happens. I am taking a very low dose though and might try increasing it to see if it goes all the way away.

Like Reply 3y



HM (2021)

Rhodiola rosea made such a huge difference for me. It took a high dose and a few weeks, but it got rid of it completely. I've been taking it for years now.

Like Reply 2y

Bupropion (Wellbutrin®)

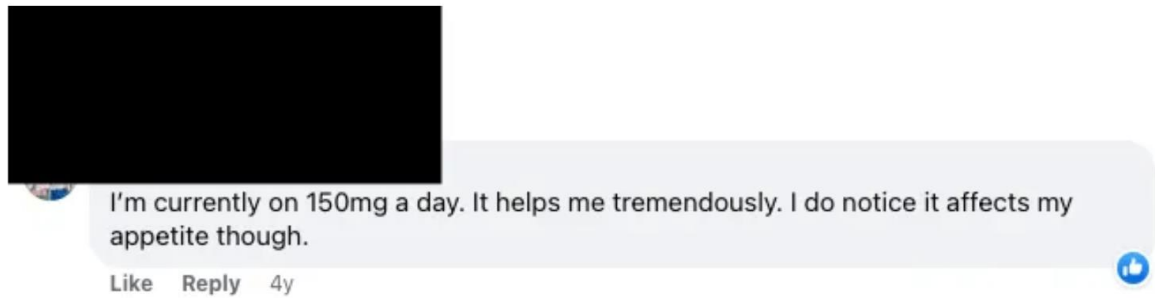
JE (2021)

Wellbutrin was miraculous for my D-MER

Like Reply 2y



LHD (2021)



Low-dose Naltrexone (LDN)

AR (2022)

