

CDC Endorses ‘Chestfeeding’ for Biological Males, Triggering Criticism From Medical Experts

According to breastfeeding guidelines endorsed by the Centers for Disease Control and Prevention, one option for transgender parents who want to “breastfeed or chestfeed their infants” is to induce lactation with the use of medication, but medical experts told The Defender the guidelines ignore the risks those medications pose to infant health.

The Centers for Disease Control and Prevention (CDC) made headlines this week after the Daily Mail reported the agency endorsed “chestfeeding” by publishing guidance for trans-identified biological males on how to induce lactation.

According to the CDC’s breastfeeding guidelines, one option for “transgender parents who have had breast surgery” and want to “breastfeed or chestfeed their infants” is to induce lactation with the use of medication.

Inducing lactation requires taking a combination of drugs, including hormonal contraceptive drugs to provide estrogen and progesterone, and an androgen blocker to reproduce the “hormonal milieu” of pregnancy.

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