

Human Milk Insights

December 2019

The Human Milk Insights newsletter presents the latest breastfeeding topics and clinical practice solutions, addresses coding issues challenging the lactation community, features a lactation service, and announces upcoming webinars and conferences.

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FEATURED STORIES THIS MONTH

NEWS YOU CAN USE

- Human Milk and Pediatric Health
- Human Milk and Disparities
- Human Milk and the Workplace
- Human Milk and Maternal Health
- Human Milk and NICU

HUMAN MILK EDUCATION

- Human Milk Monthly Webinar Series
- Human Milk Live Symposium
- Neonatal Perspectives
- Talking Points Flashcards
- Education & Clinical Services

CLINICAL PEARLS IN LACTATION

- Important Health Benefits for Mothers

TOOLS YOU CAN USE

- Resources for Healthcare Professionals-American Academy of Pediatrics

SPOTLIGHT ON PRACTICE

- Marianne Pastore, RN, BSN, IBCLC

NEWS YOU CAN USE

HUMAN MILK AND PEDIATRIC HEALTH

Ten ways pediatricians can support breastfeeding

Jennifer Thomas, M.D., M.P.H., FAAP and Julie L. Ware, M.D., M.P.H., FAAP/October 2019

Ten methods to incorporate breastfeeding guidance throughout busy outpatient visits, with a goal to provide the support critical to both initiation and continuation of breastfeeding.

https://www.aappublications.org/news/2019/10/24/focus102419?utm_source=sfmc&utm_medium=email&utm_campaign=BFM%20Briefings%2011.8.19&d=11/8/2019&mcid=846095816

Primary Prevention of Cow's Milk Sensitization and Food Allergy by Avoiding Supplementation with Cow's Milk Formula at Birth

Mitsuyoshi Urashima, MD, MPH, PhD... / October 21, 2019

Avoidance of cow's milk formula supplementation at birth important in prevention of sensitivity and allergy
<https://doi.org/10.1001/jamapediatrics.2019.3544>

Breastfeeding and eczema

Matsumoto N, Yorifuji T../Sept 2019

Breastfeeding, particularly feeding colostrum, had a preventative effect on infantile eczema

<https://www.ncbi.nlm.nih.gov/pubmed/31540813>

HUMAN MILK AND DISPARITIES

Examination of breastfeeding rates, breast cancer rates and racial disparities

M. Heatherly/October 2019

Comments aimed to support breastfeeding that breastfeeding decreases breast cancer

risks for all women, regardless of race.

<https://news.wbfo.org/post/disparity-breast-cancer-and-breastfeeding-rates-black-and-white?eType=EmailBlastContent&eld=6e451877-f4f3-4c2e-9a08-d97860712775>

HUMAN MILK AND THE WORKPLACE

Allison S. Gabriel, Sabrina D. Volpone.../November 2019

A supportive work environment boosts supply and job performance.

<https://hbr.org/2019/11/when-companies-support-pumping-breastmilk-at-work-everyone->

[benefits?eType=EmailBlastContent&eld=e07b0b70-f99d-4f2f-9dd5-ceae18557159](https://hbr.org/2019/11/when-companies-support-pumping-breastmilk-at-work-everyone-benefits?eType=EmailBlastContent&eld=e07b0b70-f99d-4f2f-9dd5-ceae18557159)

HUMAN MILK AND MATERNAL HEALTH

Breastfeeding After Breast Cancer: Feasibility, Safety, and Ethical Perspectives

Alma Linkeviciute, PhD, Micaela Notarangelo, PhD, IBCLC, Barbara Buonomo, MD, /November 15, 2019
Insights into practice of supporting breastfeeding after breast cancer.

<https://doi.org/10.1177/0890334419887723>

HUMAN MILK AND NICU

Breastmilk is Medicine: The Role of the Mother-Baby Nurse in the NICU Infant-Mother Dyad

Kiersten LeBar, DNP, MMHC, CPNP-AC / November 2019

Dr. Kiersten LeBar highlights the role of bedside nurses working within the labor and delivery and mother-baby units and their unique role in supporting NICU initiatives.

<https://blog.neonatalperspectives.com/2019/11/05/breastmilk-is->

[medicine-the-role-of-the-mother-baby-nurse-in-the-nicu-infant-mother-dyad/](#)

Digging Wellness in the NICU

Jae Kim, MD, PhD / November 2019
Dr. Jae Kim examines wellness in NICU staff and families, as well as in the NICU baby.

<https://blog.neonatalperspectives.com/2019/11/12/digging-wellness-in-the-nicu/>

HUMAN MILK EDUCATION

On Wednesday, December 18th, [Portia L. Williams](#) will be presenting [Breastfeeding Challenges: Decreasing Barriers and Disparities in Care](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

Human Milk Live Symposium

[Hawaii Breastfeeding & Lactation Conference 2019](#) will be held on Monday, December 16th. Presenters will be [Diane Spatz, PhD, RN-BC, FAAN](#), [Patrice Hatcher, MBA, BSN, RNC-NIC](#) and [Irene Zoppi, MSN, RN, IBCLC](#). This symposium will be held at Queen's Medical Center in Honolulu, HI from 7:00 am- 3:45 pm. For more information and to register click [here](#).

New Product Announcement

Something Small is Coming - A new product announcement webinar will be held Wednesday, December 11th at 9:00 am, 1:00 pm and 3:00 pm CST. Choose the time that fits your schedule. Register and attend for your chance to **win** one of five prizes given away at random! Click [here](#) to register.

On Wednesday, January 22nd, we will have our first webinar of 2020. More information and registration will be available at www.MedelaEducation.com soon.

We are currently working on our 2020 webinar schedule. Feel free to email education@medela.com to receive a copy once it is ready!

Neonatal Perspectives

This is a blog for NICU professionals that features clinical information from neonatal consultants, as well as industry news and popular topics. Click [here](#) to read the latest blogs.

Talking Points Flashcards

Talking Point flashcards are scripted, evidence-based answers to common questions about:

- [Benefits of Exclusive Breastfeeding](#)
- [Providing Mother's Own Milk to Infants at Risk](#)
- [Donor Human Milk](#)

Each section has an extensive reference list. These Talking Points flashcards summarize evidence for staff and standardize messaging for families. Click on the links above to download your copy today!

CLINICAL PEARLS IN LACTATION

This column is for lactation practitioners to share clinical challenges and successes, observations and pearls with colleagues. To share a clinical pearl, [submit it here](#). If your submission is selected for publication in a future issue of Human Milk Insights, you will receive a \$25.00 VISA gift card.

Important Health Benefits for Mothers

Breastfeeding for a year or more can be challenging. It takes commitment and perseverance . . . and love. We know that babies get tremendous health benefits from breastfeeding - both short term and long term - but what's in it for mothers?

Apparently quite a lot. Although we know that breastfeeding reduces blood loss after birth which decreases the incidence of postpartum anemia, and up to 500 calories per day are used to make milk, there are several striking benefits related to long term women's health. Research now suggests that breastfeeding, especially for more than 12 months in a mother's lifetime, reduces the risk of developing breast, ovarian and endometrial cancers, diabetes, cardiovascular heart disease, hypertension and stroke.

A recent meta-analysis published in the October 16, 2019 JAMA Network Open looked at multiple studies to determine whether lactation is associated with reduced rates of maternal diabetes and hypertension. Four studies with a total of 206,204 participants were included in the meta-analysis for the association between lactation and diabetes. The five studies included in the meta-analysis for the association between lactation and hypertension had a total of 255,271 participants. Breastfeeding for more than 12 months was associated with a relative risk reduction of 30% for diabetes (pooled odds ratio, 0.70[95%CI,0.62-0.78]; $P < .001$) and a relative risk reduction of 13% for hypertension (pooled odds ratio, 0.87[95% CI,0.78-0.97]; $P = .01$).

Cardiovascular disease is the leading cause of death in women. Hypertension and diabetes are both preventable diseases that are strong risk factors for cardiovascular disease. The results of the meta-analysis suggest that breastfeeding for more than 12 months is associated with decreased risks of developing hypertension and diabetes.

When discussing lifestyle modifications such as weight loss, exercise, smoking cessation and reduced alcohol intake, all of which decrease the risk of cardiovascular heart disease and stroke, it's important to include breastfeeding in the conversation. Women need to know that choosing to breastfeed is more than just a feeding choice. It can have an impact on health far into the future. When talking with women about breastfeeding, it's important to mention that longer duration of breastfeeding in a woman's lifetime provides more protection.

So yes, breastfeeding is not just good for babies. It's also the natural completion of the reproductive cycle and provides lifetime benefits for mothers.

Reference:

Rameez RM, Sadana D, Kaur S, et.al. Association of maternal lactation with diabetes and hypertension: a systematic review and meta-analysis. JAMA Network Open 2019;2(10), e1913401. doi:10.1001/jamanetworkopen.2019.13401.

TOOLS YOU CAN USE

Resources for Health Professionals – American Academy of Pediatrics

Maria Lennon, MSN, CNM, IBCLC

This month's highlighted professional organization is the Academy of Breastfeeding Medicine. The breastfeeding resources and clinical tools they provide are available to promote best practices in various work environments – hospitals, outpatient clinics and private offices. ABM is an excellent resource for evidence-based guidelines on various clinical management issues and for training and education of physicians and other healthcare professionals.

The Academy of Breastfeeding Medicine is a worldwide organization of physicians dedicated to the promotion, protection and support of breastfeeding and human lactation. It has more than 500 members from more than 50 countries. The website says their mission is to unite members of the various medical specialties with this common purpose through:

- * Physician education
- * Expansion of knowledge in both breastfeeding science and human lactation
- * Facilitation of optimal breastfeeding practices
- * Encouragement of the exchange of information among organizations

Journal of Human Lactation: Published monthly, this international journal provides “unparalleled peer-reviewed research, protocols, and clinical applications to ensure optimal care for mother and infant.”

Clinical Protocols: A central goal of the Academy of Breastfeeding Medicine is the development of clinical protocols for managing common medical problems that may impact breastfeeding success. Many of the documents have been translated into different languages - Chinese, Korean, German, Japanese and Spanish, to name a few. Here is the list of current evidence-based protocols which can be used to facilitate best practices in lactation clinical management:

Hypoglycemia, Going Home/Discharge, Supplementation, Mastitis, Peripartum Breastfeeding Management, Co-sleeping and Breastfeeding, Model Hospital Policy, Human Milk Storage, Galactagogues, Breastfeeding the Late Preterm Infant, Neonatal Ankyloglossia, NICU Graduate Going Home, Contraception and Breastfeeding, Care for Infants and Children, Analgesia and Anesthesia for the Breastfeeding Mother, Breastfeeding the Hypotonic Infant, Guidelines for Breastfeeding Infants with Cleft Lip, Cleft Palate, or Cleft Lip and Palate, Use of Antidepressants and Nursing Mothers, Breastfeeding Promotion in the Prenatal Setting, Engorgement, Substance Use and Breastfeeding, Jaundice, Non-Pharmacologic Management of Procedure-Related Pain in the Breastfeeding Infant, Allergic Proctocolitis in the Exclusively Breastfed Infant, Preprocedural Fasting for the Breastfeeding Infant, Persistent Pain, Breastfeeding an

Infant or Young Child with Insulin-Dependent Diabetes, Peripartum Analgesia and Anesthesia for the Breastfeeding Mom, Iron, Zinc and Vitamin D Supplementation, Breast Masses, Breast Complaints, and Diagnostic Breast Imaging in the Lactating Woman, Radiologic and Nuclear Medicine Studies in Lactating Women.

Podcasts: Educational podcasts on different topics related to breastfeeding and clinical issues.

Blog: Lots of great information from members of the Academy - clinical pearls, experiences managing breastfeeding issues, opinions, and much more.

ABM Annual International Meeting: Internationally-known speakers, cutting edge research, and clinical management of maternal and child issues related to breastfeeding medicine.

Physician-Training Course on Breastfeeding: The Academy has developed a basic course, which is presented each year at the ABM conference.

To find out more about the Academy of Breastfeeding, visit: <https://www.bfmed.org>.

SPOTLIGHT ON PRACTICE

This column is for lactation practitioners and facilities who wish to acknowledge the work of others. We invite you to submit suggested practitioners or facilities you would like to spotlight. If you have a suggestion, email education@medela.com.

This month we are spotlighting Marianne Pastore, RN, BSN, IBCLC, Boston, MA

Massachusetts General Hospital, known to Bostonians as MGH or 'The Mecca for Healthcare', is an imposing facility with a robust history of cutting-edge, progressive healthcare. Nestled within the walls of this renowned institution is a family birth unit, a special care unit, and a NICU. Marianne Pastore has played a vital role in establishing the post-partum and lactation programs that currently exist.

Marianne grew up in Boston, graduating from Northeastern University, recognized for its 5-year cooperative bachelor's program. As a coop student, she had work experiences on a pediatric unit in Dublin, Ireland and a free-standing maternity hospital in Boston. It was as a coop-student at the maternity hospital, that Marianne discovered her interest in perinatal nursing and began working as a staff nurse on the post-partum and well baby newborn units after graduation.

In the early 1990's, the maternity hospital's future as free-standing birth center was in jeopardy. When talks about merging with another hospital within Boston began, Marianne decided to pursue an opportunity as a Labor and Delivery nurse in a nearby community.

At about the same time, MGH began to examine the need for an additional university-based birth unit within Boston; their birth unit had been closed for several years. Their vision was to create a birth experience that allowed one bedside clinician to care for a family through their entire birth and post-birth hospital experience, as well as providing a post-discharge home visit. The idea of opening a new birth unit included hiring new staff and writing policies and procedures. In 1994, Marianne was hired to assist in these efforts. Although segments of their original birth unit concept have changed, MGH continues to provide comprehensive, family centered maternity care to the Boston community.

In 1996, Marianne was certified as an IBCLC and is currently the Coordinator of MGH's Lactation Program. A staff of six IBCLC and 7 CLC provide 24 hour, 7 days/week lactation coverage for the mother-baby units and throughout MGH's inpatient units; two additional lactation consultants serve the hospital's NICU. Marianne and her team also manage the hospital's prenatal course offerings that include breastfeeding and returning to work, childbirth education, infant care, CPR, and infant massage. The team will assist in the 2020 roll out of the Eat, Sleep, Console (ESC) family centered approach for the treatment of Neonatal Abstinence Syndrome.

In 2015, MGH received its designation as a Baby Friendly (BFHI) facility where Marianne played a pivotal supporting role. She is the lead clinician in the hospital's 2020 re-designation efforts.

Marianne and her husband, Vin, will celebrate their 29th wedding anniversary this month. While they met as high school students, they didn't start dating until they had both graduated from college. In a northern suburb of Boston, they raised two sons and a daughter. As newlyweds, they fostered two teenage boys who they raised until adulthood while also parenting their young daughter. Their adult children, and now 6 grandchildren, remain extremely close and live in the New England area. The family are avid sports fans; their favorites include college basketball and competitive figure skating.

Marianne's days are busy. In addition to working part time, she supports her parents and mother-in-law by taking them to doctor appointments, shopping and church on her days off. She enjoys spending time with her family, knitting, traveling, and attending the basketball games that her husband coaches. The family loves visiting Disney World and are admitted Disney enthusiasts.

Marianne is known for her dedication to providing compassionate care to families. She is well respected within the Boston perinatal community for her clinical lactation skills and strong commitment to evidence-based care. She has long been a trailblazer for lactation services at MGH and has established a reputation for being an enthusiastic supporter of breastfeeding families. Her work will have a lasting, positive outcome for the families of the MGH community.