

The Culture of Breastfeeding

Thursday, September 28, 2017
16th Annual Conference

CONFERENCE 8:30-10:30 OPENING SESSION

8:30 AM – 10:00 AM

Alexander Valley Ballroom I&II

Breastfeeding and the Microbiome

Presenter: Marsha Walker

Microbial colonization of the infant gut is related to lifelong health outcomes. The totality of microorganisms, their genetic elements, and environmental interactions is called the microbiome. The microbiome is often referred to as an organ within an organ or a super organ. Perturbations in the microbiome are associated with susceptibility to autoimmune diseases such as diabetes, inflammatory bowel disease, atopy, and other conditions such as obesity. Supplementing an exclusively breastfed infant with formula alters the trajectory of the microbiome. Breast milk directs the development of the microbiome with its own diverse population of bacteria and oligosaccharides that nourish the developing infant gut microbiome. This session will explore the process of infant gut colonization, elements that encourage a thriving microbiome, perturbations of the microbiome, and feeding plans that support gut happiness.

CONFERENCE 10:15 – 11:45 PRESENTATIONS

10:15 AM - 11:45 AM

Alexander Valley Ballroom I&II

Ouch! Nipple and Breast Pain

Presenter: Marsha Walker

Nipple and/or breast pain can be a breastfeeding deal-breaker. If breastfeeding is not supposed to hurt, then why do so many mothers experience pain while breastfeeding? Is it maternal anatomy, faulty physiology, infant sucking alterations or anomalies? This presentation will look at nipple anatomy, the changes nipples experience during pregnancy, precursors and causes of nipple pain, and the magic number of 7 millimeters. Can 7mm serve as a screening tool for potential breastfeeding problems? If nipple pain is bad, then what about breast pain and mammary dysbiosis? Is mammary dysbiosis related to an alteration in the microbiome of the breast itself? Antibiotics or probiotics for mastitis, an intriguing question! An exploration of breast pain looks at the contributors to an unwelcome lactation guest.

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10:15 AM - 11:45 AM

Alexander Valley Ballroom III

Prenatal Breast Assessment and Maternal Support

Presenter: Melissa Cole

This session will cover new thoughts on prenatal breast assessment and maternal support strategies in the prenatal period. Health professionals working with mothers in pregnancy have a unique chance to assess and discuss breastfeeding questions and concerns with clients in the prenatal period. There are many factors that can impact lactation success including certain health concerns, medications, breast development, endocrine issues, etc. Mothers appreciate having thoughtful insight regarding these issues prior to delivery. In my clinical experience a resounding theme when breastfeeding issues arise from a condition that may have been identified prenatally is, "why didn't anyone tell me?" During this session, providers will learn how to assess breasts and nipples prenatally, identify potential red flags for lactation success and cultivate a meaningful dialog in order to discuss these concerns with the mothers they serve.

CONFERENCE 12:45-2:15 PRESENTATIONS

12:45 PM – 2:15 PM

Alexander Valley Ballroom I&II

Latest Lactation Research

Presenter: Marsha Walker

The field of lactation is constantly changing with new research, skills, equipment, policies, and data constantly being added to our knowledge base. A look at Pub Med at the National Library of Medicine shows the online availability of more than 39,000 articles when the term "breastfeeding" is searched. Keeping up with the volume of new publications can be daunting. This presentation will discuss the top ten newest items in lactation and breastfeeding research as a means of updating clinicians in what's the newest in the field. Some of it may be surprising!

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12:45 PM – 2:15 PM

Alexander Valley Ballroom III

New Thoughts on Infant Post-Frenotomy Care

Presenter: Melissa Cole

A hotly debated topic among tongue tie professionals is post-frenotomy care. Infants may have varying degrees of suck dysfunction and tongue mobility issues even after release. In addition, the labial and lingual incision sites can be prone to re-attaching. Melissa Cole, IBCLC, RLC will present some post-frenotomy care basic she utilizes in her own clinical practice that have proven to improve post-frenotomy healing outcomes. Parents are often exhausted from the physical and emotional roller coaster that feeding a tongue tied infant presents and sensitive care for the whole family is needed. Melissa also recognizes that post-frenotomy care 'best practice' is still in its infancy and she proposes a call to research this subject matter further.

CONFERENCE 2:30-3:45 PRESENTATIONS

2:30 PM-3:45 PM

Alexander Valley Ballroom I&II

"Fed is Best" Controversy: Breastfeeding Under Fire

Presenter: Marsha Walker

Ripped from the headlines---"Breastfeeding kills babies!" Social media has been inundated with horrifying stories of infant starvation with many generalizations, unsubstantiated accusations, and misguided breastfeeding recommendations that portray breastfeeding as dangerous and aim to frighten parents into avoiding breastfeeding. Unfortunately, much of the social media exchanges use sensationalism, fear-mongering, cyber bullying, and the demonizing of a proven public health imperative to advance an unhealthy agenda. It is not exclusive breastfeeding that is the culprit, it is the dearth of education and training of health care providers, lack of insurance reimbursement for lactation support services, reduced access to International Board Certified Lactation Consultants in hospitals and/or access to them once mothers are discharged. In this session, we will explore the latest assault on breastfeeding.

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2:30 PM-3:45 PM

Alexander Valley Ballroom III

Common Infant Digestive Health Concerns and Useful Support Strategies

Presenter: Melissa Cole

This session will focus on common concerns regarding infant digestive health and useful support strategies that care providers can incorporate into their work with families. We will discuss what's normal and what's not in regards to stooling, spit up/reflux, colic/fussiness, and more. Many parents are coping with babies that are uncomfortable and unhappy due to gut health concerns. Dealing with such a baby is emotionally and physically draining. Having a basic understanding of infant gut health and care strategies that optimize comfort and aid in overall digestive healing can be useful tools for any type of practitioner working with infants.

CONFERENCE 4:00-5:00 CLOSING SESSION

4:00 PM-5:00 PM

Alexander Valley Ballroom I&II

Placenta Medicine as a Galactagogue: Tradition or Trend?

Presenter: Melissa Cole

For some mothers, insufficient milk supply impacts their ability to fully breastfeed their infants. Many of these mothers seek holistic options to increase their milk supply. Amongst some women, placenta medicine and/or postpartum placenta consumption as a purported galactagogue is a practice on the rise. There is some limited historical research, and more recently some phenomenological data, about the practice of placenta as a galactagogue. However little is truly known about the benefits and risks of placentophagy. Even less is known about whether or not placenta can be viewed as a galactagogue. This presentation aims to review the existing literature and purpose a further call for research in regards to placenta as a galactagogue.