The 21st Annual International Meeting of the Academy of Breastfeeding Medicine will feature world-class speakers providing cutting-edge research and clinical information on current issues in breastfeeding medicine, spanning both maternal and child health.

This year’s meeting is an ideal context for physicians, registered nurses, and other health professionals to continue their professional education in a highly respected, stimulating environment, while earning continuing education credits. The one-day pre-conference course, “What Every Physician Needs to Know About Breastfeeding,” will once again be offered to all health professionals on Thursday, October 13.

Following a full day of sessions for ABM members and other physicians on Friday, October 14, physicians, registered nurses, lactation consultants, midwives, and other health professionals will come together on October 15 and 16 with the goal of stimulating collaborative learning.

This year’s meeting with innovative workshops will provide interactive and novel approaches to common breastfeeding challenges in clinical practice and a chance to address “hot-button” or evolving issues that are newly recognized.

We look forward to seeing you in October.

Jointly provided by

Academy of Breastfeeding Medicine

Postgraduate Institute for Medicine
Friday, October 14 (Physician-Only)

7:00–8:00 am Continental Breakfast
8:00–8:15 am Opening Remarks
Julie Taylor, MD, MSc, FABM
President, Academy of Breastfeeding Medicine
8:15–9:15 am Breastfeeding Research Hit Parade – 2016
Ruth Lawrence, MD, FABM
University of Rochester School of Medicine, New York
9:15–10:00 am Using Breastmilk to Study Cancer Risk
Kathleen Arcaro, PhD
University of Massachusetts, Amherst
10:00–10:30 am Break with Abstracts
10:30–11:15 am Autonomy, Informed Choice, and the Ethics of Electing Breastfeeding
Jeffrey Ecker, MD
Massachusetts General Hospital/Harvard Medical School
11:15–12:00 pm Donor Human Milk in VLBW Infants: Experience, Research, Future Directions
Tarah Colaizy, MD, MPH
University of Iowa
12:00–1:30 pm Lunch with the Board
1:30–2:15 pm Moms, Milk and Microbes: How to Protect Babies, Even Those with HIV
Grace Aldrovandi, MD
Children’s Hospital of Los Angeles
2:15–3:00 pm Continuing Evidence on the Benefits of Breastfeeding and Implementation Challenges
Zulfiquar Bhutta, MBBS, PhD
The Hospital for Sick Children, Toronto
3:00–3:30 pm Break with Abstracts
3:30–4:30 pm Podium Research Presentations
4:30–5:15 pm The Biological Case for Breastfeeding of Human Infants
Simon Murch, MB, PhD
University Hospital Coventry & Warwickshire, United Kingdom
6:30–9:00 pm Annual Banquet

Saturday, October 15 (All-Conference)

8:00–8:45 am The DAME Study: Women with Diabetes in Pregnancy
Lisa Amir, MBBS, MMed, PhD, FABM
La Trobe University, Australia
8:45–9:30 am Infant Feeding in Emergencies: How to Protect the Most Vulnerable
Karleen Gribble, BRurSC, PhD
The University of Western Sydney, Australia
9:30–10:00 am Break with Abstracts
10:00–11:15 am Traditions of Milk-Sharing: Old and New
Moderator: Wendy Brodribb, MBBS, PhD, FABM
University of Queensland, Australia
Karleen Gribble, BRurSC, PhD
The University of Western Sydney, Australia
Monica Carceles, MD
Breastfeeding Supporting Group, Promatre Paulista, Brazil
Amal El Taweel, MD, PhD
Egyptian Lactation Consultants’ Association, Egypt
11:15–12:15 pm Podium Presentations
12:15–1:30 pm Lunch
1:30–3:00 pm Workshops
3:00–3:30 pm Break with Abstracts
3:30–4:15 pm Extending Breastfeeding Among Black and Latina Mothers: Preparing Women for The Postpartum Period
Elizabeth Howell, MD, MPP
Ichan School of Medicine, Mount Sinai Hospital
4:15–5:15 pm The Ties that Bind – or Don’t!
Moderator: Dana Silver, MD
Baltimore, MD
Earl Harley, MD
Georgetown University Medical Center
Robert Marcus, DDS
Washington, DC
6:00–7:30 pm Eighth Annual Summit Debriefing and Reception
Ruth Lawrence, MD, FABM, Summit Chair
Cynthia Howard, MD, FABM, Summit Co-Chair

Sunday, October 16 (All-Conference)

8:00–8:15 am Opening Remarks and Introduction of the Eleventh Annual Founders’ Lecture
8:15–9:00 am Founders’ Lecture
Breastfeeding Research in Pelotas: How Science Can Influence Global Policy
Cesar Victora, MD, PhD
Emeritus Professor of Epidemiology
Federal University of Pelotas, Brazil
9:00–9:45 am Therapeutic Breast Massage
Ann Witt, MD, FABM
Breastfeeding Medicine of NE Ohio
Maya Bolman, RN
Breastfeeding Medicine of NE Ohio
9:45–10:30 am Breastfeeding Promotion in a Swedish NICU
Uwe Ewald, MD, PhD
Uppsala University Hospital, Sweden
10:30–11:00 am Break with Abstracts
11:00–11:30 am UNICEF/WHO Global Breastfeeding Advocacy Initiative
11:30–12:30 pm New Guidelines, Old Debate: Contraception and Breastfeeding
Moderator: Miriam Labbok, MD, MPH, FABM
UNC Gillings School of Public Health, Chapel Hill, North Carolina
Panelists:
Anne Eglash, MD, FABM
University of Wisconsin, School of Medicine and Public Health
Amy G. Bryant, MD, MSCR
UNC Healthcare, Chapel Hill, North Carolina
Joan Younger Meek, MD, MS, FABM
Florida State University College of Medicine
12:30 pm Closing Remarks and Adjournment
Sahira Long, MD
Conference Chair
Pre-Conference Course Program (Open to all health professionals)

“What Every Physician Needs To Know About Breastfeeding” (WEPNTK)

Course Director
Joan Younger Meek, MD, MS, RD, IBCLC, FAAP, FABM
Florida State University College of Medicine
Tallahassee, FL

Moderators/Co-Directors
Nancy E. Wight, MD, IBCLC, FABM, FAAP
Sharp Mary Birch Hospital for Women and Newborns
San Diego, CA
Victoria Nichols-Johnson, MD, FACOG, FABM
Southern Illinois University School of Medicine
Springfield, IL

Global Objectives

1. Describe the role of the physician in breastfeeding support.
2. Counsel women and families about the benefits of breastfeeding for mothers, children, and society.
3. Manage labor in a manner that minimizes interference with breastfeeding initiation.
4. Describe the importance of skin-to-skin in the immediate postpartum period.
5. Facilitate breastfeeding based upon newborn reflexes and cues.
6. Describe physiologic control of milk production.
7. Assess adequacy of infant milk intake.
8. Identify the Ten Steps to Successful Breastfeeding.
9. Evaluate and manage infant jaundice and poor weight gain.
11. Recognize the unique characteristics of the late preterm infant that may interfere with breastfeeding.
13. Use breastfeeding technology appropriately to support lactation and milk production/transfer.

Thursday, October 13

7:50–8:00 am Opening Remarks
Joan Younger Meek, MD, MS, RD, IBCLC, FAAP, FABM
Associate Dean, Graduate Medical Education
Professor, Clinical Sciences
Florida State University College of Medicine

8:00–8:30 am Why Breastfeed? Risks of Not Breastfeeding
Miriam H. Labbok, MD, MPH, IBCLC, FACPM, FABM, FILCA
Founding Professor and Director Carolina Global Breastfeeding Institute (CGBI)
Founder, Past President and Board Member, Academy of Breastfeeding Medicine
Department of Maternal and Child Health, Gillings School of Global Public Health
The University of North Carolina at Chapel Hill

8:30–9:00 am The Process of Breastfeeding: Anatomy & Physiology
Natasha K. Sriraman, MD, MPH, FAAP, FABM
Division of General Academic Pediatrics
Children’s Hospital of The King’s Daughters
Eastern Virginia Medical School

9:00–9:30 am Management of Labor
Susan Crowe, MD, FACOG
Clinical Associate Professor of Obstetrics and Gynecology
Stanford University School of Medicine

9:30–10:00 am Skin-to-Skin: The Sacred Hour
Raylene M. Phillips, MD, IBCLC, FABM, FAAP
Assistant Professor of Pediatrics
Loma Linda University Children’s Hospital

10:00–10:15 am Break

10:15–10:45 am How Babies Learn to Breastfeed
Christina M. Smillie, MD, FAAP, IBCLC, FABM
Breastfeeding Resources, Stratford, CT

10:45–11:15 am Implementation of the Ten Steps and Baby Friendly
Ann L. Kellams, MD, IBCLC, FAAP, FABM
Medical Director, Well Newborn and Breastfeeding Medicine Services, University of Virginia

11:15–11:45 am Management of Breastfeeding
Joan Younger Meek, MD, MS, RD, IBCLC, FAAP, FABM
Professor, Clinical Sciences
Florida State University College of Medicine

11:45–12:15 pm Breastfeeding and Maternal Medications
Amy E. Evans, MD, FAAP, FABM
Center for Breastfeeding Medicine
UCSF Fresno Medical Education Program

12:15–12:45 pm Breastfeeding the Late Preterm Infant
Eyla G. Boies, MD, FABM, FAAP
Clinical Professor of Pediatrics
UCSD School of Medicine

12:45–1:45 pm Lunch

1:45–2:15 pm Managing Maternal Complications
Pamela D. Berens, MD, IBCLC, FACOG, FABM
University of Texas Health Sciences Center at Houston

2:15–2:45 pm Managing Infant Complications
Nancy Wight, MD, IBCLC, FABM, FAAP
San Diego Neonatology, Inc.
Sharp Mary Birch Hospital for Women and Newborns

2:50–4:50 pm INTERACTIVE BREASTFEEDING CASES
(Rotate every 30 minutes through each station)

Preconceptional/Prenatal Care
Alicia Dermer, MD, IBCLC, FABM
Rutgers Robert Wood Johnson Medical School

The Breastfeeding Friendly Office Practice
Rose St. Fleur, MD, FAAP, IBCLC
Medical Director, Center for Breastfeeding
Jersey Shore University Medical Center

Sore Nipples/Sore Breasts
Anne Eglash, MD, IBCLC, FABM
University of Wisconsin School of Medicine and Public Health

The Use of Breastfeeding Technology
Sandra Sullivan, MD, IBCLC, FABM
University of Florida College of Medicine

5:00–5:30 pm Resources and Strategies to Train Others
Joan Younger Meek, MD, MS, RD, IBCLC, FAAP, FABM
Florida State University College of Medicine
Pamela D. Berens, MD, IBCLC, FACOG, FABM
University of Texas Health Sciences Center at Houston

5:30 pm Pre-Conference Course Adjourns
Breastfeeding Friendly Outpatient Medical Healthcare Systems

Anne Eglash, MD, IBCLC, FABM; Gail Herrera, MD, IBCLC, FABM, FACOG
Breastfeeding Friendly Outpatient Healthcare System (BFOMS) and its principles will be discussed as a breastfeeding support model: a committee dedicated to overseeing support; basic breastfeeding care within its PCMHs; care coordination between PCMHs and hospital; breastfeeding support beyond PCMHs to specialty departments; a higher level of management with breastfeeding specialists; collaboration with community supporters; ongoing education for PCMH staff; and employee lactation support.

The UVA NICU Breastests: A multi-disciplinary, evidence-based program to facilitate breastfeeding and breastmilk feeding in the NICU

Valerie Goodman, RN, IBCLC; Jonathan Swanson, MD; Santina Zanelli, MD; Lori Rollins, NA, CCGLP, IBCLC; Ann Kellams, MD, IBCLC; Brynne Sullivan, MD
UVA NICU “Breastests” (Breast + Step), developed to standardize communication between families and staff, pulls together the best evidence for skin-to-skin and feeding, and combines steps into an organized, easily understood progression from admission to discharge. Participants will review evidence-based practices for successful breastfeeding in the NICU and review 5 “Breastests.” Case reviews will use a multimedia approach (videos, props, group discussion, role play, hands-on practice).

How to Establish a Successful Inpatient Frenotomy Program

Susan Rothenberg, MD
The earlier symptomatic ankyloglossia is treated, the less likely it will negatively impact breastfeeding. Frenotomy is simpler than a circumcision and much more beneficial for a baby, but IP access is rare. Rather, stopgap measures are used to tide the mother and infant over until an OP appointment for correction can be made, at times weeks later. This workshop will explore barriers to IP frenotomy and strategies to overcome them, and give participants a road map for implementing a program at their home institutions.

Medications and Breastfeeding: Current Concepts

Frank J. Nice, RPh, DPA, CPHP; Amy C. Luo, RPh; Pharm D Vergie Hughes, IBCLC
Lack of encouragement and informed counseling from healthcare professionals on medication use during breastfeeding is one of the main obstacles to successful breastfeeding, affecting about 1 million mothers a year. The workshop will cover current use of medications while breastfeeding. Given the benefits of continuing to nurse, drugs with safe therapeutic levels can be given in most cases, though long-term effects of most drugs on mothers and their nurslings often are not known.

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Milk Selling, Milk Sharing, Milk Banking, Oh My!

Michelle Brenner, MD; Karleen Gribble, PhD; Maryanne Perrin, PhD
Recognizing the growing availability and expressed human milk, this workshop will provide the latest evidence-based information on milk selling, milk sharing, and milk banking. Through an interactive format, participants will explore: perceptions and experiences of milk safety and regulation; donor compensation; the media’s conflation of human milk selling, sharing and donating; and the impact of organizational policies on access to safe and affordable human milk.

Skin-to-Skin in the OR after Cesarean Birth: Keeping It Practical and Safe

Raylene Phillips, MD, FAAP, FABM, IBCLC
Uninterrupted skin-to-skin immediately after vaginal births has become standard in many hospitals. Frenotomy occurs after skin-to-skin immediately after Cesareans, causing some concern about safety, staffing roles, and benefits. Participants will learn how to minimize potential risks of skin-to-skin in the OR based on careful forethought, planning, education, and reassurance from others’ experience. The need for updated or new protocols will be addressed.

Breastfeeding for millions: A comprehensive approach for policy, systems, and environmental change

Ann Jimerson, Alive & Thrive, FHI 360; Bithiah Lafontant, FHI 360; Lisa Tensuan, FHI 360
Results from Alive & Thrive/FHI 360 in Viet Nam, Bangladesh, and Ethiopia show the feasibility of rapid, large scale breastfeeding improvements. Its comprehensive framework includes legislation, interprofessional communication, community mobilization; mass communication; and strategic use of data. In small groups, participants will design programs to engage families, community leaders, employers, providers, and governments in the US.

More Show, Less Tell: Retooling Breastfeeding Education to Increase Relevance and Retention

Emile Cunningham, CLC, CCCE, MPH
Breastfeeding education for staff and prenatal clients is a cornerstone of the Ten Steps to Successful Breastfeeding, contributing to a greater likelihood of breastfeeding initiation and duration and a facility’s exclusivity rates, respectively. Because hands-on demonstrations are linked with longer breastfeeding durations, this interactive workshop will show new methods of transforming education through learner engagement, such as the use of props, role-play, and multimedia tools to invigorate ineffective education.

TRAVEL AND HOTEL INFORMATION…Book Early!

The Meeting will be held at the Crystal Gateway Marriott in Arlington, VA. A block of rooms is being held at the conference rate of $179 per night.

Hotel room reservations for the meeting can be made, changed, or modified via our dedicated booking website: http://bit.ly/1UhTEtX
You may also reserve your hotel room using the following dedicated reservation phone lines: 1-703-920-3230/ 1-800-228-9290. Please be sure to mention that you are attending the 21st Annual International Meeting of the Academy of Breastfeeding Medicine.

Reservations must be received on or before 6:00 PM, Wednesday, September 14, 2016.
On-site self-parking is available for a fee of $20 per day.

Crystal Gateway Marriott Hotel
1700 Jefferson Davis Highway • Arlington, Virginia 22202
Phone: 1-703-920-3230 • Fax: 1-703-271-5212
Area Airports:
Reagan Washington National (DCA) Approximately 2 mile from the hotel. Courtesey phone for Crystal Gateway Marriott available for Complimentary Airport Shuttle service. Alternate transportation: Metro (Subway) or Taxi
Dulles Airport: Approximately 27 miles from the hotel. Taxis available.
Baltimore-Washington International (BWI) Approximately 37 miles from the hotel. Taxis available. Please call our official travel agent, Wayne Coven, at Empress Travel, (800) 933-9504 or (212) 410-9990 for flight information.
Driving Directions: Please visit the Crystal Gateway Marriott Hotel website for directions: www.marriott.com/hotels/maps/travel/wasgw-crystal-gateway-marriott/ Other Transportation: Subway Station Crystal City (0.1 miles east of the Crystal Gateway Marriott)
21st Annual Meeting Objectives

At the conclusion of this Meeting, participants should be able to:

1. Describe the relationship between breastfeeding and breast cancer, HIV, NEC, diabetes, and other conditions
2. Explain the preparation and care of pregnant women in anticipation of breastfeeding
3. Recognize universal challenges in adapting Baby Friendly practices to the NICU environment
4. Describe the association of breastfeeding with infant mortality
5. Compare and contrast cultural differences and challenges in milk-sharing
6. Contrast the pros and cons of different approaches to tongue-tie repair
7. Interpret new recommendations and guidelines regarding breastfeeding and contraception
8. Describe the relationship of breastfeeding science to global policy
9. Delineate the importance of breastfeeding in emergencies
10. Integrate an understanding of breastfeeding as a form of personalized medicine
11. Demonstrate therapeutic breast massage techniques
12. Describe the importance of informed decision-making in infant feeding

Can’t attend? Contribute instead!

Though you may not be able to attend our Meeting this year, we hope that you will still support our mission by making a contribution to ABM. Among the options, you can support an international conference participant. As a thank you, we will recognize your generosity in the final Meeting program and in our official peer-reviewed journal Breastfeeding Medicine.

For more information about donating to ABM, visit our website: bfmed.org
The 21st Annual International Meeting of the Academy of Breastfeeding Medicine

October 13–16, 2016

Supported in part by W.K. Kellogg Foundation

Register Now at bfmed.org!

“DC and its many cultures bring together a vibrant pulse for everyone who shares in our 2016 Annual International Meeting.

The commitment of the whole community is set on improving the sustainability of breastfeeding and a lifetime of total health for all.”

— Conference Chair, Sahira Long, MD
Children’s National Medical Center
George Washington University

What our attendees are saying:

“It gave me so many things that I can take back to my pediatric practice.”

“Evidence-based information that was practical in its application.”

“Camaraderie, valuable data, state-of-the-art!”

“A real wow!”

“Diverse topics and speakers that you don’t get at other conferences.”

“I always love being in the same room with the legends of breastfeeding medicine. . . .”