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 Organizations
- Human Milk and Legislation
- Human Milk and Childcare
- Human Milk and Initiation of Breastfeeding
- Human Milk and Medication
- Human Milk and NICU

HUMAN MILK EDUCATION
- Human Milk Monthly Clinical Education Webinar Series
- Neonatal Perspectives
- Resource for Moms

CLINICAL PEARLS IN LACTATION
- The Taj Mahal has a Private Breastfeeding Room – What’s in Your Area?

TOOLS YOU CAN USE
- Resources for Initiation Problems in At-Risk Women

SPOTLIGHT ON PRACTICE
- Lady Liberty - USA

Happy 4th!
**NEWS YOU CAN USE**

**HUMAN MILK AND ORGANIZATION**

Black Breastfeeding Week – August 25-31, 2019
Black Breastfeeding Week has announced the 2019 theme: *The World is Yours: Imagine. Innovate. Liberate.* This year's theme is focused on bringing innovation and creativity to the Black breastfeeding experience.

World Breastfeeding Week – August 1-7, 2019
The theme for 2019 World Breastfeeding Week is "Empower Parents: Enable Breastfeeding.”

National Breastfeeding Month – August
The 2019 National Breastfeeding Month theme is "Support Changes Everything.”
The weekly themes are:
- Week 1: Empowered Parents & Partners
- Week 2: Investing in our Future
- Week 3: Workplace & Work life (or school life)
- Week 4: Black Breastfeeding Week
[http://www.usbreastfeeding.org/p/cm/ld/fid=839](http://www.usbreastfeeding.org/p/cm/ld/fid=839)

**HUMAN MILK AND LEGISLATION**

Fairness for Breastfeeding Mothers Legislation
The Senate passed the Fairness for Breastfeeding Mothers Act unanimously and the bill has been sent to the President for signature. The Fairness for Breastfeeding Mothers Act would require that certain public buildings that contain a public restroom also provide a lactation space that is hygienic, available for use by members of the public, and separate from the bathroom space.

**HUMAN MILK AND CHILDCARE**

An Exploratory Look at the Role of Childcare Providers as a Support and Resource for Breastfeeding Mothers
Article in *Breastfeeding Medicine* on the impact of childcare providers as a support and resource for breastfeeding mothers.

**HUMAN MILK AND INITIATION OF BREASTFEEDING**

Breastfeeding Initiation Risk Factors – Transcription
Evi Dewhurst
Dr. Diane Spatz’s recorded live Facebook event “Breastfeeding Initiation Risk Factors” is available at [https://www.facebook.com/MedelaforHealthcareProfessionals/videos/307663733439319/](https://www.facebook.com/MedelaforHealthcareProfessionals/videos/307663733439319/) and the written transcription is available at our Neonatal Perspectives blog below.

**HUMAN MILK AND MEDICATION**

ABM Clinical Protocol #31: Radiology and Nuclear Medicine Studies in Lactating Women

High-Dose Vitamins
The article contains recommendations for breastfeeding mothers regarding vitamin
megadosing and the impact of high doses of vitamins on maternal breastmilk. 

HUMAN MILK AND NICU

Improving Health Outcomes for Vulnerable Infants: The 10-Step Model for NICU Human Milk Care
Irene Murphy Zoppi, RN, MSN, IBCLC
Irene Zoppi outlines the 10-Step Model for NICU Human Milk Care that has been implemented for more than a decade at CHOP and replicated in other NICUs around the world.

Neonatal Abstinence Syndrome (NAS) in the NICU
Kathleen Quellen, RN, BSN
Kathleen Quellen discusses the opioid crisis in the US and the growing number of infants born with Neonatal Abstinence Syndrome (NAS.) She highlights a promising solution from the state of Maryland.

HUMAN MILK EDUCATION

Human Milk Webinar
On Wednesday, July 24th, Paula Meier, PhD, RN, FAAN, will be presenting “Talking Points” Standardize Evidence-Based Messaging about Lactation and Human Milk for Healthy and at-Risk Populations.
Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

On Wednesday, August 21st Patrice Hatcher, MBA, BSN, RNC-NIC will be presenting Neonatal Abstinence Syndrome:

Breastfeeding as a Supportive Treatment.
Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.
Feel free to email education@medela.com for a copy of the 2019 webinar schedule.

Neonatal Perspectives
This blog for NICU professionals features clinical information from neonatal consultants, industry news and popular topics. Click here to read the latest blogs.

Education Tools
Medela offers a variety of tools that healthcare professionals can share to assist mothers with their breastfeeding journey while helping them meet their breastfeeding goals.
http://www.medelabreastfeedingus.com/for-professionals/healthcare-professional-information

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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.

The Taj Mahal has a Private Breastfeeding Room – What’s in Your Area?

Recently an article hit social media announcing that the Taj Mahal will be one of three UNESCO (United Nations Educational, Scientific and Cultural Organization) Heritage sites to get a room specifically dedicated to women who want to breastfeed their babies in private. The gorgeous mausoleum was commissioned by the Mughal Emperor Shah Jahan in 1632 for his wife, Mumtaz Mahal, who died in childbirth. How fitting that the monument and tomb of the two Mughals will be the first of its kind in India to publicly support breastfeeding mothers and babies.

Even though breastfeeding is the natural, best, and healthiest way for babies to be fed, breastfeeding a baby in public is sometimes frowned upon in India, other places around the world, and in some areas of the United States. To this day, mothers are harassed and asked to cover up, stop breastfeeding, or leave the premises in places where they are otherwise authorized to be.

Even though there are laws in all 50 states, the District of Columbia, Puerto Rico and the Virgin Islands that protect women who breastfeed their babies in any public or private location, discrimination still exists. [http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx](http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx)

- **30 states**, the District of Columbia, Puerto Rico and the Virgin Islands exempt breastfeeding from public indecency laws.
- **29 states**, the District of Columbia and Puerto Rico have laws related to breastfeeding in the workplace.
- **17 states** and Puerto Rico exempt breastfeeding mothers from jury duty or allow jury service to be postponed.
- **Six states** and Puerto Rico have implemented or encouraged the development of a breastfeeding awareness education campaign.
- Puerto Rico requires shopping malls, airports, public service government centers and other select locations to have accessible areas designed for breastfeeding and diaper changing that are not bathrooms. Louisiana’s law requires state buildings to provide suitable areas for breastfeeding and lactation.
What's happening where you live? What's happening where you work? What about where you teach? How about where your kids go to school – are teachers (and students) given the time and place to use a breast pump?

In order for things to change and breastfeeding mothers to feel encouraged and supported around the world and in our country, it's important to look and see what's happening locally:

- How does your employer support mothers who return to work and continue to breastfeed or pump milk?
- Are there rooms available where a patient in your clinic or visitor in the hospital can privately breastfeed if desired?
- Are there enough pumps/rooms/spaces for the mothers who need to use them?

Of course, the ideal is that one day all mothers will feel comfortable enough to feed their babies wherever and whenever they want without being frowned upon or told to cover up. In the meantime, look around your local area and see if there are changes that could be made to make breastfeeding or pumping more welcome. Share your experiences with us - we’d love to hear them.
TOOLS YOU CAN USE

Resources for Initiation Problems in At-Risk Women

The early postpartum period is a critical time for establishing and supporting breastfeeding. Medela has a wonderful set of resources on how best to help mothers who are at risk or are having problems initiating a milk supply. Research tells us that mothers may have multiple risk factors for delayed milk production and suppressed lactation.

In many situations, interventions aren’t started until a mother reports problems. At that point, a couple of days may have passed and the mother may already be discharged from the hospital. By identifying mothers who are at risk for suppressed lactation or delayed milk production, especially those mothers with multiple risk factors, clinicians can proactively increase surveillance of infant feeding, intervene early and prevent early supplementation and/or discontinuation of breastfeeding. Some of these mothers may only need short-term assistance with breast pump initiation technology.

In the graph on the right, you will see multiple maternal risk factors for delayed milk production and suppressed lactation.

Medela has a few resources available to you on our Initiate. Build. Maintain. landing page.

This infographic on Nine At-Risk Conditions is an excellent teaching tool when explaining the risk factors for delayed milk production. To download this poster, click here. Here’s a sample:

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**At-Risk Conditions That Impact Breastfeeding Initiation**

There are 9 specific at-risk conditions to consider before and after birth that may impact breastfeeding or human milk production success. By addressing these conditions early, healthcare teams will be in a better position to support women in their breastfeeding journey.

- **Lactogenesis I**
  - (Secretory Differentiation):
  - This stage occurs during pregnancy and initiates mammary gland synthetic capacity

- **Lactogenesis II**
  - (Secretory Activation):
  - This stage occurs after delivery and initiates plentiful milk secretion
Another infographic on *Initiating Milk Supply* is available, which explains the importance of the first few days after birth in the milk production process. Here is a preview of this infographic. To download a copy click here.

Jean Rucks Rhodes, PhD, CNM, IBCLC has written a white paper titled *Improving Delayed Lactogenesis and Suppressed Lactation in At-Risk Mothers*. This white paper explains how identifying mothers at risk and early use of a Symphony PLUS® Breast Pump with Initiation Technology™ can help initiate and build a mother’s milk supply during the critical period immediately after birth. To download a copy of this white paper, click here.
There is also a short video that you can watch to learn more about Initiate. Build. Maintain. To watch the video, [click here](#).

Clinicians play a critical role in supporting breastfeeding by identifying women at risk for delayed lactogenesis and providing the correct technology early in the process to maximize breastfeeding success. Check out the Medela **Initiate. Build. Maintain.** Resource page.


For a limited time, the Medela Education Team is offering access to two online courses.

*Initiation of Lactation: At Risk Mothers and Proactive Interventions*, Promo code XS6TSP

*Connecting the Dots Between Increasing Lactation Risk Factors and Suboptimal Breastfeeding Outcomes: A Proactive Approach to Clinical Practice*, Promo code IZHE2JEW

Visit [www.MedelaEducation.com](http://www.MedelaEducation.com) to redeem these promo codes.
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 “Lady Liberty”
USA

On July 4, 1776, the 13 colonies claimed their independence from England, an event which eventually led to the formation of the United States. Each year on the Fourth of July, also known as Independence Day, Americans celebrate this historic event.

Conflict between the colonies and England was already a year old when the colonies convened a Continental Congress in Philadelphia in the summer of 1776. In a June 7 session in the Pennsylvania State House (later Independence Hall), Richard Henry Lee of Virginia presented a resolution with the famous words: “Resolved: That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved.”

Lee’s words were the impetus for drafting a formal Declaration of Independence, although the resolution was not followed up on immediately. On June 11, consideration of the resolution was postponed by a vote of seven colonies to five, with New York abstaining. However, a Committee of Five was appointed to draft a statement presenting the colonies case for independence to the rest of the world.

Members of the Committee included John Adams of Massachusetts; Roger Sherman of Connecticut; Benjamin Franklin of Pennsylvania; Robert R. Livingston of New York; and Thomas Jefferson of Virginia. The task of drafting the actual document fell on Jefferson.

On July 1, 1776, the Continental Congress reconvened, and on the following day, the Lee Resolution for independence was adopted by 12 of the 13 colonies, with New York not voting.

Discussions of Jefferson’s Declaration of Independence resulted in some minor changes, but the spirit of the document was unchanged. The process of revision continued through all of July 3rd and into the late afternoon of July 4, when the Declaration was officially adopted. Of the 13 colonies, nine voted in favor of the Declaration, two -- Pennsylvania and South Carolina -- voted No, Delaware was undecided and New York abstained.

John Hancock, President of the Continental Congress, signed the Declaration of Independence. It is said that John Hancock’s signed his name "with a great flourish" so England’s "King George can read that without spectacles!"

Today, the original copy of the Declaration is housed in the National Archives in Washington, D.C., and July 4th has been designated a national holiday to commemorate the day the United States put fourth its claim to be a free and independent nation.

Source: Military.com