The **20th Annual International Meeting** presented by 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 issues.

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 15.

Following a full day of sessions for ABM members and other physicians on Friday, October 16, physicians, registered nurses, lactation consultants, midwives, and other health professionals will come together on October 17 and 18 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.

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**Los Angeles**

**October 15–18, 2015**

**TENTH ANNUAL FOUNDERS’ LECTURE**

“Breastfeeding and the Perils of Malpractice”

Lynn E. Bell, Esq.

**CONFERENCE CHAIR**

Christopher L. Wade, MD, MPH

*Southern California Permanente Medical Group*  
*Regional Administration Systems Solutions & Deployment*

**2015 CONFERENCE COMMITTEE**

Julie Ware, MD, FABM  
*Conference Committee Chair*

Lisa Amir, MBBS, Mmed, PhD, FABM

Pamela D. Berens, MD, FABM

Anne Eglash, MD, FABM

Gail Herrine, MD, FABM

Ann L. Kellams, MD, FABM

Ruth A. Lawrence, MD, FABM

Kathy Leeper, MD, FABM

Sahira Long, MD

Joan Younger Meek, MD, FABM

Elien Rouw, MD, FABM

Tomoko Seo, MD, FABM

Natasha K. Sriraman, MD, FABM

Timothy J. Tobolic, MD, FABM

Christopher L. Wade, MD, MPH

**Jointly provided by**

[Academy of Breastfeeding Medicine](https://www.academyofbreastfeedingmedicine.org)

[Postgraduate Institute for Medicine](https://www.pim.org)

**In Partnership with**

American Academy of Pediatrics

The American College of Obstetricians and Gynecologists
20th Annual Meeting Objectives
At the conclusion of this Meeting, participants should be able to:
1. Describe the anatomy and physiological mechanisms of infant suckling
2. Manage medically indicated supplementation of the breastfed newborn according to the evidence
3. Describe the influence of breastfeeding in the development of allergic disease
4. Recognize universal challenges in breastfeeding across cultures
5. Compare and contrast early white matter development between breastfed and non-breastfed infants
6. Contrast the pros and cons of becoming a Baby-Friendly Institution
7. Predict and prepare for legal pitfalls in the practice of breastfeeding medicine
8. Manage medications and marijuana use in the breastfeeding mother according to current evidence and regulations
9. Demonstrate the importance of the first months after birth to be considered as a “fourth trimester” for both the mother and the baby

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: www.bfmed.org
Pre-Conference Course Program

“What Every Physician Needs To Know About Breastfeeding”

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

Moderator/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, Carbondale, IL

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

8:00–8:30am Why Breastfeed? Risks of Not Breastfeeding
Miriam H. Labbok, MD, MPH, IBCLC, FACPM, FABM, FILCA
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

8:30–9:00am The Process of Breastfeeding: Anatomy & Physiology
Natasha Sriraman, MD, MPH, FABM – Moderator
Children’s Hospital of The King’s Daughters

9:00–9:30am Management of Labor
Pamela D. Berens, MD, IBCLC, FACOG, FABM
University of Texas Health Sciences Center at Houston

10:15–10:45 am How Babies Learn to Breastfeed
Christina Chambers, PhD, MPH
University of California, San Diego

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

Sunday, October 18 (All-Conference)

6:00–7:30 pm Seventh Annual Summit: Debriefing and Reception
Ruth A. Lawrence, MD, FABM (Chair)
University of Rochester Medical Center, New York
Cynthia R. Howard, MD, MPH, FABM (Co-Chair)
University of Rochester School of Medicine and Dentistry

7:00–8:00 am Continental Breakfast

8:00–8:45 am Breastfeeding, the Environment & the Infant Gut Microbiome
Christine Cole Johnson, PhD, MPH
Henry Ford Hospital & Health System, Detroit

8:45–9:45 am Embodied Experiences of Breastfeeding: When Social Space, Power, Identity and Services Make a Difference
Danielle Groleau, PhD
McGill University, Montreal

9:45–10:30 am Establishing the Fourth Trimester
Alison M. Stuebe, MD
University of North Carolina School of Medicine

11:00–11:45 am Milk and Marijuana – ‘First Do No Harm’
Lisa Stallwagen, MD
UC San Diego Medical Center

11:30–12:35 pm To Be or Not to Be Baby Friendly: Point Counterpoint
Edward R. Newton, MD, FABM – Moderator
East Carolina University
Ruth A. Lawrence, MD, FABM
University of Rochester Medical Center, New York
Lawrence Gartner, MD
The University of Chicago, Emeritus

12:35 pm Closing Remarks and Adjournment
Wendy Brodribb, MBBS, PhD, FABM
President, Academy of Breastfeeding Medicine
**Pre-Conference Course Program**

**Los Angeles • October 15–18, 2015**

**Thursday, October 15**

**5:30 pm  Pre-Conference Course Adjourns**

**Joan Younger Meek, MD, MS, RD, IBCLC, FAAP, FABM**

- **5:00–5:30 pm  Resources and Strategies to Train Others**
- **The Use of Breastfeeding Technology**
- **Sore Nipples/Sore Breasts**

**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, FAAP, IBCLC
  - 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**
- **The Florida State University College of Medicine**

**5:30 pm  Pre-Conference Course Adjourns**

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**Course Objectives**

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

1. Describe the role of the physician in breastfeeding support
2. List benefits of breastfeeding for mothers and children
3. Describe physiologic control of milk production
4. Assess adequacy of milk production
5. Describe hospital policies which support optimal breastfeeding
6. Promote skin-to-skin and assess infant positioning and latch
7. Evaluate and manage common infant and maternal complications
8. Provide a differential diagnosis of sore nipples and breast lesions
9. Implement breastfeeding-friendly policies in clinical practice
10. Describe resources to teach health care providers about breastfeeding

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**Register Today**

**Registration Option**

(Please check all that apply)

**Early Bird**

(by 8/15/15)

**2015 Rates**

(after 8/15/15)

**Physician and All-Conference Meeting (October 16–18)**

- **ABM Members**
  - $775
- **Non-Members**
  - $895
- **Students/Resident Members**
  - $175
- **Students/Resident Non-Members**
  - $200

**Physician and All-Conference Meeting (October 17–18)**

- **Non-Physician Health Professionals**
  - $375

**Other Activities**

- **Course: WEPNTK (Oct. 15)**
  - $120 ($50 Student)
- **Additional Friday banquet ticket (Oct. 16)**
  - $70

**Conference Syllabus**

- **Print Copy ($55 ea)**
  - WEPNTK
  - Physician
  - All-Conference

**Contributions (see website for more information)**

- **International Participant Travel Support**
  - $____________
- **Maurice Rosefelt Scholarship Fund**
  - $____________

**Total: $____________**

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**Payment Options:**

- **Enclosed is my check/money order for** $____________

  All checks must be made payable to the Academy of Breastfeeding Medicine, in US currency and drawn on a US bank. Registration must be prepaid.

**Course: WEPNTK (Oct. 15)**

**Physician**

- No charge

**Non-Physician Health Professionals**

- $120 ($50 Student)

**Students/Resident Non-Members**

- $200

**Students/Resident Members**

- $175

**Non-Members**

- $895

**ABM Members**

- $775

**Payment Options:**

- **Visa/MasterCard**
  - $________________________
- **American Express**
  - $________________________
- **Discover**
  - $________________________

**Exp. Date____________________ Security Code CVV/CV2____________________

**Name on Card ____________________________

**Billing Address ____________________________

**City ___________________ State/Province _______ Zip/Postal Code _________

**Signature ____________________________ Date _________

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**Conference Registration Information**

**Name, Degree(s)______________________________

**Title______________________________

**Department______________________________

**Affiliation/Organization______________________________

**Medical Specialty______________________________ License # _________________

**Address______________________________

**City ___________________ State/Province _______ Zip/Postal Code _________

**Country______________________________ Email*______________________________

**Phone ___________________ Fax______________________________

**Special Dietary Needs______________________________

**List your top 3 workshop choices in order of preference:**

1. ____________________________
2. ____________________________
3. ____________________________

**Please send me information on:**

- **ABM Membership**
- **Donating to ABM**
- **Sponsorship**
- **Exhibiting**
- **Subscribing to Breastfeeding Medicine**
- **Advertising in Breastfeeding Medicine**

**Are you a member of any of these organizations:**

- **AAFP**
- **AAP**
- **ACOG**
- **LLL**
- **IBCLC**
- **ILCA**
- **APHA**

*Registrations will not be processed without a valid e-mail. All e-mail addresses will be kept confidential. Submit registration form by mail: 140 Huguenot Street • New Rochelle, NY • 10801 Phone: (914) 740-2115, fax: (914) 740-2101, or register online at www.bfmed.org

**Cancellation policy:** Written cancellations received prior to August 15 for the ABM Member and Physician Meeting will receive a refund, less a $150 processing fee (or less a $50 processing fee for the All-Conference Meeting). Cancellations after this date are non-refundable; however, substitutions from the same organization are welcome. If, for any reason, this conference is cancelled, the Academy of Breastfeeding Medicine is not responsible for covering airfare, hotel, or other costs incurred by conference registration.

**Printed in the USA**
A Cultural Competency Workshop for Maternal Child Healthcare Providers
Kristin Stewart, BS, CLC; Barbara O’Connor, RN, BSN
Cultural competence is a critical component to providing appropriate individualized care for mothers and babies in the healthcare setting. One of the key elements to developing cultural competence is to raise cultural awareness. Cultural awareness is the primary building block and without it healthcare providers would be unable to build the skills and attitudes necessary for cultural competence. In creating a cultural competence workshop it is critical to establish the current awareness of the group without shaming or “outing” participants and their cultural views. By making participants aware of their own culture and their individual cultural awareness we can build from there to further expand and educate them on culture that differs from their own, often in ways unseen and unexpected by the participants.

Addressing Breastfeeding Support in the Urban Primary Care Setting
Deborah A Sandrock, MD; Sara Kietzman, RN
The primary care setting in an urban environment most frequently involves vulnerable communities challenged by racial inequities. Special challenges exist for the breastfeeding mother in this setting. In many cases, she is a young, single woman with poor access to healthcare and little to no family support for breastfeeding. Therefore, healthcare providers are confronted with the unique opportunity in providing not only routine healthcare but also the breastfeeding guidance for something that “we want for them” when we are not always sure “how to make it work for them.” This workshop is based on the breastfeeding challenges encountered in clinical practice for the urban underserved.

How to Find or Develop a ‘Breastfeeding Friendly’ Training Program
Karen Bodnar, MD; Sandra Sullivan, MD; Meredith Novitz, MD; Susan Crowe, MD
The workshop will include discussion by presenters from several specialties of the unique challenges that lactating residents face and tools to evaluate a specific residency program’s current level of support for their residents, faculty, staff and patients. We will then discuss ways to identify barriers to change and review the “Influencer” model which highlights the importance of leveraging many sources of influence to achieve results. We will provide guidelines and handouts to jumpstart local efforts to create breastfeeding medicine interest groups, and breastfeeding physician support groups.

Management of Induced Lactation and Relactation
Anne Eglish, MD, FABM; Pamela Berson, MD, FABM
In this workshop we will discuss a variety of management strategies to help mothers induce lactation. We will review maternal health and psychosocial factors that play a role in coordinating a plan of care for each mother. We will also review patient education needed for these mothers.

Appropriate Use of Supplementation in the Breastfed Infant
Casey Rosen-Carole, MD, FABM
The workshop will consist of a learner-centered case-based analysis of the issues involved in evaluation and management of a breastfed infant with poor weight gain.

Skin-to-Skin at C-Section: Safe Implementation Using Lean Management Principles
Susan Crowe, MD, FACOG; Bethan Faulkner, DrNP; Heather Freeman, RN, MS
In this workshop we will discuss a variety of management strategies to help mothers induce lactation. We will review maternal health and psychosocial factors that play a role in coordinating a plan of care for each mother. We will also review patient education needed for these mothers.

Educational Advocacy in Breastfeeding Medicine – A Roundtable Discussion
Alla Gordina, MD; Ellen Rowou, MD, FABM; Katherine Leeper, MD, FABM
To broaden the reach of breastfeeding medicine (BFM) educational events (EE), typically limited to academic centers and/or lactation consultants’ organizations, this interactive workshop will be presented by a team of BFM advocates who will discuss the effective and affordable ways of preparing and conducting a wide range of BFM EEs. Key materials will be disseminated among attendees.

Breastfeeding and the Perils of Malpractice
Lynn E. Bell, Esq. and Nancy Brent, MD
Follow-up discussion from our Ninth Annual Founders’ Lecture on site.
The 20th Annual International Meeting of the Academy of Breastfeeding Medicine

OCTOBER 15–18, 2015

Supported in part by W.K. Kellogg Foundation

“LA and its many cultures bring together a vibrant pulse for everyone who shares in our 2015 Annual International meeting. The commitment of the whole southern California community is set on improving the sustainability of breastfeeding and a lifetime of total health for all.”

— Conference Chair, Christopher L. Wade MD MPH
Southern California Permanente Medical Group
Regional Administration Systems Solutions & Deployment

“Come join passionate and learned breastfeeding colleagues from around the world for our 20th Annual Academy of Breastfeeding Medicine Meeting in Los Angeles! We will be highlighting the experience of our Founders, delving into legal pitfalls in breastfeeding medicine, and of course sharing cutting-edge science. You won’t want to miss this spectacular meeting!”

— Conference Committee Chair, Julie Ware, MD, FABM
Cincinnati Children’s Hospital Medical Center

Here’s what our attendees have said:
“It gave me so many things that I can take back to my pediatric practice.”
“Evidence-based information that was practical in its application”