The 21st 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.

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

In cooperation with the

American Academy of Pediatrics
American College of Obstetricians and Gynecologists
American Academy of Family Physicians
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
   Zulfiqar 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
# 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

**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)

**2:50–4:50 pm** Preconceptional/Prenatal Care  
Alicia Dermer, MD, IBCLC, FABM  
Rutgers Robert Wood Johnson Medical School

**3:45–4:15 pm** The Breastfeeding Friendly Office Practice  
Rose St. Fleur, MD, FAAP, IBCLC  
Medical Director, Center for Breastfeeding  
Jersey Shore University Medical Center

**3:45–4:15 pm** Sore Nipples/Sore Breasts  
Anne Eglash, MD, IBCLC, FABM  
University of Wisconsin School of Medicine and Public Health

**3:45–4:15 pm** 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
THE 21st ANNUAL INTERNATIONAL MEETING OF THE ACADEMY OF BREASTFEEDING MEDICINE
WASHINGTON D.C. · OCTOBER 13–16, 2016
2016 INNOVATIVE WORKSHOPS
Please read the descriptions and select your top 3 preferences upon registration. Register early to secure your spot. For full workshop descriptions, visit our website: bfm.org

Breastfeeding Friendly Outpatient Medical Healthcare Systems
Anne Eglash, MD, IBCLC, FABM; Gail Herrine, 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 PCMs; care coordination between PCMs and hospital; breastfeeding support beyond PCMs to specialty departments; a higher level of management with breastfeeding specialists; collaboration with community supporters; ongoing education for PCM staff; and employee lactation support.

The UVA NICU Breasteps: 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 Roallins, NA, CCGSLP, IBCLC; Ann Kellams, MD, IBCLC; Brynne Sullivan, MD
UVA NICU “Breasteps” (Breast + Steps), 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 “Breasteps.” 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 ankyloglossias 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, RPhs; Pharm D Veggie 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 per 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.

The Authoritative, Peer-Reviewed Journal That Enables Physicians to Better Understand the Complexities and Benefits of Breastfeeding
Created by physicians and dedicated to the advancement of breastfeeding worldwide, Breastfeeding Medicine answers the growing demand for high-quality, evidence-based research on breastfeeding and human lactation. The Journal focuses on all medical aspects of breastfeeding, explores the immediate and long-term outcomes of breastfeeding, and addresses the wide spectrum of research and clinical applications that impact optimal care of mother and infant.

For complete journal details and to read a sample issue, visit liebertpub.com/bfm

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/1UtTEIX

The Postgraduate Institute for Medicine designates this live activity for a maximum of 20.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CERPS credit has been filed with The International Board of Lactation Consultant Examiners.

Travel and Hotel Information

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 miles 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) 933-9054 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).

PHYSICIAN CONTINUING EDUCATION

Accreditation Statement
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Postgraduate Institute for Medicine and Academy of Breastfeeding Medicine. Postgraduate Institute for Medicine is accredited by the ACCME to provide continuing medical education for physicians.

All-Conflict Credit Designation - The Postgraduate Institute for Medicine designates this live activity for a maximum of 20.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Pre-Conflict Credit Designation - The Postgraduate Institute for Medicine designates this live activity for a maximum of 8.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSING CONTINUING EDUCATION

Accreditation Statement - Postgraduate Institute for Medicine is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

All-Conflict Credit Designation - This educational activity for up to 12.0 contact hours is provided by Postgraduate Institute for Medicine.

Pre-Conflict Credit Designation - This educational activity for up to 8.1 contact hours is provided by Postgraduate Institute for Medicine.

A statement of credit will be issued only upon receipt of a completed activity evaluation form and will be emailed to you within 3-4 weeks.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians.

Determination of credit is pending.

CERPS: Application for CERPS credit has been filed with The International Board of Lactation Consultant Examiners.

Determination of credit is pending.

DISCLOSURE OF CONFLICTS OF INTEREST
Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COIs are thoroughly vetted and resolved according to PIM policy. The existence or absence of COI for everyone in a position to control content will be disclosed to participants prior to the start of each activity.
Register Today

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 contribute to...
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!

The Academy of Breastfeeding Medicine
140 Huguenot Street
New Rochelle, NY 10801-5215

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. . . .”

“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

Register Today and Save!