EMORY REGIONAL PERINATAL CENTER
DIVISION OF NEONATAL-PERINATAL MEDICINE
EMORY UNIVERSITY SCHOOL OF MEDICINE

presents the

26th Annual Conference on
Breastfeeding
Promoting and Protecting Babies’ Health

EMORY CONFERENCE CENTER
1615 CLIFTON ROAD
ATLANTA, GEORGIA

March 16-17, 2015

in collaboration with
American Academy of Pediatrics - Georgia Chapter
Children’s Healthcare of Atlanta
Emory University Hospital Midtown
Emory University Nurse-Midwifery Service
Emory University Nell Hodgson Woodruff School of Nursing
Grady Health System
Northside Hospital Women’s Center
WellStar Health System
JOIN US IN ATLANTA

This 26th Annual Conference was specially designed to broaden perspectives and increase competence of those working in the area of breastfeeding and human lactation. The content of the program has been carefully chosen to ensure new, creative discussions on basic knowledge and skills, recent developments in research and science, best practices, and evidence-based recommendations. Join us for another interdisciplinary meeting of the minds. Opportunities abound for caregivers, clinical experts and researchers to interact with one another making it a rich, lively forum for learning and sharing ideas. Network, meet new friends, and catch up with the old. We are honored that you have chosen this event to enhance your care of breastfeeding families.

Planning Committee Members

Beth Allen, BSN, RNC, IBCLC, RLC
Manager, Lactation Center
Northside Hospital Women’s Center

Julie R. Duncan, RN, CCE, CLC
Perinatal Educator and Consultant
Atlanta Women’s Healthcare Specialists

Ranita Hare, RN, MSN, IBCLC, RLC
Lactation Consultant
Emory University Hospital Midtown

Maeve Howett, PhD, APRN, CNP-Ped, IBCLC, RLC
Associate Clinical Professor
Nell Hodgson Woodruff School of Nursing, Emory University

Jacqueline (Jackie) Jackson, RN, BSN, IBCLC, RLC
Unit Director, Special Care Nursery (NICU)
Grady Health System

Heidi Eigenrauch Karpen, MD, FAAP
Associate Professor of Pediatrics
Emory University School of Medicine

Becky Lyons, LD, IBCLC, RLC
Lactation Consultant
Children’s Healthcare of Atlanta at Egleston

Linda L. McCollum, PhD, APRN, NNP-BC
Regional Outreach Coordinator
Emory Regional Perinatal Center

Bonnie Miller, RN, IBCLC, RLC
Lactation Consultant
WellStar Health System

Katie Smillie, CNM
Staff Nurse Midwife
Team Leader, Best Fed Beginnings Grant
Emory University Nurse-Midwifery Service

Arlene Toole, BS, IBCLC, RLC
EPIC Breastfeeding Program Director
American Academy of Pediatrics – Georgia Chapter
**Purpose:** To protect, promote and support breastfeeding by providing up-to-date information and evidence-based strategies for those working with breastfeeding families.

**Objectives:**
- Discuss the implications of proteomic, metabolomic and microbiomic studies regarding human milk function and breastfeeding.
- Provide patients with an accurate understanding of the risks associated with alcohol and drug use during breastfeeding.
- Discuss major principles governing ethical practices of breastfeeding care, support and teaching.
- Integrate screening for mood disorders into clinical practice.
- Identify a range of causes for breastfeeding-associated pain.
- Describe the breadth of protective activity of human milk against viral infections in the suckling infant.
- Discuss how the mode and setting for childbirth can support the successful initiation of exclusive breastfeeding.
- Explain the unique role skin-to-skin contact has in increasing breastfeeding initiation, duration, and exclusivity.
- Identify 7 components of safe positioning to prevent sudden unexpected postnatal collapse.
- Determine the benefits of laser assisted revisions for lip and tongue ties.

**Who Should Attend?** This conference is for anyone involved in the care of the breastfeeding family. It is appropriate for all perinatal health providers including lactation consultants, physicians, nurses, nurse practitioners, midwives, dieticians, and others involved in perinatal care.

*Photo courtesy of SkyView Atlanta and Heather Moore of Gene Ho Photography*
Lactation Consultants: CERPs allocated by the International Board of Lactation Consultant Examiners (IBLCE).

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<tr>
<th>Type</th>
<th>CERPs</th>
<th>Note</th>
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<tbody>
<tr>
<td>L (lactation)</td>
<td>9.0</td>
<td>A special note for IBCLCs – Please remember to bring your IBCLC ID# with you. The number is an important part of the attendance record that we prepare for IBLCE. Consequently, CERPs cannot be awarded until the number is on file.</td>
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<td>Total CERPs</td>
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Medicine: The Emory Regional Perinatal Center is accredited by the Medical Association of Georgia to provide continuing medical education for physicians.

The Emory Regional Perinatal Center designates this live activity for a maximum of 10.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Midwives: American College of Nurse Midwifery (ACNM) specialty credit has been applied for.

Nurses: Emory Regional Perinatal Center is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

This activity has been designated for a maximum of 10.0 contact hours. Nurses licensed in other states are advised to check with that state regarding reciprocity.

Dieticians: Application has been submitted to the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics, for 10.0 Continuing Professional Education Hours (CPEUs).

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<tr>
<th>CPE Level</th>
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<tr>
<td>2</td>
<td>4130 Pregnancy</td>
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<tr>
<td></td>
<td>4140 Lactation</td>
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<tr>
<td></td>
<td>5060 Neonates</td>
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<td>6000 Education, Training &amp; Counseling</td>
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Successful Completion: To obtain credit, participants must be registered for the conference, verify the sessions attended, and complete an evaluation form. Attendance Verification and evaluation forms must be turned in at the close of the conference. Certificates will be distributed by e-mail approximately 4-6 weeks after the event.

The conference has gone “green” by converting to electronic versions only of the speakers’ handouts. Registrants will receive a flash drive when you check-in at the conference. Individual power outlets are conveniently located at each desk space so you can use your laptop or other USB compatible device while it stays charged. Not only will this eliminate the need for a printed paper syllabus, it also provides you with a flash drive for saving your certificate of attendance.

High praise from 2014 attendees!

“One of the best organized, most diverse & well executed conferences I have attended in the last 5 years.”

“I love this Emory conference – all is very professional and well-organized!! Our every need is met! Well done!”

“I love your conference. This is my second year. I wouldn’t miss it for anything. Thanks for a great healthy environment.”

“As always, a fabulous conference! Love the “Go Green” with the thumb drive!”

“This conference was very informative & fun. Kept my attention. I will use this information as I start my journey to becoming a lactation consultant.”
E. Stephen Buescher, MD, FAAP  
Professor of Pediatrics  
Eastern Virginia Medical School  
Norfolk, Virginia  

Dr. Buescher received his M.D. degree from the Johns Hopkins University School of Medicine (Baltimore, MD) in 1975. After completing an internship in Internal Medicine at Baltimore City Hospitals, he completed his Pediatrics residency at the Johns Hopkins Hospital in 1979. Following fellowship training in the Laboratory of Clinical Investigation, NIAID, NIH, he joined the Pediatric faculty at the University of Texas Medical School at Houston in 1984 where he began laboratory studies examining the anti-inflammatory characteristics of human milk. In 1992, he joined the Pediatric faculty at Eastern Virginia Medical School in Norfolk, Virginia, where he became a Professor of Pediatrics in 1999. At present, Dr. Buescher is a pediatric infectious disease specialist at the Children’s Hospital of The King's Daughters in Norfolk where he is also the Medical Director of Infection Control and the Medical Director of the Clinical Microbiology Laboratory. At EVMS, Dr. Buescher is the Director of the MSII Pathophysiology Course and the Director of the Pediatric Infectious Disease Fellowship Training Program.

Susan M. Ludington, PhD, FAAN, RN, CNM, CKC  
Professor and Carl W. & Margaret Davis Walters Professor of Pediatric Nursing  
Bolton School of Nursing, Case Western Reserve University, Cleveland, Ohio  

Dr. Ludington obtained her Bachelor of Science in Cell Biology from the University of California at Santa Barbara at the age of 17 and then went into Nursing at the University of California at San Francisco, receiving her B.S in 1972 and an M.S. in 1973. She was the first UCSF student to do a research study for her masters degree. She finished her Ph.D. at Texas Womans’ University in 1975 and has been teaching nursing since 1972. She became a certified nurse midwife in 1979 and started two schools of nurse midwifery, one at UCLA and the other at the University of Maryland. Her early research revealed that infants can only see black and white for the first six months of life and she wrote a consumer-oriented book, How To Have A Smarter Baby, based on black and white stimulation in 1985 and it is still available in book stores today. After becoming known for “Infant Stimulation” she switched to Kangaroo Care in 1988 and was the first US researcher to be funded for Kangaroo Care studies by the National Institute of Health. She has had 5 NIH grants about kangaroo care and her research and publication record has earned her AWHONN's Excellence in Nursing Research award, a Lifetime Achievement award from the Midwest Nursing Research Society, and she is an inaugural inductee in the International Nurse Researcher Hall of Fame. She continues her research and writing as an Endowed Chair in Pediatric Nursing at the Bolton School of Nursing in Cleveland, OH.

Alison Stuebe, MD, MSc, FACOG, FABM  
Associate Professor, Department of Obstetrics and Gynecology  
University of North Carolina School of Medicine  
Department of Maternal and Child Health  
UNC Gillings School of Global Public Health  
Chapel Hill, North Carolina  

Dr. Stuebe is a maternal-fetal medicine physician, breastfeeding researcher, and assistant professor of Obstetrics and Gynecology at the University of North Carolina School of Medicine. In the clinical arena, she works with an interdisciplinary team of faculty and staff in lactation, pediatrics, family medicine, obstetrics and gynecology, pathology, general surgery, dermatology, and maternal/child health. Her current research focuses on clinical management of breastfeeding complications and the intersection between postpartum depression and premature weaning. She serves on the board of directors for the Academy of Breastfeeding Medicine and edits the Breastfeeding Medicine Blog.

Brad S. Bootstaylor, MD, FACOG  
Perinatologist (Maternal-Fetal Medicine)  
See Baby Midwifery  
Atlanta, Georgia  

Claire D. Coles, PhD  
Professor, Department of Psychiatry and Behavioral Sciences  
Director, Center for Maternal Substance Abuse and Child Development (MSACD)  
Executive Director, MotherToBaby Georgia  
Emory University School of Medicine  
Atlanta, Georgia  

Jason Lesandrini, PhD(c)  
Medical Ethicist  
Grady Health System  
Atlanta, Georgia  

N. Gail McLaurin, DMD  
Atlanta Periodontics and Laser Frenectomy Center  
Atlanta, Georgia
MONDAY, March 16th

7:00-8:00  Registration and Continental Breakfast
8:00-8:10  Welcome
8:10-9:10  Modern Human Milk Science – the ‘omics Parade
   E. Stephen Buescher, MD, FAAP
   Milk is a biological fluid of unique complexity and richness. The suffix –omics refers to
   the study of the bioactive components of breastmilk, i.e. proteins (proteomics),
   metabolites (metabolomics), and microorganisms (microbiomics). This presentation
   will review the ‘omic methods and why the results they yield vary from previously
   applied methologic approaches in the analysis of milk.
9:10-9:30  Break
9:30-10:30  Breastfeeding, Alcohol and Drug Use
   Claire D. Coles, PhD
   Dr. Coles will review the impact of various substances of abuse (alcohol, tobacco, marijuana, stimulants including cocaine and methamphetamine, and various prescription medications) on breastfeeding and discuss the risk of exposure for the infant. MotherToBaby Georgia, a teratology information service providing evidence-based information to mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding will be introduced.
10:30-11:00  Break
11:00-12:00  Ethics in Breastfeeding Support: It’s More Than Just Advertising!
   Jason Lesandrini, PhD(c)
   The usual dialogue around the ethics of breastfeeding centers on advertising
   and industry relations. This presentation will look outside the standard
   dialogue and to additional ethical dilemmas that arise in the daily practice of
   those providing support to breastfeeding mothers.
12:00-1:15  Buffet lunch (included)
1:15-2:15  Mood, Mother and Infant: Breastfeeding and Postpartum Depression
   Alison Stuebe, MD, MSc, FACOG, FABM
   Perinatal mood and anxiety disorders often present in the setting of
   lactation difficulties. In this talk, we’ll explore the biology that may
   link these common problems and explore strategies for supporting
   breastfeeding and enabling women to recover from perinatal depression
   and anxiety.
2:15-2:30  Break
2:30-3:30  Why Does It Hurt? A Differential Diagnosis for Breastfeeding-
   Associated Pain
   Alison Stuebe, MD, MSc, FACOG, FABM
   Unresolved breastfeeding-associated pain is a common cause of weaning.
   In this talk, we’ll describe approaches to assessing and treating various
   causes of pain during breastfeeding.
3:30  Recess
7:00-8:00  Registration and Continental Breakfast
8:00-8:10  Welcome
8:10-9:10  Breastfeeding and Viral Infections: What we Know and What we Don’t
           E. Stephen Buescher, MD, FAAP
How do we explain the multiple protective activities against infection
associated with breastfeeding? We’ll review the data on protection against
viral pathogens mediated by human milk, with particular attention on CMV
biology in humans.
9:10-9:30  Break
9:30-10:30 Does Place of Birth and Mode of Birth Increase Breastfeeding Success?
           Brad S. Bootstaylor, MD, FACOG
Dr. Bootstaylor is revolutionizing birth in Atlanta by providing a practice
that supports women to have the birth of their choosing, whether that
is at home, in a birth center, or in a hospital. He is an advocate for
the “family centered surgical birth” and is skilled in vaginal delivery of
twins, breech presentations and VBAC. His expertise has helped to
empower women and support breastfeeding and he will be discussing the
various ways that the procedures and setting surrounding a birth can either
support or be a barrier to successful initiation of breastfeeding.
10:30-11:00 Break
11:00-12:00 Keeping Abreast of How Kangaroo Care Makes Exclusive
Breastfeeding Possible
           Susan M. Ludington, PhD, FAAN, RN, CNM, CKC
Evidence-based effects and unique mechanism of kangaroo care (skin-
to-skin contact) on preterm and full term infant breastfeeding initiation,
duration, exclusivity and milk supply will be covered. The nine-stages of
breastfeeding initiation that each newborn is capable of executing are
presented in video format and the talk concludes with a review of how
skin-to-skin contact can help with common breastfeeding difficulties.
12:00-1:00 Buffet lunch (included)
1:00-2:00  Staying Alive during Skin-to-Skin
           Susan M. Ludington, PhD, FAAN, RN, CNM, CKC
With increases in breastfeeding and skin-to-skin within 24 hours of birth,
sudden unexpected postnatal collapse (SUPC) is a risk that requires close
neonatal assessment and instituting several interventions to prevent its
occurrence. Risk factors for SUPC and elements of the RAPP™ assessment, a
unique neonatal assessment tool that includes correct positioning, will be
explained and all prevention strategies will be discussed.
2:00-2:15 Break
2:15-3:15  Treatment for Ankyloglossia: Laser Frenectomy
           N. Gail McLaurin, DMD
There are many advantages to performing a frenectomy with a laser. This
presentation will discuss these advantages and provide you with the
history and research associated with laser oral surgery.
3:15-3:30  Closing and Evaluation
Hotel Accommodations: The Emory Conference Center Hotel, inspired by the architectural design of Frank Lloyd Wright, is surrounded by 26 acres of forest preserve. The convenient location, spectacular landscapes, and exceptional accommodations are a refreshing change from the typical metropolitan city center hotel. Amenities include pools, fitness club, jogging trails, bicycling, and massage and spa services. For the avid exercise enthusiast, the Woodruff Center on campus offers a rock climbing wall, racquetball courts and tennis. There are also several golf courses nearby. Rates are $149 single or double plus 15% state and local tax. When making reservations, please request the special Emory Breastfeeding Conference rate. Rates are applicable for reservations made through February 20, 2015. Reservation requests received after this date will be accepted on a space available basis at the best prevailing rate. Check-in time is 4:00 pm. Check-out time is 12:00 noon.

Map & Directions: Please refer to the Emory Conference Center website listed above.

Airport Shuttle: The hotel is only 15 miles from Hartsfield-Jackson International Airport and should take about 30 minutes travel time depending on traffic. Transportation is available through Atlanta Superior Shuttle which is located at ground transportation center-green 5&6 (across from the taxi stand). One way service is $30. Round trip is $50. Advance reservations are requested. Phone: 770-457-4794 or email: atlantasuperior@aol.com
Parking: Complimentary self-parking is available in either of two areas: (1) a parking deck to the south (right) of the hotel and (2) a small underground garage entered from the left side of the hotel. Please visit the conference registration desk outside Emory Amphitheatre to receive your daily parking voucher. You will need one voucher EACH time your vehicle leaves the deck/garage. An attendant will be posted at both gates at the conclusion of the conference each evening should you need assistance. If leaving prior to the conclusion of the conference, please insert your original voucher followed by the voucher you received at the registration desk into the automatic machine and the gate will open.

Meeting Space: All lecture sessions will be held in the Emory Amphitheatre located on the Garden Level of the Emory Conference Center Hotel.

Buffet Lunch: Only paid registrants displaying an official conference name badge will be allowed free entrance to the dining room for the complimentary daily luncheon.

Attire: Attire is casual. Room temperatures can fluctuate so please dress accordingly. A light jacket or sweater is recommended.

What to Do in Atlanta: Located on the Emory University Campus, the hotel is only 6 miles from downtown Atlanta and close to major shopping and attractions. Sites to consider are the Atlanta History Center, Martin Luther King Center, Carter Presidential Library, High Museum of Art, Centennial Olympic Park, SkyView Atlanta, World of Coca-Cola, CNN Center, Georgia Aquarium, Zoo Atlanta, and much more. For information on things to see and do, visit the following website: http://www.emoryconferencecenter.com/things-to-do/index.cfm
**GENERAL INFORMATION**

**Little Participants:** We love babies! Quiet infants-in-arms are welcome but we regret that we cannot allow babies older than 6 months or any strollers in the conference room. As a courtesy to other participants, we ask moms to sit near an exit and attend immediately to any situation that may distract others, including happy noises. If attempts to quiet your baby are unsuccessful, please leave the session and return when the infant is settled. In order to fully participate in the educational sessions, some mothers find it easier to bring a support person along to provide care for their children outside the meeting room.

**Mother/Baby Room:** A room with comfortable seating will provide privacy to express milk (bring your own pump). Stop by the conference registration desk for location information.

**Special Needs:** Attendees who need special arrangements or who have special needs should call the meeting registrar at 404-778-1464 or attach a note to your registration.

**Commercial Support:** Full notification of commercial support will be provided at the conference. No conference funding is accepted from the makers of breast milk substitutes.

**Disclosure of Financial Relationships:** Emory Regional Perinatal Center seeks to ensure balance, independence, objectivity, and scientific rigor in its educational activities. Conference directors, planning committee members, speakers, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter. A process to resolve conflicts of interest and commercial bias has been implemented. Speakers also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be provided on site so participants may formulate their own judgments regarding the presentation.

**Cancellations:** Cancellation requests received by **February 20, 2015** will receive a full refund less a $50 processing fee. Refunds will be processed one month following the close of the conference. No refund will be given for cancellations received after this date; however, you may transfer your registration to a colleague after notification to the conference registrar. If this meeting is cancelled for any reason, including labor strikes or acts of God, liability is limited to a full refund of registration fees.

*Photos courtesy of Zoo Atlanta*
REGISTRATION FORM

26th Annual Conference on Breastfeeding
March 16-17, 2015

Please Print Clearly. Confirmation will be sent via email only.

Full Name ________________________________________________________________

Home Address ____________________________________________________________

City/State/Zip _____________________________________________________________

Daytime Phone ____________________________________________________________

Email ____________________________________________________________________

BADGE INFORMATION: Please enter your information as you would like it to appear on your badge. Use only primary credentials; do not include extraneous information.

First name only ____________________________________________________________

Last name & credentials _____________________________________________________

Employer/Hospital _________________________________________________________

City & State _____________________________________________________________

Registration forms submitted without payment will not be processed. Purchase orders & invoice requests not accepted.

- Both days $300 $350 $400
- Monday, March 16th only $200 $225 $250
- Tuesday, March 17th only $200 $225 $250

Registrations may not be shared

Early Bird Registration must be postmarked by 2/13/15

Late Registration postmarked between 2/14/15 until 3/6/15*

On-Site Registration accepted after 3/6/15*

Ways to Register

Online: Visit our secure website at www.pediatrics.emory.edu/divisions/neonatology/
Only MasterCard and Visa are accepted. An administrative fee of 2.1% will be charged.

Mail: Complete registration form and mail to:
Breastfeeding Conference, Emory Division of Neonatology
49 Jesse Hill Jr Drive SE, Atlanta, GA 30303
Include check or money order payable to: Emory Division of Neonatology (FEIN: 58-0566256)

FAX: If your employer is paying your registration fee, phone our registrar at 404-778-1464 for procedure.
Please ensure that the check is appropriately identified with your name.

Questions? Contact Jane Hamilton by phone 404-778-1464, or email jhamil2@emory.edu

*No pre-registrations will be accepted after March 6, 2016.
After this date you must contact the registrar to see if space is still available. If space is still available you must register onsite.
IMPORTANT DATES TO REMEMBER

February 13, 2015
Early Bird Registration deadline

February 27, 2015
Hotel Reservation deadline

March 2, 2015
Deadline to cancel conference registration for a full refund less $50 processing fee.

March 6, 2015
Late Registration deadline
Registrations received after this date processed onsite.

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