

The Fourteenth Annual
Breastfeeding: The Gold Standard
The Value of Human Milk



Featuring:

- *Diana West, BA, IBCLC*
- *Lisa Marasco, MA, IBCLC, FILCA*
- *Rebecca Saenz MD, IBCLC, FABM*
- *K.C. Ferrazzano, D.V.M.*

Wednesday -Friday, March 23 -25, 2011

The Hampton Inn & Suites
1201 Convention Center Boulevard
New Orleans, Louisiana

Sponsored by:

La Leche League of Alabama, Mississippi and Louisiana

In Cooperation with

Louisiana Lactation Consultant Association

Breastfeeding: The Gold Standard 2011

The fourteenth annual "Breastfeeding: The Gold Standard" conference is an opportunity to learn about the latest evidence-based practices in the field of lactation to better serve the breastfeeding mothers and babies in your community. This outstanding conference will be held at the Hampton Inn & Suites, 1201 Convention Center Boulevard, New Orleans, Louisiana, and provides 3 days of excellent presentations by Diana West, BA, IBCLC, Lisa Marasco, MA, IBCLC, FILCA, Rebecca Saenz, MD, IBCLC, FABM, LLLL, K.C. Ferrazzano, D.V.M., and many other warm and engaging educators in lactation management.

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West Jefferson Medical Center

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Conference Features and Accommodations

Breastfeeding Mothers

Quiet babies are always welcome at the Gold Standard Conference. However, an environment conducive to learning at sessions must be provided for attendees. If your infant becomes restless, please take him/her out of the meeting room. Attendees are encouraged to bring a support person to the conference to help care for their children. If you need to buy extra breakfast or luncheon tickets, please indicate this on your registration form. Pumps will be provided in the pump room at the conference for mothers requiring pumping facilities. **Mothers will need to bring their own pump kits.**

Conference Bookstore

A conference bookstore will offer a limited selection of professional resources and items from the La Leche League International catalogue, as well as selections from the conference speakers. Books can be pre-ordered on the registration form to guarantee availability. Pre-ordered books will be pre-packaged and available for pick-up at a designated area. **MasterCard, Discover, Visa and American Express accepted.**

Conference Materials

A CD with the syllabus will be provided at no charge to all participants. A limited number of printed copies will also be available for \$25 to those who pre-order. This year we will also offer the syllabus on a flash drive. These items will be available as a pre-order item only for \$25. **All orders for flash drives and printed syllabi must be received no later than February 28, 2010.**

Continuing Education

Continuing nursing education hours will be awarded to RN's who register, miss no more than 10% of class time and complete an evaluation form.

This activity has been submitted to WJMC Nursing Education Committee approval to award 18.25 contact hours.

The Nursing Education Committee of West Jefferson Medical Center is an approved provider of continuing nursing education by the Louisiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Applications have been submitted for CHES, and OT Contact Hours, and CERPs.

RDs will be provided the conference certificate and agenda needed to report their CE hours.

Additional continuing education hours may have been applied for. Please consult our website for more information. The syllabus will contain the information needed for individuals to apply for any continuing education not offered by the conference.

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Meals

The hotel provides a hot breakfast buffet to all registered guests. Attendees not staying in the hotel may purchase a breakfast ticket with their registration. The registration fee includes a luncheon on Thursday and Friday. Please indicate your choice from the three entrees available on the registration form. Light snacks will be provided at some breaks.

Meeting Site

"Breastfeeding: The Gold Standard" is being held at the Hampton Inn & Suites, located at 1201 Convention Center Boulevard in New Orleans, LA. It is located right in the middle of all the Big Easy has to offer. The hotel provides an outdoor pool, fitness room, laundry facilities and serves a hot breakfast for all registered guests. A block of rooms at a special price of \$95.00 standard or \$145.00 suite, plus tax (single or double for up to four people) has been reserved for conference attendees. A special parking rate for Gold Standard Conference Attendees is also being made at \$18/night or \$10/day use-only, plus tax. The block is available until **February 26, 2010**. Reservations can be made by calling the Hampton at (866) 311-1200 or (504) 529-1200. Please identify yourself as a participant of the La Leche League Conference, Breastfeeding: The Gold Standard.

Check-in time is 3 p.m.

Parking

Parking in New Orleans is NOT free.

The Hampton Inn & Suites is offering conference attendees parking at the following reduced rates:

Overnight Parking (With room) for \$18/night or Day-use parking for \$10/day (plus tax and gratuity).

Pull into the valet parking spaces on Gaiennie Street. Day-use parking bases on availability.

Overflow parking will be available at the Fulton Street Garage. (7am - 5:30pm Sun, 7am -8pm M-Th and 7am-2:30am Fri/Sat)

Their rates are: 2-8 hours = \$10, 8-12 hours = \$15, 12-24 hours = \$20, OR in & out privileges = \$25/day

Visit www.FultonPlaceParking.com for reservations and discounts.

Refund Policy

Written cancellations received by February 28, 2011, will be granted subject to a \$25 processing fee.

There will be no refunds granted after this date.

Attendees are encouraged to send a substitute if they cannot attend.

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Transportation

The Hampton Inn & Suites is easily accessible by car.

From Airport/ I-10 Eastbound - Go to downtown business district. Take Hwy. 90-Business and exit at Tchoupitoulas St., also known as South Peters. Turn left onto South Peters then right onto Gaiennie St.

From I-10 Westbound - Go to downtown, take Hwy. 90-Business and exit at Tchoupitoulas St., also known as South Peters.

Turn left onto South Peters then right onto Gaiennie St.

Pull into the valet parking spaces on Gaiennie Street.

*Participants are encouraged to bring a sweater or light jacket to the conference
in case the meeting rooms are cool.*



***Bring your previous year's Gold Standard name badge holder
to registration and receive a small gift!***

***In compliance with the WHO Code of Marketing of Breastmilk Substitutes,
this program does not receive funding from artificial baby milk companies.***

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Wednesday, March 23, 2011

- 12:00 – 1:00 PM **Monitor Lunch & Training**
- 12:30 – 1:45 PM **Registration**
- 2:00 – 3:30 PM **General Session 1: New Methods of Increasing Milk Production**, Diana West, BA, IBCLC - With new research and innovations in the lactation field, there are now many more ways to increase milk production than in previous years. This talk presents the most promising of these new methods, with information about targeting the method to the underlying problem.
- 3:45 – 5:00 PM **General Session 2: CDC Weight Charts and Recommendations for Their Use**, Melissa Clark Vickers, MEd, IBCLC - This session will describe how growth charts are created and are intended to be used, why previous growth charts based on a predominantly formula-fed population does not represent the biological norm., the process by which the new charts were created, potential sources for error using the new charts, and the limitations that arise from reliance on growth charts for infants.
- 5:00 – 6:30 PM **Free Time:** Hotel Check-In, Dinner On Own
- 6:30 – 8:30 PM **O1: Peer Study Group.** Taking the IBLCE exam in the next couple of years? A trio of IBCLCs shares test-taking tips, what IBCLCs need to know about drugs, and exam review questions. Camille Foretich, LLLL, IBCLC, RLC, CHES, Chris Glick, MD, IBCLC, and Karen Zeretzke, LLLL, MEd, IBCLC, RLC
- 6:30-8:30 PM **O2: Soothing the Broken Heart**, Linda McGrath, PhD, LLLL, CHES, IBCLC, RLC, and Vincent McGrath. EdD.
- How do you encourage healing after death, even death during childbirth or pregnancy? This session will explore the dilemma that perinatal healthcare professionals are experiencing during this time of increased unfavorable pregnancy outcomes. The presenters have conducted numerous sessions on grief support at educational conferences and founded their local grief support group. Both have experienced personal grief and, therefore, understand the importance of support from others to recover after death or some other loss.

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Thursday, March 24, 2011

6:00-10:00 AM Breakfast in the hotel lobby

7:00-9:00 AM Registration

7:30-8:30 AM *Early Bird 1: Helping Millennial Moms Breastfeed*, Diana West, BA, IBCLC - A discussion of effective methods to interact with the new generation of breastfeeding mothers, known as "Millennial Moms," who have vastly different needs and communication styles from those who typically counsel them.

9:00-10:30 AM **General Session 3: Academy of Breastfeeding Medicine Protocols - Contraception**, Rebecca Saenz, MD, IBCLC, FABM - This session will provide a basic understanding of how the various contraceptive methods affect breastfeeding, in order to help mothers make informed decisions. This will include a review of the Lactational Amenorrhea Method.

10:30-10:45 AM Break (Coffee and Water)

10:45-11:45 AM Breakouts (4)

- 101: JCAHO Changes and Recommendations, Debbie Regan, RNC, IBCLC, RLC (REPEATED 201) - In this session participants will explore the definition of exclusive breast milk feeding as described by the Joint Commission National Quality Measures, hear about ways in which the 10 steps of Baby-Friendly Hospital Initiative and The Gift will assist in implementing this core measure, and learn more about current trends in the healthcare setting which help/hinder breastfeeding support.
- 102: Lactogenic Foods for Milk Production, Lisa Marasco, MA, IBCLC, FILCA (REPEATED 202) - Historically, nutrition has always been a part of the health strategy of traditional cultures. New mothers especially have been offered special foods to ensure good milk production. Western society often views these practices as myths, but is that all they are? This session looks at the role of nutrition in milk production and existing research on certain foods as they relate to lactation.
- 103: PUMP, Mindy Glenn, RN, CLC, CPST and Pam Helmstetter, RN, LCCE, CLC (REPEATED 203) - This session will provide a Brief History of Breast Pumps, how breast pumps work, reasons mothers choose to use breast pumps, common "Dramas" associated with Well Babies in the Hospital Setting, common Myths & Misconceptions associated with breast pump usage, Common Problems with Pumps, commonly found problems and resolutions with babies and parents of babies in the NICU, "Eping" - Mothers choosing to exclusively pump, and how to support mothers who are "Eping".

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104: Promoting LAM, Linda McGrath, PhD, IBCLC, CHES, LLLL, Certified Natural Family Planner Provider - Lactational amenorrhea method, Sheila Kippley's ecological breastfeeding, and natural family planning methods will be discussed. Healthcare professionals will be given specific examples of the sympto-thermal method of natural family planning to increase knowledge in this area.

12:00 - 1:00 PM: Luncheon ~ General Session 4: The Power of Communication, Nicole L. Fox, BSN, RNC, IBCLC, RLC, LLLL -
This session will explore the ways we convey attending behaviors, the various roles body language can play in receiving communication as well as in communicating feelings, and the identification and reason for feelings in the conversation. Methods one can use to vary the response to what the person is feeling and possible reasons will also be discussed.

1:30-2:45 PM General Session 5: Ethics of Complementary Therapies, Lisa Marasco, MA, IBCLC, FILCA - Discusses ethical and legal ramifications of the use/recommendation of alternative therapies (especially herbs).

2:45-3:15 PM Dessert and Coffee break

3:15-4:45 PM General Session 6: PCOS Update: What We've Learned, Lisa Marasco, MA, IBCLC, FILCA - PCOS is frequently characterized by hyperandrogenism. Over the past few years, research has begun to focus on androgen imbalances and their impact from fetal development through the life cycle. These studies, together with accumulating clinical experience, are shedding light on what may be inhibiting milk production for a subset of PCOS mother. This session looks at the the role of androgens in the breast and lactation with an eye to specific treatment strategies.

4:45 PM Free Time/Dinner:

Options include~ Dinner on your own and exploring New Orleans, OR

Dinner with the Speakers @ Mulates (<http://www.mulates.com/>) **\$45.00/person**

(Nearby restaurant menus are available from the hotel registration desk.)



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Friday, March 25, 2011

6:00-10:00 AM Breakfast:

7:00-9:00 AM Registration

7:30-8:30 AM *Early Bird 2.* Identifying, Assessing, and Infant Treating Tongue Tie, Diana West, BA, IBCLC - A detailed discussion of identification, assessment, and treatment of anterior and posterior variations of infant ankyloglossia.

9:00-10:15 AM **General Session 7:** Clinical Differences in Babies Fed Human and Manufactured Milk, Linda McGrath, PhD, LLLL, CHES, IBCLC, RLC, and Vincent McGrath, EdD. - A discussion on how exposure to substitutes for human milk can negatively affect function of the infant immune system and alter the growth, development, and health of infants. With the continued increase in childhood overweight and obesity, the important role that breastfeeding plays in its prevention will also be part of this discussion. An original skit will be performed to encourage its integration into workshops and presentations to various age groups in order to promote breastfeeding as the infant feeding practice

10:15-10:30 AM Break (Coffee/Water)

10:30 -11:30 AM Breakouts (4)

- 201 JCAHO Changes and Recommendations, Debbie Regan, RNC, IBCLC, RLC (REPEATED 101) - This session will provide a Brief History of Breast Pumps, how breast pumps work, reasons mothers choose to use breast pumps, common "Dramas" associated with Well Babies in the Hospital Setting, common Myths & Misconceptions associated with breast pump usage, Common Problems with Pumps, commonly found problems and resolutions with babies and parents of babies in the NICU, "Eping" - Mothers choosing to exclusively pump, and how to support mothers who are "Eping".
- 202: Lactogenic Foods for Milk Production, Lisa Marasco, MA, IBCLC, FILCA (REPEATED 102) - Historically, nutrition has always been a part of the health strategy of traditional cultures. New mothers especially have been offered special foods to ensure good milk production. Western society often views these practices as myths, but is that all they are? This session looks at the role of nutrition in milk production and existing research on certain foods as they relate to lactation.

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203: PUMP, Mindy Glenn, RN, CLC, CPST and Pam Helmstetter, RN, LCCE, CLC (*REPEATED 103*) - This session will provide a Brief History of Breast Pumps, how breast pumps work, reasons mothers choose to use breast pumps, common "Dramas" associated with Well Babies in the Hospital Setting, common Myths & Misconceptions associated with breast pump usage, Common Problems with Pumps, commonly found problems and resolutions with babies and parents of babies in the NICU, "Eping" - Mothers choosing to exclusively pump, and how to support mothers who are "Eping".

204 Breastfeeding After Cosmetic Surgery, Diana West, BA, IBCLC - A comprehensive discussion of breast augmentation and reduction surgeries and their impact upon lactation; discussion of incidence, motivations, surgical techniques, implications for lactation, psychological factors, breastfeeding management, and resources. *Note: This is Diana's hallmark presentation based on her seminal work in this field.*

11:45 AM - 1:30 PM Award Luncheon with Dessert, Baby Wearing Fashion Show

& General Session 8: PKU-A Mother's Perspective from Diagnosis to 5 years old, K.C. Ferrazzano, D.V.M. & Kea Crivelly, MS, RD, LDN, - This session will discuss ways to effectively incorporate Breastfeeding into meeting the nutritional needs of a child with Phenylketonuria. It will address the emotional impact of diagnosis of disease in one's newborn, while maintaining focus on the feeding and care of the child and the possibility of effectively managing other Metabolic Disorders while allowing the mother to breastfeed. Some Review of the Physiology and Heritability of PKU will be included as well.

1:30 - 2:30 PM **General Session 9:** Herbal Galactogogues: An Option for Low Milk Supply, Lisa Marasco, MA, IBCLC, FILCA - Herbal galactogogues are often looked upon suspiciously by those who are not familiar with them. But when a mother is already doing her best and prescription galactogogues don't fit well into her picture, what else can be done? Mothers increasingly ask about herbs, but many LCs and health care providers have little knowledge and feel uncomfortable when asked to provide guidance. This session will familiarize the learner with important herb issues then examine individual profiles, research and clinical experience for some of the most popular reputed galactogogue herbs and products.

2:30-3:00 PM **Closing Session: Evaluations/wrap up/door prizes**

We hope you are staying to join us for:

Oceans of LLLove: A Parenting and Leadership Conference

Saturday, March 26, 2011 9:00 AM - 5:00 PM

But if you must leave, Please Drive Home Safely!

We will look forward to seeing you again next year.

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About Our Speakers:

Kea Crivelly, MS, RD, LDN, completed her Bachelor's in Kinesiology at Temple University in Philadelphia, PA and received her Master's in Nutrition/Dietetics from Bastyr University in Kenmore, Washington. Kea is a Registered Dietician, and belongs to the American Dietetic Association, Sports Nutrition Practice Group and the Genetic Metabolism Dieticians International where she participates on the Editorial Committee. Kea is a metabolic nutritionist at the Hayward Genetics Center, Tulane University School of Medicine Center, where she practices nutrition therapy, dietary counseling, and monitoring of clinical nutritional status for patients with inherited metabolic disease (IMD) throughout Louisiana, including the management of patients incorporating breastfeeding as part of dietary treatment.

K.C. Ferrazzano, D.V.M., received her degree from Louisiana State University, School of Veterinary Medicine in Baton Rouge. She is an Equine Veterinary Practitioner with clinical interests in Reproduction, Internal Medicine, Neonatology, Ophthalmology, and Race Track Practice. She is the mother of three children, one of whom has PKU, She also serves as a Patient Liaison working closely with Tulane University's Hayward Genetics and the families of other children with metabolic disorders in Louisiana. Dr. Ferrazzano is a member of several State, Regional, and National Organizational Committees focused on advocacy for PKU/Allied Disorder Community.

Camille Foretich, BS, IBCLC, CHES began helping mothers' breastfeed as a La Leche League Leader in 1983. Camille was the first board certified lactation consultant in Mississippi. Camille currently is employed by St. Dominic Hospital in Jackson, Mississippi as a lactation consultant and an OB educator. Camille opened a private practice in 1987 with hospital privileges at Gulfport Memorial Hospital. She had a career in public health as a district coordinator, state breastfeeding educator, state breastfeeding program coordinator with the WIC program and as a special projects officer with the Mississippi Department of Health she developed and implemented various public health awareness campaigns. Camille has been married 40 years to Joe. They have three daughters, two son-in-laws, one granddaughter and one grandson.

Nicole L. Fox, BSN, RNC, IBCLC, RLC, LLLL - Nicole is an International Board Certified Lactation Consultant (IBCLC) who is employed full time in the Neonatal Intensive Care Unit of Woman's Hospital in Baton Rouge, Louisiana. She has worked in many of the Maternal-Child units beginning her career in 1988. Nicole also teaches pre natal breastfeeding classes for the community education department of the hospital. In her daily practice with mother's of NICU infants, Nicole recognized the need to reach low income mothers who may not be able to attend the hospital's community education classes for financial reasons. She began a local La Leche League group to serve this population both prenatally and as

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mother to mother support. Nicole lives with her three sons, a male black lab and one sweet gray tabby cat in Baton Rouge, Louisiana.

Mindy Glenn RN, CLC, CPST is the NICU Discharge Planner/Educator at West Jefferson Medical Center in Marrero, Louisiana. She is also a Certified Lactation Counselor. She was one of the key players in assisting West Jefferson Medical Center to become Louisiana's First GIFT Certified facility. As a Child Passenger Safety Technician, Mindy coordinates the Car Seat Safety Program at West Jefferson Medical Center and operates the Grant Funded Fitting Station. Mindy is an active member of the Louisiana Passenger Safety Task Force in collaboration with Safe Kids. In 2008, Mindy was invited to be a part of the Louisiana Child Death Review Panel. Mindy is a member of the Louisiana Lactation Consultant Association (LLCA), the Louisiana Breastfeeding Coalition (LBC) and is currently serving her second term as Vice President of the Greater New Orleans Breastfeeding Awareness Coalition (GNOBAC). Mindy and her husband, Andrew, are the proud parents of two daughters (ages 18 and 9, who were both breastfed).

M. Christina Glick, MD, FAAP, IBCLC, is a neonatologist who has had a lifelong interest in the minority and underserved populations in the rural south. She completed her undergraduate training at the University of Southern Mississippi, her medical training and pediatric residency at the University of Mississippi Medical Center in Jackson, MS, and postdoctoral fellowship in neonatology at the University of Texas Health Sciences Center in Houston. Currently, she is a neonatologist with Newborn Associates, a group that serves five hospitals in the central part of Mississippi. She maintains a clinical appointment at the University of Mississippi Medical Center where she was previously employed for nearly 20 years. She is past-president of the National Perinatal Association and is the Mississippi Chapter Breastfeeding Coordinator of the American Academy of Pediatrics and is a certified lactation consultant. She served as the Director of Transcultural Development for NPA from 2001 -2008 and participated in production of the book, "Transcultural Aspects of Perinatal Health Care: A Resource Guide" and NPA's Transcultural Proficiency Training program. She lectures nationally on transcultural proficiency and breastfeeding advocacy. She has three grown children and lives with her husband Eddie Guillot, Jr. in Jackson.

Pam Helmstetter, RN, LCCE, CLC, graduated from Charity Hospital School of Nursing in New Orleans in 1990. She has been active in the Maternal-Child area since then, first as RN staff in Nursery/NICU at West Jefferson Medical Center, then since 1997 the Perinatal Educator and Outreach Liaison for the Family Birth Place at WJMC. She coordinates and teaches all the Family Birth Place classes which average 11/month. In 2004, she obtained the Lactation Counselor Certification, and with her colleague Mindy Glenn were instrumental in West Jefferson becoming the first Gift Certified facility in Louisiana. In addition to her duties at the Hospital, Pam also teaches New Orleans' only teen

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prenatal program, TAPPT, at a local high school. She has been in demand at other area schools for educational presentations, ranging from How to call 911 in elementary level grades, to STD/safe sex lectures in secondary schools. Pam and her tugboat captain husband Roy are the proud parents of 2 sons, both 10+lb breastfed infants. Older son Robert is serving our country as a sergeant in the U.S Marine Corps, presently deployed in Afghanistan. Younger son Rhett is a 2nd semester sophomore at Nicholls State University in the "bayou". The joy of Pam's heart is grandson Reilly, a 9 year old "jar head in training", who was breastfed for 22 months.

Lisa Marasco, MA, IBCLC, FILCA; Solving breastfeeding mysteries has always been a passion for Lisa, who is known for her inquisitiveness and tenacity. Her specialization in milk production was born when, after a resurgence in scheduled feeding began to sabotage unwitting mother's milk supplies, she discovered that there was no comprehensive, referenced source to explain milk production to parents. The process of researching and writing such a document laid the foundation upon which her later work was built. Lisa also personally experienced a mysterious loss of milk supply with her fourth child, the cause of which only became clear to her years later as her research into milk production issues deepened. As a result of her own experience, she has great empathy for her clients and a renewed desire to understand the mysterious and difficult. This led to her eventual master's thesis on Polycystic Ovary Syndrome and its possible relationship to milk production problems, and other clinical situations have led to new areas of research. A born teacher, Lisa enjoys sharing what she has learned as much as the process itself. Her passion for her topics comes through clearly in her dynamic presentations, and she takes a personal interest in answering the needs and questions of any and all attendees. It is her desire that attendees not only go home with "what to do's," but more importantly, have a deeper understanding of the topics so that they can think through the unique situations that they face and develop better strategies targeted to the problems.

Linda Couvillion McGrath, PhD, IBCLC, CHES, LLL - Linda is a La Leche League Leader and has been affiliated with La Leche League Int'l since 1976. She became a lactation consultant (IBCLC) in 1999, a certified natural family planner provider in 2001, and a certified health education specialist (CHES) in 2005. Linda completed her PhD in Education in the School of Human Sciences with a minor in Health Education and Health Promotion at Mississippi State University in August 2006. For her dissertation, she conducted research on the MS obstetricians to learn about their maternity care practices related to breastfeeding education and support based on *The Ten Steps*. Linda has presented her research findings at the *American Public Health Association* annual meetings in 2007 and 2009. She teaches active parenting and prenatal classes, natural family planning classes, and is a guest lecturer for the local high school and universities. She is the proud mother of five children (all were breastfed); three are married. Linda has five grandchildren - 8 ½ year old grandson Charlie (who was also breastfed), 3 ½ year old grandson Owen (who was also breastfed), 2 ½ year old

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granddaughter Maeve (who is breastfeeding), 18 month old granddaughter Kate (who was breastfed), and 6 month old granddaughter Graham (who is breastfeeding). She became a single mom of five children after the death of her husband Ed in 1992 and married Vince in August 2004. Linda and Vince live in Starkville, Mississippi.

Vincent R. McGrath, EdD, MSU Professor Emeritus - Vince retired after being on the faculty of Mississippi State University College of Education for 21 years. He is now Professor Emeritus in the Leadership and Foundations Department. Vince served as Counselor for the international honorary educational organization Kappa Delta Pi at MSU for over 20 years. He and Linda are now actively involved in community programs such as Oktibbeha County Excel by 5 and the MSU Breastfeeding Support Program. He married Linda Couvillion in 2004, and they live in Starkville, MS. Vince is enjoying grand parenting their 5 grandchildren, who LLLovingly call him "Doc." Vince serves as the photographer for the healthcare profession conferences that he and Linda attend.

Debbie Regan, RNC, IBCLC, RLC, is the Assistant Director of The Parenting Center at Children's Hospital, New Orleans since 2006. Prior to this position she worked for 18 years at East Jefferson General Hospital in Metairie, Louisiana as a nurse manager, perinatal educator and certified lactation consultant. She is a registered nurse with specialty certifications in inpatient obstetrics and lactation. Debbie currently works as a parent educator and lactation consultant at Children's Hospital. She presents parenting and breastfeeding programs in the community and at professional conferences. She received her nursing degree from Charity Hospital School of Nursing program in New Orleans in 1983. Debbie was a founding member, charter president and current president of the Louisiana Lactation Consultant Association. Debbie is married to a native New Orleanian and has lived in New Orleans for 30 years and is the mother of four adult children.

Rebecca Saenz MD, IBCLC, FABM, LLLL, Becky has been an accredited LLL Leader since 2004. In her "day job", she practices Breastfeeding Medicine in Madison, MS. She is a mom of four - now ages 15, 12, four, and two - all breastfed, of course!

Melissa Clark Vickers, MEd, IBCLC, is an International Board Certified Lactation Consultant who received her bachelor's degree in biology and master's in science education from the University of Georgia. After teaching for a few years, she had babies, and discovered a passion for helping women breastfeed, not only through direct mother support, but also through writing about breastfeeding and child and family well-being. She works extensively with Family Voices, an organization dedicated to family-centered care and advocacy for children with special health care needs, and edits their monthly newsletter, Friday's Child. Melissa has written numerous publications for La Leche League International, including Breastfeeding and Obesity and yearly statements celebrating the World Health Organization's World Health

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Day. She was the lead author of a World Alliance for Breastfeeding Action booklet, *Mother Support for Breastfeeding: Selected Statements and Excerpts about Mother Support in Key International Documents*. Melissa is the editor of the United States Lactation Consultant Association's eNews, and served on the Infancy Expert Panel for the American Academy of Pediatrics' *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents*, 3rd Edition. Melissa and her husband, Bob, live in Huntingdon, Tennessee, and have two grown children, Dan and Merrilee.

Diana West, BA, IBCLC is an international board certified lactation consultant (IBCLC) in private practice, co-author with Teresa Pitman and Diane Wiessinger of the 8th edition of La Leche League International's "The Womanly Art of Breastfeeding." She is also co-author with Lisa Marasco of "The Breastfeeding Mother's Guide to Making More Milk" and Dr. Elliot Hirsch of "Breastfeeding After Breast and Nipple Procedures." She is the author of the "Clinician's Breastfeeding Triage Tool" and "Defining Your Own Success: Breastfeeding After Breast Reduction Surgery." She has a bachelor's degree in psychology, is a La Leche League Leader, a website developer, and administrator of the popular BFAR.org, LowMilkSupply.org, and LactSpeak.com websites. She lives with her three sons and one husband in the picturesque mountains of western New Jersey.

Karen Zeretzke, LLLL, MEd, IBCLC, RLC, is an International Board Certified Lactation Consultant in private practice in Baton Rouge, Louisiana. She is a long-time La Leche League Leader and has served La Leche League of the Eastern United States as Healthcare Provider Seminar Administrator and currently holds the position of Area Healthcare Seminar Coordinator for La Leche League of Alabama, Mississippi and Louisiana. She and her husband, Fred, are the parents of eight children, all breastfed but now all weaned, ranging in ages from 22 to 41 and one precious grandson, 2 years old.

For More Information

To learn more about the conference, please contact:

Laura Goodwin-Wright LLGWright@aol.com.

Additional information and a copy of the registration brochure are also available online at

www.breastfeedingthegoldstandard.org

Conference Planning Committee

Susie Amick, RN, IBCLC, RLC, LCCE
Cindy Boudreaux, MSN, RN, IBCLC
Camille Foretich, LLLL, IBCLC, RLC, CHES
Nicole L. Fox, BSN, RNC, IBCLC, RLC, LLLL
Mindy Glenn, RN, CLC, CPST
Pam Helmstetter, RN, LCCE, CLC
Kathy Juve, RN, BSN, IBCLC, RLC, LLLL
Evelyn Landry, RN, BSN, IBCLC, RLC, LLLL

Linda McGrath, PhD, LLLL, CHES, IBCLC, RLC
Maranda Nybo, LLLL
Debbie Regan, RNC, IBCLC, RLC
Becky Saenz MD, IBCLC, RLC, FAMB
Marcella Snow, BSN, RN, IBCLC, RLC, LLLL
Mary Ellen Sweeney, LLLL
Bree Tilyou,
Aledia Williams, MS, LDN, RD, CLE, CLC

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Bethany Willis, LLLL

Laura Wright, BA, LLLL, IBCLC, RLC, CLE

Karen Zeretzke, LLLL, MEd, IBCLC, RLC