

### <u>Conference Schedule</u>

| 9:45-10:00 AM     | Introductions   |
|-------------------|---|
| 10:00-11:00 AM    | Maternal Plasma Levels of Oxytocin<br>During Breastfeeding.<br>Kerstin Uvnäs Moberg       |
| 11:00 AM-12:00 PM | Comparative Lactation<br>Laura Hernandez, PhD   |
| 12:00-12:45 PM    | Break   |
| 12:45-1:45 PM     | Integrative Health and Breastfeeding<br>Jill Mallory MD IBCLC                             |
| 1:45-2:00 PM      | Break   |
| 2:00-3:00 PM      | The Effect of Exercise on Human Milk<br>Kristin Stanford, PhD                             |
| 3:00-3:15 PM      | Break   |
| 3:15-4:15 PM      | Risk of Overweight Associated with Early<br>Rapid Weight Gain<br>Jillian Trabulsi, PhD RD |
| 4:15-5:15 PM      | Bed Sharing & Breastfeeding<br>Melissa Bartick, MD  |
|                   |   |

#### Accreditation

This course has been allocated 6(L) Continuing Education Recognition Points (CERPs) by IBLCE. CERPs approval # CLT117-04.

The AAFP has reviewed The Art and Science of Breastfeeding and deemed it acceptable for up to 6.00 Online Only, Live AAFP Prescribed credit. Term of Approval is from 01/23/2021 to 01/23/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### **Cancellation Policy**

Full refund up to 2 weeks before course. 50% refund for 2 weeks before course. No refunds after Friday, Jan. 8, 2021.

#### Webinar/Recording

The conference will be conducted via Zoom. Recordings of the conference will be avaiable for 2 weeks.

Particpants can earn credit thru any combination of live-attendance and/or listening to the recordings.

## Regular Conference Fee: \$45 Earlybird thru Nov 30, 2020: \$40

#### IABLE

is a 501c3 nonprofit membership organization, dedicated to the creation of Breastfeeding Knowledgeable Medical Systems and Communities.

Elevating breastfeeding knowledge in medical systems and communities is a first step in providing optimal outpatient breastfeeding support for families.

Please visit lacted.org to learn about our memberships,breastfeeding training programs, and other educational projects.

### Registration: lacted.org/artScience-2021

## Speakers



#### Melissa Bartick, MD, MS, FABM

Dr. Bartick is an internist and has been Assistant Professor in Medicine at Harvard Medical School. She has numerous breastfeeding publications in peer-reviewed journals. She served as the chair of the Massachusetts Breastfeeding Coalition from 2002 to 2014, where she was also a founder of Ban the Bags. She served on the Board of Directors of the United States Breastfeeding Committee from 2009-2015. She has served on the Board of the Academy of Breastfeeding Medicine since 2019, where she has coauthored clinical protocols, including the 2020 Bedsharing and Breastfeeding protocol. She was founder of

the Breastfeeding Forum of the American Public Health Association, where she served two terms as chair. She is founder and co-chair of her state's Baby-Friendly Hospital Collaborative. She has blog contributions to the Huffington Post, the WBUR CommonHealth Blog, among others. Dr. Bartick received her BA from the University of Virginia and holds an MSc in Health and Medical Sciences from University of California, Berkeley and an MD from University of California, San Francisco. She works as a hospitalist at Mount Auburn Hospital and is the mother of two grown sons. As of June 2020, she is pursuing an MPH at Harvard School of Public Health.

#### Laura L. Hernandez, PhD

Dr. Hernandez is an Associate Professor in the Dairy Science Department at the University of Wisconsin-Madison, she is also a member of the Endocrine and Reproductive Physiology, Interdisciplinary Graduate Program in Nutritional Sciences, and the Comparative Biosciences Graduate programs. She received her Ph.D. in 2008 from the University of Arizona under the direction of Dr. Bob Collier and completed her post-doctoral in Molecular and Cellular Physiology with Dr. Nelson Horseman and the University of Cincinnati College of Medicine. Her area of research has focused on how serotonin controls the mammary gland and various

Physiology with Dr. Nelson Horseman and the University of Cincinnati College of Medicine. Her area of research has focused on how serotonin controls the mammary gland and various aspects of lactation. Dr. Hernandez combines basic research from the cell to whole-animal level in a variety of mammalian species to broaden the focus on the importance of the mammary gland and its contributions to and regulation of a successful lactation in dairy cattle. The outcomes of her novel research are aimed at demonstrating the presence of factors (specifically serotonin) produced within the mammary gland that can control the animal's physiology while lactating, particularly during the transition period when cows are the most metabolically and physiologically challenged. She specifically focuses on the interaction of serotonin and calcium metabolism during the transition period. Her research has determined that serotonin is an important regulator of mammary gland, maternal calcium, and maternal energy homeostasis during lactation. She has authored/co-authored, 33 peer reviewed journal articles. Her research on the coordination of maternal metabolism during lactation by the mammary gland has numerous applications to women that are breast-feeding, and is focused on improving

maternal health during this time frame and in later life.



#### Jill Mallory, MD, IBCLC

Dr. Jill Mallory is board-certified in family medicine and has been an IBCLC for over a decade. She completed a fellowship in integrative medicine through the University of Arizona. She works at the Wildwood Family Clinic in Wisconsin, where she practices the full spectrum of family medicine, including obstetrics, newborn home-visiting, integrative medicine consultation and lactation consultation.

# **Speakers**



#### Kristin Stanford, Ph.D

Dr. Stanford received her Ph.D. from the University of California, San Diego, in Biomedical Sciences, and completed her postdoctoral training in Integrative Physiology and Metabolism at the Joslin Diabetes Center / Harvard Medical School. She is currently an Associate Professor in Physiology and Cell Biology and Associate Director of the Diabetes and Metabolism Research Center at The Ohio State University. The overall focus research in her lab is to determine the novel molecular mechanisms of exercise that improve metabolic and cardiovascular health. This will be broken down into two major aspects: 1)

To determine exercise-induced adaptations to white and brown adipose tissue, with a specific focus on lipids that are released from adipose tissue during exercise; and 2) to ascertain the effects of parental exercise on the metabolic and cardiovascular health of offspring.

#### Jillian Trabulsi, PhD RD

Dr. Trabulsi is an Associate Professor & Associate Chair of Nutrition in the Department of Behavioral Health and Nutrition at the University of Delaware in Newark, Delaware. She earned her Ph.D. in Nutritional Sciences at The University of Wisconsin – Madison and completed a post-doctoral fellowship in Pediatric Nutrition and Growth at The Children's Hospital of Philadelphia. Dr. Trabulsi has over 25 years of experience in the field of nutrition, including work in clinical, industry, and

academic settings. Her scientific contributions include studies related to the effect of diet composition on health outcomes and the application of energy balance principles to assess growth and nutritional status in healthy individuals and in those with chronic disease. Her research is funded by grants from the National Institutes of Health as well as private foundations and her work is published in peer-reviewed journals.

#### **Kerstin Uvnäs Moberg**

Dr. Moberg is a physician and professor of physiology with a research focus on the healing aspects of oxytocin. Her vision is to help creating healthier and happier women by expanding the knowledge about female physiology and by creating medical interventions based on oxytocin. She is a pioneer in research about oxytocin," the hormone of love and wellbeing", and was one of the first



researchers to point out the behavioral, psychological and physiological effects of oxytocin during birth, breastfeeding and menopause.