

**2023
NYSBC CONFERENCE**

**The Clinical and Translational
Science of Lactation:
From Concept to Practice**

Monday, March 27, 2023

A Virtual Event

REGISTRATION LINK:
[HTTPS://SITE.PHEEDLOOP.COM/EVENT/NYSBC2023CONFERENCE/HOME/](https://site.pheedloop.com/event/nysbc2023conference/home/)

PLEASE DIRECT QUESTIONS TO:
NYSBCINC@gmail.com



Early Bird Registration through February 28th: \$100

Peer Counselors, Students & Volunteers: \$80

Registration March 1st- 24th: \$125

Late Registration - March 25th - 27th: \$150



**Sex, Gender, and Language in
Breastfeeding and Birth**

Melissa C. Bartick
MD, MSc, MPH, FABM



**A. The Boobie Traps of
Breastfeeding: Fundamentals of
Lactation for Frontline Staff**

Stephanie Sosnowski, BS, IBCLC,
RLC; ICCE & Karla Lewis, BS,
IBCLC



**Academy of Breastfeeding
Medicine, Mastitis Protocol**

Katrina Mitchell, MD, IBCLC,
FACS



**Supporting the Continuity
of Maternity Care: The
Importance of Baby-
Friendly Prenatal
Guidelines**

Eileen FitzPatrick, DrPH,
MPH, RDN



**Promoting the COVID 19 Vaccine
in Pregnant and Lactating
Patients**

Tieg Beazer, DO, MS



**The Historical, Psychosocial
and Cultural Context of
Breastfeeding in the African
American Community**

Camille A. Clare, MD, MPH,
CPE, FACOG
Nekisha Killings, MPH, IBCLC

Sponsored by: The New York Statewide Breastfeeding Coalition Inc.

Paid participants will have access to the conference recordings and CERP application through May 1, 2023.



Application for Continuing Education Recognition Points has been submitted to the International Board of Lactation Consultant Examiners.

Virtual Conference Agenda

8:00 - Open to Log-in

8:30 - Welcome

8:45 - Sex, Gender, and Language in Breastfeeding and Birth

Melissa C. Bartick MD, MS, MPH

10:00 - Networking

10:15 - Breakout Sessions

A. **The Boobie Traps of Breastfeeding: Fundamentals of Lactation for Frontline Staff**

Stephanie Sosnowski, BS, IBCLC & Karla Lewis, BS, IBCLC

B. **Breastfeeding and Food Allergy**

Catherine Watson Genna, BS, IBCLC

11:45 - Promoting the COVID 19 Vaccine in Pregnant and Lactating Patients

Tieg Beazer, DO, MS

12:15 - Lunch - Networking

12:45 - Academy of Breastfeeding Medicine, Mastitis Protocol

Katrina Mitchell, MD, IBCLC, FACS

2:00 - Supporting the Continuity of Maternity Care: The Importance of Baby-Friendly Prenatal Guidelines

Eileen FitzPatrick, DrPH, MPH, RDN

2:30 - Networking & Raffle

2:45 - The Historical, Psychosocial, and Cultural Context of Breastfeeding in the African American Community

Camille Clare, MD, MPH, CPE, FACOG & Nekisha Killings, MPH, IBCLC

3:45 - Closing & Evaluations

Session Detail:

Sex, Gender, and Language in Breastfeeding and Birth

The increasing visibility of gender diverse people giving birth has resulted in many efforts to ensure these individuals feel included, particularly in a climate of intolerance and hostility toward them. To this end, language that seeks to be inclusive or gender-neutral is being increasingly used. However, use of such language without careful forethought can have important unintended consequences and can result in the transmission of inaccurate information, or information which can be misunderstood. It is important to think carefully how to be inclusive and accurate, considering one's target audience, in order to most effectively convey important information while being as inclusive as possible. We will review the important issues to consider.

The Boobie Traps of Breastfeeding: Fundamentals of Lactation for Frontline Staff

The presentation will review the fundamentals of lactation - what frontline staff need to know to help the families they are serving to achieve their goals. The breastfeeding journey will be followed from pregnancy to postpartum, exploring the many ways that breastfeeding supporters can best serve families and promote, protect and support breastfeeding in their communities.

Breastfeeding and Food Allergy

This presentation will provide information on immune regulation, arms of immune system, role of birth practices and breastfeeding on microbiota acquisition and role of early formula exposure. We will review risk factors for food allergy: genetics, environment/exposures/route of entry and tolerance vs sensitization, skin barrier function, and protecting the infant. Identification of food allergy incidence, symptoms, testing vs. clinical diagnoses, allergy vs. intolerance and allergy syndromes will be reviewed. Participants will have a better understanding of managing allergy: role of exclusive bf, protecting skin integrity/reducing cutaneous allergen exposure, elimination diet recommendations and early solids and finally, risks of weaning, and how to provide support to the family.

Promoting the COVID 19 vaccine in pregnant and lactating patients: debunking internet myths, conquering mistrust of the medical community, and constructing an elevator pitch within the 15 minute visit

Pregnant people who contract COVID 19 are at an increased risk of severe illness and adverse fetal and neonatal outcomes. Despite extensive scientific evidence showing maternal vaccination is safe and effective in reducing the health risks associated with COVID 19 infection, there is still a great deal of vaccine hesitancy amongst pregnant and lactating patients. We will review the benefits of COVID 19 vaccination in pregnancy and infancy and the most common reasons patients decline COVID 19 vaccination during pregnancy and lactation. We will also work through creating thoughtful and informative responses to persuade the most hesitant patients to at least consider and hopefully obtain a COVID 19 vaccine during pregnancy and/or lactation.

ABM Mastitis Protocol

The pathophysiologic spectrum of inflammatory conditions affecting the lactating breast in the mastitis spectrum will be reviewed. Hyperlactation ("oversupply"), non-infectious and infectious mastitis, and abscess development in the setting of massage and untreated hyperlactation will be discussed. The identification and treatment of galactocele and lactational phlegmon will be detailed. The goal is for lactation consultants to identify when these conditions may be presenting in a patient they are evaluating, and to understand when to refer patients to a medical provider for further intervention and care. The risk factors for these conditions and how lactation consultants, within their scope of practice, can help prevent progression of complications will be reviewed, including techniques such as gentle lymphatic drainage and other supportive measures such as reducing excessive pumping.

Supporting the Continuity of Maternity Care: The Importance of Baby-Friendly Prenatal Guidelines

Supporting parents prenatally helps ensure healthy births and successful breastfeeding. The Ten Steps to Successful Breastfeeding, codified in the Baby-Friendly Hospital Initiative (BFHI) guides practices in the prenatal, birth hospitalization, and post-discharge periods. For the prenatal period, accountability for Steps 1 through 3 of the Ten Steps is crucial to providing the optimal environment for parents to make infant feeding decisions, set feeding intentions and establish expectations for the birth hospitalization and post discharge periods. Implementation of the Ten Steps and Baby-Friendly designation provides accountability for the equitable provision of care and has been shown to increase breastfeeding and reduce disparities.

The Historical, Psychosocial and Cultural Context of Breastfeeding in the African American

Breast/chestfeeding provides a range of benefits for an infant's growth, immunity and development, and reduced maternal risk of premenopausal breast cancer, earlier return to pre-pregnancy weight, reduction of postpartum bleeding, and reduced risk of osteoporosis. Complex barriers exist, thus moderating support that lactating persons need from health care providers, public health professionals, family members, society, their community, and employers is paramount to meet their breastfeeding goals. There are several complex factors that influence the decision to initiate and continue breastfeeding including those "external" to women, such as cultural beliefs. The cultural context and environment of decision-making are illuminated through the prism of traditions and historical and cultural events. The ideology and sentiment of breastfeeding has changed during history and has evolved within the African American community.

Conference Objectives

At the end of these sessions, participants will be able to:

Sex, Gender, and Language in Breastfeeding and Birth

- Explain, Describe, Identify the difference between sex and gender.
- Learn how to consider the importance of your target audience in deciding what kinds of language might be most appropriate.
- Identify common inaccuracies and unintended meanings found in “gender-neutral” and desexed language, and how to best avoid them.

Breastfeeding and Food Allergy

- List 3 early life risk factors for the development of allergic diseases.
- Describe objective versus subjective indicators of food protein sensitization and food allergy.
- Explain the interaction between atopic dermatitis and food allergy.
- Detail the indications for and management of allergen elimination diets and their downsides.

The Boobie Traps of Breastfeeding: Fundamentals of Lactation for Frontline Staff

- Identify the stages of breast growth and change throughout pregnancy and postpartum.
- Describe how to help breast/chest feeding families understand the benefits of human milk without overwhelming them with too many "shoulds".
- List appropriate amounts of supplementation based on infant age.
- Explain why the 'Golden Hour' after birth is so important to lactation.
- Describe how to support families after birth.
- Identify and address barriers that postpartum breastfeeding families may encounter.

Promoting the COVID 19 vaccine in pregnant and lactating patients: debunking internet myths, conquering mistrust of the medical community, and constructing an elevator pitch within the 15 minute visit

- Describe the benefits of COVID 19 vaccination in pregnancy and infancy through lactation.
- Discuss the most common reasons for COVID 19 vaccine hesitancy among pregnant and lactating patients.
- List strategies to navigate difficult conversations with patients who are resistant to vaccination.

Academy of Breastfeeding Medicine, Mastitis Protocol

- Review plugging to abscess spectrum as ductal level inflammation that should be treated analogous to other hollow lumens in the body (e.g. cholecystitis or pancreatitis).
- Understand early supportive interventions to resolve inflammation such as ice, anti-inflammatory medication, and therapeutic ultrasound before progressing to antibiotics.
- Describe best practices for treatment such as eliminating excessive pumping and treating hyperlactation/oversupply.
- Review interventions that cause worsened inflammation and swelling, such as massaging a lactating breast and causing microvascular injury and edema.
- Understand features worrisome for lactational phlegmon or abscess, and when to refer to a breast surgeon for intervention.

Supporting the Continuity of Maternity Care: The Importance of Baby-Friendly Prenatal Guidelines

- Evaluate & Differentiate the importance of the Baby-Friendly prenatal components in Steps 1-3.
- Participants will be able to differentiate between compliance and non-compliance with the International Code of the Marketing of Breast milk Substitutes in health care facilities.

The Historical, Psychosocial, and Cultural Context of Breastfeeding in the African American Community

- Describe the historical, psychosocial, and cultural context of breastfeeding among African Americans.
- Explain how this cultural context impacts the breastfeeding experience of African Americans.

Speaker Bios:

Melissa Bartick, MD, MSc, MPH, FABM, is an internist and Assistant Professor in Medicine at Mount Auburn Hospital in Cambridge, MA and Harvard Medical School. Dr. Bartick holds an MS from University of California, Berkeley, an MD from University of California, San Francisco, and an MPH in epidemiology from Harvard University. She has authored numerous breastfeeding publications in peer-reviewed journals. She was Chair of the Massachusetts Breastfeeding Coalition from 2002 to 2014, and served on the Board of the US Breastfeeding Committee from 2009-2015. She was founder of the American Public Health Association Breastfeeding Forum, and served two terms as chair. She served on the Board of the Academy of Breastfeeding Medicine from 2018-21 and was the senior author of the Bedsharing and Breastfeeding protocol that was published in January 2020.

Tieg Beazer, DO, MS - Dr. Tieg Beazer is currently a second year Maternal Fetal Medicine fellow at the University of Rochester in Rochester, NY. She was born in New York City and was raised in Teaneck, New Jersey. She obtained a masters and medical degree from Touro College of Osteopathic Medicine in Harlem and completed her residency in Obstetrics and Gynecology at Cooper University Hospital in Camden, NJ. Dr. Beazer's clinical interests include infectious diseases in pregnancy and engaging in public health initiatives to combat maternal morbidity and mortality in NY state. Dr. Beazer is also an avid runner who enjoys spending time exploring upstate New York's beautiful scenery with her husband and daughter.

Camille A. Clare, MD, MPH, CPE, FACOG is a board-certified obstetrician and gynecologist. She is the Chair and a tenured Professor at the Department of Obstetrics and Gynecology of Downstate Health Sciences College of Medicine and Professor of Health Policy and Management of the School of Public Health. Dr. Clare holds an MD from the Albert Einstein College of Medicine, Bronx, NY and a MPH in Health Policy and Management from New York Medical College. She completed her obstetrics and gynecology residency at the State University of New York at Buffalo. Dr. Clare is an active member of American College of Obstetricians and Gynecologists (ACOG), serving in leadership roles on the section, district, and national levels, and previously on several national committees. She is the ACOG National Secretary in Nomination, and the immediate past ACOG District 2 Chair. Dr. Clare is also an active member of the National Medical Association (NMA), and has served in leadership roles on the local, regional and national levels. She is the Chair of the NMA Obstetrics and Gynecology Section, and Region 1 Trustee. She received the NMA Obstetrics and Gynecology Section Award for Best Practices in Breastfeeding in 2017. She is an active member of the NMA Obstetrics and Gynecology Section Breastfeeding Alliance, advocating for the elimination of disparities in breastfeeding in African American birthing persons. Dr. Clare also sits on the board of the New York Statewide Breastfeeding Coalition as a representative from ACOG District 2.

Eileen FitzPatrick, DrPH, MPH, RDN is the CEO of Baby-Friendly USA, Inc. Her experience includes work with the New York State Department of Health, where she was a primary coordinator of the initial Breastfeeding Quality Improvement in Hospitals (BQIH) project. Additionally, she led the community Breastfeeding Friendly project in Erie County, NY. Dr. FitzPatrick holds an MPH and Doctorate in Public Health with her doctoral work focused on maternity care practices and breastfeeding. She has co-authored numerous peer-reviewed, scientific publications and has presented original research at a numerous of professional meetings.

Nekisha Killings, MPH, IBCLC, is an equity strategist and maternal and child health advocate who speaks, teaches, and facilitates on topics related to equity and dismantling bias across various sectors. She acts as a Director of Equity, Inclusion and Belonging [DBA(1] and consults organizations on creating and implementing strategies to better support marginalized communities. Nekisha penned the chapter titled Cultural Humility in the latest Core Curriculum for Interdisciplinary Lactation Care. Nekisha is on a mission to normalize brown breasts in health provider education, thereby better equipping providers to accurately diagnose and treat people of color. Accordingly, she founded The Melanated Mammary Atlas® in 2021. Nekisha's work is rooted in compassion and candor that could only have been cultivated in years of supporting new parents through their first days of parenthood. To eager audiences, she extends her own brand of wisdom, wit, and eureka moments to shift the way they approach life and work.

Speaker Bios:

Karla Lewis, BS, IBCLC, is the Breastfeeding Coordinator at Morrisania WIC. She began her breastfeeding journey in 1994 as a WIC participant in Rockland County. After being helped by a WIC Breastfeeding Peer Counselor and Lactation Consultant, she volunteered as a Peer Counselor. She worked as a paid Peer Counselor in Mississippi, moved back to NYS years later and came to work at Morrisania WIC as a Peer Counselor. True to Karla's personality and drive, she worked hard and became an International Board Certified Lactation Consultant in 2006 and was promoted to Breastfeeding Peer Counselor Coordinator, and then in 2008 to the Breastfeeding Coordinator position at Morrisania WIC. Karla has been helping breastfeeding families for 28 years. She has a unique skill in engaging anyone with whom she speaks, from moms and other birthing individuals to staff at staff training to colleagues to the public. She is deeply empathic and is a very effective lactation professional. She loves training other professionals, helping moms and other birthing people and coming up with new and creative ways to engage. Karla has enhanced her skills by learning new technology applications and has become the Morrisania WIC Program's expert in implementing virtual platforms, texting methodologies, social media and enhancing their WIC Strong page. She is particularly proud of the Access Database that she created to manage the Peer Counselor Program.

Katrina B. Mitchell, MD, IBCLC, PMH-C is a breast surgeon, International Board-Certified Lactation Consultant, and perinatal mental health provider. She sees patients in a daily breastfeeding medicine clinic alongside her surgical practice at Ridley Tree Cancer Center at Sansum clinic in Santa Barbara, California. She is the creator of the physicianguidetobreastfeeding.org, an evidence-based resource for breastfeeding families and the communities that support them.

Stephanie Sosnowski, BS, IBCLC, has been working in the field of lactation and birth since 1991 when she started work as Perinatal Health Educator for Maternal-Infant Services Network, a private non-profit agency whose mission was to improve birth outcomes in the Mid-Hudson Valley. There, she led the Mid-Hudson Lactation Consortium, facilitating quarterly meetings and an annual education conference that brought national and internationally known presenters to the region. She also facilitated the Hudson Valley Regional Perinatal Network's Breastfeeding Coalition, as well as the WIC Hudson Valley Breastfeeding Coalition. Stephanie is certified by the International Childbirth Education Association as a Childbirth Educator, and currently serves on their Executive Board of Directors. She became a CLC in 2007, and an IBCLC in 2011, and has served on the Executive Board of the New York Statewide Breastfeeding Coalition since its inception in 2006. While working for Maternal-Infant Services Network, she was the Breastfeeding Peer Counselor Coordinator under a subcontract with the Orange County Health Department for 10 years. Upon retirement from MISN in 2020, she has been working as a hospital-based IBCLC for Garnet Health Medical Center in Middletown, Orange County. She has been employed as a lactation consultant for Washingtonville Pediatrics since 2013. She has been married to her husband Robert since 1977, has 2 daughters and 3 beautiful grandchildren.

Catherine Watson Genna, BS, IBCLC is an International Board Certified Lactation Consultant in private practice in New York City. Certified in 1992, Catherine is particularly interested in helping moms and babies breastfeed when they have medical challenges. She loves to teach, locally mentoring clinical interns and traveling to educate healthcare professionals around the world on assisting breastfeeding babies with anatomical, genetic or neurological problems. Her presentations and her writing are enriched by her clinical photographs and videos. Catherine collaborates with Columbia University and Tel Aviv University Departments of Biomedical Engineering on research projects investigating the biomechanics of the lactating nipple and various aspects of sucking and swallowing in breastfeeding infants. She is the author of *Selecting and Using Breastfeeding Tools: Improving Care and Outcomes* (Praeclarus Press 2009) and *Supporting Sucking Skills in Breastfeeding Infants* (Jones and Bartlett Learning 2008, 2013, 2017, 2022) as well as professional journal articles and chapters in the Core Curriculum for Lactation Consultant Practice and Breastfeeding and Human Lactation. Catherine served as Associate Editor of the United States Lactation Consultant Association's official journal Clinical Lactation for its first seven years. She is still a La Leche League Leader.



About NYSBC

The New York Statewide Breastfeeding Coalition is an advocacy, not-for-profit organization focusing on issues that affect breastfeeding. The NYSBC is an organization made up of lactation consultants, health care providers, regional breastfeeding coalitions and the major statewide maternal and child health organizations.

Mission Statement

The mission of the NYSBC is to improve the health of New Yorkers by working collaboratively to promote, protect, and support breastfeeding as the norm in New York State.

Vision Statement

In New York State, breastfeeding is supported in all environments to promote optimal health and development.

Equity Statement

The New York Statewide Breastfeeding Coalition (NYSBC) supports all families in nurturing children and commits to championing policies and practices that promote cultural equity and empower a just, inclusive and equitable nation. The NYSBC is a not-for profit organization made up of lactation consultants, health care providers, regional breastfeeding coalitions and the major statewide maternal and child health organizations.

The NYSBC strives to promote, protect and support human milk feedings in an inclusive and equitable manner regardless of a person's race, ethnicity, religion, sexual orientation or expression, gender identity, socioeconomic status, able-bodied status, national origin, military service, age or marital status. NYSBC provides informed, authentic leadership for cultural equity by:

- Pursuing cultural competency throughout our organization through substantive education and formal, transparent policies.
- Applying a cultural humility lens to acknowledge and dismantle any inequities within our policies, systems, programs, or services, and reporting organization progress.
- Committing time and resources to expanding more diverse leadership within our board and membership.
- Advocating for change in public and private society by challenging systems and policies that create inequity, oppression and disparity.