



# MEDICATIONS & MORE

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MEDICATIONS & MORE



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FROM THE EDITOR'S DESK



Welcome to the new, improved Medications and More e-magazine. We have a new graphic designer on staff, Alexandra Dellis-Harcha, and she is giving the newsletter a new look. Check out the website in the coming weeks for a new look there, also!

In this month's issue of Medications and More e-magazine, our feature article by Kathleen Kendall-Tackett and Thomas Hale presents some preliminary findings from the Survey of Mothers' Sleep and Fatigue. The findings, in their entirety, will be presented at the Hartmann/Hale Human Lactation Research Conference this summer.

Do you want to attend the conference, but don't have the money for the conference fee? Barbara Wilson Clay and Kay Hoover have generously donated a scholarship to pay the registration fee for one lucky Lactation Consultant or LC Candidate. More information about this on page 16. Hale Publishing and Drs. Hartmann and Hale are also offering a scholarship for Early-Career Scientists in human lactation. See page 16. To get a taste of some of the conference sessions, see page 14.

Of course, we always have books for sale. See the books we are highlighting this month on page 9. We'll also continue to summarize recent research on PubMed, and give you a glimpse of what is happening with breastfeeding around the world.

The Writer's Column will help budding writers pull their ideas together into a book. See page 12 for tips on how to get started writing. Another new column will be the Announcements column.

We hope you enjoy the changes. Happy reading!

Janet Rourke  
Editor

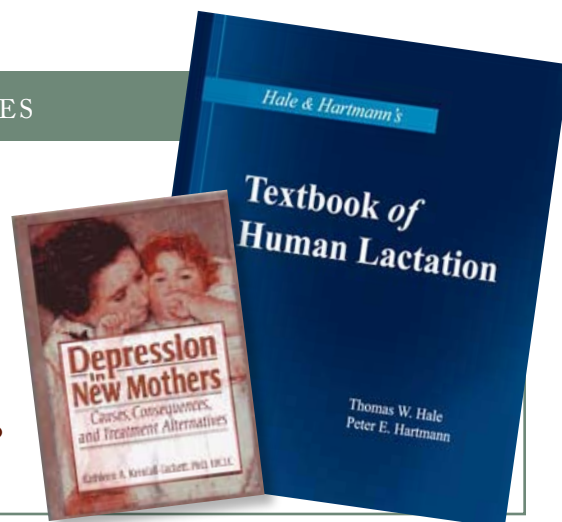
THIS MONTH'S FEATURES

TEXTBOOK OF  
HUMAN LACTATION

The next level of knowledge in  
human lactation

DEPRESSION IN  
NEW MOTHERS

For a comprehensive approach to  
treating postpartum depression



## FEATURED ARTICLE



## SURVEY OF MOTHERS' SLEEP AND FATIGUE: PRELIMINARY FINDINGS

**Kathleen Kendall-Tackett, Ph.D., IBCLC**

**Thomas W. Hale, Ph.D. • Department of Pediatrics, Texas Tech University School of Medicine**

In July 2008, we launched our online Survey of Mothers' Sleep and Fatigue, and we asked for your help in recruiting mothers. Our study is timely. Bed sharing is once again in the news this week, as results from a new paper warn that bed sharing increases the risk of accidental strangulation (Shapiro-Mendoza et al., *Pediatrics*, 2009). We decided to conduct our study because we were concerned that many of the policies around co-sleeping and bedsharing were made with limited empirical data about how the majority of mothers and babies actually sleep. Indeed, many of the cautions about bed sharing come from studies of infants who have died of SIDS. These cases are tragic, but in terms of policy-making, the samples are not necessarily representative of the practices of families around the world. They also often include a broad range of safe and unsafe practices grouped together. In order to make wise policy decisions, and the implications of those decisions on SIDS, we must know more about what average families are doing--and may or may not be telling their doctors.

Another concern we wanted to address in this study was whether nighttime breastfeeding increased risk of postpartum depression. There are an increasing number of books that tell mothers not to breastfeed at night in order to prevent depression. While this advice is well-intended, no one knows if it even works. We wanted to examine if there was a relationship between nighttime feedings, sleep deprivation, and depression, while accounting for other depression risk factors, such as trauma history, postpartum pain, and lack of support. All of these other factors can compromise sleep quality and increase daytime fatigue.

At the beginning of this study, we optimistically hoped that we would have a final sample of 1,500 mothers after a year of data collection. Instead, 6,418 mothers have completed our survey in the past six months—dramatically exceeding our wildest expectations. We have you to thank for this tremendous response. Below is a first look at the findings. We will present a vastly larger review at the Hartmann-Hale Conference this summer.

### STUDY PARTICIPANTS

The sample was 6,418 mothers of infants ages 0-12 months (Mean age=6.96 months), from 60 countries. The largest group was from the U.S. (N=4,725), followed by Canada (N=416), the European Union/Eastern Europe (N=544), Australia and New Zealand (N=182), the Middle East (N=53), Central and South America (N=32), Asia (N=30), and Africa (N=12). The average current age of the mothers was 31.2. The women were primarily in their 20s and 30s: less than 1% were teens, 36% were 20-29, 59% were 30-39, 4% were 40-49, and one woman was 50. When asked about their age at their first births, the ages were younger, with a mean of 28.2: 4.2% were teens, 56.3% were 20-29, 38.3% were 30-39, and 1.3% were 40-49.

The sample was predominantly Caucasian (89.7% in the U.S. sample, 100% in Australia, 84% in New Zealand, 75% in Great Britain), 91% were married, and 97% were living with a partner. The sample was quite well educated, with 70% having a bachelor's degree or higher. We collected income data for the U.S. sample, and it was reasonably well distributed across categories: 2.6% (<\$15K), 4.7% (\$15-\$25K), 18% (\$26-50K), 21.3% (\$51-\$75K), 20% (\$76-\$100K), 17.5% (\$101-\$150K), 10.2% (>\$150), and 5.5% (declined to state).

Regarding feeding, 78.5% breastfeed, 18.6% combine breast and bottle feeding, and 2.9% formula-feed only. The high percentage of breastfeeding mothers is not surprising given the channels by which we recruited mothers. But we still have enough of a sample of formula-feeding mothers to allow some comparison (N=171).



## INITIAL ANALYSIS

Our preliminary analysis were in three topic areas: where babies sleep, mothers' self-reported fatigue, and mothers' history of psychological trauma.

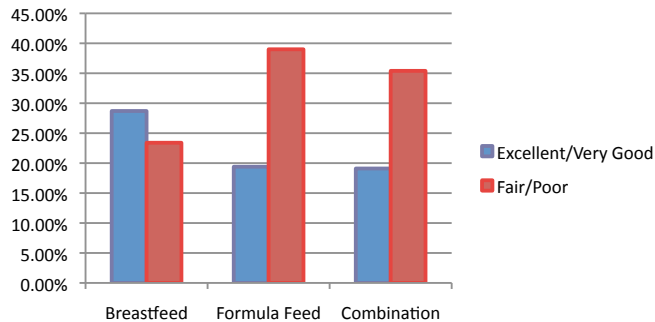
## WHERE BABIES SLEEP

Interestingly, even with a predominantly breastfeeding sample, the respondents were not uniform in their belief that babies should share a bed or even be in the same room as mom: 44% indicated that their babies are in a crib in another room, 16.6% had babies in a crib or bassinet in their room, 4.8% in a co-sleeper, and 32.6% indicated that their babies were in their beds. In the U.S. sample, the percentage of bedsharing among African Americans (52%) and Mexican Americans (51%) was higher than the percentage Caucasian Americans (42%), consistent with other studies. Even comparing U.S. and Canadian mothers found slightly more babies in bed among the American vs. Canadian mothers. Our data has a lot more detail about babies' sleep arrangements that we will be analyzing in the next month or so.

TABLE 1

| LOCATION                           | PERCENTAGE |
|------------------------------------|------------|
| CRIB IN ANOTHER ROOM               | 44.6%      |
| CRIB, BASSINET IN MOTHER'S BEDROOM | 16.6%      |
| CO-SLEEPER                         | 4.8%       |
| IN MY BED                          | 32.6%      |
| SOMEPLACE ELSE                     | 1.3%       |

### Mothers' Fatigue by Feeding Method



### MOTHERS' FATIGUE

Mothers' self-rated fatigue levels were spread evenly from "very fatigued" to "not at all fatigued." We found that fatigue varied by feeding method. When asked to rate their energy on most days, 28.7% of breastfeeding mothers rated their energy as excellent or very good, compared to 19.4% of formula feeding mothers, and 19.1% of women who combined methods. In looking at the other end of the scale, 23.4% of breastfeeding women described their energy level as fair or poor, compared with 39% of women who formula feed, and 35.4% of women who combined methods. Women's friends were twice as likely to think the women would get more rest if they formula fed than the women thought themselves.

### MOTHERS' TRAUMA HISTORY

Trauma history can be an important predictor of fatigue in that it often compromises sleep quality. An astonishing 51.6% had experienced at least one type of traumatic event, and approximately one third had been exposed to parental substance abuse, mental illness, or intimate partner violence. Moreover, 13% reported rape or sexual assault. Not surprisingly, there were repercussions of these events. In our sample, 58.4% had been depressed, with 34.8% of those mothers having 3 or more episodes of depression. The good news is that almost all of the mothers reported happy, stable and safe relationships with their current partners.

We are very pleased with the amazing data set you have entrusted to our care. Our pledge to you is that we will get this research out in the field as soon as possible. Thanks again for your help with this study. We'll keep you posted on our progress.

TABLE 2

| HAVE YOU EVER BEEN DEPRESSED? |       |
|-------------------------------|-------|
| YES                           | 58.4% |
| NO                            | 41.6% |

Article by Kathleen Kendall-Tackett and Thomas W. Hale

## PUBMED



**Click on the subject of your choice to direct you to the correspondent web source**

### DENTAL CARIES

- Dental caries prevalence in children up to 36 months of age attending daycare centers in municipalities with different water fluoride content.
- Feeding habits as determinants of early childhood caries in a population where prolonged breastfeeding is the norm.

### HIV/AIDS

- Antiretroviral Concentrations in Breast-feeding Infants of Mothers Receiving HAART.
- Nevirapine resistance and breast-milk HIV transmission: effects of single and extended-dose nevirapine prophylaxis in subtype C HIV-infected infants.

### INFANT CHILD ISSUES

- Adverse events associated with neonatal exchange transfusion for hyperbilirubinemia.
- Breastfeeding and genetic factors in the etiology of inflammatory bowel disease in children.
- Breastfeeding Prevents Severe Disease in Full Term Female Infants With Acute Respiratory Infection.
- Early discharge with tube feeding at home for preterm infants is associated with longer duration of breastfeeding.
- Improved outcome of allogeneic bone marrow transplantation due to breast-feeding-induced tolerance to maternal antigens.
- Risk factors for colonisation of newborn infants during an outbreak of extended-spectrum beta-lactamase-producing *Klebsiella pneumoniae* in an intermediate-risk neonatal unit.
- Risk factors for otitis media with effusion in children.
- Soothing methods used to calm a baby in an Arab country.
- The role of critical incident monitoring in detection and prevention of human breast milk confusions.
- The social hygienic factors of the prevalence of children's breast feeding



## MATERNAL ISSUES

- Breast-feeding patterns and factors determining exclusive breast-feeding.
  - Italian consensus conference on epilepsy and pregnancy, labor and puerperium.
  - Postpartum contraception.
  - Pregnancy after organ transplantation. REVIEW.
  - Thyroid disorders during pregnancy.
- 

## MEDICATION

- Enhanced immunogenicity of an oral inactivated cholera vaccine in infants in Bangladesh obtained by zinc supplementation and by temporary withholding breast-feeding.
- 

## NUTRIENTS/NUTRITION

- Dietary fat in infancy should be more focused on quality than on quantity.
  - Morphology of Reproductive Organs, Semen Quality and Sexual Behaviour of the Male Rabbit Exposed to a Soy-containing Diet and Soy-derived Isoflavones during Gestation and Lactation.
  - Nutritional practices in the neonatal intensive care unit: analysis of a 2006 neonatal nutrition survey.
  - The genome sequence of *Bifidobacterium longum* subsp. *infantis* reveals adaptations for milk utilization within the infant microbiome.
  - Trends in infant nutrition in Saudi Arabia: compliance with WHO recommendations.
  - Vitamin D - a review.
- 

## OBESITY

- Birthweight, breast-feeding, parental weight and prevalence of obesity in schoolchildren aged 10-12 years, in Greece; the Physical Activity, Nutrition and Allergies in Children Examined in Athens (PANACEA) study.
  - Childhood Overweight: Prevention Strategies for Parents.
  - Growth-curve standards and the assessment of early excess weight gain in infancy.
- 

## PROMOTION

- Effects of a breast feeding promotion program for working women.
- Guidelines to Improve Maternity Practices and Support Breast-Feeding Are Readily Available.
- Impact of a community-based integrated management of childhood illnesses (IMCI) programme in Gegharkunik, Armenia.
- Introduction of CenteringPregnancy in a public health clinic.
- Juggling work and breastfeeding: effects of maternity leave and occupational characteristics.
- Sustaining change: once evidence-based practices are transferred, what then?

## BREASTFEEDING IN THE NEWS

Jan. 25, 2009

NBC Los Angeles reports that the Marin Breastfeeding Coalition is launching an eye-catching campaign to encourage breastfeeding and to promote acceptance of breastfeeding in public. The organization is placing life-size cutouts of women breastfeeding their babies around the Village shopping center in Corte Madera, California, near a children's play area. Each cutout figure is holding a card that reads, "When breastfeeding is accepted, it won't be noticed." The Marin Breastfeeding Coalition hopes everyone noticing the campaign cutouts will question why they were paying so much attention to breastfeeding mothers in the first place. The group wants everyone to know that breastfeeding in public is acceptable and is protected by law.

Jan. 22, 2009

ScienceDaily.com reports that researchers at Thomas Jefferson University have found that extended lactation protects against mammary tumor development. The problem in studying breast cancer development has been the lack of a suitable animal model of extended lactation. In this study, researchers demonstrated that mice deficient in Caveolin 3 had a constitutive lactation phenotype – these mice were protected against mammary tumor formation and lung metastases – and may be used to study the prevention or treatment of human breast cancers. The researchers suggest that reduction of Cav-3 levels in the mammary gland may provide a new therapeutic strategy for preventing the onset of breast cancers.

Jan. 19, 2009

UPI.com reports that British researchers have found that the relationship between breastfeeding and lower Body Mass Index disappears by age 7. In this study published in the *Journal of Nutrition*, researchers from

the University of Southampton in England and Oregon Health and Science University examined breastfeeding in a large group of sibling pairs followed into their late 60s. They found that duration of breastfeeding had no significant impact on BMI at age 60. The researchers suggested that differences in long-term effects of breast and bottle feeding may reflect maternal differences rather than the type of feeding.

Jan. 12, 2009

PatriotLedger.com reports that Massachusetts' Governor Deval Patrick signed into law An Act to Promote Breastfeeding, a bill that protects a mother's right to nurse her baby in public and imposes a \$500 fine on anyone who harasses a nursing mother. North Dakota and West Virginia are the two remaining states who do not have similar legislation.

Jan. 10, 2009

*The Daily Telegraph* reports that researchers at Sydney's Brain and Mind Research Institute have found positive results in young people with autism who were given oxytocin in nasal spray form. The researchers are studying whether you can increase sociability in a range of abnormal brain development states by giving oxytocin. The institute has received three year funding to continue the study. The results of this research may eventually help people who suffer from other problems, like schizophrenia and social anxiety.

Jan. 7, 2009

*The Independent Science* reports that scientists from the University of Zurich found that men who sniffed an oxytocin nasal spray performed significantly better on a facial memory test where they had to recognize

the faces of strangers a day after they inhaled the hormone. The scientists believe the findings support the idea that oxytocin acts as a chemical glue within the brain to cement personal relationships critical for the peaceful co-existence of individuals living within a social group. "This is the first study to show oxytocin improves recognition for faces, but not for non-social stimuli," states Peter Klaver of the University of Zurich. This research is being published in the January issue of *The Journal of Neuroscience*.

Jan. 6, 2009

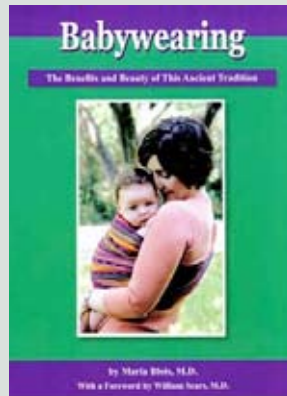
Medical News Today reports on two new studies led by researchers at the University of California, Berkeley. The first study, published in the January/February issue of *Women's Health Issues*, found that women who take maternity leave in the month before delivery are less likely to have a cesarean section. The second study, published in the January issue of *Pediatrics*, found that women who took less than six weeks maternity leave had a four-fold greater risk and women who took six to twelve weeks of maternity leave had a two-fold greater risk of failure to establish breastfeeding compared to women taking longer maternity leaves.



SELECTIONS FROM THE BOOKSTORE

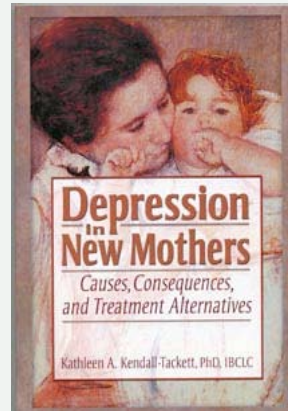
Baby Wearing  
The Benefits and Beauty of  
This Ancient Tradition

\$29.95



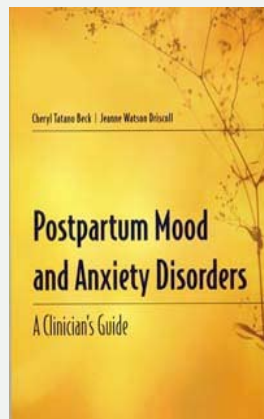
Depression in  
New Mothers

\$24.95



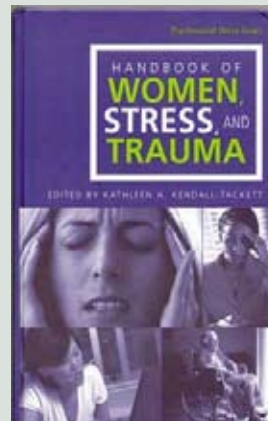
Postpartum Mood and  
Anxiety Disorders

\$48.95



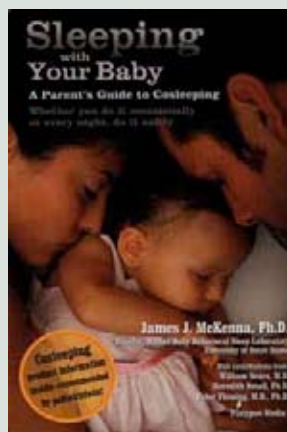
Handbook of Women,  
Stress and Trauma

\$34.95



Sleeping with  
Your Baby

\$14.95

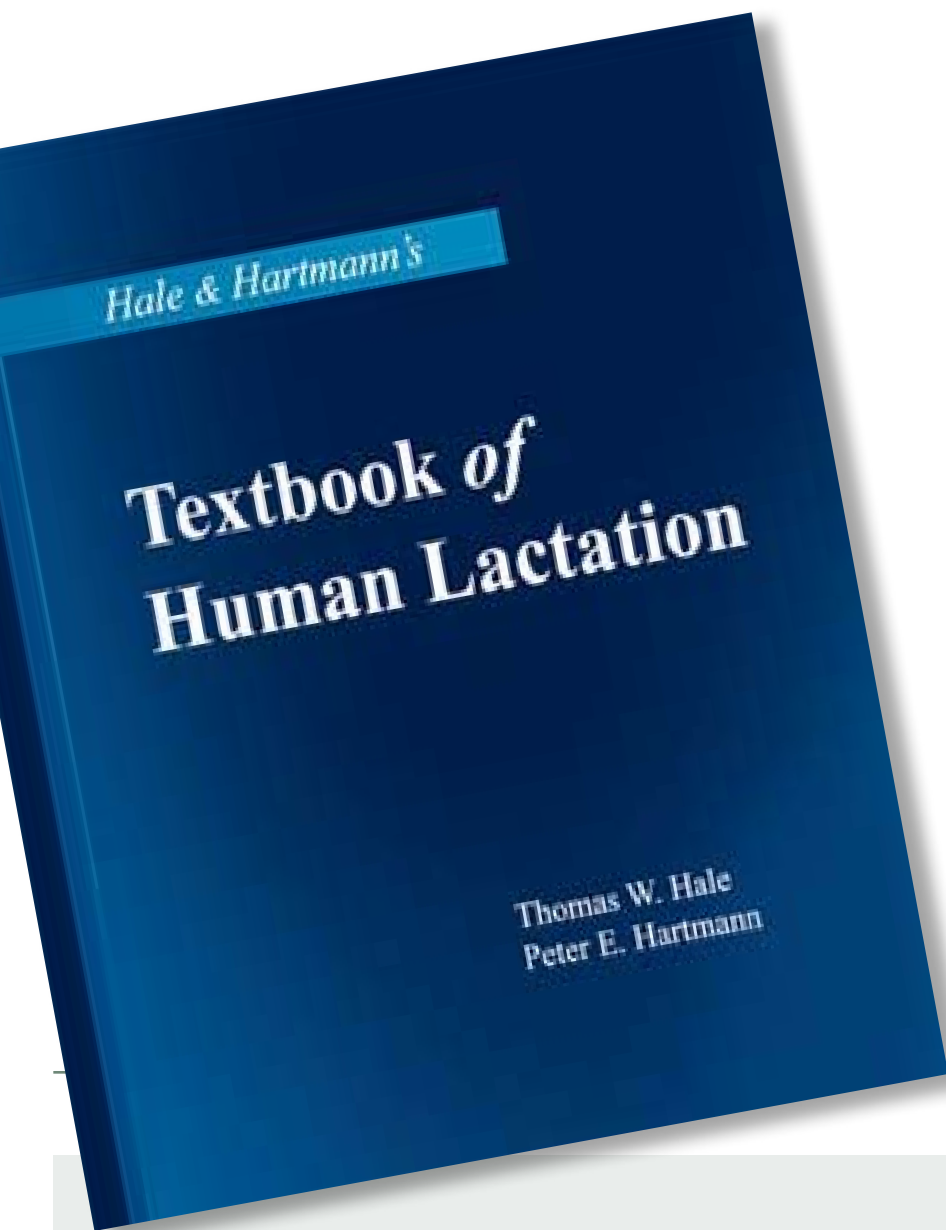


Working  
Without Weaning

\$24.95



FEATURED READING



HALE & HARTMANN'S  
TEXTBOOK OF  
HUMAN LACTATION

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Written by many of the world's leading experts, this first edition of *Textbook of Human Lactation* addresses the most current evidence-based scientific knowledge in this rapidly developing field. While there are many clinical guides available, this work describes the most basic mechanisms and physiology of human milk found in no other textbook in this field.

**\$89.95**

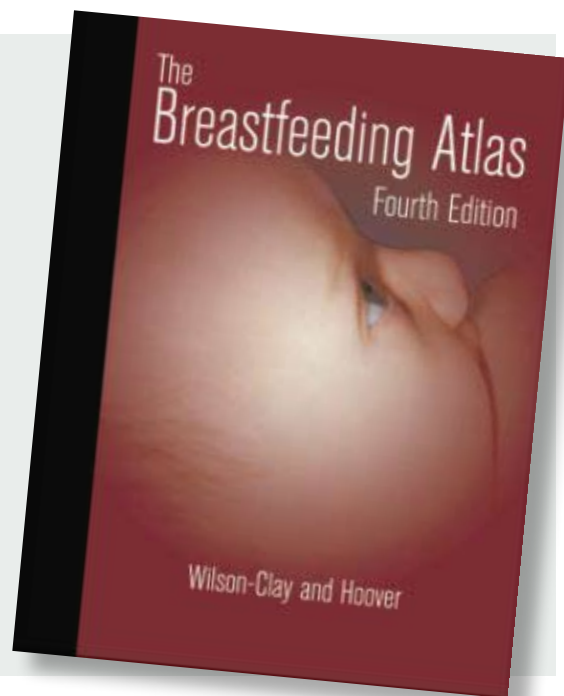
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BREASTFEEDING  
ATLAS

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Barbara Wilson-Clay  
and Kay Hoover

**\$59.00**



## OUR AFFILIATE PROGRAM



**AFFILIATE  
PROGRAM  
FAQ SHEET**

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## THE WRITER'S CORNER

SILENCE THAT INNER CRITIC  
AND START WRITING!

by  
**Kathleen Kendall-Tackett**

**F**or most writers, getting started is the hardest part. You may be bursting with good ideas. But somehow, what comes out on paper is...horrible. Because of that disconnect, it's easy to put writing off.

A major reason writers procrastinate is that little voice inside our heads. It's the voice that tells you your writing is awful and will never improve. Talk with other writers and you'll find out what a common experience this is.

If you want to write, however, you must learn to get past this voice by being more accepting of your initial efforts. Or as writing instructor Heather Sellers says, "dare to suck." Most writing is bad in the beginning. Writing awful first drafts can be challenging for professionals, who are used to being competent. But once you get through this first stage, it gets much easier.

One more thing. As you start writing, avoid drawing false conclusions about your writing based on comparisons with others. Keep that in mind that other people's writing, although it appears effortless to you, was likely the result of a great deal of effort. So it is absurd to compare your unedited text—especially first drafts—to someone else's final version, and conclude you can't write. As you begin, remember the admonition of author Anne Lamott (*Bird by Bird*, p. 25).

*"Almost all good writing begins with terrible first efforts. You need to start somewhere. Start by getting something—anything—down on paper."*

*Kathleen Kendall-Tackett, Ph.D., IBCLC is Acquisitions Editor for Hale Publishing. For more information on becoming a Hale Publishing author, [click here](#).*

*Adapted from: Kendall-Tackett, K.A. (2007). How to Write for a General Audience. Wash, DC: American Psychological Association. Available from [www.ibreastfeeding.com](http://www.ibreastfeeding.com)*



SILENCE THAT INNER CRITIC  
AND START WRITING!



# THE NEXT FRONTIER in LACTATION RESEARCH

## OUTSIDE FACTORS that INFLUENCE BREASTFEEDING

2009 HARTMANN - HALE HUMAN LACTATION RESEARCH CONFERENCE

### GUEST SPEAKERS

- » Thomas W. Hale
- » Peter Hartmann
- » Sue Cox
- » Donna Geddes
- » Lee Gettler
- » Kathleen Kendall-Tackett
- » James McKenna
- » Julie Mennella
- » Jacqueline Kent

### » Registration Fee

\$375 before May 1, 2009  
\$400 after May 1, 2009

### » Registration

June 3, 2009  
Ambassador Hotel  
5 - 7 p.m.

### » Conference

June 4, 5, 6 • 2009

### » Location

Amarillo Civic Center  
Amarillo, Texas

### » Hotel

Ambassador Hotel

### » Sponsors

Hale Publishing  
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## JAMES J. McKENNA

Ph.D. Professor and Director, Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame, Department of Anthropology and Lee T. Gettler B.A and Doctoral student in anthropology, Northwestern University and Associate Director, Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame

**2 HOURS**  
**Part 1 and 2**



### PART 1

#### **Physiological and Behavioral Studies of Mother-Infant Breastfeeding and Bedsharing In The Contemporary Western Setting: Political, Legal, and Medical-Aspects**

The first half of our lecture (James McKenna) will review studies conducted here and abroad pertaining to the behavior and physiology of mother-infant bedsharing. Attention will be paid to the biological and emotional characteristics of mothers and infants that promote decisions by breastfeeding mothers, especially, to sleep with their babies, and a presentation of the ways in which once these decisions are made and practiced how they effect mother-infant sleep architecture, breastfeeding session frequencies, maternal and presumably infant satisfaction, sleep position, arousal patterns, breathing patterns, heart rate, infant crying, sleep duration and mothers reproductive status in general.

Against this background recent events following the American Academy of Pediatric's unqualified characterization of bedsharing as being "hazardous" and recommendation against any and all bedsharing will be discussed. Specifically, how this recommendation is being translated by the media, and by hospitals and medical authorities in general will be criticized and ideas as to how to respond will be discussed. In fact, parents are being inappropriately warned "never sleep with you baby" and that "infants sleep best alone" a known SIDS risk factor in, and of, itself. How to get appropriate messages out to parents about safe infant sleep which covers all kinds of arrangements will be proposed.

### PART 2

#### **Fathers Role In the Evolution of Breastfeeding Patterns, Maternal Reproductive Physiology and the Survival and Well Being of Human Infants: More Than A Nice Social Idea**

In the second half of our lecture (Lee Gettler) will introduce new ideas and data pertaining to the role of adult men and fathers in the evolution of contemporary maternal biology and infant development, with implications for breastfeeding. Fathers capacity to respond behaviorally and hormonally to their infants (and infants in general) and the unique direct caregiving role that human fathers likely came to exhibit will be described. It will be

described how adult male behavior toward infants reduced energetic burdens encountered by human mothers throughout our evolution. New, future research and the rationale for this research will be described and provide the audience with a new appreciation of ways in which an anthropological i.e. a comparative (holistic) research perspective richly expressed in our industrial, western world.



June 4 - 6 • 2009 » Amarillo Civic Center » visit [www.ibreastfeeding.com](http://www.ibreastfeeding.com) to register

## ANNOUNCEMENTS



by  
**Janet Rourke**  
 Medications & More Editor

### MELAMINE IN US FORMULAS

FDA tested 89 US-made infant formulas for melamine and cyanuric acid. Four of the 89 formulas tested positive for melamine or cyanuric acid: 3/20 Mead Johnson formulations and 1/5 Nestle formulations. The formulas that tested positive are:

#### **Enfamil Lipil with Iron**

12.9 oz milk-based infant formula powder ENFLIP QGN89 0744 18508 A/Use by 1 Nov 2009

#### **Enfamil with Iron**

12.9 oz can milk-based infant formula powder ENFLIP QGN91 0440 18608 B/Use by 1 Nov 2009

#### **Enfamil Lipil with Iron**

12.9 oz can milk-based infant formula powder QGN92/Use by 1 Nov 2009

#### **Nestle Good Start Supreme with Iron**

250 ml can milk-based liquid infant formula 8267572123/Use by 23 Dec 2009

### FREE ONLINE BREASTFEEDING TRAINING FOR PHYSICIANS

The University of Virginia has a free online breastfeeding training course for doctors. This course provides 7 CME credits. For more information, go to: [www.breastfeedingtraining.org](http://www.breastfeedingtraining.org)

### MOTHER SUPPORT TASK FORCE

The Mother Support Task Force is one of eight task forces that assist WABA in mobilizing all sectors of the community to restore and sustain breastfeeding cultures. Mother Support Task Force implements activities that attempt to create the appropriate environment of awareness and support

for a mother to initiate and sustain breastfeeding. They developed the Global Initiative for Mother Support (GIMS for Breastfeeding) in 2000 to give attention to the support component of the Innocenti Declaration. Other activities are described in their newsletter. This newsletter is published 3 times a year in English, Spanish, French and Portuguese. To view past issues of the newsletter, go to: <http://www.waba.org.my/whatwedo/gims/english.htm> To subscribe to the newsletter, email: [gims\\_gifs@yahoo.com](mailto:gims_gifs@yahoo.com).

### EVIDENCE-BASED MATERNITY CARE

Attachment Parenting International is calling for evidence-based maternity care. In their monthly newsletter, they discuss Evidence-Based Maternity Care, a report that suggests maternal health can be improved by: allowing mothers to let labor begin on its own, allowing mothers to move around throughout labor, allowing mothers to have a support person at the birth, avoiding interventions that are not medically necessary, allowing mothers to choose the most comfortable position to give birth, and allowing rooming in with the baby after delivery. Lamaze International has also developed six research-based care practice papers on the gold standard of maternity care. For more information, visit the Attachment Parenting International website ([www.attachmentparenting.org](http://www.attachmentparenting.org)).

### POSTPARTUM DEPRESSION BILL

The Melanie Blocker Stokes MOTHERS Act (HR 20) has been reintroduced to the 111th Congress. This bill increases availability of services, public awareness campaigns, and state-wide hotlines for women suffering from postpartum depression. President Obama supported this bill when he was in the Senate and supporters are hopeful it will pass in this session of Congress.

## ANNOUNCING TWO SCHOLARSHIPS FOR EARLY-BIRD REGISTRATION TO THE HARTMANN-HALE CONFERENCE

### LACTATION CONSULTANT SCHOLARSHIP

This scholarship covers early-bird registration for an IBCLC or IBCLC Candidate who has never been to an international breastfeeding conference, such as ILCA or the Hartmann - Hale Conference

#### Criteria:

- IBCLC or IBCLC Candidate (sitting for the exam in 2009)
- No previous attendance at ILCA or Hartmann - Hale
- Financial need

Please apply by providing your name, address, telephone, and email address; where you work; 25 words about the type of lactation work you do; and a signed statement that you have never been to an international breastfeeding conference. Send your application to Quetha Hale ([quetha.hale@hale-publishing.com](mailto:quetha.hale@hale-publishing.com)) by February 20. The winner will be selected by random drawing.

This scholarship is sponsored by  
Barbara Wilson-Clay and Kay Hoover\*.

### EARLY-CAREER SCIENTIST IN HUMAN LACTATION SCHOLARSHIP

The Early-Career Scientist Scholarship covers early-bird registration for graduate students, post-doctoral fellows, or residents who are engaged in research on human lactation.

Please apply by providing your name, address, telephone, and email address; your degree or expected graduation date; your current position, location and university affiliation; and a 50-word summary of the type of research you are doing in human lactation. Send your application to Quetha Hale ([quetha.hale@hale-publishing.com](mailto:quetha.hale@hale-publishing.com)) by February 20.

This scholarship is sponsored by  
Dr. Hale and Dr. Hartmann\*.

\*These scholarships cover conference registration only and do not include airfare or other travel expenses.

If you would be interested in providing additional funds to help with travel expenses for the scholarship winners, please contact Quetha Hale.



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