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Medications and More

Hale Publishing LP, Amarillo, TX

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Medications and More is exactly what the title promises, a newsletter full of information on medications and topics related to breastfeeding mothers and babies. Dr. Tom Hale, who is well known to the lactation community, has added this newsletter to his list of invaluable contributions to the state of lactation art. Published monthly and available via email subscription, the first thing one will notice when opening the newsletter is the layout. With eye-catching color schemes and graphics, user-friendly layouts and hyperlinks, this e-newsletter is both visually and intellectually delightful. Geared toward professionals, it provides an up-to-date compilation of the latest published research on breastfeeding related topics. This review is based on the 2007 October, November, and December issues.

The newsletter contains several sections, laid out in two columns and is freely downloadable in PDF format. Each edition is an average of six to eight pages in length, the first page showing the contents list with hyperlinks, Notes from the Editor, and a feature article written by either Dr. Hale or a guest author. Recent topics include light therapy for depression by Dr. Kathleen Kendall-Tackett, a frequent guest author, and cough and cold remedies for children by Dr. Hale. The lengthy PubMed section is a list of recently published research articles organized under subheadings such as Allergies/Asthma, HIV, Infant/Child Illness, Maternal Illness, Medications, and Obesity. Each title is hyperlinked to its corresponding PubMed abstract, making it a valuable, time-saving list of current research. Readers should be aware that some journals restrict access to the full text version of the articles to subscribers. There is a section on Breastfeeding in the News, which recently included the notice that the American Public Health Association has adopted a new policy on breastfeeding, and a nicely illustrated section listing current Hale Publishing books for sale.

A well-done newsletter, this is another valuable tool for lactation professionals brought to us by Hale Publishing.

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