



Breastfeeding: supplying the evidence

**Australian Breastfeeding Association's
2019 Annual Health
Professional Seminar Series**

March 11–16, 2019

> Brisbane > Sydney > Melbourne > Perth

Plus Online Program

www.etches.com/ehome/ABA2019

Hear up-to-date evidence-based information and research and gain practical skills from local and international experts.

ABN: 64005081523 RTO: 21659



**Australian
Breastfeeding
Association**

About the seminars

The Australian Breastfeeding Association (ABA) is excited to present its 2019 Seminar Series *Breastfeeding: supplying the evidence*. These one day seminars are held around Australia in major cities, as well as online. Attend one program at the venue closest to you and watch Program Two: Online Webinar to earn extra professional development points. ABA is a registered training organisation and is thrilled to be hosting the annual Seminar Series in 2019.

Who should attend?

These seminars will benefit any breastfeeding advocate and healthcare professional working with breastfeeding families, including (but not limited to):

- > Lactation consultants
- > Maternal and child health nurses
- > Midwives
- > Pediatric nurses
- > NICU and special care nurses
- > Dietitians
- > Speech pathologists
- > Medical doctors
- > Breastfeeding counsellors
- > Community educators
- > Allied health professionals

IBLCE CERPs, ACM CPD Hours and RACGP Category 2 Points have been applied for.

Sponsorship and Exhibition

The Australian Breastfeeding Association is excited to partner with WHO Code compliant companies to sponsor this event.

To obtain a Sponsorship and Exhibition Prospectus, please email Nitty Brown at:
nitty.brown@breastfeeding.asn.au

Dates and Venues

Brisbane

Monday 11 March 2019

Sofitel Brisbane Central
249 Turbot Street
BRISBANE QLD 4000

Sydney

Tuesday 12 March 2019

Sofitel Sydney Wentworth
61-101 Phillip Street
SYDNEY NSW 2000

Melbourne

Friday 15 March 2019

Pullman Melbourne on
the Park
192 Wellington Parade
MELBOURNE VIC 3002

Perth

Saturday 16 March 2019

Parmelia Hilton Perth
14 Mill Street
PERTH WA 6000

All profits generated from our HP Seminars are used to support ABA's free mother-to-mother programs and services in the community.

Online seminars

The online seminars are a great option for those who are unable to attend in person. Information on speakers and seminars can be accessed right from your computer screen or mobile device by registering for our online seminar.

The online seminars will be available from 31 March until 31 May 2019.

Program One -

Melbourne Only

Time	Program Schedule
8.00 am	Registration Open
8.45 am	Welcome and Introductions
9.00 am	Dr. Alison Stuebe MD, MSc, FACOG, FABM: <i>Diabetes and early weaning: which came first, and what can we do about it?</i> Evidence continues to accrue showing that longer durations of breastfeeding are associated with improved health for mothers. However, metabolic disorders, including obesity and diabetes, are risk factors for delays in lactogenesis, low milk supply, and premature weaning. In this talk, we'll discuss what the current science tells us about metabolic disease and lactation physiology, and how we can enable mothers with metabolic complications to achieve their breastfeeding goals.
10.00 am	Dr. Natalie Shenker BM BCh, MSc, PhD, MRCS (Eng), (UK): <i>At the heart of the matter: the story of the Hearts Milk Bank</i> Milk banks can provide a focus for lactation support in the community, as well as critical donor milk provision for sick and premature babies in hospital. In the UK, milk bank provision has been heavily rationed since the 1980s, with little chance of change within the NHS. Three years ago, Dr Shenker along with Gillian Weaver founded the Hearts Milk Bank (HMB), a not-for-profit organisation funded by direct donations and the provision of donor milk to hospitals. As well as providing assured access to screened donor milk to hospitals across London and the south and east of the UK, the HMB now works alongside the newly established Human Milk Foundation to assist parents to access donor milk for their babies when they would not be eligible on the NHS. Dr Shenker will discuss the fundamental aims of HMB to ensure equitable, assured access to donor milk when breastfeeding is not possible, keeping the mother and baby, and the support of breastfeeding, at the heart of what they do. As well as the facilitation of research into the uses, processing and storage of donor milk, the HMB is also a centre for ethically-funded research into human milk science.
11.00 am	Morning Tea

Program One -

Melbourne Only

11.30 am **Dr. Alison Stuebe** MD, MSc, FACOG, FABM:
Oxytocin, lactation and perinatal depression.

For many women, breastfeeding sustains an intimate connection between mother and baby that lasts well into childhood. Indeed, better bonding and reduced depression risk are among the frequently-cited benefits of breastfeeding. However, we also know that women with underlying depression or anxiety are less likely to initiate or sustain breastfeeding. Emerging evidence suggests that dysregulation of oxytocin may contribute both to lactation difficulties and perinatal mood disorders. In this presentation, we'll explore the psychoneuroendocrinology of lactation and perinatal depression and develop strategies to jointly address breastfeeding challenges and perinatal mood disorders.

12.30 pm **Dr. Natalie Shenker** BM BCh, MSc, MRCS (Eng), PhD
(UK): *Human milk science: what could we discover over the next 5 years?*

Dr Shenker is focussed on establishing a wide-ranging program of research, centred around the work of the Hearts Milk Bank but involving a consortium of researchers from across the world. In this talk, she will outline some of the discoveries they have made already, and where the challenges lie ahead. Her research to date has delved into the constituents of human milk over the natural term of breastfeeding, used cells derived from human milk as a resource to assess epigenetic markers of breast cancer risk (with potential for the development of cancer risk prediction tools), and laid the groundwork for a nationwide prospective population cohort study, the BECS study, which aims to collect milk samples from thousands of mothers. The resulting bioresource aims to develop new risk prediction tools for breast cancer, and create an accessible resource for other scientists.

1.30 pm **Lunch**

Program One - Melbourne Only

2.30 pm

Dr. Elizabeth Quinn MPH, PhD: *The milk of human kind(ness): investigations into global variation in milk composition and how milk adapts to ecological and environmental pressures.*

Human breast milk is remarkable, like humans themselves. Like all other mammals, we produce a species-specific milk. Our milk is high in sugar (lactose), low in protein and low/intermediate in fat. Our milk contains numerous immune factors such as immunoproteins and even special sugars to feed our bacteria. Our milk reflects the evolutionary pressures that humans have experienced as parents to slow-growing, large-brained infants. Drawing on her work with ethnic Tibetans from the Himalayas, as well as research from colleagues, Dr Quinn will explore some of the many ways in which milk responds and adapts to different nutritional, ecological, and behavioural pressures and the ways in which these changes influence infant and child growth and development.

3.30pm

Prof. Yvonne Hauck BScN, MSc, PhD: *Breastfeeding in public: an international comparison of women's experiences.*

Many countries continue to face challenges in encouraging new mothers to both initiate and continue breastfeeding. Ingrained social and cultural factors have been consistently shown to have an impact on the mother's decision to breastfeed and central to this, is societal attitudes towards breastfeeding in public. Evidence suggests that in some contexts women may experience negative reactions to breastfeeding in public. This can have a detrimental impact on women and their partners in both considering initiating and continuing breastfeeding, as some women state that they are conscious of adhering to social norms when they need to feed their babies in public. The aim of this international study was to determine the experiences of women around breastfeeding in public within three international contexts: women living in Australia, Ireland and Sweden.

4.30 pm **Closing remarks**

4.40 pm **Close**

*speaker order may vary due to speaker commitments. A final program will be emailed to you prior to the seminar.

Guest Speakers



Dr. Alison Stuebe

MD, MSc, FACOG, FABM (USA)

Dr. Stuebe completed her Obstetrics and Gynecology residency at Brigham and Women's Hospital and Massachusetts General Hospital in Boston. She completed fellowship training in Maternal Fetal Medicine at Brigham and Women's and she earned a Masters in Epidemiology from the Harvard School of Public Health. She has published more than 120 peer-reviewed articles. She is currently an Associate Professor and Board-Certified Maternal-Fetal Medicine subspecialist at the University of North Carolina School of Medicine and Distinguished Scholar of Infant and Young Child Feeding at the Gillings School of Global Public Health. In the clinical arena, she is Medical Director of Lactation Services at UNC Health Care and works with an interdisciplinary team of faculty and staff to enable women to achieve their infant feeding goals. Her current research focuses on developing models for integrated care of families during the 4th Trimester.

She is a member of the Steering Committee for Moms Rising North Carolina, and she is actively engaged in professional organisations. She is chair of the Communications Committee and president-elect of the Academy of Breastfeeding Medicine. At the Society for Maternal-Fetal Medicine, she is a member of the board of directors and of the SMFM Health Policy and Advocacy Committee. At the American College of Obstetricians and Gynecologists, she is a member of both the Breastfeeding Expert Work Group and the Maternal Mental Health Expert Work Group, and she chaired the Task Force on Reinventing Postpartum Care.



Dr. Natalie Shenker

BM BCh, MSc, PhD, MRCS (Eng), (UK)

Natalie is qualified as a doctor from Oxford University and initially trained as a surgeon with a specialist interest in paediatrics. After an MSc in Developmental Biology, she did a PhD in epigenetics and breast cancer risk at Imperial College, which led to a successful collaboration with the milk bank formerly managed by Gillian Weaver. Natalie is now passionate about establishing a wide range of ethically-funded research into the optimal uses of milk banking and how breastfeeding affects the health of both mothers and babies.

Guest Speakers



Prof. Yvonne Hauck

BScN, MSc, PhD (Australia)

Yvonne Hauck is a Professor of Midwifery and holds a joint appointment between Curtin University and King Edward Memorial Hospital. Professor Yvonne Hauck is a registered nurse and midwife with 40 years' experience spanning three countries (Canada, Australia and Britain).

Originally from Canada, Yvonne has been in Australia for 30 years. Her recent research has focused upon the promotion and support of breastfeeding; homebirth; immersion in water for labour and birth; and perinatal mental health.



Dr. Elizabeth Quinn

MPH, PhD (USA)

Elizabeth (EA) Quinn is a biological anthropologist who studies human milk as a part of human biological variation. In her early research, she looked at the role of maternal health from birth to adulthood and the impact on the health of women during lactation in a longitudinal study

of women from Cebu, Philippines. Currently, she researches the impact of living at high altitude on maternal health, milk composition and infant growth among ethnic Tibetans living in rural village in the Himalayas of Nepal. In addition to her field research, she teaches at the undergraduate level, blogs on milk science, and directs the Biomarker and Milk Laboratory at Washington University in St. Louis. She shares her life with her husband Brad and her 15-year-old cat, Audrey.

*The views and opinions of the speakers are not necessarily the position held by Australian Breastfeeding Association.

To view ABA's positions statements, please visit:

www.breastfeeding.asn.au



Program Two: Online Webinar Only

Due to overwhelming popularity, we have assembled leading local and international researchers and practitioners who will present the latest information and research in human lactation and infant and maternal health.

Webinar Presenters



Prof. Cesar Victora
Emeritus Professor of
Epidemiology at the
Federal University of
Pelotas (Brazil)

*Breastfeeding in the 21st
Century*



Dr. Elizabeth Quinn
MPH, PhD (USA)

*Got (pumped) milk? An
exploration of pumping as
part of breastfeeding practices*



Elizabeth McGuire
IBCLC, BSc, Cert IV
BE (Community),
Dip Breastfeeding
Management, Cert IV
TAE (Australia)



Heather Miller
BAppSci (Intellectual
Disability, GradDip
(Intellectual Disability),
Cert IV TAE, CertIV BE
(Community) (Australia)

Elizabeth and Heather will present:
Breastfeeding a child through long-term hospital stay

Program Two: Online Webinar Only



Renee Kam
IBCLC, BPhysio, Cert IV BE
(Counselling) (Australia)

Not all women can establish a full milk supply – understanding insufficient glandular tissue



Meg Prior
B Psych (hons) (Australia)

Unsettled Babies, Unsettled Mothers

Registration Fees

**Register
online now**

Seminar Series Registration	ABA Member		Standard Fee	
	Earlybird*	Regular	Earlybird*	Regular
Program One: Live Seminars Only	\$225	\$255	\$255	\$270
Program One and Two Online Webinars	\$245	\$275	\$275	\$295
Program One: Live seminar & Program One and Two Online Webinars	\$275	\$305	\$305	\$325

***Early Bird will finish on January 29 (5 pm EDST)**

To register for the 2019 Seminar Series, either as a Live or Webinar participant, plus the option of registering for the Information and Showcase Webinars visit: www.etches.com/ehome/ABA2019

Online registration is strongly encouraged to secure and guarantee your place immediately. You can choose to pay via credit card OR request an invoice, enabling you to do a bank transfer payment. You will be sent a confirmation email, including tax invoice, immediately upon completing your registration.

Should you require any assistance with registration, please contact the Seminar Series Secretariat: Rachel Washington MECCA Concepts

Email: rachel@meccaconcepts.com.au or Ph: 0412 996 711

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