

Minutes of WALC meeting of November 18, 2003

Meeting called to order by Carol Cox, WALC President, at 0930

Announcements: Thank you to Cindy Dibb and St. Francis Hospital for hosting today's event.

Discussion took place regarding an article published in the Milwaukee Journal Sentinel's Health section on November 17, 2003.

Diane Weissinger's handouts can be viewed online at

<http://www.wiessinger.baka.com/bfing/index.html> .

Educational Opportunities: The Center for Breastfeeding Lactation Counselor Certificate Training Program (CLC) will be offered in Duluth, Minnesota on February 2-6, 2004 and in Watertown, WI on February 16-20, 2004. More information is at <http://www.healthychildren.cc> .

Wisconsin Association of Lactation Consultants (WALC) conference Appleton, WI "WALC Conference 2004-It's All About The Latch" at Radisson Paper Valley Hotel on March 4-5, 2004.

La Leche League 2004 Spring Conference Continuing Education Day is April 29, 2004 in Wisconsin Dells. WI Area Parenting and Family Conference: Friday evening April 30, 2004 through Saturday afternoon May 1, 2004. For information contact Wendy Copeland, 262-896-7797 or <mailto:WendyCopeland@juno.com> .

ILCA 2004 Conference and Annual Meeting, Scottsdale, Arizona. Best Practices: Supporting Breastfeeding Worldwide. For information: <http://www.ilca.org/conference/index.php> .

Lactation Education Resources offers online continuing education modules and self-learning programs. For information go to <http://www.LERon-line.com> .

BreastEd Online Lactation Series is a series of 10 individual courses. For information go to <http://www.health-e-learning.com> .

Wichita State University has a distance course on human lactation. For information go to <http://getonline.wichita.edu> .

The University of Medicine and Dentistry of New Jersey has a web and CD interactive, comprehensive educational program for Breastfeeding Management. For information go to <http://www.umdnj.edu/lactweb>

Case Western Reserve University: Web based "Breastfeeding Basics" course at <http://www.cwru.edu/med/breastfeeding>

Recertification options for Debi Bocar's Certified Breastfeeding Educator (CBE) Program. The CBE certificate is good for 5 years from the training date and requires a "recertification". There are different options for obtaining this recertification.

1. Participate in the three-day Breastfeeding Educator Program.
2. Participate in the one-day Research Update and Optional Recertification Breastfeeding Educator Program presented by Debi Bocar.
3. Attend at least 6 Continuing Education Units (CEUs) or L-Cerps addressing breastfeeding promotion and/or assistance each five years from certification. Along with the Recertification Form you will need to send: A copy of certificate(s) of attendance for 6 CEU's related to breastfeeding promotion and/or assistance, \$25.00 check payable to Lactation Consultant Services and the year & location of participation in the Breastfeeding Educator Program. The recertification form is available at <http://www.lactation-consultant-services.com/>.

EDUCATIONAL PROGRAM: 33 members attended today's program. Thank you to Dr. Geenbaum, Medical College of Wisconsin, Children's Hospital of Wisconsin, for his presentation on "Vitamin D and Breastfeeding".

Other resources with related information:

-Web site of Cynthia Good Mojab: <http://home.attbi.com/~ammawell> .

-Mojab, Cynthia Good. "Sunlight Deficiency and Breastfeeding." Breastfeeding Abstracts, Vol. 22, No. 1: 3-4, November 2002. On the web at <http://www.lalecheleague.org/ba/Nov02.html>.

-Mojab, Cynthia Good. "Sunlight Deficiency: Helping Breastfeeding Mothers Find the Facts," Leaven, 39(4): 75-79, August/September 2003.

-Mojab, Cynthia Good. "Sunlight Deficiency: A Review of the Literature." Mothering, pp. 52-63, March/April 2003.

-Barber, Katherine and Mishawn Purnell-O'Neal. "The politics of Vitamin D: Questioning Universal Supplementation." Mothering, page 48, March/April 2003.

-Spangler, Amy. "American Academy of Pediatrics Issues New Guidelines for Vitamin D Intake." The Daddy, Mommy and Me Feeding Times, March/April 2003. "The Vitamin D Debate: Is Supplementation Necessary?" July/August 2002. Both of these can be viewed on the web site <http://www.daddymommyandme.com>. Click on the newsletter date you want to read.

-Gartner, Lawrence and Frank Greer. "Prevention of Rickets and Vitamin D Deficiency: New Guidelines for Vitamin D Intake," Pediatrics; Vol. 111, No. 4: 908-910, April 2003.

-Kreiter, Shelley. "The Reemergence of Vitamin D Deficiency Rickets: The Need for Vitamin D Supplementation." ABM News and Views, Vol. 7, No.1: 1,7, 2001.

-Mohrbacher, Nancy and Julie Stock. The Breastfeeding Answer Book, 3rd Revised Edition. Schaumburg, IL: La Leche League International, 2003, pp. 606-607.

BUSINESS MEETING

I. CALLED TO ORDER at 1220.

Members Present: Carol Cox, Cindy Rux, Sandy Testin, Marcia Barritt, Donna Bisbee, Lisa Ann Brock, Cindy Dibb, Deanne Lawson, Winifred Mading, Linda McNamara, Judy Ryan, Ruth Sweet, Kris Walleser, Crystal Zimmerman, Sharon Marshall, Kathie Russell, Pat Gima, Terri Funk, Joan Buczynski-Radomski, Heidi Lynch.

II. MINUTES- The minutes of the September 19, 2003 meeting were approved and seconded.

III. TREASURE'S REPORT- Terri Funk reported the checkbook balance at \$4,900.78. Income tax filing is being worked on.

IV. OLD BUSINESS

A. Announcements-

- Terri Funk announced that she is now an IBCLC. She wished to thank WALC for sponsoring her. Terri is the first WALC sponsored IBCLC.
- Remember to check the web site <http://www.walc.net> for next meeting directions/map updates.
- Carol Cox is asking for nominations for Secretary. We would like to invite others to become involved in WALC. Cindy Rux is currently holding this position that will end May of 2004. Any inquiries may also contact Cindy Rux for further information on the position.
- We need a few more orders to get the bulk price for the "A Premie Needs His Mother" video. The deadline to order is December 15th. Contact Sandy Testin if you are interested.
- Winnie Mading stated that a workgroup including herself along with Connie Lossman and Chris Raasch would report in January the recommendations on how WALC may wish to spend revenues to support other scholarships, conferences, or new lactation consultants.
- Sandy Testin explained that ½ of WALC conference profits is split amongst those planning to attend the annual ILCA conference. Requirements for consideration of funding is attendance at 3 business meetings (June 1st- May 31st), 2 business meetings and WALC conference (June 1st- May 31st), or decision based on the Board of Officers discretion.

B. Committee Reports

Program committee-

January 16th, 2004- Meriter Hospital, Madison. Legislation and AAP update.

Possible speaker Karen Pletta MD.

March 4th and 5th, 2004- Appleton. WALC conference.

May 18th, 2004-Monroe. Possible topics may include grief and breastfeeding, lactation and adoptive moms, cleft palate surgery and breastfeeding, managing breastfeeding with various institutions such as prisons, and how to take care of ourselves (i.e. burnout, aromatherapy, meditation, etc.)

September 17th, 2004- Children's Hospital of Wisconsin, Milwaukee.

November 2004- Unconfirmed yet.

January 2005- Community Memorial Hospital, Menominee Falls.

Donna stated that the evaluations collected from the Mauston program in September were very positive. Evaluations indicated that we had good speaker information at a good location.

Conference update- "It's All About the Latch", March 4th and 5th, 2004, in Appleton. Speakers include Christina Smillie, MD, FAAP, IBCLC and Catherine Watson Genna, BS, IBCLC. Topics include: problem latch, increasing milk supply, sensory integration disorder, respiratory challenges, baby-led latching, and abundant milk supply. Pat Gima is asking for someone interested in compiling conference evaluations. Please contact her if you are interested or know of someone who would be interested. \$150 would be paid for their time.

Membership- Sandy Testin reports that we have 150 members.

Resources- Kris Walleser reported that we now have the 2003 ILCA conference from Australia on CD-ROM.

V. NEW BUSINESS- Terrell Brock and Marilyn Bolton, representatives to the Division of Public Health, shared a nutrition fact sheet on “Prevention of Rickets and Vitamin D Deficiency” from Mary Pesik, WIC Breastfeeding Coordinator. They asked for comments to this information sheet that will be shared with health care professionals. If you have any questions you may contact Mary Pesik at <mailto:pesikmj@dhfs.state.wi.us>.

\$500 was spent on mailings of the September WALC meeting minutes. This tends to be a heavier mailing due to the ILCA sharing. Discussion of options of e mailing or availability on web site to save monies. We will consider placing a survey in with the membership renewal.

St. Mary’s Hospital in Ozaukee has a new LC position that has been filled by Deanne Lawson.

Cindy Dibb showed a new product “Bustbuddies”. Call 770-671-0610 or <http://www.maternal-care.com>.

Winnie Mading shared information on sunlight deficiency. It can be viewed by going to <http://www.mothering.com> and clicking on articles, breastfeeding, and then breastfeeding advocacy.

Pat Gima shared information on persistent yeast. All of her clients, with this problem, have been noted to have over supply of milk. She relates this to lots of foremilk with sugar passing into the infant’s gut before the milk sugars are broken down. This feeds the gut to grow yeast. Pat will share her protocol for decreasing breastmilk supply at the January WALC meeting.

Winnie and Pat discussed Jean Cotterman’s technique of Reverse Pressure Softening. This technique uses pressure at the base of the nipple for reduction of edema. This will assist latch when mom has engorgement or complains of never having had flat nipples before. Search the Lactnet archives if you are interested in more information.

Pat also discussed using flax oil and omega III fatty acids to increase fat in breastmilk.

Meeting adjourned at 1340

Minutes submitted by Cindy Rux, RN, IBCLC
WALC secretary

Enc.: map
handouts