



# Breastfeeding Update

“Good health begins with breastfeeding.”

## From the President’s Desk

As part of the San Diego County Breastfeeding Coalition’s effort to make sure all health care professionals in the county have access to current and timely breastfeeding information and news, we are proud to bring you this first issue of the *Breastfeeding Update*.

The *Breastfeeding Update* will continue to arrive on a quarterly basis and you will find articles, information about conferences and events, resources and more in each issue. It is our hope that the *Breastfeeding Update* will keep you informed of what’s happening on a national level as well as in our own backyard. We’ll tell you about which organizations throughout San Diego County are promoting breastfeeding and how they are doing it.

This unique project is supported primarily by a volunteer workforce and by funds received from a Proposition 10 grant offered through the San Diego County Children and Families Commission.

We would appreciate any input or suggestions you have for this or future issues of the *Breastfeeding Update*. Please feel free to visit our website at [www.breastfeeding.org](http://www.breastfeeding.org) or call (858) 966-5981 with any questions or comments. We want to make this **your** information source for breastfeeding related activities in San Diego County.

*A SDCBC member since 1999, Leslie Wynn is an RN and PHN with a variety of experience. She worked for the Tulare County Health Department in HIV/AIDS Case Management, hospital nursing, and Labor and Delivery. Since 1997, she has worked in San Diego in investigation and case management of elder and dependent adult abuse and for the Perinatal Care Network coordinating the Comprehensive Perinatal Services Program. Currently, Leslie is the clinic nurse supervisor at the Tuberculosis Clinic for the County of San Diego, HHSA. She is the mother of two girls and has breastfed both children.*

## Breastfeeding: The Fourth Trimester

*Martha A. Lee, RN, MPH, IBCLC*

As a baby develops inside its mother, it is used to feeling the rhythm of her breathing and walking, and the changes of position in everything that she does. At about 15 weeks of pregnancy, sound starts vibrating in the baby’s ear with the overwhelming soothing presence of the mother’s heartbeat. The mother’s voice resounds stereophonic every time she opens her mouth to speak or sing. All of these inner stimuli are helping the baby’s brain to develop at an amazing speed.

After birth, similar stimuli will continue to ensure growth and development of the nervous system for the establishment of all the autonomic functions. Talking to the new baby, feeding, changing, burping, rocking,

and holding her, etc are providing that important stimuli. The short distance between mother’s elbow and baby’s face is the distance at which the baby can focus her eyes. She will now start attaching a face to that very familiar voice and recognize her mother’s scent and the flavor of her milk. A sense of safety and self worth will be the foundation for that person’s outlook on life. Every time those familiar arms, breast and voice come consistently to care for her, she will know that she is loved and accepted, and that no matter what, the mother is going to be here to console and take care of her.

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# Ask the Expert

**Question:** I have a breastfeeding patient with bronchitis and I need to put her on antibiotics. What antibiotics are safe for her 3-month-old?

**Answer:** Almost all antibiotics get into breastmilk to some small extent (usually less than 2 % of maternal dose). There are no antibiotics that are absolutely contraindicated for breastfeeding mothers, but it is better to use older, more frequently used drugs whenever possible, as we have more experience with them in breastfeeding mothers, and more research available as to how much gets into breastmilk. As a general rule, any antibiotic given to infants or children is safe for your breastfeeding patient to take. To minimize the amount that enters breastmilk, recommend your patient take the medication right AFTER feeding her baby, so that the blood level has a chance to peak and fall before the next feeding. If the medication is a single daily dose, which

can be taken at any time, recommend she take it before the infant's longest sleep period. A good, current reference regarding drugs and breastmilk is: Thomas Hale PhD, Medications and Mothers' Milk, updated yearly, available from [www.perinatalpub.com](http://www.perinatalpub.com).



Nancy E. Wight MD, FAAP, IBCLC

*Dr. Wight is an attending Neonatologist at Children's Hospital and Sharp Mary Birch Hospital for Women, San Diego, and Medical Director, Sharp HealthCare Lactation Services. (IBCLC=International Board Certified Lactation Consultant) She can be reached at [www.breastfeeding.org](http://www.breastfeeding.org).*

## Breastfeeding Fact :

Breastmilk can be frozen for later use. To use frozen breastmilk, gently warm to room or body temperature under warm running water. Breastmilk should not be heated in a microwave.

*taken from the  
SDCBC Year 2001  
Breastfeeding  
Resource Guide*

## Community Spotlight



**Wellstart International:**  
*Promoting Breastfeeding in San Diego and Around the World*

Wellstart International is a private, nonprofit organization that is dedicated to supporting optimal health and nutrition of mothers and infants worldwide through the promotion of breastfeeding. Founded in 1977 and headquartered in San Diego, California, Wellstart is an internationally renowned resource for educational programs, technical assistance and resource materials. Wellstart faculty and staff offer in-depth clinical and programmatic expertise, and both domestic and international experience to hospitals, clinics, university schools of medicine, nursing, and nutrition, and to a wide variety of governmental and non-governmental health and population agencies as well. Wellstart is a designated World Health Organization Collaborating Center on Breastfeeding Promotion and is involved in a number of activities locally, in addition to ongoing international and other domestic program activities. Wellstart is located at 4062 First Avenue, San Diego, CA 92123. For more information, call (619) 295-5192 or the Help-line at (619) 295-5193.

## Breastfeeding: The Fourth Trimester

*(continued from page 1)*

This sounds like a wonderful scenario, but what has happened in our society today? Babies are often carried around in hard seats that have no warmth and no heart beat. Sometimes they are not even held when they are fed! Today, babies are often cared for by someone other than the parents of the child. Someone who may pour a strange flavored liquid down their throat with a rubber nipple that is much different from their mother's skin.

For many years, the presence of readily available mother's milk substitutes has robbed mothers of the assurance of their ability to provide everything their baby needs through their breasts. Many mothers (especially first time mothers) often make negative assumptions about their breastfeeding abilities: "My baby is not satisfied; I don't have

enough milk; my milk is too thin; I don't feel anything; the baby would sleep if I give her a bottle; etc."

May our wish for the new millennium be to increase awareness of the importance of breastfeeding and its positive impact in so many lives. Not only can breastfeeding decrease children's morbidity and mortality rates around the world, but it can be a pivotal experience that provides optimum conditions for a healthy and complete development of a child. The breastfeeding experience may provide a strong foundation of inner happiness and security for a baby, something that can only come from being loved unconditionally.

*Martha A. Lee is a Parent Educator and Lactation Consultant for the Paradise Valley Hospital in San Diego.*

# Mission Statement

## **What is the San Diego County Breastfeeding Coalition?**

The San Diego County Breastfeeding Coalition is a non-profit association whose mission is to promote and support breastfeeding through education and outreach in our community.

### **Our vision is that:**

- Breastfeeding will be the norm in San Diego County for at least the infant's first year of life and preferably longer.
- Every woman will have access to the information, resources and community support necessary to breastfeed for as long as she wishes.
- The San Diego County Breastfeeding Coalition will be recognized as the key coordinating resource for breastfeeding issues and support in San Diego County.

### **Our values are:**

- The Coalition will provide only current, accurate, scientifically valid and culturally sensitive information to all users of its services.
- We believe mothers have the right to make an informed choice regarding their infants' feeding.
- We value the family as an essential part of breastfeeding support including fathers, significant others, extended family and friends.
- We believe breastfeeding is an integral component of parenting.
- We acknowledge that community acceptance and support are integral components of breastfeeding success.

### **Our goals are:**

- To increase the number of health care providers in San Diego County who include breastfeeding/lactation counseling and referral as part of routine care.
- To increase the number and duration of infants breastfed in San Diego County through professional support and community education.
- To provide accurate and consistent breastfeeding information to families, health professionals and the community.
- To encourage breastfeeding-friendly practices and policies in all area hospitals and birthing centers.
- To encourage and support breastfeeding in special populations, including women working outside the home and immigrants.
- To participate in research regarding incidence and prevalence of breastfeeding, and the effectiveness of support services within the community.

## **What are the benefits of being a San Diego County Breastfeeding Coalition member?**

As a member of the San Diego County Breastfeeding Coalition you will:

- Network with a growing body of people dedicated to the promotion

and support of breastfeeding.

- Have access to lactation professionals and the most up-to-date breastfeeding resources.
- Receive a supply of free Breastfeeding Resource Guides in English and Spanish.
- Receive a discount for Coalition sponsored education programs.
- Receive our newsletter, "Breastfeeding Updates".
- Be listed, as appropriate, in the "Breastfeeding Resource Guide" without a fee.
- Have a home page or link, as appropriate, on the SDCBC website: [www.breastfeeding.org](http://www.breastfeeding.org)

## **You can show your support of the San Diego Breastfeeding Coalition by:**

- Making a monetary contribution to support coalition activities.
- Donating your time by serving on a committee:
  - Community Outreach
  - Professional Outreach
  - Resource Guide
  - Research and Evaluation
- Attending Coalition meetings and providing your expertise and experience.

*For more information on becoming a member of the Coalition please call (858) 966-5981 or visit our website at [www.breastfeeding.org](http://www.breastfeeding.org)*

### **Project Coordinator:**

**Claudia Erickson, MPH**

### **SDCBC Current Board Members:**

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# Save the Date

## ***Breastfeeding Challenges of this Century*** **Scottish Rite Center, San Diego California, March 23, 2001.**

Children's Hospital and Health Center in cooperation with the San Diego County Breastfeeding Coalition and the San Diego County Department of Health Services sponsor this seminar for healthcare providers and others who desire to expand their knowledge and improve their skills in managing breastfeeding in special populations. Topics include Teen Issues, Cultural Sensitivity, Substance and Alcohol Abuse, and Working and Breastfeeding. CME credit will be provided. The early registration deadline is March 2, 2001. The conference fee is \$25 (\$15 for students). After this deadline, the conference fee is \$30 (\$20 for students). For further information, please contact Elaine Hiel, Conference Coordinator. Phone: (619) 692-8390, Fax: (619) 692-8827. Email: Ehielxhe@co.san-diego.ca.us. Or visit the SDCBC website at [www.breastfeeding.org](http://www.breastfeeding.org).

## ***University of New Mexico, 7<sup>th</sup> Annual Conference— Advanced Concepts in Breastfeeding*** **Sheraton Uptown Hotel, Albuquerque, New Mexico, March 22 & 23, 2001.**

"Focus on the Mother." This Conference will explore the topics of breastfeeding and the use of doulas, risk factors and conventional and herbal treatments for postpartum depression, assessment and treatment of candida infections and current research on breast cancer and breastfeeding. For further information please call: (505) 277-3905 or email [jhanson@unm.edu](mailto:jhanson@unm.edu).

## ***American College of Obstetricians and Gynecologists 50th Annual Clinical Meeting*** **April 28-May 2, 2001. Exhibit dates: April 30-May 2, 2001.**

This year's meeting will offer an excellent variety of continuing medical education courses as well as an outstanding opportunity to network, make new friends and become reacquainted with old ones. The 2001 Annual Clinical Meeting will celebrate 50 years of ACOG's continued and recognized commitment to improving and assuring excellence in the provision of women's health care. The program will include several special activities and events, including an ACOG history room which will display numerous publications, various artifacts, and memorabilia significant to the College's unique history and the field of obstetrics and gynecology. During this year's opening ceremonies, ACOG will chronicle the achievements of the organization and note some of the individuals who have dedicated much of their lives to the pursuit of improving health care for women. For further information, please visit the ACOG website at [www.acog.org](http://www.acog.org).

## ***La Leche League International 29th Annual Seminar for Physicians on Breastfeeding*** **Chicago Hilton and Towers, Chicago Illinois, July 5-7, 2001.**

"2001 Breastfeeding for Health: Looking to the Future, Mindful of

the Past." La Leche League International, the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists cosponsor this Seminar for Physicians to provide education in effective lactation management using a variety of techniques and approaches. This three-day intensive seminar covers the latest breastfeeding research and features a faculty of experts in the fields of lactation and family health care. The information presented at the seminar will enable physicians to provide the education and support necessary to facilitate successful and fulfilling breastfeeding experiences for their patients. For further information contact Carol Kolar, Director, La Leche League International. Phone: (847) 519-7730, ext 218. Fax: (847) 519-0003. E-mail: [Ckolar@llli.com](mailto:Ckolar@llli.com). Or visit the LLLI website at [www.lalecheleague.org](http://www.lalecheleague.org).

## ***2001 Conference and Annual Meeting of the International Lactation Consultant Association, "Breastfeeding in the 21st Century: How Policy Can Affect Practice"*** **Acapulco Princess Hotel, Acapulco, Mexico; Pre-Conference Wed, July 18, 2001; Core Conference Thursday, July 19-Sunday, July 22, 2001.**

For information go to [www.ilca.org](http://www.ilca.org).

## ***2001 American Academy of Pediatrics National Conference and Exhibition*** **San Francisco Marriott/Moscone Center, San Francisco, California, October 20-24, 2001.**

Attend the National Conference and you will: hear comprehensive updates from experts in the field of pediatrics; practice your techniques and apply new skills; view the latest technological advances in products and services; discuss your challenging cases; network with your colleagues from both the United States and abroad; and earn hour-for-hour AMA PRA Category 1 CME credit hours. Registration Program is scheduled to be available on-line at [www.aap.org](http://www.aap.org) in June 2001.

## ***Sixth International Meeting of the Academy of Breastfeeding Medicine*** **Wyndham Hotel, Washington DC, November 1-5, 2001.**

The Sixth International Meeting of the Academy of Breastfeeding Medicine provides physicians the opportunity to meeting other physicians from around the world dedicated to an interest in breastfeeding and human lactation; share experiences on physician education, and clinical management of breastfeeding patients; and attend workshops, abstract presentations, and lectures regarding relevant, controversial topics such as human milk banking, maternal depression, breastfeeding advocacy and more. For further information please contact ABM Executive Office. Phone: (877) 836-9947. Fax: (619) 295-0056. E-mail: [abm@bfmed.org](mailto:abm@bfmed.org). Or visit the ABM website at [www.bfmed.org](http://www.bfmed.org).

# Breastfeeding and Dental Health

Nancy E. Wight MD, FAAP, IBCLC

The American Academy of Pediatric Dentistry recognizes the distinct nutritional advantages of human milk for infants and endorsed the position of the American Academy of Pediatrics on the promotion of breastfeeding.<sup>1,2</sup> However, they note that the risk of devastating nursing pattern dental decay exists for the breastfed child as it does for the bottle-fed child, and recommend avoiding at libitum nocturnal breastfeeding after the first primary tooth begins to erupt. Many pediatric dentists also recommend complete weaning by 1 year of age. The American Academy of Pediatrics recommends exclusive breastfeeding for approximately the first six months of the infant's life and continued breastfeeding for *at least* one year with addition of appropriate complementary foods and continued breastfeeding for as long as mother and infant mutually desire.<sup>3</sup>

Early childhood caries result from a complicated combination of factors.

## Factors Determining a Child's Susceptibility to Dental Caries:

- The child's own genetics
- The genetics of the child's parents
- The genetics of infectious micro-organisms
- Transmission of infectious microbes at age of infant or child
- Mucosal immunity
- Diet and nutrition
- Biofilms and microbial ecology
- Relative susceptible of incisor and molar teeth
- Prevention measures
- Early detection of dental caries

From: Slavkin, JADA, 1999 (ref 6)

Breastfeeding has been implicated in the disease, but population-based studies do not support a definitive link between prolonged breastfeeding and caries.<sup>4-7</sup> Human milk does not cause a significant drop in plaque pH, nor does it cause enamel decalcification. In fact, in a study using enamel powder, calcium and phosphate were deposited *onto* the enamel when breastmilk was present. When 10% sucrose was added, caries developed in 3.2 weeks.<sup>8</sup> A recent meta-analysis of the available literature suggested a common set of public health recommendations for both pediatricians and dentists.<sup>5</sup> New practice recommendations included encouraging breastfeeding for as long as women and infants wish, encouraging water fluoridation, encouraging a consistent mouth care regime and tooth brushing as soon as the first tooth erupts and early dental visits (at the latest by one year of age). In addition, if a breastfed infant is ever given a bottle, it should never be propped and an infant should never go to bed with a bottle containing anything other than water.

## References:

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4. Ramos-Gomez FJ, Tomar SL, Ellison J et al: Assessment of early childhood caries and dietary habits in a population of migrant Hispanic children in Stockton, California. ASDC J Dent Child 66(6):395, 1999
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## Proposition 10's Welcome Baby Project

### Regional Perinatal System Provides Recommendations

One of the key components of the California Children and Families (Prop 10) Commission's educational strategy is a "*Kit for New Parents*." The Kit will contain information and materials on topics related to optimal child health, safety, literacy, childcare and parenting.

The San Diego County Children and Families (Prop 10) Commis-

sion contracted with Regional Perinatal System to poll community experts and draft recommendations to ensure San Diego's Kit meets local needs and is appropriately distributed. The results of county-wide *Welcome Baby* meetings will be reviewed by the Prop 10 Technical and Professional Advisory Committee (TPAC) at their February meeting. Final recommendations will be sent to the Commission for approval in March. For more information, call Regional Perinatal at (858) 467-4990.

# San Diego County Breastfeeding Coalition



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"Good health begins with breastfeeding."

VISIT US ON THE WEB AT  
[www.breastfeeding.org](http://www.breastfeeding.org)

## Research Corner

### WOMEN STOP BREASTFEEDING SOONER BECAUSE OF INFANT FORMULA SAMPLES AND PROMOTIONAL MATERIALS

*Taken from MCH Alert*

The distribution of commercial infant formula promotional materials and samples in obstetric offices shortens breastfeeding duration, states Cynthia R. Howard, M.D., M.P.H., associate professor at the University of Rochester School of Medicine and Dentistry. Dr. Howard presented her research findings at a Research Roundtable seminar held on February 1, 2001, at the Maternal and Child Health Bureau (MCHB) in Rockville, MD. The research roundtable was sponsored by MCHB and coordinated by the National Center for Education in Maternal and Child Health.

For her study, Dr. Howard and colleagues recruited 547 pregnant women and randomly assigned them to one of two groups: one group that received a commercial formula pack as part of their prenatal education materials and one that received a noncommercial pack.

The authors found that:

- There was no significant difference between the two groups in terms of breastfeeding initiation;
- A significantly higher percentage of women in the commercial

formula group stopped breastfeeding while in the hospital;

- A higher percentage of women in the commercial formula group stopped breastfeeding less than 2 weeks postpartum;
- There were declines in long-term breastfeeding duration in all categories of breastfeeding (exclusive, full, and partial breastfeeding) among the commercial formula group; and
- Among the women who had a defined goal for breastfeeding, the intervention did not affect the likelihood that they would attain their personal goal.

Dr. Howard stated that "the study findings support the elimination of commercial formula promotion products in prenatal settings. . . . Health professionals must ensure that patient educational materials clearly and unequivocally support breastfeeding as optimal for both mother's and baby's health."

Howard CR. 2001, February. Antenatal formula distribution: Effect on breastfeeding. Seminar held at the Maternal and Child Health Bureau in Rockville, MD.

*MCH Alert. 2001. Arlington, VA: National Center for Education in Maternal and Child Health. (<http://www.ncemch.org/alert>).*