



### ILCA News

#### Ours is Truly an International Conference

Among the amazing presenters for this 25<sup>th</sup> Anniversary conference, many are from outside of North America. This is the only place where you get to hear such esteemed and varied speakers all together! The speakers include:

#### **Nina Berry, BA, BEd(Hons), DipArts(Phil) (Australia):**

Advertising and the health profession: Evidence-based defense of Code compliance.  
After the cyclone: How breastfeeding saved babies in Burma.  
Advertising, attitudes and infant feeding: Results of an Australian study.

#### **Maya Bolman, RN, BA, BSN, IBCLC (Russia formerly):**

To Russia, with love: Culture, education and amazing techniques.

#### **Suzanne Colson, PhD, MSc, BA, RGN, RM (United Kingdom):**

Biological Nurturing: A new neurobehavioral approach to breastfeeding.  
Yes, but—does biological nurturing always work? Part I: The importance of assessing behavioural state.  
Yes, but—does biological nurturing always work? Part II: Using BN for frequently encountered problems.

#### **Val Finigan, MBE, IBCLC, RM, RGN, PhD student, MSc. BA (Hons) (United Kingdom):**

It's the memories that matter: Living and re-living the experience.

#### **Paloma Trejo Hernandez, BA, MA (France):**

Attributions of breastfeeding determinants in a French population.

#### **Kamini Naik, IBCLC (United Arab Emirates):**

Physician lactation training and breastfeeding promotion in the United Arab Emirates.

#### **Josephine Nalugo, BASS(Hon), Cert. IYCF (Uganda):**

Reaching vulnerable babies, girls and women in Africa: An experience of Uganda.

#### **Siv Tone Natland, RD, PhD Candidate (Norway):**

Lifetime duration of lactation and maternal blood pressure in later life: Results from the population based HUNT Study, Norway.

#### **Gillian Opie, MBBS, IBCLC, FRACP(Paed) (Australia):**

Biotics—pre, pro or both? Their role in human lactation.  
Sugar, my mom has diabetes: Maximising early breastmilk feeding for the infant of the woman with gestational diabetes.  
Baby I'm a little bit early—Help me to feed and grow: Breastfeeding support for the late pre-term and preterm infant.

#### **Randa Saadeh, Bsc (Hon), Msc, RD (Switzerland):**

Nutrition in the life course: Role of lactation consultants.  
Update on evidence for infant and young child feeding recommendations (with Carmen Casanovas, MD, MPH, Msc, RD).



*Suzanne Colson*

### In This Issue

#### **Page 2**

#### **ILCA Conferences**

- Hotel Reservations
- 25th Anniversary Dinner

#### **Page 3**

#### **World Breastfeeding Week**

#### **Page 4**

#### **ILCA News**

- Partner Program
  - Record Membership Numbers
  - Each One Reach One
- #### **Bookstore**

#### **Page 5**

#### **Member Services**

- Website 411: Study Modules

#### **25th Anniversary!**

- History of Lactation Consulting on Web
- Remember our Colleagues
- Last Call: Photo and Video Clips Needed

#### **Volunteers**

#### **Page 6**

#### **World Health Assembly Adopts Landmark Resolution On Infant and Young Child Feeding**

#### **Page 7**

#### **Accessing Free Full-Text Literature Resources**

#### **Page 8**

#### **Calendar Reviews AARC News**

## ILCA Conferences

### 2010 ILCA Conference – ILCA's 25<sup>th</sup> Anniversary

**Online Registration Is Now Open**: Standard Deadline is June 15!

**Connect with Other Conference Goers at the ILCA Discussion Board**



### **Make Your Hotel Reservation Now!**

Reserve your hotel room by calling the JW Marriott directly at 866.882.4420 from the United States and Canada or 1.800.228.9290 from overseas. Please be sure to tell them that you are attending the ILCA Conference in order to receive the special US\$189 single/double room discounted rate. This discounted rate is offered to ILCA registrants for room stays between July 15 and July 27, 2010 **pending availability**. Reservations can also be made via the hotel's secure website at [www.jwsanantonio.com](http://www.jwsanantonio.com). The group code is **LACLACA**.

Consider sharing a hotel room with another conference participant to enrich your experience and expand your networking opportunities. If you have a reservation and would like to share your room, or if you do not yet have a reservation and would like to room with someone, visit the Conference Thread on the ILCA [Discussion Board](#)

**IMPORTANT! The JW Marriott is sold out for Saturday night of conference week.** If you reserved a sleeping room and do not plan to stay Saturday night, please contact the ILCA office at [natalie@ilca.org](mailto:natalie@ilca.org) before you cancel your hotel reservation. We have a waiting list of attendees who need a room and we will make a name change for another attendee. Please do not cancel directly with the Hotel, as the room will return to the Hotel's general inventory and will not automatically capture the room for ILCA attendees.

If you need a room for Saturday night, you have several options:

- Email [natalie@ilca.org](mailto:natalie@ilca.org) to place your name on the waiting list
- Visit the ILCA Discussion Board to request to room with someone (see link above)
- Reserve the final night at nearby hotel listed on the conference web page: <http://www.ilca.org/i4a/pages/index.cfm?pageID=3726>

### **25th Anniversary Dinner**

Be sure to sign up for the 25<sup>th</sup> Anniversary Dinner on your conference registration form. Wear your best 1985 fashion and hairstyle and you might receive a prize! The event features a Western barbecue, closing of the anniversary time capsule, and dancing with an acclaimed, all-female mariachi band. Don't miss out on this highlight of the anniversary celebration! **There is a separate fee for this dinner.**

If you have already registered, but not yet signed up for the dinner, it's not too late. To add the dinner, please visit the registration page at <https://quest.cvent.com/EVENTS/Register/IdentityConfirmation.aspx?e=f4e3504f-0478-4a09-94f9-0cfc14fb024e> and click the "Already Registered" link. It will ask for your confirmation number and email address (if you don't know it or have it handy, there is a link that will email you your confirmation). Once you are logged in to your registration, please click 'Modify'. Then click to the second page where you can add dinner tickets (it is the very last item on this page). The next page will bring you to the payment screen. Space for the dinner is limited, so sign up now!



*ILCA Presidents at the 20th Anniversary Party in 2005.*

## World Breastfeeding Week: Let ILCA Help You Celebrate!

### "Breastfeeding: Just 10 Steps *The Baby-Friendly Way*"

#### ILCA's World Breastfeeding Week Kit and Promotional Items Now Available

ILCA has assembled a comprehensive spread of materials and promotional items to help you plan an exciting and effective program that can make a difference in the care new families receive. Click [here](#) to view the promotional flyer which describes the many new items that can work year-round in your ongoing breastfeeding promotion efforts. Please share the promotional flyer with colleagues, local coalition members, and other individuals planning World Breastfeeding Week programs.

**Place your orders before July 14 to be guaranteed delivery of your kit in time for World Breastfeeding Week August 1-7, as the ILCA staff will thereafter be at the Conference in San Antonio.**



#### WBW Kit

The 2010 Kit contains the basic background and outreach materials you've come to rely on. This year, we also have:

- Full color reproducible pamphlets for mothers, fathers, grandparents and health care providers
- Summary of Strategies for Implementing The Ten Steps to Successful Breastfeeding
- Colorful poster and clinic waiting room sign

#### NEW: Supplemental Language Packets

This year ILCA is excited to offer more World Breastfeeding Week items in Spanish than ever! And for the first time, items have been translated into French as well! These pieces are available in Supplemental Spanish and French packets, purchased separately from the World Breastfeeding Week Kit so that you can purchase only the languages you need.

#### Brand New WBW 2010 Promotional Items

ILCA also provides many exciting new promotional items!

- Soft infant socks
- Nylon sling bag
- Measuring tape for hospitals or clinics, or as give-aways to new mothers
- Footprint-shaped buttons for staff
- Pens with 6 different positive messages for staff about breastfeeding
- Door knob hangers
- Posters in English, Spanish and French
- Mylar and latex balloons



ILCA Members enjoy access to **free downloadable materials** on the ILCA website, including a press release, PowerPoint presentation, cake art, an E-card and the footprint art as well as Color versions of the certificates, table tent and welcome sign. Watch for the downloadable items to be available in mid-June. Log in to Members Only and on the dropdown menu click on "Promotional Materials."

#### About the Theme

WBW 2010 is a special opportunity to draw attention to the importance of *The Ten Steps to Successful Breastfeeding* in the Baby-Friendly Hospital initiative with hospitals and birthing facilities in your community. It is also an opportunity to highlight easy, achievable steps that can be taken by health care providers, employers, and others to help mothers feel confident and supported with breastfeeding.

The Baby-Friendly Hospital Initiative (BFHI) was launched in 1991 by UNICEF and the World Health Organization (WHO). BFHI was designed to draw attention to the importance of evidence-based maternity care practices to improve breastfeeding outcomes. The program gives special recognition to hospitals and birthing facilities that demonstrate an optimal level of breastfeeding care by adhering to ten model breastfeeding practices known as The Ten Steps to Successful Breastfeeding. BFHI has grown through the years with more than 20,000 designated facilities following these ten steps in 152 countries.

## ILCA News

### Partner Program Update

The ILCA Partner Program has grown to 27 partner pairs around the world! Please help us meet our 2010 goal of 30 pairs. We currently have two very qualified individuals seeking a partner.

One candidate is a past member and the only IBCLC in Trinidad. She founded The Informative Breastfeeding Service and is the founder/director of Mamtoto Resource and Birth Centre. In addition she works two days a week with a doctor and is called on by several other doctors to visit new mothers.

The other candidate is from Indonesia, where there is limited access to information and little support. She would appreciate the JHL to help her advance her cause to promote the breastfeeding campaign in Indonesia. She also teaches at a Medical Faculty as a lecturer on the subject of lactation.

If you or your office or hospital would be able to partner with one of these women, please download the application to partner <http://www.ilca.org/i4a/pages/Index.cfm?pageID=3470> and return it to the ILCA office.

### ILCA Hits Record Membership Numbers

The ILCA membership roster hit 5000 this past month; we have 5059 members around the world! Many new members are joining because of our 2010 Annual Conference and many are a result of a large membership drive in Australia. Welcome to all of you who are receiving your first eGlobe! We hope you will remain members for many years, and we welcome your comments, questions and suggestions.

### Each One Reach One (EORO) Deadline June 30

The countdown is finally here—only one month left to bring in new members and win the free registration for the 2011 San Diego Conference! We have several members who are vying for the Individual award, with one member having a serious lead. We have one qualifier in the Course Director category but no qualifiers for the Chapter/Affiliate award. If you are a new member since July 1, 2009 and have not yet given anyone credit for being the person who encouraged you to join ILCA, contact [glenna@ilca.org](mailto:glenna@ilca.org) and let her know who should get credit!

Thank you to the 434 members who have participated in this challenge this year. You will be able to see some of them at the conference: everyone wearing a black ribbon with Each One Reach One on it encouraged at least one new member to join ILCA during the past year.

## Bookstore

There are several items in the [ILCA Bookstore](#) that augment this year's World Breastfeeding Week theme!

### Books

- **Altering Hospital Maternity Culture: Current Evidence for the Ten Steps to Successful Breastfeeding** by Sue Cox
- **Continuity of Care in Breastfeeding: Best Practices in the Maternity** Setting by Karin Cadwell and Cindy Turner-Maffei
- **Impact of Birthing Practices on Breastfeeding** by Linda Smith

### DVDs

- **Skin to Skin in the First Hour After Birth: Practical Advice for Staff after Vaginal and Cesarean Birth** by Healthy Children Project
- **Baby-Led Breastfeeding: The Mother-Baby Dance** by Christina Smillie (now available in 7 languages on the same video!)
- **Biological Nurturing: Laid-Back Breastfeeding** by Suzanne Colson
- **Breastfeeding Best Practice: Teaching Latch and Early Management** by InJoy

## ILCA Member Services

### Website 411: Study Modules

Continuing education is available to ILCA members at half price on our online Study Modules site. New titles are added regularly and include study modules from the *Journal of Human Lactation*, ILCA documents, and ILCA conferences. Seven new study modules based on 2009 conference sessions have recently been posted, and five modules offer a total of 12 E-CERPs!

To receive your half-price member discount you must first *Register* through the Members Only "Continuing Ed Portal" page to establish a Study Modules account. Once you are registered, you can "Log in as an ILCA Member" to enter the Study Modules website. Just follow the directions on the "Continuing Ed Portal" page. Once you're at the Study Modules site, you can see all of the available modules by clicking on the "Catalog" button along the top. From the Catalog, you can select modules for your 'cart' and securely pay on-line with a credit card.

On-line study modules give you a great deal of flexibility in how and when to acquire continuing education. You can cover the information and the quiz over several sessions, at your own pace, and return as many times as you wish. For more information on how to use the site, click on the "Instructions" tab at the top of the page. The "Frequently Asked Questions" tab is also very thorough. Enjoy browsing the collection and using this cost-effective service of YOUR organization. Contact [judi@ilca.org](mailto:judi@ilca.org) with any questions about ILCA's continuing education opportunities.

## 25th Anniversary

### History of Lactation Consulting Updated on Website

The history book developed for our 20<sup>th</sup> Anniversary has been updated to reflect 25 years in the lactation consulting profession. You can view or download the history at

[http://www.ilca.org/files/events/ilca\\_conference/2010\\_CONFERENCE/LactationProfession1985-2010.pdf](http://www.ilca.org/files/events/ilca_conference/2010_CONFERENCE/LactationProfession1985-2010.pdf).



### Help Us Remember Our Colleagues

As part of our anniversary celebration, we want to remember ILCA members and others in our field who have passed away since our profession began in 1985. An updated listing can be found at the [25th Anniversary webpage](#). If you have any additions, please send the full name, state/country, and 3-4 words to identify them (ILCA member, author, etc.) to Vicki Hobbs at the ILCA Office at [info@ilca.org](mailto:info@ilca.org).

### Last Call! Photos and Video Clips for Anniversary

We are still accepting items to include in PowerPoint presentations to show at the conference and post on the ILCA website. **We particularly want pictures of mothers, babies, and lactation consultants from across the globe.** If you have photos or video clips to share, don't delay! Email [Vicki@ilca.org](mailto:Vicki@ilca.org) for information on how to upload them easily online.

### Conference Saturday International Luncheon

Experience the 'I' in ILCA up close by enjoying lunch with lactation consultants and breastfeeding advocates from another country besides your own. Conference participants outside of North America are invited to bring items and information from their home country to share ideas for supporting breastfeeding across the globe. Those from North America can bring items from their province or state. Clothing representing various countries is also welcome. To reserve a table for a specific country, contact Natalie at the ILCA Office.

## Volunteers

### Help Out at the Conference

When you register, please consider serving as a conference volunteer. You will be contacted by a member of the Conference Program Committee and will attend an orientation session either Tuesday, July 20, or Wednesday, July 21. It's an easy way to contribute to your organization.

## News to Use

### World Health Assembly Adopts Landmark Resolution On Infant and Young Child Feeding

Twenty-nine years after the adoption of the International Code of Marketing of Breastmilk Substitutes, the World Health Assembly adopted a new Resolution on Infant and Young Child Feeding

This new Resolution on Infant and Young Child Nutrition was debated over three days and tackled several controversial issues.

First was the need to protect promote and support breastfeeding in emergencies and the need to minimize the risks of artificial feeding by ensuring that any required breastmilk substitutes are purchased, distributed and used according to strict criteria. At the World Health Assembly Executive board meeting in January the press releases from ILCA on Haiti, copied and distributed by our Liaison, had been a useful tool to inform delegates and prepare the ground. Member States are now urged to follow the Operational Guidance on Infant and Young Child Feeding in Emergencies for Emergency Relief Staff ([www.ennonline.net/resources/6](http://www.ennonline.net/resources/6)).

Second was a call on Member States to end all forms of inappropriate promotion of foods for infants and young children and to ensure that nutrition and health claims shall not be permitted on these foods. The Resolution can stop the widespread use of claims about better IQ, better eyesight or protection from infection, which are so misleading to parents. The misleading advertising and labeling of baby foods also entices parents to use them before recommended age of 6 months.

Third was an urge on Member States to develop and/or strengthen legislative, regulatory and/or other effective measures to control the marketing of breastmilk substitutes in order to give effect to the International Code of Marketing of Breastmilk Substitutes and relevant resolution adopted by the World Health Assembly.

The baby food industry was out in force to witness as Member State after Member State highlighted their continued irresponsible and inappropriate promotion. Thailand expressed "deep concern over the ineffectiveness of voluntary measures' and called for legislative measures to control the marketing."The Delegate of Swaziland, Thulani Maphosa, highlighted his country's concern about the unethical sponsorship of health workers by baby food companies and the need to address conflicts of interest.

Dr Elizabeth Mason, Director of Child and Adolescent Health said, "We are very excited about this Resolution and the renewed commitment for the protection of breastfeeding and will continue its support to Member States on this very important issue."

Other items of importance were the renewed support for the Baby-Friendly Hospital Initiative and recognition of the release of *Solving The Problem Of Childhood Obesity Within a Generation* by the US White House Task Force on Childhood Obesity (found at [http://www.letsmove.gov/tfco\\_fullreport\\_may2010.pdf](http://www.letsmove.gov/tfco_fullreport_may2010.pdf)).

The resolution was adopted at the last plenary meeting of the Assembly on 21st of May and is valid for all countries. Our Liaison to WHO, Maryse Arendt, IBCLC, read [ILCA's statement](#) to the delegates during the discussion and much of the items she touched are found now in the adopted resolution.

Other Resolutions, on the Millennium Development Goals and the Prevention Pneumonia, recognized the core importance of breastfeeding in reducing child mortality. As the WHO Secretariat Report, stated: "Breastfeeding is today the single most effective preventive intervention for improving the survival and health of children."

The Official text of the Resolutions can be found on the WHO website: [http://apps.who.int/gb/ee\\_wha63.html](http://apps.who.int/gb/ee_wha63.html).

Adapted from IBFAN News release, <http://www.ibfan.org/news-2010-0524.html>, by Maryse Arendt and Doraine Bailey.

## Professional Practice

### Accessing Free Full-Text Literature Resources

Looking for an evidence base for your clinical practices? Challenged to find free online journal articles? For IBCLCs who are affiliated with hospitals or academic institutions this is not a major issue, because their institutions generally have a health sciences library with access to electronic data bases and online sources for scientific journals. Those with no such affiliation are challenged to locate free full-text journal articles. Below are some tips for finding free full-text resources. You can also download a [pdf version](#) from the ILCA Website Members Only area under "Professional Resources. If you have other suggestions for the list please contact Karen Wambach, PhD, RN, IBCLC – Director of Research and Special Projects for ILCA – [Karenwambach@ILCA.org](mailto:Karenwambach@ILCA.org).

### Free Full-Text Resources

Created by Kristin Whitehair, M.L.I.S, University of Kansas Dykes Library, School of Nursing Librarian Liaison, [kwhitehair@kumc.edu](mailto:kwhitehair@kumc.edu) and Karen Wambach, PhD, RN, IBCLC, ILCA Director of Research and Special Projects [karenwambach@ilca.org](mailto:karenwambach@ilca.org)

**Open Access Journals** – This type of journal allows free and open access to the content online. These journals do not require users to pay or subscribe to journals to view the content.

- [PubMed](http://www.ncbi.nlm.nih.gov/pubmed/) (http://www.ncbi.nlm.nih.gov/pubmed/)– Links to free full-text are available for some items. Check with your local library (public, academic, and/or state library) to find out what you can access and what options are available through interlibrary loan (borrowing items from another library for a low fee or sometimes without a fee depending on library policies).
  - [LinkOut](http://www.ncbi.nlm.nih.gov/entrez/linkout/journals/jourlists.cgi?type=journals&typeid=1&format=html&show=ALL&operation=Show) (http://www.ncbi.nlm.nih.gov/entrez/linkout/journals/jourlists.cgi?type=journals&typeid=1&format=html&show=ALL&operation=Show) –Free access to over 650 journals.
  - Take advantage database features. You can receive email updates with new articles on a topic or the table of contents for a new issue of a journal you want to follow. To get started check out this [link](#) to set up email alerts in PubMed.
- [PubGet](http://pubget.com/) (http://pubget.com/) – This is an alternative way to search PubMed. The goal is to get to the full-text quickly.
- [Google Scholar](http://scholar.google.com/) (http://scholar.google.com/)– Google Scholar connects you to academic and scholarly literature with the ease of a Google search. Check out the "advanced" link to limit your results to only the health sciences. When full-text access is available links to full text are listed on the results page. (Also check out the "Library Links" under preferences to connect to your library resources in Google Scholar.)
- [Centre for Reviews and Dissemination](http://www.crd.york.ac.uk/crdweb/) (http://www.crd.york.ac.uk/crdweb/) – This U.K. based site provides access to search several evidence-based resources including Cochrane content.
- Check with your state and local public libraries. For example, the [State of Kansas Library](http://www2.kumc.edu/SLK/resource.asp?myeses=7388322&cuid=ksuc&cusrvr=muses) (http://www2.kumc.edu/SLK/resource.asp?myeses=7388322&cuid=ksuc&cusrvr=muses) provides access to ProQuest Nursing and Allied Health Source database to all users in Kansas. Many state and local libraries offer access to databases online. Get to know your librarian to learn about available options.

### Online Journals

- [JAMA](https://subs.ama-assn.org/ama/exec/guest?url=) (https://subs.ama-assn.org/ama/exec/guest?url=) – Free online access (with registration) older than 6 months after publication.
- [DOAJ](http://www.doaj.org/) (Directory of Open Access Journals) (http://www.doaj.org/)– Free access to over 4,000 scientific and scholarly journals.
- [BioMed Central](http://www.biomedcentral.com/) (http://www.biomedcentral.com/) – Over 150 peer-reviewed online Open Access journals.
- [On-Line Journal of Nursing Informatics](http://www.hhdev.psu.edu/nurs/ojni/dm/) (http://www.hhdev.psu.edu/nurs/ojni/dm/) – Free access to content from 1996 – present.
- [Online Journal of Rural Nursing and Health Care](http://www.rno.org/journal/) (http://www.rno.org/journal/) – Online journal with peer-reviewed content.
- [International Breast Feeding Journal](http://www.internationalbreastfeedingjournal.com/) (http://www.internationalbreastfeedingjournal.com/) – Open access journal focusing on breast feeding.
- Lastly, many professional organizations include access to online journals they publish to members. Check out what is available to you.

## Calendar

### June 15

Deadline for Standard Registration for ILCA Annual Conference

### June 28

Deadline for discounted hotel reservations for ILCA Annual Conference, **based on availability**

### June 30

Deadline for Each One Reach One entries

### July 14

Deadline for ordering WBW materials

### July 18 – 20

ILCA Board Meeting

### July 21 – 25

ILCA Annual Conference

### July 26

IBLCE Exam

### August 1 – 7

World Breastfeeding Week

International Lactation Consultant Association  
2501 Aerial Center Pkwy, Suite 103  
Morrisville, NC 27560

Phone: 919-861-5577  
Fax: 919-459-2075  
E-mail: [info@ilca.org](mailto:info@ilca.org)  
[www.ilca.org](http://www.ilca.org)



## Book and Multimedia Reviews

ILCA members can access reviews via the [Members Only](#) area, under the 'Professional Resources' tab. With the new website, once you log in with your member number, you will go directly to this page! Click on the month, then the title to read the review.

### Books

**Balancing Breast & Bottle: Reaching Your Breastfeeding Goal.** Amy Peterson, IBCLC, and Mindy Harmer, CCC-SL. Hale Publishing, 2010.

**Helping Baby Sleep: The Science and Practice of Gentle Bedtime Parenting.** Anni Gethin, PhD and Beth Macgregor. Celestial Arts, 2009.

**Your YOGA Birthguide: The Essential Reference for Yoga Teachers, Midwives and Mothers-to-be.** Jenny Beeken and Sally Townsend. Polair Publishing, 2009.

### DVD:

**Nursing Mothers Welcome** (fifth edition). Heather M MacLean, RN, BS, CBC. Diverse Production, 2007 (DVD).

An [alphabetical compilation](#) of all reviews since February 2007 is now available on the reviews page. Each entry references the month the review appeared.

Readers interested in writing reviews of books, CDs, photo/slide collections, videos, DVDs and websites may contact [Nicole Bernshaw](#), IBCLC, Review Editor, at [Nicole.Bernshaw@comcast.net](mailto:Nicole.Bernshaw@comcast.net).

## AARC News

### AARC Launches Website

The Accreditation and Approval Review Committee (AARC) on Education in Human Lactation and Breastfeeding launched its new website at <http://aarclactation.org/>. From the AARC homepage, you can now go directly to the list of AARC accredited courses, provided as a handy alphabetized pdf document. You can also easily access application materials to have courses approved. For more information about AARC, email [info@aarclactation.org](mailto:info@aarclactation.org).

**eGlobe Editor:** Doraine Bailey, MA, IBCLC, Lexington, KY, USA.

**Call for Articles:** Share your professional stories with your colleagues by submitting an article to eGlobe. Photos and text of up to 250 words are welcome. Please send submissions and Letters to the Editor to [DoraineBailey@ilca.org](mailto:DoraineBailey@ilca.org) by the 20th of each month for inclusion in the following month's issue.

**EGlobe is Archived!** Sign in to the Members Only area at [www.ilca.org](http://www.ilca.org) to see previous issues of the eGlobe!