

# Inside ABM

Academy of Breastfeeding Medicine Newsletter

December 2024

*A newsletter offering for Academy of Breastfeeding Medicine members and colleagues from across the world.*

## Welcome to Inside ABM! Top Three for 2024!

Welcome to the **19th issue** of *Inside ABM—Year in Review! Come on in!*

As 2024 comes to a close, ABM reflects on the year's accomplishments and looks forward to what's ahead. The ABM Newsletter team would like to thank you, our readership, for inspiring us to include things we hope will inspire you! We love to hear that, across the globe, you are sharing the contents of the newsletter with your colleagues! Thank you for coming Inside!

Paula K. Schreck, MD NABBLM-C IBCLC FABM, Newsletter Chair  
Melody Jackson, MBBS FRACGP IBCLC MPH  
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We welcome your input as we look ahead to 2025! Please contact [abm@bfmed.org](mailto:abm@bfmed.org) with any content ideas or if you want to get involved in the newsletter.





In 2023, the December issue of ABM featured reader favorites. For 2024, we are featuring STAFF favorites! Below are the newsletter staff's TOP 3 FEATURES from 2024.

### **1. January 2024: Recent Articles on Tongue Tie Treatment in the News**

In the January 2024 issue of the newsletter, we featured two articles on controversies surrounding the management and treatment of ankyloglossia (tongue tie) that hit the mass media in the [UK Daily Mail](#) and [The New York Times](#).

Many of us who work in Breastfeeding and Lactation Medicine were approached about these articles and asked to comment. ABM did respond to The New York Times article by submitting a Letter to the Editor. You can read the Letter to the Editor at The New York Times [here](#). Follow [THIS LINK](#) to the January issue of Inside ABM to re-read our mini-interview with Yvonne LeFort, MD FCFP FRNZCGP FABM IBCLC, the lead author on the ABM Policy Statement on ankyloglossia and a contributor to the NYT Letter to the Editor.

**Why We Love It:** The management of ankyloglossia has been on a bit of a pendulum journey, with that pendulum recently swinging toward more conservative and cautious treatment. The 2021 ABM Policy Statement (cited below) led the way in advocating for a more measured approach by physicians. The sensationalized mass media gave us an opportunity to circulate that message. There is more to come on ankyloglossia from ABM. We look forward to featuring future content on this subject.

Citation: LeFort, Y., Evans, A., Livingstone, V., Douglas, P., Dahlquist, N., Donnelly, B., Leeper, K., Harley, E., & Lappin, S. (2021). Academy of Breastfeeding Medicine Position Statement on Ankyloglossia in Breastfeeding Dyads. *Breastfeeding Medicine*, 16(4), 278–281. <https://doi.org/10.1089/bfm.2021.29179.ylf>

### **2. April 2024: ABM Position Statement on Paid Maternity Leave**

If you could make the rules for the entire world on parental leave, what would they be? In April, we featured the ABM position statement on parental leave (cited below) which provides a very compelling model for a fair, safe, equitable, and beneficial parental leave policy.

Citation: Marinelli, K. A., Moren, K., & Taylor, and The Academy of Breastfeeding Medicine, J. S. (2013). Breastfeeding Support for Mothers in Workplace Employment or Educational Settings: Summary Statement. *Breastfeeding Medicine*, 8(1), 137–142. <https://doi.org/10.1089/bfm.2013.9999>

**Why We Love it:** We used a different format in this feature. Instead of asking an author of the statement some questions, we flipped the narrative and asked you, Reader, some thought-provoking questions:

*Reader, if you could set the standard for YOUR country for the length of maternity leave, balancing the geo-political and economic forces at play, what would be your recommendation?*

*Reader, what would your recommendation be to a mother in your country who feels they must choose between returning to work or breastfeeding?*

*Our last question for you, Reader, is this: What are two things YOU can start doing or saying today to help new mothers navigate our currently flawed systems?*

Follow [this LINK](#) to the April Issue to read again and be inspired to become an advocate for change.

### 3. May 2024: ABM Clinical Protocol #34: Breast Cancer & Breastfeeding

The diagnosis of breast cancer under the age of 50 is increasing, and at the same time, detection and treatment are advancing. More and more, breastfeeding medicine and breast cancer will collide. In the May issue, we featured one of the newer protocols from ABM cited below.

Johnson, H. M., & Mitchell, K. B. (2022). *ABM Clinical Protocol #34: Breast Cancer and Breastfeeding*. 1038.e11-1038.e17. <https://doi.org/10.1016/b978-0-323-68013-4.00078-x>

**Why we love it:** Our feature on “oncolactation” (new word alert!) included some extra content from Katrina Mitchell, MD IBCLC PMH-C, and links to additional resources, including her op-ed on double mastectomy. We love that Dr. Mitchell, a breast surgeon, has actually “been in the lactating breast where it happens” giving us some amazing perspective we do not often get.

Follow the link [HERE](#) to the May Issue of ABM.

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## Thank You, Dr. Rouw!

On behalf of all who are deeply invested in the health and wellbeing of mothers, parents and infants worldwide, we at ABM extend our heartfelt gratitude to our wonderful president, Dr. Elien Rouw. Dr. Rouw’s unwavering dedication and leadership during her first year of presidency of the Academy of Breastfeeding Medicine has seen our organization progress in its core mission of educating and empowering health professionals to support and manage breastfeeding, lactation, and human milk feeding.

Dr. Rouw has worked tirelessly to promote education, foster collaboration, and advance research in breastfeeding medicine, and her dedication has made a profound impact on countless lives. Through Dr. Rouw’s vision and commitment, she has not only strengthened the global community of professionals in this field but also empowered families to embrace breastfeeding as a cornerstone of infant and maternal health. Thank you, Dr. Rouw, for your invaluable contributions and inspiring advocacy for such a vital cause. We look forward to your leadership during your second year as President of ABM in 2025!

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## ABM 29th Annual International Meeting Highlights

We were thrilled to welcome over 450 in-person and virtual attendees to our Annual International Meeting in November! Here’s a quick look back at some of the highlights:

**The preconference** kicked off with What Every Physician Needs to Know 1 & 2 and a Protocol Writing Workshop! That evening, attendees reconnected at the Opening Reception and explored the exhibits.



Day 1 started with a compelling Opening Keynote Session by Nekisha Killings, MPH IBCLC, on the historical, psychosocial, and cultural dimensions of breastfeeding within the African American community. The day continued with engaging SIG Roundtables, poster presentations, interactive workshops, and poster sessions.



On **Day 2**, we gathered for the ABM Annual Member Meeting and celebrated a big milestone at our Centennial Celebration, where we introduced the Ruth A. Lawrence Distinguished Leadership Award. This inaugural honor was presented to ABM founding member and breastfeeding medicine pioneer Dr. Ruth Lawrence. We also hosted our first-ever Silent Auction Fundraiser!



On the **Final Day**, we wrapped up with a presentation of awards, the inspiring Founders Lecture delivered by Larry Grummer-Strawn, MPA MA PhD, and insights from an engaging Global Panel.

Thank you to everyone who joined us for this incredible event, and stay tuned for details about next year's meeting!

A special thank you to Dr. Tim Tobolic for all the wonderful photographs of the meeting!





## Register Now for January's Grand Rounds Webinar

Join us for an engaging Grand Rounds webinar featuring Casey Rosen-Carole, MD MPH MEd, who will explore the topic of inducing lactation in transgender women. This session will review the current literature, highlight case reports, and propose future research to empower providers in supporting gender-diverse families.

This on-demand webinar will be available in the **ABM Education Center** on **Friday, January 24, 2025**, and will include a forum for registrants to submit questions to the presenter.

[Register Now](#)

Looking to expand your knowledge and earn CE throughout the year? You can now register for the **2025 Grand Rounds Series** to access all monthly webinars for the year! Gain insights into crucial topics like prenatal breastfeeding promotion, NEC, HIV and breastfeeding, tongue-tie, and more to stay informed and improve your practice.

[Register Now](#)

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## Year-End Donations

In 2024, ABM had the opportunity to launch new projects and initiatives, including the following:

- Sent advocacy letters and liaised with USBC, WHO, OWH, USPSTF, and AHRQ.
- Developed new protocols and position statements.
- Developed the Leadership Academy and provided program scholarships for the first two cohorts.
- Launched the [What Every Physician Needs to Know microlearning series](#).
- Exhibited at a related medical professional associations to distribute handouts and raise awareness.
- Developed two patient handouts, which are translated into multiple languages.
- Distributed 140 packets of patient-educating materials to practitioners who serve vulnerable populations.
- Launched the Grand Rounds Webinar Series.
- And more!

Want to help us change lives? Donate to the ABM Growth Fund! Your donation ensures everyone has access to critical breastfeeding resources like protocols, patient handouts, and position statements at no cost. If you're in the U.S., your donation today is tax-deductible for the 2024 tax year.

Donate Now



Inside ABM

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