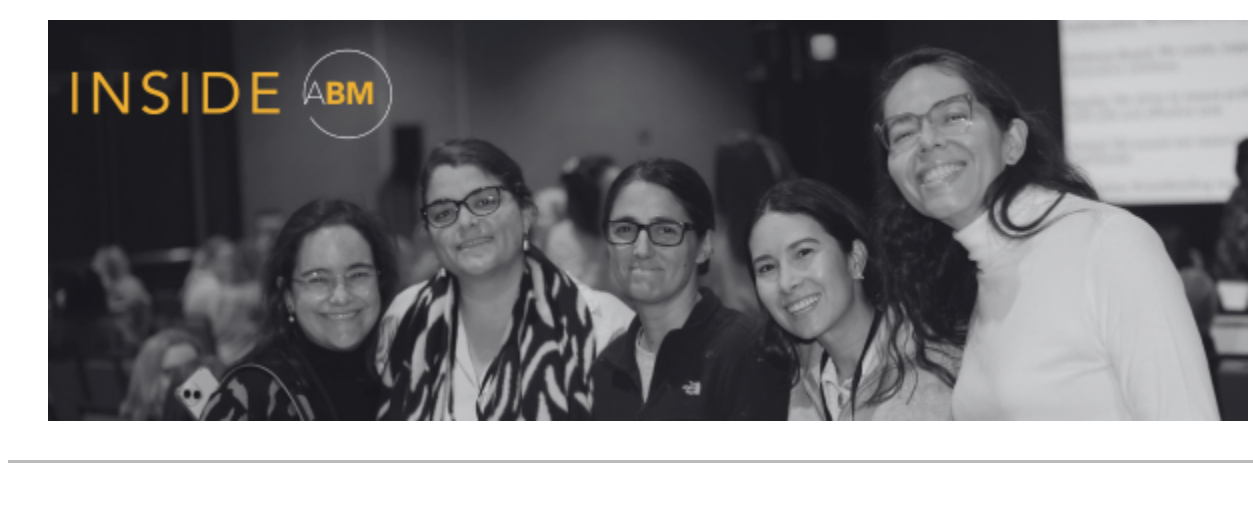


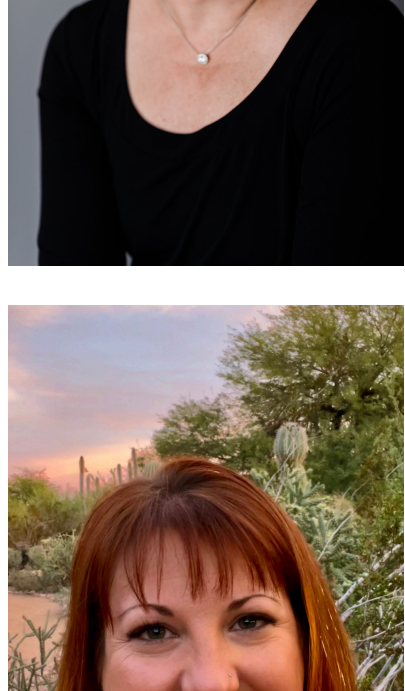
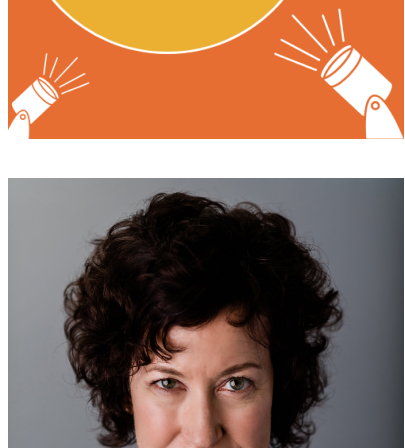


A newsletter offering for Academy of Breastfeeding Medicine members and colleagues from across the world.

Welcome to Inside ABM!

As we close out July, we're taking a moment to reflect on the conversations, updates, and shared learning that continue to shape breastfeeding and lactation medicine. Here's a preview of what ABM members are reading in this month's issue of Inside ABM. Each issue brings you expert insights, clinical resources, and exclusive content to keep you informed and ahead in the field of breastfeeding medicine. To access the full newsletter and all the benefits of membership, [join ABM today](#).

SUMMARY: Isn't it impressive, helpful, and perhaps even concerning how fast Artificial Intelligence has come into our lives? It affects how we consume, travel, read, learn, and practice. ABM is right there with you. In this issue, we will examine some fascinating data on different learning modalities, starting with a feature on an ABM classic that is being reborn—What Every Physician Needs to Know. Come on into ABM's global newsletter, Inside ABM!



Spotlight on "What Every Physician Needs to Know About Breastfeeding" (WEPNTK)

This month, we are turning a spotlight on "What Every Physician Needs to Know About Breastfeeding" (WEPNTK), a classic ABM offering for over 20 years. This editor still remembers her first WEPNTK experience. Back in the day, the WEPNTK offering included a hands-on Skills and Equipment breakout, and it was there that I saw a nipple shield for the first time. Mind blown. Now I am leading the re-design of the classic curriculum and helping to bring it into the virtual world! Let's take a deeper dive into what we all need to know about this educational reboot!

Questions answered by Paula K. Schreck, MD NABBLM-C IBCLC FABM, and Kristina Lehman, MD NABBLM-C IBCLC FABM—co-leads on the WEPNTK project.

What did the traditional offering of WEPNTK look like?
In the past, WEPNTK has been a preconference event, open to clinicians and taught by a rotating panel of experts from the Academy of Breastfeeding Medicine ranks. Early iterations included breakout case studies and skills stations (as noted above), but the offering was always known for its didactic excellence. WEPNTK II was added as a sequel to WEPNTK I and has been very popular amongst clinicians who want to take a deeper dive into the clinical application of Breastfeeding and Lactation Medicine.

Has WEPNTK ever been digital?
WEPNTK was delivered in a remote synchronous format by necessity during COVID. Remote options have also been provided every year since then when ABM offered a remote or hybrid meeting. In 2023, WEPNTK was transformed into a series of short videos with the support of a grant from the WK Kellogg Foundation. These videos remain available on the ABM website and have logged over 43,000 views! This year, WEPNTK I will only be offered LIVE due to the timing and release of online materials. Keep reading for more details!

What will the NEW and IMPROVED WEPNTK look like?

When we first took on the task of rebooting WEPNTK, we started with the development of "personas." Who were we trying to educate and why? We decided to divide the material into 3 separate offerings to honor the different phases of medical training and their distinct personas. Here are the three offerings that we are working on and their personas:

WEPNTK 1.0: This asynchronous self-paced online training is literally designed for EVERY clinician. Our ideal learner (persona) is a third- or fourth-year medical student, a first- or second-year resident, or a physician extender in training. This course will be 3 to 5 hours in length. It will focus on basic physiology, awareness of benefits, and the basics of clinical management. Imagine if...every clinician from the neurosurgeon in the OR to the emergency room Physician's Assistant in a remote access location to the urban internal medicine specialist understood the basic anatomy, physiology, and advantages of breastfeeding and could apply that knowledge to support breastfeeding dyads.

WEPNTK LIVE: This in-person offering will honor the original model of WEPNTK as a pre-conference day. Attendees will have the opportunity to preview an early version of the online 1.0 offering beforehand. The WEPNTK LIVE persona is farther ahead in their career: They are a primary care clinician who serves breastfeeding dyads...such as those in the fields of Family Medicine, Pediatrics, and OB/GYN. This in-person interactive class will take this group of learners to the next level of clinical management and give them the confidence and ability to manage common breastfeeding challenges. We are also bringing back the skill stations (including nipple shields!) and more opportunities for small group learning and networking with case study discussion tables. The afternoon small group activities will also be offered in French and Spanish. Foreshadowing Alert! Look for an online asynchronous version of this offering in 2027/28 to follow 1.0.

WEPNTK II: Offered as an in-person preconference day running at the same time as WEPNTK I, this session is for the aspiring or practicing Breastfeeding and Lactation Medicine clinician. The rotating curriculum focuses on clinical management of complex issues that face breastfeeding dyads. Hear about new science-based approaches from the experts!

Are you going to keep the name WHAT EVERY PHYSICIAN NEEDS TO KNOW moving forward?
We agree it is long and hard to say, and it is not inclusive, so we are working on a new name that encompasses the new modular progression of the educational offering. The focus will still be on the clinician, which does encompass physicians and physician extenders. Stay tuned!

Anything else?
We would like to thank the WEPNTK Task Force for their hard work!

- Sabeen Adil
- Isabel Alejandra Chávez Ferrant
- Mariana Colmenares Castano
- Manisha Gogri
- Miena Hall
- Katherine Kearns
- Sheila Kredit
- Natalie Krier
- Kathryn Lankton
- Kristina Lehman*
- Jean Link**
- Miranda Chacon
- Casey Rosen-Carole
- Ana Lucia Ruiz-Cabrera
- Anna Sadovnikova
- Paula Schreck*

*Co-leads
**ABM Staff

Reader, what is your persona? Do you have peers that might benefit as well from this education? Join us in Toronto on October 13 for WEPNTK 1 OR 2!

[Learn More and Register](#)



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Nurture the Mission: *Silent Auction*

Support ABM Through Our Silent Auction

Join us in fueling the future of breastfeeding medicine! Our *Silent Auction* kicks off both in person and online during our [31st Annual International Meeting](#) in Toronto. Whether you donate event tickets, vacation stays, or mentorship sessions, proceeds from your donation help us continue providing free, high-quality resources to clinicians and families worldwide.

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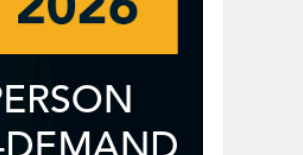
**31ST ANNUAL
INTERNATIONAL
MEETING**



**TORONTO
ONTARIO**



**OCTOBER
13-15
2026**



**IN-PERSON
& ON-DEMAND**

Register Now for the 2026 ABM Annual Meeting

The [ABM 31st Annual International Meeting](#) is coming to Toronto, Ontario, Canada, October 13-15, 2026. This year's meeting brings together evidence-based science, practical clinical education, and global perspectives in breastfeeding and lactation medicine, with new opportunities for connection and learning throughout the program.

The [schedule at a glance](#) is now posted on the ABM website, making it easier to preview the meeting format, plan your travel, and see how the program will unfold. New this year, the Annual Meeting will also feature symposia included with registration, giving attendees additional opportunities to engage with timely topics and expert perspectives as part of the core meeting experience.

ABM is also pleased to offer tiered pricing for Affiliate members this year. Affiliate members may now select Category 1, 2, or 3 pricing based on country of residence, supporting more inclusive global participation while preserving access to the Annual Meeting for a wider range of professionals in breastfeeding and lactation medicine.

In-person attendees may also choose to add two optional events during registration:

- **Celebrating Our Global Community:** Join colleagues from around the world for an evening of connection, food, music, and celebration. This optional event will take place on Wednesday, October 14, from 6:30 PM to 8:30 PM. Additional fee: \$85.
- **Lactational Mastitis Research Summit:** This half-day, action-oriented convening will bring together clinicians, researchers, and patient perspectives to identify critical gaps in mastitis diagnosis, treatment, and research; define priority research questions; and build the framework for future evidence-based care. The [summit](#) will take place Friday, October 16, from 8:00 AM to 1:00 PM. Additional fee: \$50.

Whether you join us in Toronto or engage with the conference content on your own schedule through our on-demand option, the 2026 Annual Meeting is designed to foster meaningful connections, shared learning, and clinical advancement across the ABM community.

Planning to join us in Toronto? [Book your hotel now](#) to secure the discounted group rate before the block fills up.

Please contact our team at abm@bmfmed.org if you are already registered for the Annual Meeting and would like to add the new events to your registration.



**LEADERSHIP
ACADEMY**



**Become More Than
a Member.**



BECOME A LEADER.

Apply for the ABM Leadership Academy!

If you're ready to advance your leadership skills in breastfeeding medicine, this 10-month program is for you! The ABM Leadership Academy is where emerging leaders in breastfeeding medicine grow, connect, and create real change.

This transformative program is designed to equip you with the leadership tools and experience needed to excel in your career. You'll receive personalized mentoring from leading breastfeeding experts and lead a project that drives innovation and equity in breastfeeding medicine.

Applications are open through September 11, 2026.

Not an ABM member yet? [Join today](#) to meet the membership requirement and become eligible for the Leadership Academy!

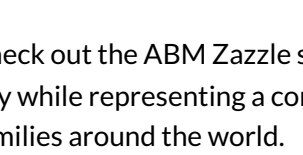
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ABM Swag items

Breastfeeding Swag from ABM

Looking for a simple way to show your support for breastfeeding medicine?

Check out the ABM Zazzle store! Featuring items you can use every day while representing a community dedicated to advancing care for families around the world.

It's a small way to stay connected and support the mission wherever you are.

[Browse the Store](#)



Grand Rounds



**WEBINAR
Series**

Latest Grand Rounds Webinar: What Ukraine Is Teaching Us About Breastfeeding in Emergencies

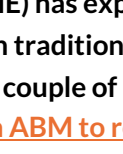
Conflict changes everything, including how families feed and care for their infants. **"Grand Rounds: Breastfeeding in Emergencies - A Review of ABM's Position Statement and Lived Experiences from Ukraine"** explores how the war in Ukraine has shaped breastfeeding practices, maternal decision-making, and infant nutrition.

Join presenters as they share survey findings and lived experiences from Ukrainian mothers, highlighting the challenges families face in crisis conditions. The session also examines how these factors influence breastfeeding duration, confidence, and feeding choices, as well as the critical role of lactation support and evidence-based counseling in improving outcomes.

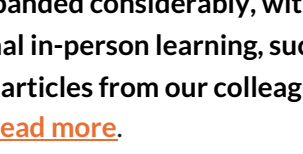
This on-demand webinar is available now in the ABM Education Center. After viewing, registrants can join a discussion board on MyABM to submit questions and engage with the presenters.

This activity offers on-demand CME through December 31, 2027.

[Register and Watch Now](#)



Have You Seen This?



**A Comparative Analysis: AI vs. Remote
Learning vs. In-Person Education: Do We
Have to Choose One?**

Analysis written by Paula K. Schreck, MD NABBLM-C FABM (and Assistant)

The literature on AI (Artificial intelligence) in medical education and continuing medical education (CME) has expanded considerably, with particular attention to how AI-enabled platforms compare with traditional in-person learning, such as national meetings like our own upcoming event. Let's look at a couple of articles from our colleagues in other specialties to gain some perspective.

[Join ABM to read more.](#)

Thank you for previewing this month's Inside ABM!
To access the full newsletter and enjoy all the benefits of ABM membership, consider [joining us today](#).



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