

The Vermont Lactation Consultant
Association, Inc.

Presents Our 24th Annual

Professional Lactation Conference

April 20 & 21, 2017

HILTON HOTEL, BURLINGTON, VERMONT



FACULTY

Lawrence Noble, MD, FAAP, FABM, IBCLC

Larry Noble works as a pediatrician and neonatologist in New York City, currently at Elmhurst Hospital and Mount Sinai School of Medicine. He is the Protocol Chair of the Section on Breastfeeding of the American Academy of Pediatrics and serves as Secretary of the Academy of Breastfeeding Medicine. He founded and is co-chair of the Bronx Breastfeeding Coalition and the annual Breastfeeding Conference at Jacobi Hospital in NYC. He is a member of the NYC Breastfeeding Promotion Leadership Council, the New York State Breastfeeding Team, and is a representative to the US Breastfeeding Coalition.

Anne Johnston, MD

Anne Johnston is a neonatologist at the University of Vermont Medical Center Children's Hospital. Her interest in the follow up care of infants discharged from the NICU led Dr. Johnston and her team to create a novel way of weaning infants from opioids by weaning doses of methadone in the outpatient setting while in the care of their family. Anne has a team that shares her passion for the care of these families and they have followed over 1,400 infants exposed to opioids during pregnancy.

Marsha Walker, RN, IBCLC

Marsha Walker is a registered nurse and international board certified lactation consultant. She maintained a large clinical practice at a major HMO in Massachusetts, is a published author and an international speaker. Consulting with hospitals, providing in-service presentations, speaking at conferences and workshops and advocating for breastfeeding at the state and federal levels occupy her professional time. She is currently the chair of the board of directors of the Massachusetts Breastfeeding Coalition, and sits on the board of directors of Baby Friendly USA, Best for Babes Foundation, and the US Lactation Consultant Association (USLCA). She is a past president of the International Lactation Consultant Association and the Executive Director of the National Alliance for Breastfeeding Advocacy.

This conference
is intended for those
working with pregnant
and postpartum women
and their families:
lactation consultants,
physicians, midwives,
nurse practitioners, nurses,
childbirth educators,
doulas, La Leche League
leaders, nutritionists,
therapists, feeding
specialists, and public
health and WIC
personnel.

Sampling of Objectives

Thursday

- Describe the role of infant feedings pertaining to changing the bacteria flora and its effect on infections and inflammatory diseases.
- State how breast milk miRNA control epigenetics and infant's phenotype for his life and for future generations.
- Critically examine the evidence linking infant sleep environment and sudden infant death.
- Describe the multiple psychosocial effects of oxytocin on the breastfeeding mother and infant.

Friday

- Discuss the benefits and risks of breastfeeding in women with substance use disorders.
- Describe breastfeeding management guidelines for insufficient milk production.
- Describe the benefits and side effects of nipple shield use.
- Understand the effects of obesity and diabetes on breastfeeding and lactation.
- Discuss what to look for in determining Code compliance of products, businesses, organizations, and agencies.

Accommodations

The Hilton Hotel Burlington overlooks Lake Champlain. A limited number of rooms are reserved for conference participants at special rates: single/double occupancy, \$126. Please make your [reservations online](#) or by calling the Burlington Hilton Hotel directly at (802) 658-6500, no later than March 22 for the special rate. Mention that you are attending the VLCA Conference. The hotel features an indoor pool, Jacuzzi, exercise equipment, a restaurant, and is a short walk to downtown Burlington. Web site: www.burlington.hilton.com. For information about the Burlington area, call the Lake Champlain Chamber of Commerce, (877) 686-5253, web site: www.vermont.org/visiting. Please make roommate arrangements on your own and be prepared for variations in temperature in the conference rooms.

Directions

Hilton Hotel Burlington is located at 60 Battery Street in Burlington, Vermont. Take Interstate 89 to Exit 14 West. Follow signs to downtown Burlington on Rt. 2 West, toward the lake. When Rt. 2 (Main Street) intersects with Battery Street, turn right. The Hilton will be on the right. Free parking coupons will be available at the registration desk.

Accessibility / Special Needs

All conference facilities are accessible to people with disabilities. For facilities information, contact Tricia by March 17, 2017 at conference@vlca.org or write to:

VLCA Conference Facilities
PO Box 32, Starksboro, VT 05487

Infants

VLCA acknowledges and respects the need for mothers and babies to be together. Quiet babies in arms are welcome. We ask that those with babies sit near an exit door. Restless infants will require immediate attention as a courtesy to participants and for the comfort of the child.

Marketplace

The Marketplace offers outstanding exhibiting, sales, and networking opportunities to breastfeeding-friendly businesses. For exhibitor info, contact Vicki at marketplace@vlca.org or write to:

VLCA Conference Marketplace
PO Box 218, Hyde Park, VT 05655

SCHEDULE

No audio or videotaping allowed.

Thursday, April 20, 2017

Lawrence Noble, MD, FAAP, FABM, IBCLC

7:30 a.m. - 4:15 p.m.

Lunch & Refreshments Included

7:30	Registration; Coffee, Tea and Muffins
8:00	Welcome
8:15	Breastfeeding, Microbiota and Metabolic Syndrome
9:45	Coffee Break
10:00	The Future is Here: Epigenetics, Stem Cells and Breastfeeding
11:30	Lunch
1:00	Sleep, Bedsharing, Breastfeeding and SIDS
2:30	Dessert Break
2:45	Oxytocin, the Love Hormone: Fact or Fiction
4:15	Evaluation / CEU Awards

Friday, April 21, 2017

Anne Johnston, MD

Marsha Walker, RN, IBCLC

7:30 a.m. - 4:15 p.m.

Lunch & Refreshments Included

7:30	Registration; Coffee, Tea and Muffins
8:00	Welcome
8:15	Substance Abuse and Breastfeeding: Are We Asking the Right Questions? (Anne Johnston)
9:45	Coffee Break
10:00	The Duet of Breastmilk Synthesis and Production: "Why can't I make more milk?" (Marsha Walker)
11:30	Lunch
12:45	Nipple Shields: useful or useless? (Marsha Walker)
1:45	Dessert Break
2:00	Diabetes, Obesity, and Lactation: Can the three co-exist? (Marsha Walker)
3:00	Coffee Break
3:15	10 Steps to Assessing Code Compliance (Marsha Walker)
4:15	Evaluation / CEU Awards

Continuing Education Credits

CME: CME will be awarded.

IBLCE: Application has been made for IBLCE CERP's recognition.
CNE: This activity has been submitted to Northeast Multi-State Division (NE-MSD) for approval to award contact hours. Northeast Multi-State Division is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The Vermont Lactation Consultant Association, Inc. supports the World Health Organization International Code on the Marketing of Breastmilk Substitutes, and has requested that all exhibitors comply with the Code. This conference has not received funding from any manufacturer of artificial milk for babies.

Tuition Assistance

Limited tuition assistance is available. For further information about the application guidelines, write to Tricia by March 1, 2017 at tuitionaid@vlca.org or
VLCA Conference Tuition Assistance
PO Box 32, Starksboro, VT 05487

VLCA Membership

Annual Dues: \$25
Join now! Save \$10 off registration.

Registration Information

Please read carefully and completely.
Pre-registration is required.
Phone registration is not accepted.
Early registration is strongly recommended.

Mail Registration Form to:

VLCA Conference
PO Box 32, Starksboro, VT 05487
For information, email Kathy at registration@vlca.org or call 802-453-3087 (10 a.m. – 5 p.m.)

Payments

Make check payable to **VLCA Conference** and enclose with the registration form. (Check or money order in US funds only.)
For written confirmation, enclose a SASE with US postage.

Payments from Individuals

Registration form must be accompanied by payment.

Payments from Employers

Registration form must be received on or before the deadline.
Signed documentation by employer on letterhead stationery, verifying forthcoming payment, must be included with the registration form.

When you submit your registration form to your employer, email Kathy at registration@vlca.org to confirm registration and your choice of entrée, in the event your registration form does not reach us in time.

Payment must be received by April 7, 2017

Register early and confirm with your employer that registration was mailed.

Cancellations

Cancellations received by April 14, 2017 will receive a tuition refund less a \$55.00 fee per day. Cancellations must be received in writing. Refunds will be mailed after the conference.
No refunds given after the deadline or for “no-shows”.
VLCA is not responsible to refund registration if the speakers and/or content are changed due to circumstances beyond our control.

Deadlines

Hotel Reservation – March 22, 2017

Early Registration – March 24

Final Registration – April 7

Registration Form — Please PRINT or TYPE

Today's Date _____

Name _____
First (as it should appear on your name badge)

_____ Last

Include up to two credentials _____

Address _____
Please specify: home address _____ or work address _____

City _____

State, Zip/Postal Code _____

Home Phone _____ Work Phone _____

Employer / City _____

Email Address _____
(home _____ or work _____)

Tuition

Tuition Includes: Program packet, lunch and refreshment breaks, and a continuing education certificate. We make every effort to have the latest, most-up-to-date handouts for participants.

IMPORTANT:

Check the day(s) you plan to attend:
___ Thursday, April 20 (Larry Noble)
___ Friday, April 21 (Anne Johnston & Marsha Walker)

Choose your buffet entrée:

Thursday:

- ___ Chicken Bianco
- ___ Vegetable stuffed Portobello mushroom

Friday:

- ___ Chicken Florentine
- ___ Zucchini boat stuffed with quinoa, tomato, and herbs

Early Registration Postmarked on or before 3/24/2017

VLCA Member	Non-member	Physician (if CME credits desired)
1 Day \$180 _____	1 Day \$190 _____	1 Day \$270 _____
2 Days \$265 _____	2 Days \$275 _____	2 Days \$395 _____

Final Registration — Deadline 4/07/2017 Postmarked after 3/24/2017

VLCA Member	Non-member	Physician (if CME credits desired)
1 Day \$190 _____	1 Day \$200 _____	1 Day \$280 _____
2 Days \$285 _____	2 Days \$285 _____	2 Days \$415 _____

Tuition (Thursday and/or Friday) \$ _____

VLCA Membership dues \$25 \$ _____

(Do not pay if attending at non-member rates)

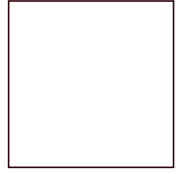
Amount Enclosed \$ _____

Employer Amount to be paid by April 7, 2017 \$ _____

Mail to: VLCA Conference, PO Box 32, Starksboro, VT 05487

VLCA

PO Box 32
Starksboro, VT
05487



VLCA Conference Program Coordinator

Tricia Cassi, BSS, IBCLC

VLCA Conference Planning Committee

Kathleen M. Barrett, LLL
Katherine Bohne, MA, IBCLC
Dorothy M. Kress, AA
Mary Ingvaldstad, BSN, IBCLC
Dawn Kersula, MA, RN, IBCLC
Anya Koutras, MD, IBCLC
Vicki Rich, RN, IBCLC

Web site: www.vlca.org

Email: conference@vlca.org

Facebook: <https://www.facebook.com/groups/422675187793837/> — for current news and information.

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Detail of "Mother Rose Nursing Her Child" by Mary Cassatt. Courtesy of Shelburne Museum, Shelburne, Vermont.