



San Diego County Breastfeeding Coalition

Saturday, August 14, 2021 | 10am-11:30 AM

## EATIN' AT MOM'S-HOW THE PARENTAL DIET INFLUENCES BREASTMILK

with Dr. Anne Eglash MD, IBCLC, FABM

1.5 L-CERPs & 1 CEU

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<https://bit.ly/EatinatmomsSDCBC>

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San Diego County Breastfeeding Coalition

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## DESCRIPTION

Dr. Eglash is a clinical professor with the University of Wisconsin School of Medicine and Public Health, in the Department of Family Medicine. In addition to practicing family medicine, she has been a board-certified lactation consultant since 1994. In 2013 she developed the Outpatient Breastfeeding Champion training program to teach breastfeeding knowledge and support to the primary care medical offices in the University of Wisconsin Medical Foundation System in Madison, Wisconsin. Anne is a cofounder of the Academy of Breastfeeding Medicine (ABM) and is the co-medical director and cofounder of the Mothers' Milk Bank of the Western Great Lakes. She is the medical director of the outpatient lactation program at Meriter Hospital, and the medical director of the University of Wisconsin Lactation Services. She has published many peer-reviewed articles on breastfeeding medicine and sits on the editorial board for "Breastfeeding Medicine" Journal. She co-hosts and produces a free breastfeeding medicine podcast series, The Breastfeeding Medicine Podcast, which can also be found on iTunes. Anne is the founder and President of the Institute for the Advancement of Breastfeeding & Lactation Education (IABLE), a nonprofit membership organization whose mission is to optimize the promotion and support of breastfeeding for families in the outpatient sector.

## OBJECTIVES

1. Describe the role of the maternal diet in allergic disease of the breastfeeding infant.
2. Explain the role of DHA in the maternal diet, and current recommendations on DHA intake.
3. Identify how vitamin supplementation influences vitamin levels in breastmilk.
4. Describe how calcium supplementation for breastfeeding women influences maternal bone density.
5. Discuss the role of maternal Vit D supplementation and breastmilk vitamin D level.
6. Explain the role of choline in infant development and dietary sources of choline.
7. Explain why breastmilk may have an off odor.
8. Understand the effect of maternal pro

## REFUND POLICY

**A recording of the webinar will be sent to all registrants within 1 week of the live event. In this case, the recording will be available to view for up to 1 year from its release. It is the responsibility of the registrant to view the webinar recording while it is still available. For this reason, under no circumstances will a refund be provided or the deadline to view the webinar extended. Thank you for understanding.**

## CONTINUING EDUCATION

IBCLC: San Diego County Breastfeeding Coalition is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT 112-10. 1.5 L-CERPs will be awarded.

RN: San Diego County Breastfeeding Coalition is an approved provider by the California Board of Registered Nursing. This course offers 1 contact hours of continuing education. San Diego County Breastfeeding Coalition's provider number is CEP 17550. Licensee must maintain certificate for a period of four years.