

~ WALC CONFERENCE 2007 ~ 20TH ANNIVERSARY CELEBRATION

MARCH 15 & 16, 2007

Radisson Paper Valley Hotel
333 W. College Ave
Appleton, WI 54911
1-800-333-3333

This program is intended for physicians, nurses, lactation consultants and other professionals interested in improving breastfeeding practices.



Thomas W. Hale, RPH, PhD

Tom is a Professor of Pediatrics at Texas Tech. He is best known to lactation consultants and other health professionals as the author of *Medications and Mothers' Milk*, as well as numerous other publications.

Kay Hoover, Med, IBCLC

Kay has worked as an LC in private practice, hospital, public health and is currently at Pennsylvania State University. She is co-author of *The Breastfeeding Atlas* and other publications for parents and professionals.

Diana West, BA, IBCLC

Diana is in private practice and is owner of the BFAR website. She is author of *Defining Your Own Success: Breastfeeding After Breast Reduction Surgery* and co-author of the soon to be published *Making More Milk*.

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LACTATION
CONSULTANTS

This program does not receive funding from artificial baby milk manufacturers.



Schedule of Events and Learning Objectives

Thursday, March 15

- 11:00-11:45 **Registration and Box Lunch**
- 11:45-12:00 **Welcome**
- 12:00-1:30 **Using Medications in Breastfeeding Mothers ~ Tom Hale**
Describe the transmission of drugs into breastmilk and how to breastfeed away from peak levels.
Provide information on continuing breastfeeding after diagnostic procedures.
Provide skills on communicating with health care providers.
- 1:30-1:45 **Break**
- 1:45-2:45 **Breastfeeding after Breast Surgery, Part I ~ Diana West**
Explain the importance of ducts and nerves to the process of lactation.
Identify reasons women choose to have breast surgeries.
Identify common breast reductions surgical techniques and their probable lactation outcomes.
- 2:45-3:15 **Break**
- 3:15-4:15 **Breastfeeding after Breast Surgery, Part II ~ Diana West**
Describe common scenarios of breastfeeding after reduction and augmentation surgeries.
Identify counseling techniques for working with mothers after cosmetic breast surgery.
- 4:15-4:30 **Break**
- 4:30-5:30 **Abundant Milk Supply and Its Impact ~ Kay Hoover**
Describe a baby's behavior when dealing with an oversupply of milk or a rapid milk ejection.
List problems common to the dyad when dealing with oversupply or a rapid milk ejection.
List common problems for the mother struggling with an oversupply of milk.
- 5:30-7:30 **Dinner—On Your Own**
- 7:30-9:30 **Party! Cake and ice cream, drinks, Celtic music by Druid's Table.**

Friday, March 16

- 7:00-8:00 **Registration and Buffet Breakfast**
- 8:00-8:15 **Announcements**
- 8:15-9:30 **Pharmacotherapy in Breastfeeding Mothers ~ Tom Hale**
Describe the treatment of various syndromes with medications best for mothers and babies.
Learn to evaluate infant susceptibility (incl. prematurity) to various drug treatment regimens.
Evaluate drugs of abuse and provide counseling concerning breastfeeding following their use.
- 9:30-10:00 **Break**
- 10:00-11:30 **Painful Nipples During Breastfeeding ~ Kay Hoover**
Describe possible causes of nipple pain.
List dermatological conditions that might cause nipple pain.
- 11:30-1:00 **Lunch Break**
- 1:00-1:15 **Announcements**
- 1:15-2:15 **Anesthetic/Epidural Medications and Their Impact on Breastfeeding ~ Tom Hale**
Describe the transmission of drugs into the fetus and the consequences of prenatal medications.
Provide information on continuing breastfeeding after prenatal anesthetic/analgesic medications.
- 2:15-2:30 **Break**
- 2:30-4:00 **Case Studies of Breastfeeding Problems ~ Kay Hoover**

Fees

Entire conference: \$180 (early bird discount \$160 if postmarked by March 1)

Thursday or Friday only: \$110 (early bird discount \$100 if postmarked by March 1)

Groups of three or more sending their registrations *in the same envelope* may receive a discount of \$10 per person -or- the member discount (not both). The fee includes a bound program syllabus, copy of *Medications and Mothers' Milk*, box lunch on Thursday, Thursday evening celebration (cake, ice cream, champagne punch, hot chocolate), refreshment breaks, buffet breakfast and lunch on Friday. Exhibits and a bookstore will be available.

Registration / Cancellations

Forms must be accompanied by payment and **must** be postmarked by March 1, 2007 in order to receive the early registration discount. No exceptions! Your cancelled check is your confirmation. If written confirmation is needed, enclose a self-addressed, stamped envelope or email Sandy Testin at stestin@walc.net for confirmation by email. Cancellations received by March 1, 2007, will receive a full tuition refund less a \$25 handling fee. No fees will be refunded after that date.

Continuing Education Credits

This program (in its entirety) has been approved for 9.75 CERPS by the IBLCE. CPEs have been applied for through the American Dietetic Association.

Lunch Choices

Box lunches will be provided upon arrival Thursday—see choices below. On Friday we will be having an Italian Buffet offering choices of several salads, vegetarian lasagna, fettuccine with marinara meat sauce, tortellini with alfredo sauce, bread sticks, garlic bread and dessert.

Babies

Quiet babies in arms are welcome in the conference room. We ask that mothers be attentive to restless infants, and step out when necessary to maintain quiet. Closed circuit TV viewing will be provided in a nearby room for mothers with noisy babies, or anyone who temporarily needs to leave the conference room.

Comfort

Conference room temperature may vary, so bring a sweater or jacket. Nursing mothers wishing to express milk will be provided with space to do so in the closed circuit TV room.



Registration for WALC 2007 ~ 20th ANNIVERSARY CELEBRATION

Name _____ Credentials (for name tag) _____

Place of Employment/Affiliation _____

Email Address _____ Home Address _____

City _____ State _____ Zip _____

Phone: Home (_____) _____ Work (_____) _____

Thursday box lunch: Turkey Ham Vegetarian

Make checks payable to WALC and mail with the registration form to:
WALC Conference
Sandy Testin
218 Lake Street
Waupaca, WI 54981

Registration fee (see above) \$ _____
Group discount (see above, subtract \$10) -or-
WALC discount (current members subtract \$10) \$ _____
Total conference fee \$ _____

Check here to join WALC or renew your membership.

Memberships will be valid until March 31, 2008. Add \$20 to the conference fee \$ _____

Total amount enclosed \$ _____

For registration confirmation: enclose a self-addressed, stamped envelope, or email Sandy at stestin@walc.net.

Hotel Reservations

A block of rooms has been reserved at the special rate of \$93, single or double. To get this special rate, make your reservations at the Radisson Paper Valley Hotel before **February 14** by calling (800) 333-3333. The conference is listed under "Wisconsin Association of Lactation Consultants." The Radisson has a 24 hr. recreation center with a swimming pool, whirlpool, and fitness center. All rooms include a coffee maker, hair dryer, iron and ironing board. Check-in is at 3 p.m., and check-out is at noon. The direct number for the hotel is (920) 733-8000.

Restaurants

Dinner on Thursday may be purchased in the hotel restaurant or at one of the many restaurants located nearby. A map and description of restaurants within walking distance of the hotel will be provided.

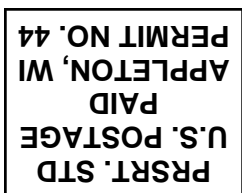
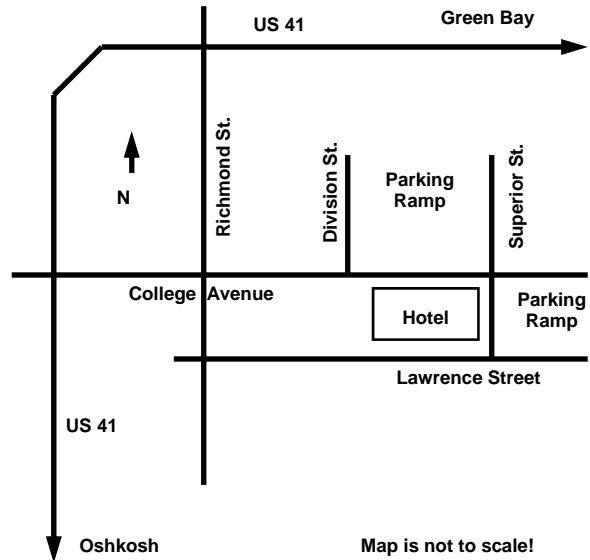
Further Information

Sandy Testin, 218 E. Lake Street, Waupaca, WI 54981
Phone: (715) 258-1076 Email: stestin@walc.net
Website: www.walc.net

Conference Planning Committee: Pat Gima, IBCLC (Committee Chair) / Donna Bisbee, RN, IBCLC / Carol Cox, RN, IBCLC / Becky Krumwiede, RN, IBCLC / Wendi Rebholz, RN, IBCLC / Sandy Testin, RN, IBCLC / Meredith Weir, IBCLC

Directions

From Highway 41, take the College Avenue exit east into downtown Appleton to 333 West College Avenue. Parking is available in nearby ramps. The fee is currently \$1, payable upon entering.



WALC
c/o Sandy Testin
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