

Our PAMILC meeting on July 19, 2008 was at Stephanie Weaver's house in Philipsburg. In attendance were: Stacy Novak, LLLL; Karen Graham IBCLC, LLLL; Alison Keating RN, IBCLC, LLLL; Karen Nelson RN, IBCLC; Sharon Kemrer RN, IBCLC; Myra DeLuca RN; and Donna Batterson, RN.

### **Old Business:**

Signatures on bank account were updated, and supplies were transferred to new treasurer.

There was \$80 sent to ILCA to be an affiliate for USLCA. \$130 was mailed out to IBCLE so we can give CERPS for presentations done at the meetings. Three checks were written to reimburse members for stamps and supplies for our WBW project. Balance in checking is approximately \$2000.

Stephanie is in charge of credentialing meetings to receive CEU's for IBCLCs. She has not received a positive response yet for our first meeting on breast pumps. Paperwork will be sent in for today's journal review. Alison was given paperwork to fill out for October's meeting that she and Maureen will be presenting on teenage pregnancy and breastfeeding. The next meeting will be at Alison's home on Saturday, October 4th.

Extra handouts were distributed to members who missed Stephanie's and Sharon's presentation on breast pumps.

### **New Business:**

Myra Deluca's husband has been doing the web-site for PAMILC and everyone was in agreement to continue having him do the web-site maintenance at \$20 a month. Karen will get in touch with Mark to update website and pay fees.

The Allegheny Department on Health has a hotline. During the hours of 8 a.m.-4 p.m. their staff mans the hotline. They are looking for an IBCLC to man the hotline from 4 p.m. -10 p.m. on Mondays. Pamela Long is the contact person at Allegheny Dept. of Health. Alison is to find out form Vital Statistics about the number of births in our area. There was discussion on finding out about a grant for a hotline in our area. Return calls are ideally within ½ hour of a contact. Need for cell phones and paper supplies would be included.

State College meeting for January date is not final yet. Allen Street Grill was suggested. Karen Graham is going to look into that.

Donna Batterson mentioned Natural Solutions Foundation Health Freedom Alert a site to find information and new guidelines on immunizations, rotavirus, HPV, and flu vaccine.

[www.HealthFreedimUSA.org](http://www.HealthFreedimUSA.org)

[www.GlobalHealthaFreedom.org](http://www.GlobalHealthaFreedom.org)

[www.Organics4U.org](http://www.Organics4U.org)

Donna Batterson asked if anyone had information about Strattera, a medication for people with ADHD. She knows a patient that is on this medication while pregnant and she was wondering is anyone had information about its use during breastfeeding.

## **WBW Project:**

The WBW project for PAMILC was handed out to each of us at this meeting. Included in the gift bag to health professionals who work with breastfeeding dyads in our area was the Clinician's Breastfeeding Triage Tool. It is a laminated sheet about 5 ½ by 8 ½ inches to be used to help a breastfeeding mom over the phone. It encourages getting mom's lactation support and help from an IBCLC. Treatments are given and medications recommended when needed. There was a letter to the Health Provider from PAMILC and a county map of our area with phone numbers of PAMILC members and LLLL for those counties. Also there were snack sizes of chocolate candies for the staff at the Doctors office.

Potluck Lunch

## **CERP Presentation:**

Karen Graham led the discussion on 3 articles from JHL Nov 2007 articles about Human Milk Banking, Characterization of Human Milk Donors, Identifying Predictors of the Reasons Women Give for Choosing to Breastfeed and Comparison of Milk Output Between Breasts in Pump-Dependent Mothers.

## **Follow Up:**

The resource Sharon uses for drug information during breastfeeding is the University of Rochester. The Lactation Study Center phone number is 1-585-275-0088. The hours are between 10 am-3:30 pm. They will only talk to lactation consultants and physicians. They will not accept calls from mothers. Lactation Study Center said there is no data about Strattera. The half life of this medicine is 24 hours. It is not known if it gets into breastmilk

Sharon called Dr. Chester Berlin at Hershey Medical Center, at 1-717-531-8412. Dr Berlin was the head of the AAP Chairman of Pediatrics in the past with a special interest in research and compilation of information on drugs in breastmilk and their affect on the newborn. Dr. Chester Berlin said it is a psychotropic drug. He suspects it gets into breastmilk. He said there is more concern while the mother is pregnant. He said this medication changes neurotransmitters in the fetus's brain. There is some concern during breastfeeding but there are no studies yet. Studies would have to follow the child for years to come to know the effec