



Use of an Entirely Human Milk-based Diet in Very Low Birth Weight Infants: Review of Current Evidence and Future Directions

**FREE LIVE CONTINUING EDUCATION
WEBINAR FOR PHYSICIANS,
NURSES AND DIETITIANS**

Upon conclusion of this free CE program, participants should be able to:

- Summarize short and long term benefits of human milk especially as it relates to low birth weight infants
- Demonstrate confidence in communicating with parents of low birth weight infants on new developments in newborn nutrition including human milk fortifiers, other options to breast milk (e.g. donor milk)
- Describe current controlled trials of necrotizing enterocolitis (NEC) and other outcomes using an exclusive human milk diet

Faculty Speaker

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FREE LIVE CE WEBINAR

Wednesday, October 22, 2014

**Two 1-hour sessions available
12pm EST and 12pm PST**

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Supported by an educational grant from
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Why This Lecture is Important:

Human milk is the optimal food for any newborn at all stages of maturity. The benefits of human milk over formula have been documented over many years and include optimal supply of protein, calories, hormonal and immunological support. Maternal breast milk changes over time and adapts to the age of the infant. There is also the advantage of bonding for a breast feeding baby. Long term benefits include a reduction in childhood obesity and infant illness. The advantage of human milk is even stronger in the pre-term infant and is recommended by the American Academy of Pediatrics (AAP) exclusively for the first 6 months of a baby's life.¹

This program will primarily focus on human milk benefits for the very low birth weight infant.

Physician Accreditation Statement:

The live webinar(s) and enduring activity will both be accredited for *AMA PRA Category 1 Credit™* by Nemours. Nemours is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Nemours designates this live material for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

Dietitian Accreditation Statement:

Educational Review Systems (Provider number ED002) is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1.0 contact hours (0.1 continuing professional education unit(s) (CPEU(s))) for completion of this program.

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Education Review Systems is an approved approver of continuing nursing education by the Alabama State Nursing Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider #5-115. This program is approved for 1.0 hour of continuing nursing education. Educational Review Systems is also approved for nursing continuing education by the state of California, the state of Florida and the District of Columbia.

Register for this program on www.NICUniversity.org

References:

1. From the American Academy of Pediatrics Policy Statement on Breastfeeding and the use of human milk. Section on Breastfeeding. Collaborators: Johnston M, Landers S, Noble L, Szucs K, Viehmann L. Pediatrics. 2012 Mar;129(3):e827-41. doi: 10.1542/peds.2011-3552. Epub 2012 Feb 27.