

The Columbus Marriott Northwest
Welcomes the Guests of the
Ohio Lactation Consultant Assn.
March 25 – March 27, 2010

Columbus Marriott Northwest
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Please note: Simply enter your arrival and departure dates and
click “Check Availability.”

The Columbus Marriott Northwest offers a special rate of \$105.00
for the guests of the Ohio Lactation Consultants Assn. If calling
for reservations be certain to mention you are attending the Ohio
Lactation Consultant Association Conference for this rate.

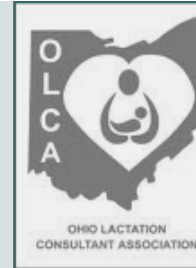
Enjoy the comforts of one of our beautiful guestrooms, equipped
with Marriott’s Revive bedding, 32” HD LCD TV with plug and
play jack packs and high speed internet access. Relax in our indoor
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Count on Columbus Marriott Northwest’s dependability to make
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Please reserve your room by March 15, 2010 to ensure you receive
the special group rate.

To make, modify, or cancel reservations by telephone:
1-888-801-7133

OLCA
204 James Circle
Avon Lake, Ohio, 44012



**Ohio Lactation Consultant
Association
“Breastfest 2010”
Columbus Marriott North
West, Dublin, Ohio
March 26-27, 2010**

Our Speakers

Lisa Marasco, MA, IBCLC, FILCA, has worked with breastfeeding mothers for over 20 years as a lactation consultant both in private practice and for Santa Barbara County WIC. She is co-author of “*Making More Milk: A Nursing Mother’s Guide to Milk Supply*,” and has written numerous other articles. Lisa’s interest and specialization in milk production began with researching the physiology behind the problem of scheduled feedings in order to counter the resurgence in popularity of this old practice. Using this foundation of knowledge, she found herself drawn into analyzing other low milk supply situations, including Polycystic Ovary Syndrome, which became her master’s degree thesis. Lisa is a long-time La Leche League Leader and associate professional liaison for LLL of Southern California/Nevada, serves on the board of the Breastfeeding Coalition of Santa Barbara County, and received the designation of a Fellow of ILCA in 2009 in recognition of her contributions to ILCA and the field of lactation.

Nelson D. Horseman, PhD, Professor, Department of Molecular and Cellular Physiology, Program in Systems Biology and Physiology, University of Cincinnati. Dr. Horseman is a researcher in the physiology of the mammary gland and milk synthesis. His team at the University of Cincinnati (UC) has identified the neurotransmitter serotonin as the chemical responsible for inhibiting milk production and secretion in human mammary glands. Dr. Horseman has published numerous papers on this subject and is authored several texts on endocrinology and prolactin.

Donna Walls RN, BSN, IBCLC, Herbalist, Aromatherapist has been a maternity nurse for 35 years and a Lactation Consultant for 23 years. She has presented seminars on normal birthing, breastfeeding support, natural and herbal medicines for women and environmental health, locally and nationally. She is a Master Herbalist and certified aromatherapist in private practice and continues as a clinical Lactation Consultant in 2 Dayton area hospitals, one of which is Baby Friendly.

Conference Agenda

Friday, March 26, 2010

5:30-7:30 PM Registration, Exhibits, Bookstore. Cash Bar, Dinner

7:30-8:00 PM President's Address, OLCA AWARDS
Liz Maseth, RN, IBCLC

8:00-9:30 PM Foundations of Milk Production and Maternal Assessment, Lisa Marasco, MA, IBCLC, FILCA

Saturday, March 27, 2010

7:30-8:30 AM Registration, Continental Breakfast, Exhibits, Bookstore.

8:30 AM Opening Remarks, Introductions

8:45-10:15 AM Infertility, PCOS and the Low Milk Supply Mother, Lisa Marasco, MA, IBCLC, FILCA

10:15-10:30 AM Nutrition Break, Exhibits, Bookstore

10:30-12:00 PM The Impact of Thyroid Dysfunction on Lactation, Lisa Marasco, MA, IBCLC, FILCA

12:15-1:30 PM Luncheon and Awards

1:30-3:00 PM Antidepressant Use and Breastfeeding: established practices and new evidence from basic research.
Nelson Horseman PhD

3:00-3:15 PM Nutrition Break, Exhibits, Bookstore

3:15-4:45 PM Eco-Friendly Mothering, examine the increasing usage of environmentally questionable toxins and the potential issues surrounding them on the pregnant and lactating mother and her newborn. Donna Walls, BSN, RN, IBCLC

4:45-5:00 PM Questions, Evaluations, Certificates.

Contact hour certificates will be given only to participants attending the entire program

Conference Objectives:

List the major factors necessary for good milk production.
Describe the role of the placenta in mammary gland development during pregnancy.
Explain two ways that environmental contaminants may interfere with reproductive hormones.
List two characteristics of insufficient mammary tissue.
List two postpartum problems that can affect the hormones of lactation.
Give five possible endocrine problems and five possible clinical symptoms for PCOS.
List two major PCOS hormones that may interfere with lactation.
Explain the rationale for metformin use during pregnancy and/or lactation.
List at least three external factors that can affect thyroid function.
Name two major hormones that may be impacted by hyperthyroidism and explain the effect on lactation.
Explain the concept of first and second level approaches to dealing with lactation failure secondary to thyroid dysfunction
List three hormone tests most likely to yield clues for lactation failure.
Describe the problem of depression in pregnancy and lactation.
Discuss current therapeutic practices for treatment of depression during pregnancy and lactation.
Explain the direct effects of antidepressant medications on the breast and lactation.
Define the normal role of serotonin in breast physiology .
Describe the negative health effects of environmental chemicals on the immune, reproductive and central nervous systems.
Discuss the specific effects of these toxins on pregnancy, lactation and the newborn.
Examine educational opportunities for patient education in creating better health for the environment and mothers and babies.

Mission Statement: To be the voice of Ohio Lactation Consultants in efforts to transform society into a breastfeeding culture. To empower, support, and educate our membership enabling them to be articulate agents for change.
About us: OLCA (Ohio Lactation Consultant Association) is one of the oldest and most active affiliates of the International Lactation Consultant Association (ILCA). Our close ties to ILCA are strengthened by the direct involvement of our members. We fully embrace and are committed to the directives included in the World Health Organization, the International Code of Marketing of Breastmilk Substitutes, The Ten Steps to Successful Breastfeeding, and the ILCA Position Paper on Infant Feeding.

Registration Form

Join or Renewing membership In Ohio Lactation Consultant Association	\$ 35.00		
Register for Conference/ member of OLCA	\$135.00		
Join or Renew membership In OLCA/ attend conference	\$165.00		
Register for Conference /non member of OLCA	\$185.00		
Discount of 5.00 per person when registering more than 3 from same institution, with single payment / deduct -\$5 .00 per person			
Total registering together _____ #			
Please specify Meat or Veg. for conference meals by placing an X in appropriate box at right.	Meat	Veg.	Total Charges

Name and credentials

Complete mailing address, city, zip, etc

Email address

Phone, cell, fax

Work setting/employment :

Please Circle :
IBCLC/RLC/
CLC
RN/LPN/CNM
RD/DTR

Mail checks payable and mail to:
OLCA
PO Box 091124
attn: Esther Gillett,
Columbus, Ohio 43209

Registration questions
614-338-0243

Application has been made for continuing education credits.
IBCLCs, CERPs 7.5
RNs contact hours 7.5
Dieticians CPE's
For more information on credits contact: Dee Keith conference administrator, deekeith@gmail.com or 513-724-3313

Registration is on a first come basis, no confirmations will be sent.
When registering online you will be given a receipt to print or if registering by check, save your cancelled check as your receipt. Refunds will only be issued for cancellations received prior to the conference date. If Registering after March 22, 2010 please only do so online. Please type in the entire URL below.
<http://www.acteva.com/booking.cfm?bevalD=197328>
Check the OLCA site for updates.