

AT COMPLETION OF THIS  
SEMINAR PARTICIPANTS WILL BE  
ABLE TO

- Explain two factors that affect breast augmentation lactation outcomes.
- Explain three factors that affect breast reduction lactation outcomes.
- Describe three nipple variations, conditions, or surgeries that are problematic for latching or milk removal.
- Describe three tools to facilitate latching with nipple variations, conditions, or a history of nipple surgery.
- Describe three positional or mechanical modifications to facilitate latching with nipple variations, conditions, or a history of nipple surgery.
- Describe two methods of maximizing milk production capability.
- Describe two methods of increasing milk synthesis through increased milk removal.
- Describe two methods of increasing milk ejection.
- Identify the five stages of persuasion.
- Describe three ways to uncover the mother's concerns about breastfeeding.
- Describe two elements of finalizing the persuasion process.

## La Leche League Canada

La Leche League Canada encourages, promotes and provides mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society.

For more information about our programs and services, visit

[www.lllc.ca](http://www.lllc.ca)

Charitable Registration #: 11900 3812 RR0002

**For local information on destination or venue  
please contact the  
Local Seminar Coordinator:**

**Lindsey Usher**

Telephone: 306.262.6682

[saskatoonhps@lllc.ca](mailto:saskatoonhps@lllc.ca)

For more information on HPS events contact

Kate at [events@lllc.ca](mailto:events@lllc.ca)



### La Leche League Canada

National Office

P.O. Box 700

Winchester, ON K0C 2K0

Telephone: 613.774.4900

E-mail: [adc@lllc.ca](mailto:adc@lllc.ca)



## La Leche League Canada

*Health Professional Seminar  
Presents*

**Diana West**

IBCLC

*Addressing  
Breastfeeding Barriers  
to Improve  
Lactation Outcomes*



Saskatoon, SK

Park Town Hotel

Friday May 30, 2014

## SPEAKER

Diana West is an international board certified lactation consultant (IBCLC) and co-owner of Mahala Lactation and Perinatal Services, LLC, a large lactation consultation practice in New Jersey. She is the co-author of the 8th edition of La Leche League International's *The Womanly Art of Breastfeeding*, *The Breastfeeding Mother's Guide to Making More Milk*, the clinical monograph *Breastfeeding After Breast and Nipple Procedures*, and ILCA's popular *Clinician's Breastfeeding Triage Tool*.

She is co-author of *Sweet Sleep: Naptime and Nighttime Strategies for the Breastfeeding Family* to be released July 2014. She is the author of the *Defining Your Own Success: Breastfeeding After Breast Reduction Surgery*.

Diana is on the Editorial Review Board for the *Journal of Clinical Lactation*, a La Leche League Leader and the Director of Media Relations for La Leche League International; she has a bachelor's degree in psychology and is the administrator of the popular [BFAR.org](http://BFAR.org), [LowMilkSupply.org](http://LowMilkSupply.org), and [LactSpeak.com](http://LactSpeak.com)

## VENUE

**Park Town Plaza**  
924 Spadina Crescent East  
Saskatoon, SK S7K 3H5  
306.244.5564  
[www.parktownhotel.com](http://www.parktownhotel.com)

## PROGRAM

**8:00 – 8:30 Registration & Breakfast; Bookstore Open**

**8:30 – 8:45 Welcome and Screening of La Leche League Canada Video Presentation**

**8:45 - 10:15**

### **Breastfeeding After Cosmetic Surgery**

A comprehensive discussion of breast augmentation and reduction surgeries and their impact upon lactation; discussion of incidence, motivations, surgical techniques, implications for lactation, psychological factors, breastfeeding management, and resources.

*Note: This is Diana's hallmark presentation based on her seminal work in this field.*

**10:15 – 10:30 Mid-morning Break**

**10:30 – 11:45**

### **Nipple Knowledge**

This session explores normal and potentially problematic anatomical nipple variations, nipple surgeries, conditions, and their effects on milk production, milk removal, and direct breastfeeding. Positional modifications and tools to facilitate latch for mothers with nipple variations, conditions, or a history of nipple surgery are discussed.

**11:45 – 12:45 Lunch**

**12:45 – 2:15**

### **Making More Milk**

With new research and innovations in the lactation field, there are now many more ways to increase milk production than in previous years. This talk presents the most promising of these new methods, with information about targeting the method to the underlying problem.

**2:15 – 2:30 Mid-afternoon Break**

**2:30 – 3:45**

### **Overcoming Breastfeeding Ambivalence**

It can be difficult to know how to talk to mothers who are ambivalent about breastfeeding. This talk presents effective communication methods that help mothers explore their concerns and reach a more confident perspective about breastfeeding.

**3:45 – 4:00 Evaluations and Closing**

## REGISTRATION

### *Addressing Breastfeeding Barriers to Improve Lactation Outcomes*

May 30, 2014

### Registration:

### **REGISTER ON-LINE:**

[www.lllc.ca/health-professional-seminars](http://www.lllc.ca/health-professional-seminars)

or download a paper copy from the website

### Cost

*Includes continental breakfast, lunch & two nutrition breaks, course material & certificate of attendance*

### **CERPS ALLOCATED BY IBLCE 5.5 L-CERPS**

**Early Bird:** \$160.00  
On/Before April 25, 2014

**Regular Rate:** \$185.00  
After April 25, 2014

La Leche League Canada Health Professional Members receive a 10% discount upon registration  
Purchase your membership on-line first at:

[www.lllc.ca/lllc-health-professional-membership](http://www.lllc.ca/lllc-health-professional-membership)

**For Registration Questions please contact:**

**Email:** [adc@lllc.ca](mailto:adc@lllc.ca)

**Phone:** 613.774.4900

*Please Note:* Payment in full is required at time of registration.

Cancellations received prior to May 16, 2014 will be subject to a \$30.00 administration fee. We cannot accept cancellations after May 16, 2014; however substitutions may be made.

La Leche League Canada (LLLC) protects the personal information you voluntarily provide. This information allows us to keep you informed of LLLC's services, special events and fundraising needs. LLLC does not lend, rent, sell or trade our mailing lists. If at any time you wish to be removed from any of these contacts, please advise our Privacy Officer at [privacy@lllc.ca](mailto:privacy@lllc.ca)