

*This Year at Hot Topics in Neonatology®*

# Achieving Optimal Growth for VLBW Infants While Improving Outcomes with an Exclusive Human Milk-Based Diet

Free CME Accredited [Live Satellite Symposium](#) or [Online Live Webinar](#)

Presented by NICUniversity.org

Monday, December 11<sup>th</sup> 2017

12:45-13:45 ET **Free Lunch!**

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

## SATELLITE SYMPOSIUM LOCATION:

Marriott Marquis  
901 Massachusetts Ave NW  
Washington, DC  
University of DC/Catholic University Room  
Meeting Level 1 (M1)

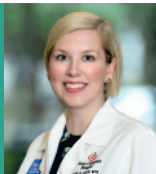
## ABOUT

This program will assist in neonatologists disseminating important knowledge on recent research on the positive impact that an exclusive human milk based diet can have on VLBW infants.

- ✓ **Accredited CME**
- ✓ **Live Q&A session**

PRESENTER  
Dr. Amy B. Hair

Program Director of  
Neonatal Nutrition  
Texas Children's Hospital



## GOALS

At the conclusion of this program, participants will be able to:

- Summarize benefits of human milk and an exclusive human milk-based diet as it relates to preterm infants.
- Describe recently published literature comparing growth of infants receiving an exclusive human milk-based diet compared to a bovine-based diet.
- Develop strategies to promote adequate growth of infants receiving an exclusive human milk-based diet.

## AUDIENCE

Neonatologists  
NICU Dietitians  
Neonatal Nurses  
Pediatric Specialists & Clinicians



This program is supported by an educational grant from Prolacta Bioscience, Inc.

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# Why Human Milk and Not Formula?

Compared to preterm infant formula, mother's own milk during the birth hospitalization in VLBW infants has been shown to reduce the incidence and severity of prematurity related-morbidities, including necrotizing enterocolitis (NEC), late-onset sepsis, bronchopulmonary dysplasia, and severe retinopathy of prematurity.<sup>2-4</sup> Intake of mother's own milk by preterm infants has also been associated with improved neurodevelopmental outcomes compared with formula diets, and has been shown to be dose dependent.<sup>1-6</sup> Recently, similar findings have been found with the use of an exclusive human milk based diet with a significant reduction in NEC, sepsis, BPD and severe ROP. Human milk fed infants had better outcomes with adequate growth similar to bovine fed infants.<sup>7</sup>

## AGENDA

- 12:45-13:00 Recent Advances and Innovations in the Use of Human Milk and an Exclusive Human Milk-Based Diet
- 13:00-13:15 Strategies to Achieve Optimal Growth for VLBW Infants
- 13:15-13:30 Future Directions and Research
- 13:30-13:45 Q & A Session

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### Physician Accreditation Statement:

Nemours is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Nemours designates this live material for a maximum of 1.0 AMA PRA Category 1 Credit<sup>(TM)</sup>. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

### Nursing Accreditation Statement:

Educational Review Systems is an approved provider of continuing education in nursing by ASNA, an accredited provider by the ANCC/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.

### Dietitian Accreditation Statement:

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1. Colajzy TT. Donor Human Milk for VLBWs: Patterns of Usage, Outcomes, and Unanswered Questions. *Curr Opin Pediatr* 2015;27(2):172-76.
2. Schanler RJ, Shulman RJ, Lau C. Feeding strategies for premature infants: beneficial outcomes of feeding fortified human milk versus preterm formula. *Pediatrics* 1999;103(6, pt 1):1150-57.
3. Schanler RJ, Lau C, Hurst NM, Smith EOB. Randomized trial of donor human milk versus preterm formula as substitutes for mothers' own milk in the feeding of extremely premature infants. *Pediatrics* 2005;116(2):400-406.
4. Maayan-Metzger A, Avivi S, Shushan-Eisen I, Kuint J. Human milk versus formula feeding among preterm infants: short-term outcomes. *Am J Perinatol* 2012;29(2):121-126.
5. Vohr BR, Poindexter BB, Dusick AM, et al. NICHD Neonatal Research Network. Beneficial effects of breast milk in the neonatal intensive care unit on the developmental outcome of extremely low birth weight infants at 18 months of age. *Pediatrics*. 2006;118(1):e15-e23.
6. Vohr BR, Poindexter BB, Dusick AM, et al. National Institute of Child Health and Human Development National Research Network. Persistent beneficial effects of breast milk ingested in the neonatal intensive care unit on outcomes of extremely low birth weight infants at 30 months of age. *Pediatrics* 2007;120(4):e953-e959.
7. Hair AB, Peluso AM, Hawthorne KM, et al. Beyond necrotizing enterocolitis prevention: improving outcomes with an exclusive human milk-based diet. *Breastfeed Med* 2016;11(2):70-74.