



VELB und ILCA Kongress, 1. - 3. Oktober 2008 in Wien
VELB and ILCA Conference, October 1 - 3, 2008 Vienna

„A World Wide View on Breastfeeding“



VELB

Verband Europäischer LaktationsberaterInnen
European Lactation Consultant Association
www.velb.org, www.ilca.org

Information for the Press

International contributions to important topics in our society

The first joint congress of the European Lactation Consultants' Association (VELB) and the USA-based International Lactation Consultant Association (ILCA), from 1-3 October 2008 in Vienna: Some 900 participants from all over the world are expected.

Vienna, 20.02, 2008: In the light of the increase in child abuse and neglect as well as violence against children, preventative measures are becoming more and more important. The newest findings in the areas of bonding, early development, motherhood and premature infants are an important contribution to this. The Congress in Vienna from the 1st to the 3rd of October 2008 will provide inspiration and stimulation with internationally recognized speakers on current problems worth knowing about. How “diseases of civilization”, overweight and cardiovascular disease, for instance, can be prevented in the long-term will also be a topic at this congress. It's all about optimal nutrition right from the start and the effects on later life resulting from this.

All those interested in these areas as well as those who care for new families, mothers and their babies or pregnant women are invited. The Congress will also make available the newest findings to professionals in psychology, speech therapy and related areas. We expect physicians, lactation consultants, nurses, midwives and other professional groups in the areas of health, social services and education.

Workshop and Lecture Topics in Detail:

Neglect: As early as 1987, Klaus und Kennell reported on their research in Maternal-Infant Bonding: The Impact of Early Separation or Loss on Family Development. They discovered that mothers who were separated from their babies immediately after birth did not react to their children as sensitively later on as did mothers who stayed together with their babies. The mothers in the separated group were less sure of themselves in dealing with their babies, had more difficulty breastfeeding and less eye contact with their children. Knowing this, we must avoid separation if at all possible or – if it is medically indicated – see to it that this is compensated for later on with re-bonding. The Congress will deal with both the significance as well as the promotion of bonding between babies and their parents.

Diseases of civilization: in 2007 WHO published the study “*Evidence on the long-term effects of breastfeeding; Systematic review and meta-analyses*”. More than 400 studies from the years 1966 – 2000, which had examined the influence of breastfeeding on health in adulthood, were included in this summary analysis. It showed a positive, long-term effect on blood pressure, diabetes mellitus, cholesterol level, overweight and adiposity as well as on intellectual development. The conclusion drawn from this is that good nutrition in the early phases of human development – such as exclusive breastfeeding represents – influences organ functions positively and that, as a result, illnesses occur significantly less often in adulthood. *Lucas A. Programming by early nutrition in man, 1991*

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IBAN: AT36 58000 10344412028, BIC: HYPVAT2B

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By breastfeeding, women can affect their own health positively – both short-term and long-term – through a lowered risk of developing breast or ovarian cancer.

Over the long-term, the costs in the health sector are reduced: Promotion of Breastfeeding in Europe: “Infant and Young Child Feeding: Standard Recommendations for the European Union” is a European project: The European Network for Public Health Nutrition – EUNUTNET. The Congress will present this project in detail and explain it.

... and much more. It will also cover the **hormone oxytocin** – which keeps us alive, because it is one of the most powerful hormones, significant beyond birth and breastfeeding. In addition to what is already known about it, there is new and exciting information to discover.

Then there is the topic of improved care for premature infants: **NIDCAP (Newborn individualized Developmental Care and Assessment Program)** is a treatment method which protects premature infants from unnecessary stressors such as light, noise and pain. Parents are involved in this program to the greatest degree possible. “We only have one brain for our entire life. Everything a child experiences has some significance for the brain”. This quote from NIDCAP founder Heidelise Als characterizes the significance of all measures for brain development, especially for very small premature infants.

What the press can do: Advance notice and reporting

The VELB/ILCA Congress from 1 – 3 October 2008 at the Austria Center in Vienna will provide new impulses for all of the topics mentioned above. So we ask you to give some advance notice of this event in your medium. This short text is meant to provide you with some assistance in this.

Further information and the preliminary program can be found via this link:

<http://www.stillen.org/english/conferences/congress-news.html>

Press release:

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