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**ISRHML**  
The International Society  
for Research in Human  
Milk and Lactation

A quarterly insight into the Trainee Interest Group (TIG) and happenings in human milk and lactation research

# TIG milk minutes

*current topics >>>*

## Featured Trainee Science

Trainee **Fiona Jardine** (pictured below) presented her research on breastfeeding without nursing at the Kanagawa ISRHML meeting last October. If you want to know more about it check her paper out!

Jardine FM. Breastfeeding Without Nursing: If Only I'd Known More about Exclusively Pumping before Giving Birth. J Hum Lact. 2019 May 6;35(2):272–83.



Want your science featured in the newsletter? Email us at [tiggovcommittee@gmail.com](mailto:tiggovcommittee@gmail.com) with a link for consideration..

## We are back!

*This edition of “TIG milk minutes” was created and written by trainee Laura Galante (pictured on the right)*

It took a while but we are finally back with the TIG milk minutes! Preparing this edition of the newsletter was my very first action as the new editor for the TIG. I really want to thank all the trainees who chose me for this role and the previous members of the TIG governing committee, especially the former editor **Kimberly Lackey**, for inspiring me in taking this opportunity and for helping with the transition. It is so exciting to be here! But I guess, you are all looking for the recap of the ISRHML Conference held in Japan last October! Unfortunately, I wasn't there....



It was such a pity for me, but I heard it went beautifully, with exciting trainee science (including featured trainee **Fiona Jardine**, on the left). If, like me, you were not lucky enough to attend, you can see [the complete list of the abstracts presented at the conference](#) in Breastfeeding Medicine and, while waiting for the next ISRHML Conference, which will be held in Stockholm in 2020, you can take part in a few great meetings that are lined up for the next couple of months, including the **ASN meeting in Baltimore** and the **FASEB conference on milk bioactives, in Florida**. Until then have a look at the opportunity-box below. The TIG needs you! 😊

Laura

# Get involved, new opportunities are here!

Where can you find info on the newest coolest opportunities out there for you? Look no further.

## Images help tell a story

Vision is the most important sense for us humans, with nearly 50% of the total neural connections entering the brain being connected to the retina. So, effectively the best way of communicating science to a fellow human is by [showing it to them!](#) How can you do so? Simply illustrate it. We are currently looking for trainees to create an illustrated series on human milk and lactation research. You don't need to have extraordinary skills, so don't be shy and email [Laura Galante](mailto:Laura Galante) ([l.galante@auckland.ac.nz](mailto:l.galante@auckland.ac.nz)) to know more about this project!

(© Copyright: Laura Galante, Planning sex-specific breastmilk composition)



**Trainees! The deadline for the Trainee Expansion Program (TEP) is approaching! Do not let this opportunity pass by! Apply by 30<sup>th</sup> June to boost your research skills and/or collaborations in human milk research!** [Visit the ISRHML website for more info!](#)

## New Blog Column: Troubleshooting Milk Science

Human milk science is not the easiest field of research, and we know that! If you are interested in sharing your problems **and, especially, your solutions**, email [Laura Galante](mailto:Laura Galante) ([l.galante@auckland.ac.nz](mailto:l.galante@auckland.ac.nz)) to learn how you can do so.

The TIG blog is always looking for guest bloggers to share their scientific interest or research. We are happy to hear from you even if you did not have any problem to troubleshoot at all!

*Want to submit an opportunity for ISRHML trainees? Send the info to [tiggovcommittee@gmail.com](mailto:tiggovcommittee@gmail.com) to appear in future newsletters.*

## Some words from our new Co-President, Melissa Theurich!

I'm enthusiastic to write to you from my desk in Munich, Germany, as the new TIG Co-President and to contribute to the first TIG newsletter for 2019! For many trainees living on different corners of the globe, this may be your only contact with the Trainee Interest Group (TIG) since our last ISRHML conference in Kanagawa, Japan in October 2018. That's why *Milk Minutes* is such an important platform to exchange and to keep up with the happenings of the ISRHML TIG. We recently had our 3<sup>rd</sup> round of TIG elections since its inception and we are excited to welcome several new members to the governing committee including myself and **Yimin Chen**, from the University of Illinois at Chicago who serves as our

Co-President. As co-presidents, we serve as nonvoting members of the ISRHML Executive Committee, convene and chair quarterly meetings of the TIG Governing Committee, oversee current activities of the TIG and help create and implement future activities for the TIG. Looking ahead to the new term, we are excited to continue to improve the ISRHML trainee experience. Since we cannot have a successful TIG experience without the valuable contributions of our members, so we aim to gather feedback directly from you. We will be welcoming you to participate in a survey where you will have an opportunity to lend your ideas and vision for the TIG. Stay tuned!

**Ezgi Özcan** from the University of Massachusetts Amherst, now serves as our Chair of Recruitment and Social Media. Ezgi is responsible for organization and oversight of the TIG social media presence on *Facebook* and *Twitter*, as well as the recruitment of new TIG members. She is already hard at work creating social media content for the TIG, you might have caught her live stream of [Dr. Shelly McGuire's talk on the ISHRML Facebook page](#).

**Laura Galante** from the University of Auckland in New Zealand is our new Blog and Newsletter Editor. Laura is responsible for the creation, organization, and oversight of *Milk Minutes*, our quarterly edition of the TIG newsletter. She has put together this edition *Milk Minutes* and she will be responsible of our trainee blog ([check it out!](#)).

For the 2019-2021 term, the TIG governing committee is looking forward to welcoming a second TIG Advisor who will serve with us for for the next two years. We will keep you updated on the new appointment!

As we move into this new phase, I would like to extend my gratitude to the contributions of the TIG members who have served over the last terms including **Janet Williams** at the University of Idaho who contributed the last two years as our TIG President, **Kimberly Lackey** at the University of Idaho, who served as our Blog and Newsletter Editor and **Florence Nabwire** at the University of Cambridge who served as our Chair of Recruitment and Social Media. **Dr. Evette van Niekerk** at Stellenbosch University served as the TIG advisor over the past two years. Thank you for your efforts and we look forward to your continued contributions as vital members of the TIG!

Wishing you all a very successful Spring 2019!

Warm greetings from Munich & *bis nächstes Ma!* (Until next time!)

Melissa



(TIG Co-President, Melissa Theurich, at the Mount Longonot National Park, Great Rift Valley, Kenya).

## State of the Science

*Are you wondering if human milk has a role in food allergies? Check out this new review!*

[Järvinen KM, Martin H, Oyoshi MK. Immunomodulatory Effects of Breast Milk on Food Allergy. Ann Allergy Asthma Immunol. 2019 Apr 29](#)

*Does human milk fatty acid makeup affect infant growth and body composition? A new study suggests so!*

[Prentice PM, Schoemaker MH, Vervoort J, Hettinga K, Lambers TT, van Tol EAF, et al. Human Milk Short-Chain Fatty Acid Composition is Associated with Adiposity Outcomes in Infants. J Nutr. 2019 May 1;149\(5\):716–22.](#)

*Have you heard of MAMI, the new birth cohort study on the interactions between maternal and infant microbiota in a Mediterranean area? If not, have a look at their first publication!*

[García-Mantrana I, Alcántara C, Selma-Royo M, Boix-Amorós A, Dzidic M, Gimeno-Alcañiz J, et al. MAMI: a Birth Cohort Focused on Maternal-Infant Microbiota During Early Life. BMC Pediatr. 2019 Dec 3;19\(1\):140.](#)

## First ISRHML China Workshop, how did it go?



The first ISRHML China Workshop on Research on Human Milk and Lactation was held from 10 to 12 May 2019 at Beijing, hosted by **Prof. Zhenghong Li** and **Prof. Danhua Wang**, Peking Union Medical College Hospital. The hugely successful meeting attended by more than 100 researchers from all over China reviewed and discussed

current aspects of science on human lactation, explored opportunities for collaborative research and stimulated research activities, and strengthened networking across disciplines. ISRHML expresses sincere gratitude to **Zhenghong Li**, **Danhua Wang** and their colleagues for organizing this outstanding ISRHML workshop! [Check out ISRHML website to download the program of the meeting!](#)

(Thanks to Prof. Berthold Koletzko, pictured above in the workshop group picture, for sharing this experience).



**Breaking ISRHML News!**  
 ISRHML finally has a Social Media (SoMe) Committee! And guess what? TIGers are not just going to watch! Trainees **Lauren Brink** and **Natalie Scime** are going to be our representatives!



TIG group picture (above) and ISRHML group picture (below) at the 19<sup>th</sup> ISRHML Conference in Kanagawa, Japan).

[If you did not do it already, check out the rest of the Conference photo gallery on the ISRHML website!](#)

Questions?  
 Comments?  
 Want to get involved?  
 Contact us anytime at  
**[tiggovcommittee@gmail.com](mailto:tiggovcommittee@gmail.com)**  
 Let's work together today.

coming soon >>>

**In The Next Issue**

What will await us in the ISRHML Conference 2020-Are you ready for some spoilers?!