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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

Trainee **Nurul Husna Mohd Shukru**, (pictured below) presented her research on relaxation and breastfeeding at the FASEB conference on Milk Bioactives in West Palm Beach in July. If you want to know more check her latest paper (below) and the [TIG blog!](#)

[Mohd Shukri NH, Wells J, Eaton S, Mukhtar F, Petelin A, Jenko-Pražnikar Z, et al. Randomized controlled trial investigating the effects of a breastfeeding relaxation intervention on maternal psychological state, breast milk outcomes, and infant behavior and growth. Am J Clin Nutr 2019 Jul 1.](#)



Want your science featured in the newsletter?

Email us at [tiggovcommittee@gmail.com](mailto:tiggovcommittee@gmail.com) with a link for consideration.

## Tune in, August is breastfeeding month!

*This edition of "TIG milk minutes" was created and written by trainee Laura Galante*

Hello trainees, I hope you took the opportunity to disseminate your scientific research on breastfeeding and lactation over the media during this breastfeeding month ([I did](#)). But, if for any reason you missed out, I have wonderful news for you. In the TIG we accept blogs about lactation research all year! Just email me at [l.galante@auckland.ac.nz](mailto:l.galante@auckland.ac.nz).



In fact, I would like to open this newsletter with some trainee research that has been just published on the TIG blog. **Trainee Nurul Husna Mohd Shukri** (featured on the left) has recently presented her research on breastfeeding relaxation at the FASEB conference in West Palm Beach and in many other occasions. The result of her research could potentially improve the life for many lactating mothers and their babies, by providing a simple relaxation tool to decrease stress during breastfeeding and improving milk yield. At the FASEB conference, Nurul presented the changes in hormonal composition between the relaxation group and the control. Really fascinating. Are you curious yet? Check the blog out! In the meantime I would like to thank Nurul and all the trainees who have shared and continue to share their research in the TIG blog.

Keep the good work up guys 😊

Laura

*the finder >>>*

# Get involved, new opportunities are here!

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

## Have you all submitted your TEP projects?

You have always wanted to study stem cells in milk but do not have the right technique in your lab. That other lab in Europe however has just what is needed to do it. But how are you going to pay the trip and the stay and the research? ISRHML has exactly what you need! the TEP deadline has just passed but the next deadline for the Trainee Travel Fund (TTF) is already coming up (December 30th). It is never too early to start working on your proposal. Visit the [ISRHML website](#) for more information and read the [summary of the June Mentorship series](#) on how to put together a competitive application!

## Call for TEP winners!

If you are a former **TEP winner** we want to hear from you. Email [Laura Galante \(l.galante@auckland.ac.nz\)](mailto:Laura.Galante@auckland.ac.nz), today (before you forget)!

## Let's get some methodology on the TIG blog

The TIG blog is looking for lab facts in human milk analysis, to help new trainees in their discovery of such a \*nice\* medium to work with! I am sure you have at least one! Email [Laura Galante \(l.galante@auckland.ac.nz\)](mailto:Laura.Galante@auckland.ac.nz) to be part of this great project!

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



## ISRHML conference 2020, save the date!

Dear ISRHML members,

We are looking forward to welcoming you all to the lovely Stockholm, Sweden in August 2020 for an exciting international meeting on the topic of human milk and lactation!

The research conference will include interactive workshops, invited speakers presenting the latest research relating to human milk and lactation and plenty of abstract and poster presentations. We are especially delighted of having a Nobel Laureate in Medicine amongst our invited speakers. It will be a special occasion to listen to him in the conference venue Aula Medica of the Karolinska Institute, which is the home of the Nobel Committee for Physiology or Medicine.

We are also preparing a clinical workshop held at the same venue on August 21<sup>st</sup>, with lectures and debates on current and controversial clinical topics relating to breastmilk and breastfeeding.

You are welcome to participate in both the conference and the workshop, or just in one of them. Ultimately the conference will be the perfect opportunity to meet with colleagues from all over the world, and of course to discover the beautiful capital of Sweden. On that note, we are very excited about the boat ride on an old steam ship that has been planned for one of the evenings and that will give us the opportunity to explore Stockholm from the water. We very much look forward to seeing you at an exciting 20<sup>th</sup> ISRHML conference in 2020.

Bert Koletzko and Magnus Domellöf

## *FASEB Conference on Human milk Bioactives, how did ISRHML do?*



*(Trainees with Prof. Katie Hinde at the "meet the expert" session during the FASEB conference on human milk bioactives 2019 in West Palm Beach)*

Between the 21 and the 26 of July, the FASEB conference on human milk bioactives was held in West Palm Beach, FL. Chaired by ISRHML member **Prof. David Sela**, together with **Dr. Nicole Roy** and **Dr. Sagar Thakkar**, the conference was a great success. ISRHML trainees did great too, receiving 7 out of the 9 Early Career Investigator Travel Awards: **Ezgi Özcan**, **Yimin Chen**, **Evelyn Jantscher-Krenn**, **Alecia-Jane Wigger**, **Laura Galante**, **Daniel Robinson**, and **Jayne Martin-Carli**.

## *State of the Science*

*Do you wonder how fresh and frozen milk differ in terms of macronutrient profile? This new study has compared fresh and frozen samples every month for 6 months!*

Tanriverdi S, Koroglu O, Uygur Ö, Yalaz M, Kultursay N. Evaluation of macronutrient content of fresh and frozen human milk over 6 months. J Matern Neonatal Med. 2019 Aug 8

*Curious about carotenoids in milk? Check this study out!*

Xavier AAO, Garrido-López JE, Aguayo-Maldonado J, Garrido-Fernández J, Fontecha J, Pérez-Gálvez AA. In Vitro Digestion of Human Milk: Influence of the Lactation Stage on the Micellar Carotenoids Content. Antioxidants. 2019 Aug 7;8(8):291.

*How does breastfeeding look nowadays?*

O'Sullivan EJ, Geraghty SR, Cassano PA, Rasmussen KM. Comparing Alternative Breast Milk Feeding Questions to U.S. Breastfeeding Surveillance Questions. Breastfeed Med [Internet]. 2019 Jun 5;14(5):347–53.



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*

*More information about the 2020  
ISRHML conference in Stockholm  
-Are you excited yet?!*