ISSUE 8

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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 **Eriko Kobayashi,** (pictured below) recently wrote a very insightful post on Japanese maternal and neonatal care within mixed obstetric wards. Unfamiliar with the term "mixed obstetric wards"? Head over to the blog to learn more about her research on breastfeeding support and an exciting new educational program that she is developing for nurses in these wards.

An insight on Japanese maternal and neonatal care: Breastfeeding support in mixed obstetric wards

Want your science featured in the newsletter? Email us at tiggovcommittee@gmail.com with a link for consideration.

This edition of "TIG milk minutes" was guest-edited by trainee Miranda Loutet

Keeping connected during a pandemic

Hello Trainees,

I hope you and your families are keeping well. It is my great pleasure to be the guest editor for the 8th issue of the Milk Minutes Newsletter. I am a second-year PhD student at the University of Toronto and Hospital for Sick Children in Toronto, Canada. For my doctoral research I will be investigating the association between the gut microbiota and risk of early-life infections among infants in Bangladesh. Early in 2020, as I started to develop my doctoral thesis project, I joined ISRHML as a trainee member. It was serendipitous timing because as the world was shutting down, my international community was expanding. It has been truly inspiring to join ISRHML during this time, to see all the exciting research being conducted by ISRHML members and their dedication to responding to the pandemic. One of my favourite ISRHML moments was meeting other trainees during the virtual happy hour at the 2020 Research Workshop in August.

In order to stay connected, trainee Alexandra George is building an interactive map for TIG members. So when we can travel again, we can get in touch with local members for possible research collaborations and/or fun! Email Alexandra to get added to the map (alexandra.george@research.uwa.edu.au).

Warm wishes,
Miranda Loutet (pictured left in one of my favourite places in the world, the Cape of Good Hope, South Africa)

A letter from our incoming TIG President, Michelle Asbury

Hello TIGers!

It's my pleasure to be writing this letter to you as the new TIG President-Elect. I'm really looking forward to meeting and working with many of you in the coming years.

Despite having to work in the middle of a pandemic, there's a lot the TIG has to be proud of. In July, the "Basic Coding in RStudio" workshops run by our Trainee Mentorship Series Coordinator, **Sarah Turner**, and her fellow lab mate, **Stephanie Goguen**, were a huge success. If you're still interested in learning some of the basics of R, the recordings are available here (you just need to log-in first!). Don't forget to mark your calendars for our next Trainee Mentorship Series workshop entitled, "The Transition to Online Learning and Research: Tips and Ideas from ISRHML Trainees" on November 24th from 8-9AM CST organized by **Sarah Turner** and **Miranda Loutet**, featuring some of our senior TIG members as panelists: **Sarah Dib**, **Dr. Ryan Pace**, **Dr. Sarah Reyes**, and **Dr. Alecia-Jane Twigger**.

As many of you know, one of the unique opportunities you have as an ISRHML trainee is to apply for funding through the Trainee Expansion Program (TEP). At the end of September, some of our TEP alumni talked about their experiences in the program along with some tips and tricks for preparing a successful application – thank you **Dr. Stephanie Martin, Dr. James Butcher, Dr. Anita Esquerra-Zwiers,** and **Dr. Anuradha Ravi** for sharing your insights. The recording for this webinar is also available here (after you log-in!). The next TEP competition will be held in 2021, so keep an eye out for those announcements!

Although our 20th biennial ISRHML conference was postponed this summer, it provided the unique opportunity for ISRHML to offer its first-ever virtual research workshop on August 17-20, 2020. A huge thank you to the conference co-chairs, **Dr. Yimin Chen** (TIG Co-President) and **Dr. Maria Carmen Collado** (TIG advisor) (see photo below), and the entire organizing committee for this phenomenal virtual conference: **Dr. Meghan Azad**, **Dr. Lauren Brink**, **Dr. Magnus Domellöf**, **Dr. Berthold Koletzko**, **Dr. Bridget Young**, and **Melissa Theurich** (TIG Co-President). We had some excellent presentations and posters, with 4 Keynote speakers starting off each day of the conference: **Dr. Shelley McGuire, Dr. Hans van Goudoever, Dr. Christopher Stewart,** and **Dr. Larry Grummer-Strawn** (see photo below). I also want to recognize the excellence that our TIGers bring to these events – we had 68 accepted abstracts, of which 26 were from our TIGers! In fact, two of the best oral abstract presentations were awarded to trainee members: **Dr. Jayne Martin Carli** ("Single cell RNA sequencing of human milk derived cells illuminates differentiation trajectory among mammary epithelial cells") and **Natalie Scime** ("Association of prenatal medical risk with breastfeeding duration in a community-based birth cohort"). Congratulations to you both!

This year, the TIG also offered its first infographic competition as part of the virtual conference under the creative influence of **Laura Galante**, our Blog & Newsletter Editor. Thank you to all our trainees who submitted infographics – we have some very creative and talented TIGers! – and our volunteers, **Miranda Loutet** and **Sara Shama,** for assessing the eligibility of the submitted infographics. A big congratulations as well to **Sarah Dib** who won the competition with her infographic entitled, "Mother and late preterm lactation study (MAPLES): A randomised controlled trial testing the use of a breastfeeding meditation by mothers of late preterm infants". You can view all of this year's infographics here.

In an effort to facilitate virtual connections between our trainee members, we have recently launched a TIG Slack group. The goal of this group is to provide opportunities for networking and collaboration, share career-advancing resources, keep you up-to-date on the latest events and research, find new training and job opportunities, and more! If you're a trainee member but haven't received an invitation to the TIG Slack yet, please send us an email (tiggovcommittee@gmail.com) and we'll add you to the group.

Lastly, we're always looking for TIGers to get involved! Send us an email (tiggovcommittee@gmail.com) if you're interested in volunteering and we'll let you know when opportunities become available. Or, if you have some ideas, let us know! This is as much your society as it is ours.

Wishing you all a safe and productive fall!

Michelle Asbury

Get involved, new opportunities are here!

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

In lieu of in-person meetings, we have many exciting online opportunities available through ISRHML coming up!

Trainee interest group webinars:

Date	Time (CET)	Speakers	Format	Topic
Tuesday, Nov 24, 2020	8:00	Sarah Dib, Dr. Ryan Pace, Dr. Sarah Reyes, Dr. Alecia-Jane Twigger	Online panel and discussion	The transition to online learning and research: Tips and ideas from ISRHML trainees

ISRHML European webinar series:

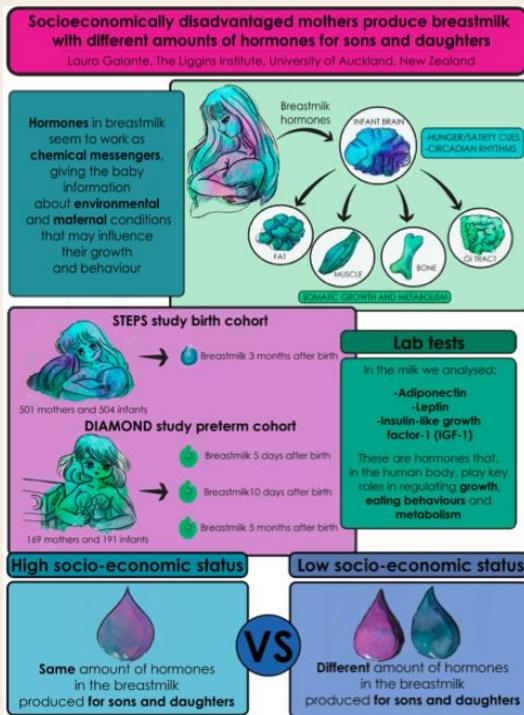| Date	Time (CET)	Speaker	Institution	Location	Preliminary Topic
Tuesday, Nov 3, 2020	18:00	Dr. Hans Demmelmair	Ludwig-Maximilians-Universität München	Munich, Germany	Human milk lipids – what do we know?
Tuesday, Nov 17, 2020	18:00	Prof. Dr. Hans van Goudoever	University of Amsterdam	Amsterdam, Netherlands	Mother's own mother's milk vs. donor milk for preterm infants
Tuesday, Dec 1, 2020	18:00	Prof. Dr. Sertac Arslanoglu	Istanbul Medeniyet University	Istanbul, Turkey	Covid-19 and human milk

Looking for a new position? These labs are hiring!! – check out the "Job and position postings" TIG Slack channel for new opportunities or post one for other TIGers to see!

Opportunity	Location	Area of study (click for more information)
Funded PhD-scholarship	Aarhus University, Denmark	Revealing natural human milk variation and the effect on infant growth and gut colonization
Senior research officer	Swansea University, United Kingdom	Donor human milk/ infant feeding at the new Centre of Lactation, Infant Feeding and Translation (LIFT)
Post-doctoral fellowshop	University of Calgary, Canada	Transkingdom interactions between bacteria and microbial eukaryotes in the infant gut within the International Microbiome Centre (IMC)

Want to feature an opportunity for ISRHML trainees? Send the info to tiggovcommittee@gmail.com

Knowledge translation in human milk and lactation research

By Laura Galante, Blog and Newsletter Editor

Socioeconomically disadvantaged mothers produce breastmilk with different amounts of hormones for sons and daughters
Laura Galante, The Liggins Institute, University of Auckland, New Zealand

This year, the TIG governing committee decided to organize the very first trainee infographic competition during the ISRHML online workshop and the international breastfeeding month (August). The reason behind the initiative was to promote data visualization among trainees through less conventional media than those usually adopted during most scientific conferences. As all of us know too well, within the scientific community we are used to presenting our data through tables and graphs that are often a foreign language to the general audience or to those outside of our scientific niche. Nevertheless, I tend to think that one of the main duties we have as scientists is to communicate and spread our findings not only to the rest of the scientific community but, also and especially, to the general population who ultimately is the subject of the majority of the science we do (in particular as human milk scientists).

For this reason, the concept of science communication to a broader audience is a very dear concept to me and one I try to promote across the communities I belong to (including ISRHML). For junior scientists, learning how to communicate effectively through media that is accessible to a broader audience not only means making a contribution to general knowledge in an era where fake news has almost become mainstream, but also to stand out in the eyes of fellow and senior scientists, and therefore, increase visibility and opportunity for future employment and/or collaborations. Through my career as a scientist, I learnt that the most effective and perhaps the only way to learn how to do something is to dive into it. Therefore, we hoped to encourage trainees to start creating infographics through this competition. Having an artistic side in me, I generally like mixing science and art but this was my very first time creating an infographic (see above). The hardest thing was deciding what information to put in it. Considering that the content had to be short and captivating, I went for the most catchy results I had, and I tried to display them in a way that the general public would understand. The rule of thumb when it comes to infographics is to convert most of the information into images. As an artist I can say that the choice of colours is important. The colours you choose have to be harmonious and the audience you are targeting and/or the topic your are treating are also crucial in this choice. In my case, I was dealing with sex-specific milk composition, so I went for a blue-pink combination and inserted a neutral colour (green) to give a sense of dynamicity and transition. Once I had the backbone of my infographic, I asked many of my friends what they thought of it. I asked people from different backgrounds: classical studies, anthropology, midwifery, nursing. When someone told me they didn't understand something, I would try to modify it and make it more accessible.

Questions?
Comments?
Want to get involved?
Contact us anytime at
tiggovcommittee@gmail.com
Let's work together today.

coming soon >>>
In The Next Issue

- *Webinars, workshops and networking opportunities.*
- *The latest research in human milk and lactation.*