

In this issue >>>

- *A Welcome to Japan*
- *New Trainee Science*
- *What's Next? Opportunities*
- *Featured Breastfeeding Art*
- *A Letter from the President*
- *Ask the Experts: Choosing Careers*
- *Featured Trainee Photo*
- *State of the Science*



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 >>>*

New Trainee Science

Are immunoglobulins from human milk digested in the preterm infant's stomach? New data from ISRHML trainee Dr. **Véronique Demers-Mathieu** (advisor: Dr. David Dallas, Oregon State University; pictured below) suggest that at least IgA is partially digested. Read more in her new article:

Demers-Mathieu V, et al. Survival of immunoglobulins from human milk to preterm infant gastric samples at 1, 2, and 3 h postprandial. *Neonatology* 2018; 114(3):242-250.



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

A Welcome to Japan

こんにちは

(Kon'nichiwa, that's how you say hello in Japanese)

Written by TIGer **Eriko Kobayashi** (advisor: Dr. Izumi Saito, Kobe University)



I'm Eriko, and I am a graduate student at Kobe University in Japan. I am also an ISRHML TIGer, and am happy to introduce you to my country. I study the ways Japanese nurses and midwives think about breastfeeding support. I am very excited that my country was selected as the location for the 2018 ISRHML meeting, and want to welcome you to Japan.

If you've never visited before, here are some things I think you should know about Japan, specifically the Kanagawa Prefecture, which is the region you will be visiting. Close to the conference venue are the cities of Kamakura, Hayama, Zushi, and Yokosuka, all of which have many shrines, temples, parks, and museums. If you would like to visit an old and very historic town, I recommend that you join the tour where we will be visiting Kamakura

Kamakura is a venerable city in which the seat of the shogunate (the hereditary military leadership which reported directly to the Emperor of Japan) was located during the Kamakura period, and is a land famous for (among other things) Genji, an important

historical Japanese figure. Here's a little bit of fun history: Genji Yoshitsune, also known as Ushima-maru, was born the ninth son of Minamoto no Yoshitomo. The third son of Yoshitomo, Minamoto no Yoritomo, also happens to be the founder of Kamakura. Genji was persecuted by his older brother Yoritomo despite being an ally and a critical figure in the Genpei War of 1180AD, which was started by Yoritomo. Legend has it that this persecution forced him to flee to the north, and that he subsequently resurfaced as the legendary Genghis Khan in Mongolia.

For our trip, one thing not to miss in Kamakura is the famous Big Buddha statue, which sits alongside the Great Buddha of Nara. While I haven't seen the statues in real-life, this is a familiar icon in Japan. We will visit at a perfect time of year, too: it is wonderful to visit the temples during the fall, when the leaves are turning. One thing not to miss during your travels are Japanese sweets. Anmitsu, zenzai, and rice crackers are all delicious and definitely worth a taste. But (continued on pg. 4)

the *finder*>>>

What's Next?

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

final
countdown

19th Conference of the International Society for Research in Human Milk and Lactation
October 6-11, 2018

“Protecting, Promoting and Supporting Breastfeeding from Biology to Policy”



Shonan Village,
Kanagawa Japan

TIG Elections

We will soon be soliciting nominations for the ISRHML TIG Governing Committee. The call for nominations for the positions of **President**, **Social Media Coordinator**, and **Blog Editor** will go out on the 1st November 2018. Interested TIGers can either be nominated or be self-nominated. To be a nominee, you must have an active trainee status. More information about the nomination process will come via email soon, but we encourage you to start thinking of how you might want to contribute to the TIG!

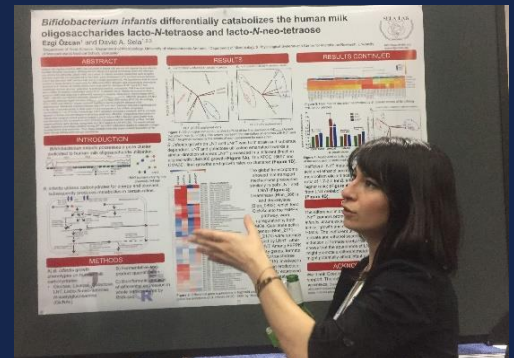
Trainee Experience Program (TEP) Awards

It's never too early to start thinking about 2019. The next round of TEP awards are due December 31. Head over to the new ISRHML webpage (www.ISRHML.com) and find more information under the “Trainees” tab.

Bloggers Needed

The TIG Blog is always looking for guest authors. If you are interested in sharing your work, email Kimberly Lackey (kimberlyl@uidaho.edu) to learn more.

Want to submit an opportunity for ISRHML trainees? Send the info to tiggovcommittee@gmail.com to appear in future newsletters.



TIGer Ezgi Özcan (advisor: Dr. David Sela, University of Massachusetts Amherst; pictured above) presenting her human milk research at an ASN meeting.

featured artist >>>

Kitagawa Utamaro



© Copyright: 2000–2018. The Metropolitan Museum of Art. **Mother and Child**, polychrome woodblock print; ink and color on paper, 1790.

“Utamaro, in full Kitagawa Utamaro, original name Kitagawa Nebsuyoshi, (born 1753, Japan—died Oct. 31, 1806, Edo, Japan—d.), Japanese printmaker and painter who was one of the greatest artists of the ukiyo-e (“pictures of the floating world”) movement; he is known especially for his masterfully composed portraits of sensuous female beauties. Probably born in a provincial town, he went to Edo (now Tokyo) with his mother. There, under the name of Toyoaki, he started painting and designing rather unoriginal wood-block prints of women. He also occupied himself with nature studies and published many illustrated books, of which *Gahon chūsen* (1788; “Insects”) is best known.

In about 1791 Utamaro gave up designing prints for books and concentrated on making half-length single portraits of women rather than prints of women in groups as favoured by other ukiyo-e artists. In 1804, at the height of his success, he made some prints depicting the military ruler Toyotomi Hideyoshi's wife and concubines. Consequently, he was accused of insulting Hideyoshi's dignity and was ordered to be handcuffed for 50 days. The experience crushed him emotionally and ended his career as an artist.”

excerpt from <https://www.britannica.com/biography/Utamaro>

A Letter From The President

Hello!

I don't know about you, but I am getting very excited about the upcoming ISRHML conference in Japan! I am looking forward to seeing TIGers I know and meeting those of you I don't know. There are over 60 TIGers registered to attend the conference and to talk about their research. Just a side note, if you are presenting a poster and don't want to lug around a poster tube, you should check out printing a fabric poster. Although I'm sure there are lots of options, we've had good luck printing posters from www.Spoonflower.com. The material is wrinkle-free so it can be packed tightly in your suitcase and the colors and text are crisp. If you would like more information, send an email to Dr. **Kimberly Lackey** (advisor: Dr. Shelley McGuire, University of Idaho; kimberlyl@uidaho.edu) or me and we will send the information.

Other things to take note of is that we will soon be soliciting nominations for the TIG Governing Committee. There will be three positions that will start April 2019 and have 2-year terms; these include the position of the President, Blog Editor, and Social Media Coordinator. This is a great opportunity to get involved and help continue to shape the future of the TIG. In order to be nominated (and it can be a self nomination), you need to have active trainee status (i.e. you need to be current on your dues) and be enthusiastic about the TIG and ISRHML. If this description fits you, we hope you will consider taking a more active leadership role. If you are going to the conference, talk to one of us on the current TIG Governing Committee who are attending (**Sarah Reyes**, advisor: Dr. Kathleen Rasmussen, Cornell University; Drs. **Kimberly Lackey**; **Florence Nabwire**, advisor: Dr. Ann Prentice, MRC Elsie Widdowson Laboratory; **Gabi Buccini**, advisor: Dr. Rafael Perez-Escamilla, Yale University, or myself, trained with Dr. Mark McGuire, University of Idaho) or send me an email (janetw@uidaho.edu).

We are also still looking for a TIGer who is somewhat "tech-savvy" to help us create an interactive map of where in the world all of the TIGers and ISRHML members are located. Find me at the conference or send me an email if you are interested.

Hope you had a great summer and that the fall semester is going well.

じゃあまたね
(see you later)

Janet

(Janet Williams, pictured on the right at the 2016 ISRHML conference)



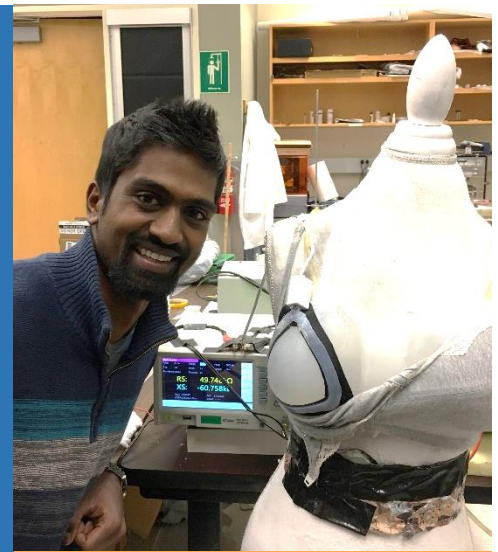
ask the experts >>>

Q: How do I determine which career to choose?

A: "A lot of it depends on opportunities. Many people I know would have loved a position in academia, struggled finding a position during their postdoc time, and then ended up applying for positions in industry as their plan B. Others never considered a position in academia and always wanted a position in industry maybe thinking an industry job would be more "stable" and better paid. During my postdoctoral training I was eyeing a position in academia, but knew it would be extremely difficult to get one, especially here in San Diego. In fact, I took evening classes in business management and leadership to get myself prepared for plan B. Fortunately, I received one of the first K99/R00 Pathway to Independence Awards from the NIH, which opened the door to my dream job here at UC San Diego. It's the perfect scientific and personal environment for me. I love the open collaborative environment, which allows me to dream and get things done, working with some of the best researchers, educators, and clinicians in the world. I personally love the academic freedom – it's like being a child, playing and discovering the world – things and connections that no one else has ever seen before."

- Dr. Lars Bode

Got a question you'd like an answer to? Email it to tiggovcommittee@gmail.com to be featured in a future Milk Minute.



Featured Trainee Photo

Trainee **Abhishek Gannarapu** (advisor: Dr. B. Arda Gözen, Washington State University) shares this photo, which shows him and the "IntelliBra prototype," a new technology which uses flexible sensors to determine human milk production and removal volume in real time.

Want your photo featured? Send it to tiggovcommittee@gmail.com with the caption.

State of the Science

Interested in how human milk influences infant immune development and the incidence of asthma? There's a new review on that.

Moosavi S, et al. The prebiotic and probiotic properties of human milk: implications for infant immune development and pediatric asthma. *Front Pediatr* 2018; 6:197.

Note: Dr. **Shirin Moosavi** is a TIGer (advisor: Dr. Meghan Azad, University of Manitoba)

Need to brush up on lactoferrin? Check out this one:

Telang S. Lactoferrin: A critical player in neonatal host defense. *Nutrients* 2018; 10(9): pii: E1228.

(continued from pg. 1) Kamakura has a special sweet that is only made here. They're called "Hato Sabure," which is both the name of the shop that makes them and the cookies themselves. Hato Sabure translates to "pigeon shortbread," and is an homage to the city's bird population. These pigeon-shaped butter cookies are very famous, and make an excellent gift to take back home!

If you have a little extra time to explore, I would also recommend visiting Enoshima, a small island off the coast of Kamakura, which is accessible via a short train ride west on the Enoshima Dentetsu railway (referred to as "Eno-Den" by the Japanese). It's a beautiful island with beaches, shrines, and a famous spa, where you can relax and enjoy the traditional Japanese "onsen" or mineral baths. Bathers can enjoy the warm waters and beautiful views of Mount Fuji, Japan's tallest mountain. Be warned though: the baths are nude (but separated by gender) and they enforce a strict "no tattoos" policy, so consider this before planning your day trip.

I hope you enjoyed this brief introduction to my country and I look forward to sharing more as we gather for ISRHML 2018. Please find me when you arrive in Kanagawa, I would very much like to meet you.



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

coming soon >>>

In The Next Issue

*A recap of the ISRHML 2018 meeting
in Kanagawa, Japan!*

*This edition of **TIG milk minutes** was created and written by Dr. **Kimberly Lackey**.*