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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 >>>*

## Feature Trainee Science

ISRHML Trainee **Yarden Golan** has just written a very interesting guest blog post that everyone doing science in the lab should read! If you did not check it out yet, make sure you do by clicking on the link below!

## [Recycling considerations in human milk research](#)



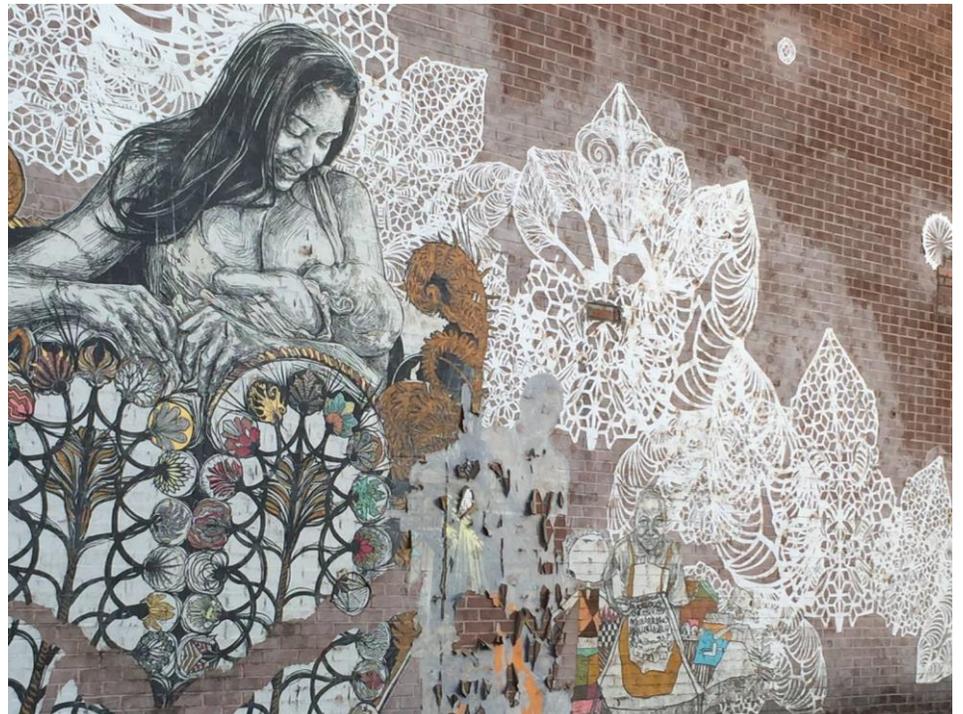
Want your science featured in the newsletter? Email us at [tiggovcommittee@gmail.com](mailto:tiggovcommittee@gmail.com) with a link for consideration.

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

## A wall of art supporting mothers and babies

At the ISRHML TIG we want to encourage trainees to spread awareness around breastfeeding and the importance of mothers in our society, through the use of art.

Let's all together build a wall of art that demands support for all mothers and all babies!



*Dawn and Gemma, Swoon, 2014 - New Haven, CT, USA  
(Photo taken by ISRHML Trainee Melissa Theurich)*

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.

## >>>ISRHML TIG elections: Nomination deadline 19<sup>th</sup> Feb!

The ISRHML TIG is looking to fill a few positions in the governing committee! Read on to the President's letter to find out which positions are available and take up this opportunity to become involved!

## >>> Register For The Upcoming ISRHML Regional Webinars!

Please join us for the upcoming webinars in the ISRHML Regional Webinars series. More information on the [ISRHML website](#).

## >>> Do not miss the next ISRHML Trainee Mentorship Series!

The **ISRHML Trainee Mentorship Series** provides interesting, diverse and useful webinars to help advance your career in human milk and lactation. Stay tuned for our upcoming webinars!

- March/ April 2021: Panel: Ethics in breast milk research
- May/June 2021: Story Series: Diverse career paths in human milk science
- July 2021: Workshop: Illustrating your Science- How to make a compelling infographic

## >>> Submit your art about breastfeeding (photos, illustrations, sculptures and anything else you can think about!)

Email the TIG at: [tiggovcommittee@gmail.com](mailto:tiggovcommittee@gmail.com)

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

## Looking back on 2020, looking forward to 2021: A word from the ISRHML TIG Co-President Melissa Theurich

Dear TIGers,

Happy New Year! I hope you are looking forward to new and exciting research adventures in 2021. The ISRHML TIG has many exciting plans in store! This year, we are looking forward to some great opportunities to connect and learn from one another. This includes the [upcoming ISRHML Biennial conference](#) in August 2021, new trainee webinars in the [Trainee Mentorship Webinar Series](#), as well as the newly-launched [ISRHML Regional Webinars](#).

Looking back on 2020, there are many things to celebrate, including the successful [2020 Virtual Research Workshop](#), chaired by **Dr. Yimin Chen**, TIG Co-President and **Dr. Maria Carmen Collado**, TIG Advisor. Last year **Sarah Turner** and **Miranda Loutet** hosted 3 exciting TIG mentorship series webinars. In November, the series invited senior TIG members, **Sarah Dib**, **Dr. Ryan Pace** and **Dr. Alecia-Jane Twigger** to share tips on how to maintain connections and network in a virtual reality in the *Transition to Online Learning and Research* webinar. If you missed any webinars, make sure to check out the recordings, [here](#).

Another thing to celebrate is the success of 9 ISRHML European webinars. The European webinars started out as a trial series of scientific presentations on the first Tuesday of every month. I had the pleasure of co-hosting a number of scientists presenting cutting-edge research on breastfeeding, human milk and lactation together with **Prof. Magnus Domellöf** from Umea University, Sweden. A popular topic in 2020 was of course research centering on SARS-CoV-2 and human milk. If you were unable to tune in live, make sure to check out the recordings of ISRHML European webinar series [here](#).

Looking forward to 2021, new regionally-focused webinars, are being launched in each of the world regions and will build on the success of the ISRHML European webinar series. So, make sure you check out the [ISRHML global events calendar](#) and save the date for upcoming ISRHML webinars!

The ISRHML TIG has been working hard to increase our recruitment with a commitment to diversity and inclusion of members from all over the world. We are happy to have established an exciting new [TIG global recruitment committee](#) and are enthusiastic to announce that **Dr. Florence Nabwire** (Africa Region), **Larisse Melo** (Americas Region), **Dr. Marija Djekic-Ivankovic** (Eastern Mediterranean Region), **Dr. Nurul Husna Mohd Shukri** (Asia Region), **Dr. Alexandra George** (Western Pacific Region), and myself (European Region) have volunteered to support recruitment of trainee research scientists. If you have ideas to help us increase membership from your country or world region, please reach out to your regional TIG global recruitment coordinator! These new TIG global recruitment committee will also be supporting the ISRHML Regional Webinars as [co-organizers](#).

Finally, the TIG is seeking nominations for the 2021 TIG elections! Three new officers will be welcomed to the TIG governing committee, starting their terms this April and volunteering two years of their time. Full duties of the positions are listed in the [TIG Standard Operating Procedures manual](#). Please think of nominating your talented colleagues (self-nominations are also very welcome!) for the following positions:

- **Membership & Recruitment Chair** A brand new and exciting position working with the newly established Global Recruitment Committee and our fantastic President-Elect, Michelle Asbury! Nominees for this new position will be drawn from the [TIG global recruitment committee](#). Stay tuned to cast your ballot in February!
- **Social Media & Communications Chair:** An exciting new position working closely with the [ISRHML Social Media committee](#). Nominees for this position will be drawn from the current Social Media committee volunteers and the TIG-at-large.
- **Blog/Newsletter Editor:** A call for creatives and strong writers! Nominees for this position will be drawn from the TIG-at-large. Non-native English speakers are very welcome to apply.

**Please submit your nominations by Friday, February 19<sup>th</sup>!**

In addition to these officer positions, the TIG is seeking a number of volunteers for various committees. Please check out the ISRHML website for upcoming [volunteer opportunities](#) or send us a short email expressing your interest to become involved.

**Don't forget—renewals for ISRHML TIG membership fees are due April 1<sup>st</sup>!**

For any questions, you can reach out to us at [tiggovcommittee@gmail.com](mailto:tiggovcommittee@gmail.com).

Warm wishes for the New Year & we hope to see you online!  
Melissa Theurich

## State of the Science

A systematic review conducted from ISRHML trainees has reviewed the evidence around the factors that may influence the gut microbiome of very low-birth-weight infants

[Desorcy-Scherer, Katelyn BSN; Bendixen, Marion M. MSN, IBCLC; Parker, Leslie A. PhD, APRN, FAAN Determinants of the Very Low-Birth-Weight Infant's Intestinal Microbiome, The Journal of Perinatal & Neonatal Nursing: July/September 2020 - Volume 34 - Issue 3 - p 257-275.](#)

Evidence shows that breastfeeding promotion among mothers of premature infants requires "caring environment & family-centered practice" in order to work

[Yu G, Liu F, Zhao Y, Kong Y, Wei H. Promoting Breastfeeding and Lactation Among Mothers of Premature Newborns in a Hospital in China. Nurs Womens Health. 2021 Jan 12;S1751-4851\(20\)30210-5.](#)

Why is it important to evaluate milk intake in any study trying to link milk composition to infant outcome?

[Alexandra D George, Melvin C L Gay, Mary E Wlodek, Donna T Geddes, The importance of infants' lipid intake in human milk research, Nutrition Reviews, 2021](#)

# Introducing the TIG Global Recruitment Committee!

The TIG Global Recruitment Committee was recently established in an effort to expand our trainee membership globally. The goals of this committee are to (1) increase our trainee membership in low- and middle-income countries and (2) work with senior ISRHML members to organize and host webinars within each of the WHO world regions.

Check out this dedicated team of TIGers below. You can learn more about our regional TIG representatives and the upcoming regional webinars by visiting the ISRHML [website](#).



**Florence Nabwire**  
University of Cambridge  
United Kingdom  
African Region



**Melissa Theurich**  
Ludwig-Maximilians-University of  
Munich Medical Center  
Germany  
European Region



**Larisse Melo**  
University of British Columbia  
Canada  
Region of Americas



**Nurul Husna Mohd Shukri**  
Universiti Putra Malaysia  
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South-East Asia Region



**Marija Djekic-Ivankovic**  
McGill University  
Canada  
Eastern Mediterranean Region



**Alexandra George**  
University of Western Australia  
Australia  
Western Pacific Region



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

*coming soon >>>*

## *In The Next Issue*

*Meet the new TIG officers and learn  
about the latest news around the  
ISRHML 2021 conference!*