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Northeastern Hospital Obstetrician Wins “Physician of the Year” Honor from State Lactation Organization

Philadelphia, PA (January 23, 2008) – **Gail Herrine, MD**, an obstetrician at Northeastern Hospital (NEH), will receive the “Physician of the Year” award from the Pennsylvania Resource Organization for Lactation Consultants (PRO-LC). A lifelong breastfeeding advocate, Herrine will be recognized for her contribution toward increasing the practice of breastfeeding among patients at NEH, particularly among Latina women.

“I breastfed my own children, and I found it a wonderful experience that contributed to our strong relationship,” Herrine said. “But, as a doctor, I noticed there was a very low breastfeeding rate among my patients and that the infants had more gastrointestinal problems. So I decided to always present breastfeeding as an option and encourage it in my patients.” Herrine then applied for and received a 2-year mini-grant from the Pennsylvania Department of Health. She uses these funds for educational materials and to retain the services of a lactation consultant who runs a weekly breastfeeding support group in her office.

Breastfeeding provides complete nutrition, including natural antibodies to help protect the infant from bacterial and viral infections. Breast milk is also easier to digest, thus drastically reducing the stomach issues faced by many bottle-fed babies. Breastfeeding may also lower the mother’s risk of developing certain types of cancers.

“Most women know breastfeeding is better, but they have a lot of insecurities,” Herrine explained. “The best way to overcome that is to talk about it openly.” Herrine puts pro-breastfeeding posters in her office and supplies her patients with educational pamphlets and DVDs about breastfeeding.

Herrine also encourages her clinical colleagues to learn more about the practice. Last year, Herrine and 27 NEH nurses completed an extensive lactation education course. Herrine is also part of an American Academy of Pediatrics program that provides free

educational sessions to physicians' office practices interested in learning more about breastfeeding.

The PRO-LC "Physician of the Year" award will be presented on January 27, 2009 at 9:30 am in the community room at the Giant Food store in Willow Grove, Pa. For more information, please visit http://www.pro-lc.org/events_calendar.html.

About Temple University Health System:

Temple University Health System (TUHS) is a major academic health network and Employer of Choice dedicated to providing quality, safe care to the residents of the greater Philadelphia region. Affiliated with Temple University School of Medicine, TUHS consists of four healthcare-provider facilities (including Temple University Hospital, Jeanes Hospital, Northeastern Hospital, and Temple University Hospital – Episcopal campus); Temple Transport Team; and Temple Physicians, Inc., a network of community-based physician practices. With more than 7,500 employees, Temple University Health System is a proud and responsible member of the Philadelphia community. To learn more about TUHS, visit us at www.templehealth.org.

About Pennsylvania Resource Organization for Lactation Consultants:

PRO-LC is the local affiliate of the professional organization for lactation consultants. The mission and purpose of PRO-LC is to protect, promote, and support breastfeeding; to serve as a continuing education resource to further the professional growth of lactation consultants by sharing knowledge gained through research and personal experience; to enhance the reputation, image, and credibility of lactation consultants and ILCA in a responsible and professional manner; and to support the world-wide implementation of the International Code of Marketing of Breastmilk Substitutes.

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