

# PRO-LC

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Pennsylvania Resource Organization  
for Lactation Consultants

## **FOR IMMEDIATE RELEASE**

December 26, 2001

**Philadelphia, PA: Freyda Neyman, M.D. and Kathryn Limmer, M.D., of Einstein Neighborhood Healthcare, have been named Physicians of the Year 2001 by the Pennsylvania Resource Organization for Lactation Consultants (PRO-LC).** The selection was announced today; Dr. Neyman will accept the award for the practice at PRO-LC's next member meeting, to be held January 8, 2002 at Chestnut Hill Hospital.

PRO-LC is a professional organization whose 85+ members in southeastern Pennsylvania work with breastfeeding mothers and infants. Most members are International Board Certified Lactation Consultants (IBCLC). PRO-LC is a state chapter of the International Lactation Consultant Association (ILCA).

The Physician of the Year Award is PRO-LC's highest honor, presented each year to a physician or physician practice in "recognition of outstanding advocacy which supports, promotes and protects breastfeeding."

Einstein Neighborhood Healthcare, part of the Jefferson Health System, is located in the Mt. Airy section of Philadelphia. Drs. Neyman and Limmer have worked in their pediatric practice there since June of 1999.

Dr. Neyman has been a pediatrician for several years. Her own mother worked as a pediatrician (and still does, on a part-time basis). Dr. Neyman received a button from her mother years ago, now yellowed with age, that reads "Breastfed is Best Fed." Despite this background, and her own pediatric training, Dr. Neyman's appreciation for breastfeeding became cemented with the birth of her twins in January 1997. "That's what did it: doing it as a parent!" she said.

Born at term, the twins were small, and difficult nursers in the early days. Although Dr. Neyman was well-read on breastfeeding issues, she is convinced that her ultimate success in breastfeeding her babies was due to the information and support she received from lactation consultants, and her peer breastfeeding counselor (a nursing mother, also the mother of twins, who volunteered as a counselor supporting nursing moms).

The practice was nominated by PRO-LC members Nikki Lee, RN, MSN, IBCLC, CST, Mother of 2, and seconded by fellow member Ellen Prince, MEd, IBCLC. Lee said, "I nominate Freyda Neyman and Kathryn Limmer for Physicians of the Year. Dr. Neyman told me she spends about

30% of her time with breastfeeding issues when she is caring for a NICU baby. She is knowledgeable and dedicated about breastfeeding. She actually looked at the mom's breasts during a pediatric visit! Now there is a concept.”

In seconding the nomination, Prince said, “I would like to second the nomination of Einstein Neighborhood Healthcare as PRO-LC Physicians of the Year. I have worked closely with Dr. Neyman. She is an incredibly committed pediatrician who is my best supporter and nurturer for our breastfeeding moms. I can't think of a more deserving practice.”

Dr. Neyman will accept the award on behalf of her practice, and offer brief remarks, when she attends PRO-LC's next member meeting, on January 8, 2002 at 9:30 a.m. at Chestnut Hill Hospital (in the Lea Auditorium), located at 8835 Germantown Ave. in Philadelphia. The practice will be presented with a framed certificate; it also receives one-year memberships in ILCA, PRO-LC, and the Academy of Breastfeeding Medicine (an organization of physician-only members who support breastfeeding). Additionally, Einstein Neighborhood Healthcare will be given a copy of two important resources: the *Philadelphia Breastfeeding Resource Handbook*, and *Medications and Mothers' Milk 2000 (9<sup>th</sup> edition)*, by Thomas Hale, R.Ph., Ph.D.

Congratulations to the winners of the PRO-LC Physicians of the Year 2001 Award:

**Freyda Neyman, M.D.**  
**Kathryn Limmer, M.D.**  
**Einstein Neighborhood Healthcare**  
(part of the Jefferson Health System)  
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