

# PRO-LC

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## Pennsylvania Resource Organization for Lactation Consultants

### FOR IMMEDIATE RELEASE

January 14, 2003

**Philadelphia, PA: Jeanette Pleasure, M.D. has been named Physician of the Year 2002 by the Pennsylvania Resource Organization for Lactation Consultants (PRO-LC).** Dr. Pleasure accepted the award today at PRO-LC's member meeting, held 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 affiliate (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."

"I am surprised and delighted to receive this award," said Dr. Pleasure.

As a neonatologist, Dr. Pleasure explained, her advocacy of human breastmilk to feed premature infants was prompted by a desire to save her tiny patients the horrors of "a very fearsome disease: necrotizing enterocolitis [NEC]. Premies are about the only population that suffers from NEC, which has a 50% mortality rate" for the smallest premies. NEC is inflammation and infection of the small and large intestines; the gangrene that sets in kills off the intestines. Babies who survive the initial bout often have profound long-term complications: "peritonitis, bloodstream infections, shortened bowels ... often leading to death" after years of suffering.

But premies who receive human breastmilk rather than formula have a dramatically-reduced risk of NEC. Dr. Pleasure was convinced after reading a 1990 study in the prestigious medical journal *Lancet*: "Lucas and Cole compared NEC in premies who received breastmilk, premies who received part-breastmilk and part-formula, and premies who got no breastmilk at all. There was a huge difference: NEC dropped dramatically for the babies who received only breastmilk." [See Lucas A, Cole TJ. Breast milk and neonatal necrotizing enterocolitis. *Lancet* 1990; 336:1519-1523.]

Dr. Pleasure was nominated by PRO-LC member Georgette Bartell, BSN, BA, IBCLC, who said, "Dr. Jeanette Pleasure has been a neonatologist at St. Christopher's Hospital for Children and Hahnemann University Hospital since 1995. As such, she has been in the position to directly evaluate infant responses to feeds. A long-time proponent of the use of breastmilk, she has encouraged many mothers who had planned to formula-feed their premature infants to pump instead, citing the positive role the mother can play in the infant's care by providing her milk, even

for a short time.

“Then, she went a step farther. Taking an interest in providing breastmilk to those infants who could not receive their own mother's milk, Dr. Pleasure has established the use of banked human breastmilk at Hahnemann. The hospital has been receiving a supply of breastmilk from WakeMed in Raleigh, NC, for more than a year, and it has become an accepted part of the neonatologists' practice. Dr. Pleasure has also coordinated two lectures for her colleagues on the use of human milk and banked human milk.

“For this, and all of Dr. Pleasure's support of breastfeeding, I think she deserves the 2002 PRO-LC Physician of the Year award.”

Dr. Pleasure was presented with a framed certificate; she also received one-year memberships in ILCA, PRO-LC, and the Academy of Breastfeeding Medicine (an organization of physician-only members who support breastfeeding). Additionally, Dr. Pleasure was given a copy of two important resources: the *Philadelphia Breastfeeding Resource Handbook 2003*, and *Medications and Mothers' Milk 2002 (10<sup>th</sup> edition)*, by Thomas Hale, R.Ph., Ph.D.

Congratulations to this year's winner of the PRO-LC Physician of the Year Award:

**Jeanette Pleasure, M.D.**  
**PRO-LC Physician of the Year 2002**  
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