

ON-DEMAND VIEWING

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Mandy Brown Belfort, MD, MPH

Associate Chief of Research
Department of Pediatrics
Brigham & Women's Hospital
Associate Professor of Pediatrics
Harvard Medical School
Cambridge, Massachusetts

Free CE course

Human Milk and Preterm Infant Brain Development

Presented by Mandy Brown Belfort, at Miami Neonatology 2024

In this presentation, Mandy Brown Belfort, MD, MPH, discusses the role of human milk in the neurodevelopment of preterm infants. Beginning with long-term longitudinal data collected in toddler and school-aged children who were born preterm, Dr. Belfort highlights the benefits of providing fortified maternal milk during NICU hospitalization. Dr. Belfort then moves on to discuss the preclinical evidence showing that maternal milk intake is associated with larger brain volume and more mature brain microstructure even before NICU discharge. This engaging talk can help NICU clinicians contextualize current recommendations regarding the importance of maternal milk feeding in the NICU setting.

Learning Objectives

- Review the effect of maternal milk intake in the neonatal intensive care unit (NICU) on the neurodevelopmental outcomes of preterm infants
- Explain how nutrients and bioactives found in human milk contribute to key neurodevelopmental processes in preterm infants
- Discuss the effects of human milk diets in the NICU on brain volume and structure, as measured by brain imaging



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Activity Format

This activity is an online enduring material. Successful completion is achieved by reading and/or viewing the material, reflecting on its implications in your practice, and completing the assessment component.

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