



The American College of Obstetricians and Gynecologists

WOMEN'S HEALTH CARE PHYSICIANS

Vice President, Practice Activities

Christopher M. Zahn, M.D.

Telephone: 202/863-2529

Email: czahn@acog.org

June 1, 2018

Dr. Christie del Castillo-Heygi
Ms Jody Segrave-Daly
Fed is Best Foundation
PO Box 241736
Little Rock, Arkansas 72223

Dear Dr. del Castillo-Heygi and Ms. Jody Segrave-Daly;

Thank you for your response to ACOG's Letter to our members featured in the May 2018 [ACOG Grounds Rounds](#) newsletter. As a national organization, ACOG issues recommendations that are evidence-based, balanced, and undergo multiple rounds of comprehensive review before being published. Our goal is to provide evidence-based clinical guidance that is in the best interest for women, considering the breadth of evidence available. We strive to develop accurate content and education for our members and to continue to demonstrate ACOG's commitment to helping women achieve their goals and to helping women provide the best care possible for their newborns.

Regarding breastfeeding complications, our guidance includes recommendations on who should not breastfeed and when mothers should seek help for babies that are not breastfeeding well. We encourage obstetrician-gynecologists and other obstetric providers to develop and maintain knowledge and skills in anticipatory and pre-hospital discharge feeding guidance, postpartum physical assessment and support for a mother's feeding method (including breast, mixed, and formula feeding), normal breastfeeding physiology, and management of common complications of lactation. Finally, ACOG recommends that obstetrician-gynecologists and other obstetric care providers should support each woman's informed decision about whether to initiate or continue breastfeeding, recognizing that she is uniquely qualified to decide whether exclusive breastfeeding, mixed feeding, or formula feeding is optimal for her and her infant. Our recommendations regarding breastfeeding are consistent with other medical and nursing organizations, including the American Academy of Pediatrics, the Association of Women's Health, Obstetric and Neonatal Nurses, and the Academy of Breastfeeding Medicine.

Thank you for your letter and we appreciate your interest in the health of women and their infants.

Sincerely,

Christopher M. Zahn, MD
Vice President, Practice Activities

Cc: Lauren E. Hanley, MD, FACOG,
IBCLC
Sharon Mass, MD, FACOG
Debra Hawks

Nevina Jakopin
Ije Obidegwu
Margaret Villalonga