

August is Breastfeeding Awareness Month

In recognition of Breastfeeding Awareness Month, UNC Health Southeastern would like all women to know that we support them every step of the way. Through education, empowerment, and direct patient assistance, we believe that using these factors will help more women become successful at breastfeeding. We all want excellent health benefits, and breastfeeding benefits are unmatched by any healthcare plan. According to the Centers for Disease Control, breastfeeding is not just a decision mothers face but an investment in health.

Breastfeeding has benefits for both the baby and the mother, according to the CDC. Breastfed babies have a decreased risk for:

- Asthma
- Type 1 diabetes
- Respiratory infections
- Obesity
- Gastrointestinal problems
- Ear infections
- SIDS
- Preterm infants are less likely to develop Necrotizing enterocolitis
- Mothers who breastfeed have a decreased risk of developing:
 - Breast Cancer
 - Ovarian Cancer
 - High blood pressure
- Type 2 diabetes
- Postpartum depression
- Quicker recovery to pre-pregnant weight and less blood loss from delivery



Judith Locklear
UNC Health Southeastern

Mothers who breastfeed have a decreased risk of developing:

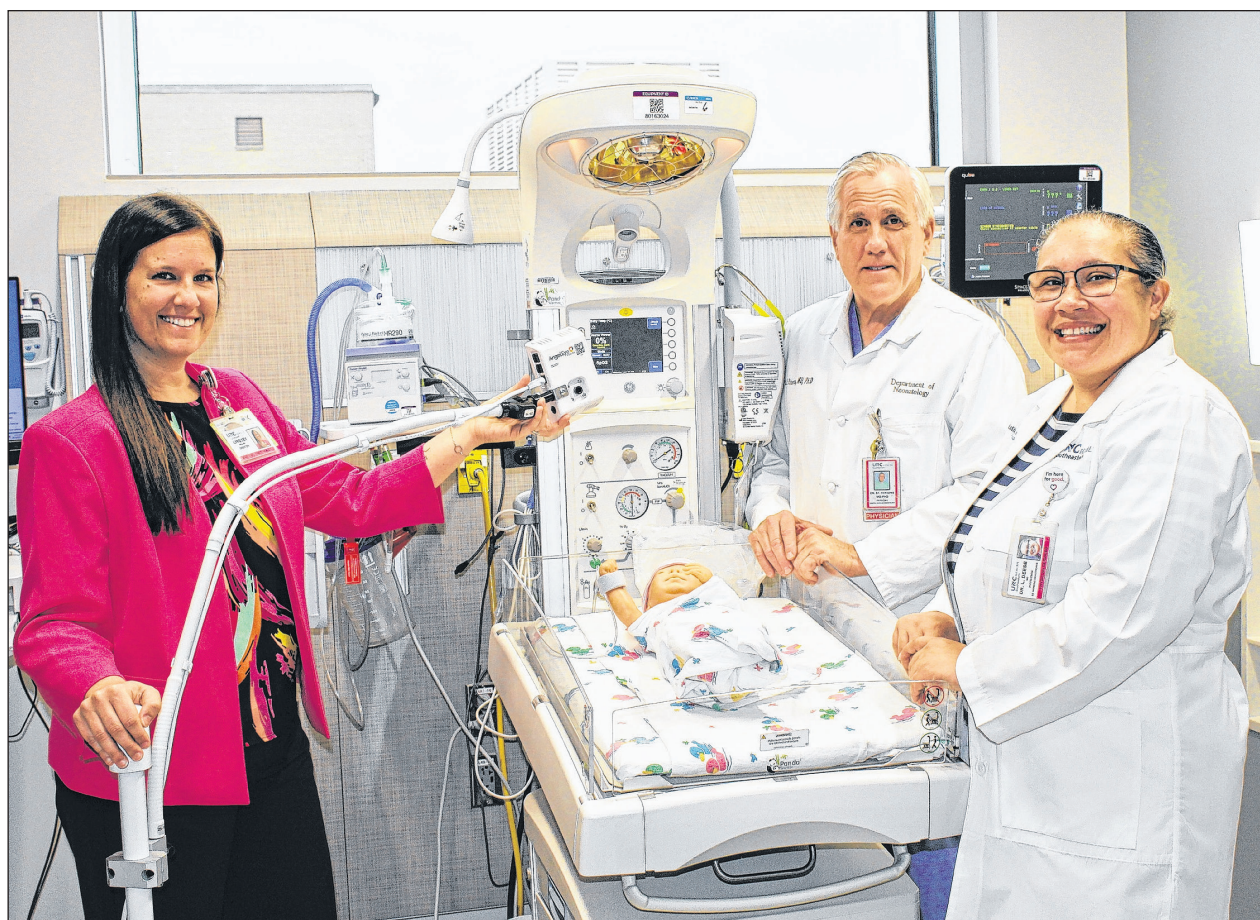
It's no secret that breastfeeding is natural and the best source of nutrition for your baby in the first year of life, but did you know that the benefits of breastfeeding go beyond health?

As a mother who breastfed two children, I know that each pregnancy and baby is different, not every experience is victorious, and we can face challenges and barriers to breastfeeding. That is why our team at UNC Health Southeastern has met and continues to strive to uphold the standards required to earn the Baby-Friendly designation awarded by BFHI in the United States. To support this designation, our Maternal Child Health Services team strives to:

- Offer monthly online breastfeeding classes.
- Implement the "Ten Steps to Successful Breastfeeding" framework.
- Provide continued education to our physicians, midwives, nurses, and administrative team that have direct patient care.
- Provide breastfeeding supplies to help our mothers off to a great start.
- Employ lactation consultants.
- Most importantly, initiate skin-to-skin contact on the mother's chest immediately at delivery, a practice we have been implementing to help babies adjust to life outside the womb and stimulate the interest and release of hormones to support breastfeeding.

Our community's health is essential, and it begins here at UNC Health Southeastern within the first hours of life. A mother's milk is nature's medicine for a sustainable future. This is why we are taking action to build a culture that supports and inspires our mothers to breastfeed. With awareness, we hope to reach all healthcare staff, families, communities, and employers to help make this breastfeeding journey an easy decision to make.

Certified Nurse Midwife Judith Locklear practices with UNC Health Women's Health at Southeastern Health Park. She is also a member of the medical staff at UNC Health Southeastern and is part of the Women's Health team.



UNC Health Southeastern Women's Services Director Lyndsey Walters demonstrates the AngelEye Camera System for Neonatologist Dr. Stephen Parsons and OB/GYN Dr. LaShauna Deese in the UNC Health Southeastern Neonatal Intensive Care Unit.

UNCHSE's AngelEye camera system brings comfort, connection to NICU families

Amanda Crabtree
For The Robesonian

LUMBERTON — When a newborn needs specialized care in the NICU, every moment apart can feel long and weigh heavily on the family. At UNC Health Southeastern, that distance now feels a little smaller. Thanks to support from the UNC Health Southeastern Foundation's "Delivering for Women" campaign, families can stay close to their babies in a new and meaningful way.

The AngelEye Camera System, which will begin to be offered in the NICU in early September, offers secure live-streaming video that allows parents and loved ones to securely see their baby from anywhere, whether at home, at work, or across the state. Accessible by phone, tablet, or computer, the system helps ease the worry of being away and strengthens the bond

between families and their tiniest loved ones.

The idea to bring AngelEye to UNC Health Southeastern started with Neonatologist Dr. Stephen Parsons, who saw its potential to ease stress and strengthen connection for families. His vision was embraced by the Foundation team and quickly gained support from hospital leadership and the Foundation Board of Trustees. Together, they helped turn a powerful idea into reality, proof of what happens when clinical insight and community support work hand in hand.

"This technology allows families to remain involved and reassured even when they have to step away," said OB/GYN Dr. LaShauna Deese, who is on the medical staff of UNC Health Southeastern and serves on the UNC Health Southeastern Foundation Board of Trustees. "Being able to see their baby at any

time provides incredible comfort. It also helps us build trust and connection as a care team."

AngelEye also enables clinical teams to send photos, videos, and messages securely through a HIPAA-compliant platform. Families receive real-time updates and glimpses of meaningful milestones along their baby's journey.

"We feel a profound sense of relief when parents who cannot be physically present are able to log in and see their baby resting," said UNC Health Southeastern Director of Women's Services Lyndsey Walters. "That connection brings comfort and reassurance during an incredibly stressful time, whether they are watching from home, from work, or from somewhere in between. The connection matters."

The addition of AngelEye reflects UNC Health Southeastern's ongoing commitment

to excellent family-centered care. It is one of many ways the UNC Health Southeastern Foundation continues to provide comfort, connection, and support through innovation and generosity.

"When our care teams see a need that can improve the patient and family experience, we want to be part of the solution," said UNC Health Southeastern Foundation Executive Director Sissy Grantham. "AngelEye was not just a good idea, it was the right idea. Because of the support from our 'Delivering for Women' campaign donors, we were able to bring this to life. Families in our NICU now have comfort and connection when they need it most, and that is the kind of impact the Foundation is here to deliver."

Amanda L. Crabtree is the director of marketing & public relations at UNC Health Southeastern. Reach her by email at amanda.crabtree@unchealth.unc.edu.

Spotting health conditions in newborns

Metro

Parents of newborns know that no two days of caring for such young children are the same. Each day presents a new challenge for parents of newborns, and many of those challenges can be linked to the youngsters' health.

Newborns cannot explain what's bothering them, so parents must work with their children's health care team to identify any medical issues that arise. The American Academy of Pediatrics notes the following are some common conditions in newborns that parents can learn to recognize.

— **Blue baby:** Mildly blue or purple hands and feet is not typically a cause for alarm. The AAP notes some newborns' hands and feet turn blue when the child is cold and then return to being

pink once they become warm again. Crying also can cause the face, tongue and lips to turn slightly blue. A blue tone to the skin can sometimes be a cause for alarm, as in certain instances this indicates the heart of lungs are not functioning optimally and there is insufficient oxygen in the blood.

— **Blood in the stool:** A small amount of blood in newborns' bowel movements is not unusual and may indicate a small crack in the anus that the AAP notes is generally harmless. However, it's best to report blood in the stool to a child's pediatrician to rule out other issues that can be more harmful.

— **Coughing:** Some newborns cough because they drink too quickly, and that coughing will likely subside quickly. Report coughing to a

pediatrician if coughs are more persistent and the child gags during feedings, as such symptoms may indicate problems with the lungs or digestive tract.

— **Jaundice:** Jaundice is characterized by skin having a yellow tinge to it. Mild jaundice is typically harmless, but this condition merits a discussion with a child's pediatrician because it's caused by a buildup of bilirubin in the blood. If bilirubin levels in the blood continue to rise and this is not treated, children may develop a brain injury, according to the AAP. Jaundice also can affect the whites of the eyes and may progress from the face to the chest, the abdomen, and finally the arms and legs.

— **Respiratory issues:** The AAP notes it takes a few hours for newborns to form a normal breath-

ing pattern. Blocked nasal passages may contribute to unusual breathing patterns, and that often can be remedied with nasal drops or a bulb syringe that suction mucus from the nose. But parents must recognize that some respiratory issues merit immediate consultation with a child's pediatrician. Such issues include fast breathing, retractions (sucking in muscles around the ribs with each breath), flaring of the nose, grunting while breathing, and persistent blue skin coloring.

It's easy to grow worried when newborns exhibit symptoms that suggest they're experiencing a medical issue. Though many issues ultimately prove harmless, they still merit attention and possibly even consultation with a pediatrician.

Full range of Women's Health Services

UNC Health Southeastern has enhanced its women's health services through a two-year, multi-phased initiative to upgrade its hospital services for women, mothers, and babies, as well as to consolidate its women's health clinics into one combined setting.

For appointments call: Women's Health: (910) 735-8040

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