



The Lactation Center is dedicated to improving the health and well-being of infants and families by providing education and assistance to promote and support breastfeeding before birth and throughout the breastfeeding journey. From prenatal breastfeeding classes to bedside consultations, our lactation consultants support a mother's decision to breastfeed with the latest, evidence-based information given with a caring touch.

The center also provides ongoing breastfeeding education to UPMC Magee-Womens' medical and nursing staff.

The virtual, phone, and outpatient services of the Lactation Center at UPMC Magee-Womens are available to any mother, regardless of whether she delivered at UPMC or another facility.

UPMC

LIFE CHANGING MEDICINE

UPMC Magee-Womens Hospital
Lactation Services:
412-641-1121

Magee-Womens, UPMC Hamot
Lactation Services:
814-877-6000

UPMC Altoona
Lactation Services:
814-889-2557

UPMC Carlisle
Lactation Services:
717-960-3409

UPMC Chautauqua
Lactation Services:
716-664-8281

UPMC Cole
Lactation Services:
814-274-9198

UPMC Hanover
Lactation Services:
717-316-2262

UPMC Harrisburg
Lactation Services:
717-782-5372

UPMC Horizon
Lactation Services:
724-983-7962

UPMC Lititz
Lactation Services:
717-625-5337

UPMC Memorial
Lactation Services:
717-849-5594

UPMC Northwest
Lactation Services:
814-676-7845

UPMC Wellsboro
Lactation Services:
570-723-7764

UPMC Western Maryland
Lactation Services:
240-964-6417

UPMC Williamsport
Lactation Services:
570-321-2092

The Lactation Center



A Healthy Start: Breastfeeding Your Baby

As a new mother, deciding how to feed your baby is just one of the major decisions you will make. The American Academy of Pediatrics advocates exclusive breastfeeding for the first 6 months and continued breastfeeding for at least 12 months or as long as mutually desired by mother and infant.

Experts agree and research confirms that breastfeeding offers babies numerous benefits. Breast milk contains important nutrients that help build a baby's immune system. Breastfeeding protects and contributes to a baby's optimal health and well-being. Mothers also receive many benefits by breastfeeding, including:

- Bonding - Nursing provides a time of close, personal bonding between mother and baby.
- Protection - Breast milk is packed with disease-fighting properties that protect your baby from illness.
- Reduced risk - Evidence shows that mothers may be at a lower risk of developing some cancers, osteoporosis, diabetes, heart disease, and stroke.
- Convenience - Breast milk is always available and at the right temperature. No preparation or cleanup is required.

Our Experts Are Here for You

With approximately 25,000 deliveries at UPMC Magee-Womens each year, our lactation consultants and counselors are experts in teaching, counseling, and problem-solving. They recognize that women who receive support in their decision to breastfeed will nurse their babies longer and with a greater feeling of success. Our lactation consultants and counselors are board-certified by the International Board of Lactation Consultant Examiners and have lots of experience working with mothers and babies.

The Lactation Center provides breastfeeding assistance to mothers while still in the hospital. For mothers who have returned home, our lactation consultants are available by phone, virtually, or specially scheduled, private outpatient consultations. We offer consultations for:

- Mothers who had difficulty breastfeeding a previous child
- Mothers expecting multiples
- Exclusive pumping



The Lactation Center also offers postpartum consultations for mothers with ongoing breastfeeding problems such as:

- Sore nipples
- Latch/positioning
- Milk supply concerns
- Low/slow weight gain
- Nursing multiples
- Transitioning pre-term infants to breast
- Returning to work



Our lactation consultants are available for video appointments through your patient portal.

Ask your doctor or visit
[UPMC.com/PatientPortals](https://www.upmc.com/PatientPortals)
for more information.