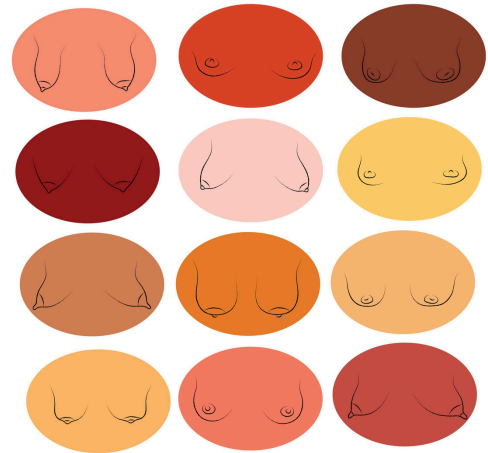


FREE Virtual General Education Session

Breast Health: A Lifetime of Transformations



Objectives:

1. Name 2 potential external (non-biological) influences on the breast which can cause biological changes within the breast tissue.
2. Describe the 2 main types of tissue in the breast and their approximate ratio to one another.
3. List 3 modifiable risk factors for breast cancer.

June 24th 2025
12:30-2:00pm PT
Register for Zoom Link

\$20 - 1.5 L CERPs/CEUs/1.0 BRN offered IBCLE CERP areas:
Physiology and Endocrinology & Development and Nutrition



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In order to truly understand the breast as an organ and the importance of human lactation, it is vital to consider all of the biologically transformative processes which occur in the breasts over the lifetime. From illness and infection to blunt force trauma, from inflammation to occupational hazards, and normal development of the breast over the stages of life, the breast remains an understudied yet critical window into the human body and its level of wellness and function. This presentation will attempt to place lactation into the proper context of the full lifetime of the human breast.

Christine Staricka is a Registered, International Board-Certified Lactation Consultant, health writer, and trained childbirth educator. Christine is the author of the book *Evolving the Modern Breastfeeding Experience: Holistic Lactation Care in the First 100 Hours*. Christine hosts *The Lactation Consultant's Inbox Podcast* and writes a blog on Substack called *Evolve Lactation*.



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