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### Tongue ties and the effects of breastfeeding

Breast feeding forms the foundation of infant health. Proven beneficial effects of breastfeeding to infant health include: decreased incidence of asthma, allergies, SIDS, Otitis Media and an increase in IQ. For the mother, it reduces the risk of postpartum depression, breast and ovarian cancers, hyperlipidemia and hypertension. Alternatives to a mother's milk have been used for centuries, but current evidence is clear that human milk is uniquely suited for growth and development of our species. Today, medical professionals are not trained to handle breastfeeding issues and often find themselves inadequately trained to support breastfeeding. The American Academy of Pediatrics recommends a minimum of 12 months of breast milk with introduction of complementary foods at 6th month. Additionally, the World Health Organization (WHO) recommends breastfeeding for at least 2 years of age. In the United States, breastfeeding initiation rates are high but continuation to 12 months is uncommon with a rapid early drop off. Early cessation of breastfeeding is often due to pain and discomfort; however later cessation is due to perceived or real inadequate milk supply. Infant oral ties are one of the most common reasons for early discontinuation of breastfeeding. Symptoms linked to tongue ties include pain with breastfeeding, mastitis, decrease in milk production and failure to thrive among other issues, due to dysfunctional milk extraction by the infant. At Agave Pediatrics, we have completed more than 10,000 frenectomy procedures to address these issues with remarkable success! As breastfeeding becomes more prevalent, primary care physicians find themselves faced with additional issues associated with tongue ties and dysfunctional milk extraction. This presentation will help pediatricians learn the history of tongue ties, benefits of the procedure, controversies in treatment, and methods to coordinate care in their communities.

### Biography

Rajeev Agarwal has completed his Graduation at All India Institute of Medical Science (AIIMS), in New Delhi, India in 1992. He has completed his Pediatric Residency at the University of Texas Medical Branch at Galveston; and, a Nephrology Fellowship at the University of Florida at Gainesville. In 2005, he opened Agave Pediatrics located in Phoenix, Arizona, which has grown to four locations. Through his years of training, practice and reading, he has developed a passion for supporting the mother baby dyad for breastfeeding, through evaluation and treatment of tongue and lip ties. Over the past 10 years, he has performed more than 10,000 frenectomies. In the field of tongue ties, he is a well pursued motivator, speaker, and teacher. He has developed a complete tongue tie program in his primary pediatric practice, where he has trained many other professionals in this field.

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