

medela



mother's milk,
everyday amazing™

Support and training



Supporting healthcare professionals worldwide

As a Medela customer, you benefit from our expertise in the science of expressing breast milk, as well as our portfolio of highest-quality products. Medela's mission is to enhance mother and infant health through the life-giving benefits of human milk. This is why we add value with a unique package of research, training, education and support – sharing knowledge and ultimately improving outcomes for those who matter most: the next generation of infants in your care.

PersonalFit™ PLUS pump sets for Symphony®

More milk. More comfort. More efficiency.



Only Medela



Research

Medela supports work in some of the world's most prestigious universities, research institutes and hospitals, often challenging fundamental principles.

- Ultrasound studies of the lactating breast¹ questioned established models of milk removal and rewrote the textbooks on breast anatomy.
- Research into sucking patterns² changed scientific understanding of infant feeding.
- Comparing double pumping to sequential single pumping revealed it obtained up to 18% more milk volume.³
- Groundbreaking discoveries about the properties of human milk – for example how it contains stem cells⁴ – are continually improving and increasing appreciation of its powerful benefits.

These and many other exciting findings are published in leading journals and presented at global conferences, including Medela's International Breastfeeding and Lactation Symposium.



Innovation

Research-based knowledge is an integral part of Medela's innovation process. Collaborating closely with healthcare professionals helps us design better products, backed by the engineering quality and attention to detail expected from a leading medical equipment manufacturer.

With PersonalFit™ PLUS pump sets for Symphony®, we redefined the principles of pump set design by drawing on our expertise. By creating an exclusive database of 3D breast scans, Medela established a method of investigating differently shaped breast shields that led to applied research and product development. The result is a new pump set, clinically proven to increase the efficiency and comfort of expression.⁵⁻⁷

Training

Medela's highly experienced employees regularly update hospital staff and rental businesses with information about new products and services. Our aim is to support healthcare professionals with appropriate, evidence-based solutions to help mothers at every stage of lactation.

Medela also provides full product support – including face-to-face training – as well as guidance on best practice via how-to-use videos and technical factsheets. The quality and breadth of this service also mean that when mothers are ready to leave the ward, Medela customers can offer them hospital levels of care with confidence.



Education

Medela strives to empower healthcare professionals and mothers to make informed choices by providing educational content, available through a number of channels, both on- and offline.

Key content for healthcare professionals:

- articles and reports on human milk and feeding
- details of clinical research behind Medela products
- evidence-based brochures on core issues
- product factsheets
- posters visualising research projects
- QuickCards: handy product instructions
- education sheets and infographics
- training videos

Key content for mothers:

- the award-nominated *The Amazing Science of Mother's Milk* ebook
- web articles, covering topics ranging from breast changes in pregnancy to weaning, at [medela.com/breastfeeding](https://www.medela.com/breastfeeding)
- education sheets/infographics
- videos and animations on our YouTube channels

These resources form a unique Medela knowledge ecosystem – all free to access and download.

Long-lasting collaborations

Since 1996 Medela's partnership with The University of Western Australia has yielded:

16

full or partial PhD scholarships

84

peer-reviewed journal articles

21

book chapters

20

review articles

196

conference abstracts



Access Medela support

- Medela's website for healthcare professionals: medela.com/breastfeeding-professionals
- Download education materials from: medela.com/breastfeeding-professionals/education/education-materials
- International Breastfeeding and Lactation Symposium: medela.com/breastfeeding-professionals/news-events
- To arrange a training session, contact your local Medela representative.

Highest clinical standards

All Medela clinical trials adhere to the independent standard for Good Clinical Practice (ISO 14155) set by the International Organisation for Standardization (ISO). They are certified by all national ethical and medical authorities in countries where they are conducted.



View the evidence

1 Ramsay DT et al. *J Anat.* 2005; 206(6):525–534. 2 Geddes DT et al. *Early Hum Dev.* 2008; 84:471–477. 3 Prime DK et al. *Breastfeed Med.* 2012; 7(2):100–106. 4 Hassiotou F et al. *Stem Cells.* 2012; 30(10):2164–2174. 5 Clinical study. (NCT02496429). 2015. 6 Clinical study. (NCT02492139). 2016. 7 Prime DK et al. 6th ABM Europe Conference, Rotterdam, NL; 2018.

Discover what PersonalFit™ PLUS can do for your next generation. Go to medela.com/pfp or contact your Medela representative