Did you know?
You can get help and support with breastfeeding in your primary care office.

Whether you are pregnant and hoping to breastfeed, supplementing with formula, feeding at the breast or pumping, we are here to support you and your family on your breastfeeding journey.

Dr. Jack is a board-certified Family Physician and a member of the Academy of Breastfeeding Medicine. She sees families and babies for breastfeeding support in conjunction with your primary care physician, right here in the office.

Please ask your physician or a staff member for more information or to schedule a visit.

Visits are billed to your insurance as either a preventive care visit or a problem visit.

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**Prenatal consultations**
- Past breastfeeding challenges
- Education and preparation for breastfeeding
- Flat nipples
- History of breast surgery
- Thyroid problems
- Diabetes
- Planned C-section
- PCOS

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**Postpartum consultations**
- Breastfeeding initiation
- Nipple pain
- Breast pain
- Low supply
- Over supply
- Pumping
- Infant reflux
- Returning to work
- Introducing solids
- Weaning

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