

MEDCHI HIGHLIGHTS THE IMPORTANCE OF BREASTFEEDING SUPPORT DURING NATIONAL BREASTFEEDING MONTH

BALTIMORE – August 20, 2026 – During **National Breastfeeding Month**, MedChi, The Maryland State Medical Society, is recognizing the importance of ensuring that every woman and family has access to the support, education, and healthcare resources needed to achieve their infant feeding goals. For many women, breastfeeding is a rewarding experience that provides significant health benefits for both infants and mothers. However, breastfeeding can also present physical, emotional, and logistical challenges. Access to timely guidance from physicians, lactation consultants, nurses, employers, family members, and community support systems can make a meaningful difference in helping women navigate those challenges with confidence.

“Breastfeeding is not something women should have to navigate alone,” said **Eric Wargotz, MD, FCAP, President, MedChi**. “When healthcare providers, employers, and communities work together to provide education, encouragement, and practical support, women are better equipped to make informed decisions and meet their personal breastfeeding goals.”

Research has shown that breastfeeding support beginning during pregnancy and continuing after birth improves breastfeeding initiation and duration while helping women overcome common obstacles such as latching difficulties, milk supply concerns, returning to work, and postpartum recovery. Ensuring access to evidence-based care and lactation support helps improve outcomes for both women and infants.

National Breastfeeding Month also serves as an opportunity to recognize the policies and workplace accommodations that allow breastfeeding women to continue providing breast milk after returning to work. Flexible break times, private lactation spaces, and supportive workplace cultures help women balance their professional responsibilities while continuing to care for their infants.

“Supporting breastfeeding is about supporting women and families,” Wargotz added. “Every woman deserves compassionate, evidence-based care that respects her individual circumstances. By strengthening access to healthcare professionals, workplace accommodations, and community resources, we can help women feel empowered throughout their infant feeding journey.”

Women seeking guidance on breastfeeding or infant feeding should speak with their physician, pediatrician, obstetrician, certified nurse-midwife, or a board-certified lactation consultant. Early support and individualized care can help address concerns, improve confidence, and promote the health and well-being of both woman and child.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients, and the public health of Maryland. For more information, please visit www.medchi.org.