

## Website Reviews

### [www.4woman.gov](http://www.4woman.gov)

The United States Department of Health and Human Services Office on Women's Health provides a healthy amount of breastfeeding patient education in English and Spanish, which may be useful to the busy health care provider. Although the term breastfeeding is not front and center, the home page at [www.4woman.gov](http://www.4woman.gov) has a clear link for Health Topics, which includes a listing of available breastfeeding resources. The Breastfeeding Help Line, a phone number that anyone can call to get breastfeeding advice through peer counseling, is hard to miss on most pages. Every basic breastfeeding question that a person would ask is answered in this easily navigable site. The answers, though, are pertinent to popular culture in the United States, and most questions would probably be answered differently in other cultures. There is even a 25-page pdf booklet called "An Easy Guide to Breastfeeding" that is a wonderful basic comprehensive resource for the average person, written in English, Spanish, and Chinese. However, its size limits its usefulness for clinicians because it is impractical to print a large quantity for the office. This site has some handy links for the health care provider, such as information on donor milk and human milk banks, and policy statements from several major United States medical organizations such as the American Academy of Pediatrics, the American Academy of Family Medicine, the U.S. Breastfeeding Committee, as well as international groups such as the International Lactation Consultants Association and the World Health Organization. Regrettably, though, the site is missing a link to the Academy of Breastfeeding Medicine website, which provides very useful evidence-based clinical protocols for health care providers.

Overall, this website is worth book marking

in your favorites for patient education resources.

### [www.e-lactancia.org/ingles/inicio.asp](http://www.e-lactancia.org/ingles/inicio.asp)

The Pediatric Staff of the Marina Alta's Hospital, Denia in Alicante, Spain, deserve recognition and applause for developing and sharing breastfeeding and medication information at [www.e-lactancia.org/ingles/inicio.asp](http://www.e-lactancia.org/ingles/inicio.asp). A key aspect of this website's information is that it is free, so that globally, physicians with computer access can readily find information about the safety and risks of medications, supplements, and medical conditions for breastfeeding patients.

Overall, the website is well organized and simple to navigate. Each page has an attractive background of a photographed nursing dyad. Buttons on the upper portion of each page allow the selection of Spanish or English, and lead to general instructions on using the website. The website provides information on the basic principles of breast milk pharmacokinetics, the rationale for its risk categories, and references for further information.

From the home page the visitor can choose to search by product or group. Products can be searched by brand name or generic name, although sometimes brand names are not found: Information was available on mesalamine but not Asacol. Because this is an international website, it makes sense that it is best to use generic terms. The product list is extensive. In addition to medications, a wide variety of herbal supplements are covered.

Each product search leads to a page that outlines the known pharmacokinetics of the medication, its risk category, alternative medications, clinically relevant remarks, and a link to

references. However, the references are not comprehensive. For example, references for maternal antidepressants include several relatively recent review articles, but there are no references for maternal cytomegalovirus infection.

A number of medical conditions are included in the list of medications and herbs. For example, there is information on maternal health conditions such as hypertension, anemia, and connective tissue disorders and infant conditions including galactosemia, Down syndrome, and jaundice. The website could be improved if these conditions were in a separate search category, and more references were provided. Searching *maternal mastitis* leads to information

on clinical management without reference to scientific evidence to support the recommendations. A link to the Academy of Breastfeeding Medicine protocol on mastitis would be an excellent adjunct to this information.

The [www.e-lactancia.org/ingles/inicio.asp](http://www.e-lactancia.org/ingles/inicio.asp) website is a very useful and accessible resource for physicians who care for mothers and infants, as well as for emergency room, urgent care center, and hospital ward personnel. Hopefully, with easy access to this information, women will experience fewer barriers to successfully breastfeeding their babies.

—Compiled by Anne Eglash, M.D.