CURRICULUM VITAE

LISA MARASCO, MA, IBCLC, FILCA

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EDUCATION

International Board Certified Lactation Consultant since 1993, re-certified 1998, 2003, 2008, 2013, 2018
MA in Human Development w/ Specialization in Lactation Consulting, Pacific Oaks College & Lactation Institute, 2001
BA, Business Administration/Accounting, California State University, Fullerton, 1981
Orofacial Myofunctional Therapy Training, Academy of Myofunctional Therapy, December 2014
Lymphatic Drainage I, International Alliance of Healthcare Educators, January 2015

EXPERIENCE

1993 - Present: Owner of *Expressly Yours Lactation Services*, a private consulting and education practice.
2010 – Present: Peer reviewer for lactation articles in various professional journals
2005 - 2022: Lactation Consultant, Santa Barbara County Public Health Department, Nutrition Services/WIC.
2023- Present: California State WIC Breastfeeding Committee member
1985 - 2023: Leader for La Leche League International, Associate Area Professional Liaison.

AWARDS

USLCA Award of Excellence for Research 2018
Fellow of ILCA (International Lactation Consultant's Association) designation 2009
Woman of Excellence, Santa Maria Women's Network 2009

PUBLICATIONS

Low Milk Production and Infant Weight Gain Chapter 22 in Interdisciplinary Lactation Care Second Edition, Jones & Bartlett, 2024 (and 3 previous versions). Co-authored with Kay Hoover and Kelli Fornow.

Making More Milk 2nd Ed: The breastfeeding guide to increasing your milk production. Co-authored with Diana West, McGraw Hill, 2008, 2020.

Oral Galactagogues (natural therapies or drugs) for increasing breast milk production in mothers of non-hospitalised term infants. Cochrane review, published 2020 with co-authors SC Foong, May Loong Tan, Jacqueline Ho, Wai Cheng Foong.

Unsolved Mysteries of the Human Mammary Gland: Defining and Redefining the Critical Questions from the Lactation Consultant's Perspective. J of Mammary Gland Biology and Neoplasia, 2015.

Postpartum Nutritional Management **(Lactation section).** In: **Medical Management of Pregnancy Complicated by Diabetes, Nutritional Management During Pregnancy in Preexisting Diabetes**. American Diabetes Association, 2009.

The Impact of Thyroid Dysfunction on Lactation**.** Breastfeeding Abstracts, 2006.

How to Get your Milk Supply Off to a Good Start. Co-authored with Diana West. New Beginnings, 2005.

Polycystic Ovary Syndrome. Leaven, 2005.

Insufficient Milk Supply: Common Factors and Relationship to Polycystic Ovary Syndrome. Master's Thesis for Pacific Oaks College, 2001.

Polycystic Ovary Syndrome: A Connection to Insufficient Milk Supply? Co-authored with Chele Marmet and Ellen Shell, Journal of Human Lactation, 2000.

Cue Feeding: Wisdom and Science. Co-authored with Jan Barger, Breastfeeding Abstracts, 1999.

Common Breastfeeding Myths. Leaven, 1998, reprinted (#75) by La Leche League International, 1998.

Cue vs Scheduled Feeding: Revisiting the Controversy. Co-authored with Jan Barger, Mother-Baby Journal, 1998.

When the Schedule Becomes More Important than Breastfeeding. Clinical Issues in Lactation, 1997.

PROFESSIONAL AFFILIATIONS

International Lactation Consultants Association (ILCA)
United States Lactation Consultants Association (USLCA)
Int'l Society for Research in Human Milk & Lactation (ISRHML)
Academy of Breastfeeding Medicine (ABM)
Cochrane Collaborative
Santa Barbara County Breastfeeding Coalition

PRESENTATION TOPICS

See Lactspeak for current presentations: **http://lactspeak.com/speakers/LisaMarasco**

PRIOR SPEAKING ENGAGEMENTS

Penang Medical College- 2025
Lactation Innovation- Gold Coast, Adelaide & Perth AUS 2025
Greater Ozarks Bfg Coalition- 2025
BEST Connection online- 2025
LLL of Italy- 2025
Brazil Lactation Online- 2025
LactaLearning Online- 2025
Mame Bem, Belo Horizonte, Brazil- 2024
GOLD- 2024
Montana Bfg Learning Collaborative- 2024
Australia Bfg Science, Solutions & Strategies- 2024
Arizona virtual conference- 2023
Iowa Breastfeeding Conference, 2023
Lactation Consultants of Great Britain, 2023
Portugal Lactation Consultants, 2023
Hot Topics in Bfg- Barcelona & Madrid, Spain
Israeli Association of Lactation Professionals, 2023
Lacta-Learning virtual, 2023
iLactation, 2022
Wake Co WIC, 2022
Greece Lactation, 2022
San Diego Bfg Coalition, 2022
California WIC, 2022
Triangle Bfg Alliance, 2022
Mt. Sinai S. Nassau, 2022
Kansas Bfg Coalition, 2022
LLL Wisconsin 2021
Nat'l Indian and Native America WIC Coalition 2021
Brazil Lactation Consultants 2021
New Hampshire Bfg Task Force 2021
GOLD 2021
USLCA 2020
California WIC 2020
New Zealand Lactation Consultants 2020
Lompoc Hospital 2019
Placer County Bfg Coalition 2019
Brunswick, GA 2019
Medford, OR 2019
LLL Min/Dakota 2019
Best conferences Maine 2019 Spring, Fall
USLCA 2019
Idaho Bfg Task Force 2019
New Jersey 2019
Dallas Area Bfg Consultants 2019
Art of Breastfeeding NC 2019
New Jersey Atlantic 2019
LLL So. Calif/NV Pasadena 2018
Tri-county Bfg Connections Ohio 2018
Central Illinois Bfg Task Force 2018
Missouri WIC Branson 2018
Breastfeeding Coalition of Ventura Co 2018
San Luis Obispo Bfg Coallition 2018
Western Penn Lactation Consultants 2018
ILCA Portland 2018
Maryland Lactation Consultants 2018
Great Lakes webinar 2018
Boston Assoc of Childibrth 2018
Vermont Lactation Consultants 2018
Ireland Lactation Consultants 2017
Tulare County 2017
Kentucky Bfg Coalition 2017
California WIC 2017
Alaska Bfg Coalition 2017
California WIC Assoc 2017
Australian Bfg Assoc Traveling workshop 2017
Olympia WA Bfg coalition 2017
Sonoma Co. Bfg Coalition 2016
Reno Bfg Coalition 2016
Marietta GA WIC 2016
Penang Medical College, Malaysia 2016
San Diego Bfg Coalition, 2016
iLacation 2016
AQC Montreal 2016
San Bernardino Bfg Coalition, CA 2016
Iowa WIC, Bfg Coalition 2016
San Joaquin Bfg Coalition, CA 2016
PPLC Philadelphia 2016
GOLD Midwifery 2016
Breastfeeding LA 2015
Danish Lactation Consultants, Denmark 2015
Art of Breastfeeding, North Carolina 2015
Robert Wood Johnson University Hospital, NJ 2015
La Leche League of So. Calif/Nevada 2015
GOLD online Lactation Conference, 2015
Lactation Advocates of Northern California. Chico, 2015
San Francisco, Creating Health Families, 2015
Fargo-Moorhead Area Breastfeeding Association, 2014
Michigan Area Lactation Consultants, 2014
ILCA Phoenix, 2014
LLL Southern California Nevada Leader Day, 2014
GOLD Online Lactation Conference, 2014
California WIC Association, San Diego, CA 2014
Sonoma County Breastfeeding Coalition, CA
2013 Missoula Lactation Consultants, MT 2013
USLCA Webinar, 2013
California Peer Counselors, Sacramento 2013
Mother-Baby Symposium, Billings, MT, 2013
Placer County Bfg Coalition, Roseville, 2013
USLCA St. Louis, 2013
Montana WIC, 2012
AICPAM Italy, 2012
California WIC, 2012
ILCA Orlando, 2012
Dallas Area Breastfeeding Association, 2012
LLL of Washington, 2012
Art of Breastfeeding, NC 2012
Edwardsville, IL 2012
ILCA webinar, 2011
SWAG conference, Oakland, CA 2011
Joliet Alliance of Breastfeeding Advocates, 2011
Southern Oregon Breastfeeding Coalition, 2011
GOLD online conference, 2011
North Carolina WIC, 2011
Ottawa Valley Lactation Consultants, 2011
LLL of Alabama, Louisiana and Mississippi 2011
Australian Breastfeeding Association, 2011
March of Dimes, IL 2011
Acibadem Hospital, Istanbul, Turkey, 2010
Breastfeeding Coalition of Placer County, 2010
Best Beginnings Rhode Island, 2010
ILCA San Antonio, 2010
La Leche League of Arizona, 2010
ABC North Carolina, 2010
GOLD '10 (web)
OLCA Ohio, 2010
ALCA Australia, Sept. 2009
Greater Los Angeles Breastfeeding Task Force, 2009
KLIC Kentucky, 2009
Oregon Bfg Coalition, 2009
Private Practice Lactation Consultants, Philadelphia, 2009
Quebec Lactation Consultants Assoc. 2009
San Antonio, 2009
San Diego Breastfeeding Coalition 2009
Santa Barbara Co. Breastfeeding Coalition, 2009
La Leche League of So. California/Nevada, 2009
Ventura County Breastfeeding Coalition 2009
Arizona DHS 2008
ILCA Las Vegas, 2008
Ohio Lactation Consultants 2008
Orlando lactation consultants, FL, 2008
Tuolumne County, CA, 2008
Emory, Atlanta, 2007
ILCA, 2007
La Leche League of So.Calif/Nev, 2007
San Mateo WIC, 2007
WALWICA 2008
Houston Area Lactation Consultants, 2006
Oregon La Leche League, 2006
Placerville CA 2006.
Wisconsin Area Lactation Consultants, 2006
New Mexico Breastfeeding Task Force, Albuquerque, 2005
Alaska Breastfeeding Coalition, 2005
Vermont Lactation Consultants Association, 2005
Bismarck, ND, 2004
Los Angeles Breastfeeding Task Force, 2004
OLCA Ohio, 2004
SENTARA Latch, Virginia, February 2006
La Leche League of Southern Cal/Nevada, 2004
Billings MT Clinic, 2003
Kirkland Washington La Leche League, 2003
La Leche League Traveling Workshop, 2003
New York Lactation Consultants , 2003
Rochester, NY, 2003
Santa Barbara County WIC, 2003
Breastfeeding Coalition/WIC of Bakersfield, 2002
ILCA Berkeley, 2002
ILCA Boca Raton, 2002
La Leche League of So. California/Nevada, 2002
Orange County Breastfeeding Task Force, 2002
Wisconsin Lactation Consultant's Assoc, 2002
WIC of Santa Barbara County 2001
La Leche League of So. California/Nevada, 2001
Breastfeed Task Force of Santa Barbara Co, 2000
California WIC, San Diego, 2000
Breastfeeding Task Force of Santa Barbara County,1999
La Leche League of So. CA/Nevada, 1999