



Clinton County Health Department

133 Margaret Street, Plattsburgh, New York 12901-2926

“Working Together for a Healthier Community”

www.clintonhealth.org



Public Health
Prevent. Promote. Protect.

Administration Division

Phone: (518) 565-4840

Fax: (518) 565-4717

News Release

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For Immediate Release
Contact: 518-565-4840

Chest/Breastfeeding Friendly Pharmacies

Clinton County, September 22, 2023. Due to the ability of medications to transfer into human milk, over-the-counter (OTC) medications and prescription medications are often cited as the reason parents may stop chest/breastfeeding. However, according to the Centers for Disease Control and Prevention (CDC), there are very few medications that should not be taken while chest/breastfeeding. Since 2017, the Clinton County Chest/Breastfeeding Coalition and local pharmacists have been working together to ease the minds of chest/breastfeeding families by supplying evidence-based *Medication and Mother's Milk* resource kits.

The newest iteration of Dr. Thomas Hale's *Medication and Mother's Milk* resource book was released this year. Through a donation from Behavioral Health Services North (BHSN), a long standing coalition partner, the Clinton County Chest/Breastfeeding Coalition was able to update resource kits and distribute them to the 16 pharmacies in Clinton County. All of the materials are evidence-based and research supported tools used by health care professionals to ensure chest/breastfeeding families have the information needed to make informed decisions regarding their health and the health of their child(ren). The kits included:

- the 2023 *Medication and Mother's Milk* book by Dr. Thomas Hale
- a link to LactMed, an online drug and lactation database
- a lactation warm line for live assistance
- the 2023 Clinton County Chest/Breastfeeding Resource Guide
- a counter display, encouraging parents to ask about medication and human milk interactions.

According to Steve Moore, Pharmacist at Condo Pharmacy, “We are happy to partner with the Clinton County Breastfeeding Coalition to spread the word and make care, information, and resources more readily available to our patients and neighbors here in Plattsburgh, especially on behalf of our children.” He adds, “Our pharmacy team always enjoys meeting our newest patients, and our pharmacists are happy to work with all families and their prescribers to ensure appropriate use of both OTC and prescription medication.”

In honor of World Pharmacist Day on September 25th, 2023, the Clinton County Chest/Breastfeeding Coalition would like to recognize and thank the Clinton County pharmacies for their partnership and continued support in promoting, supporting and protecting chest/breastfeeding in our community. A complete list of partnering pharmacies is as follows:

- Condo Pharmacy
- Cornerstone Drug & Gift
- Hannaford Pharmacy
- Keeseville Pharmacy

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“Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations”

- Kinney Drugs (all Clinton County locations)
- Maggy Pharmacy
- Market 32 Pharmacy
- Target Pharmacy
- Walgreens Pharmacy
- Walmart Pharmacy
- UVMHN-CVPH Outpatient Pharmacy

Because of the well-documented health benefits of breastfeeding for infants, children and mothers, the American Academy of Pediatrics (AAP), the American Congress of Obstetricians and Gynecologists (ACOG), the World Health Organization (WHO) and the US Department of Health and Human Services recommend exclusive breastfeeding for the first six months, with continued breastfeeding as long as mutually desired by mother and infant.

For more information about prescription medication use while chest/breastfeeding, visit:

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/vaccinations-medications-drugs/prescription-medication-use.html>

About the Clinton County Health Department:

The Health Department is an accredited full service department serving the residents of Clinton County. The Health Department’s Mission is to improve and protect the health, well-being and environment of the people of Clinton County. Visit our website at www.clintonhealth.org or connect with us on Facebook (@clintonhealth), X [Twitter (@ClintonCountyHD)], and Instagram (clintoncountyhealth).

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