

## **Maya Bolman RN, BA, BSN, IBCLC**

Ohio, USA

Maya Bolman was certified as IBCLC in 2001. She currently works as lactation consultant at Cleveland Clinic Hillcrest Hospital and Breastfeeding Medicine of Northeast Ohio.

Maya is well known internationally for her work promoting hand expression and breast massage to breastfeeding mothers. She recognizes that teaching mothers these basic tools helps empower them to work through breastfeeding challenges including engorgement, plugged ducts, separation from the infant, and milk supply concerns. She has worked with Dr. Ann Witt to create an instructional video "The Basics of Breast Massage and Hand Expression" and conducts research on the effectiveness of Therapeutic Breast Massage in Lactation (TBML) both in the office and as a treatment at home for mothers.

2009-2019 – Make more than 50 presentations and workshops at various conferences in different countries.

### **Publications**

Witt AM, Bolman M, Kredit S., "Mothers Value and Utilize Early Outpatient Education on Breast Massage and Hand Expression in Their Self-Management of Engorgement." Breastfeeding Medicine. 2016 Nov; 11:433-439

Witt A., Bolman M., Kredit S., Vanic A., "Therapeutic Breast Massage in Lactation for the Management of Engorgement, Plugged Duct and Mastitis." Journal of Human Lactation. 2016 Feb, Vol. 32(1) 123 –131

Witt A., Bolman M., et al "Breast Engorgement: Clinical Course, Home Treatment and in-office Education." Breastfeeding Medicine. 2014 Sept; 9(S1)19.

Witt A., Bolman M., et al "Therapeutic Breast Massage for the Treatment of Engorgement, Plugged Duct and Mastitis." Breastfeeding Medicine. 2014 Sept; 9(S1)19

Bolman M, Saju L, Oganessian K, Kondrashova T, Witt A., "Recapturing the Art of Therapeutic Breast Massage during Breastfeeding." Journal of Human Lactation. 2013 Aug; 29(3)328-331.