

Food Safety and Hygiene &

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Breast feeding and Epigenetic

Virginie Rigourd

Human Milk Bank, France

The human milk of part its nutritional and biologic properties stays the standard gold for the nutrition of the newborn child and the infant. The most recent studies confirm that the volume and the nutritional quality of the milk depend on numerous environmental, nutritional, genetic and epigenetic factors. Some of them could be modifiable or adjustable and during the critical period of 1000 days could impact the quality of the milk and thus the health of the infant and even the future adult but also the health of the mother. One day, we could respond to specific needs using human milk as a “lactothérapie”.

Speaker Biography

Virginie Rigourd is the managing director of the Human Milk Bank of Ile de France. He has graduated from the Medicine University in Paris, France in 1998 and finished post graduate training in 2003 from the same university on intra uterin growth retardation topics. She worked as paediatrician ahead of Ile de France Milk Bank, Paris, France and neonatalogiste in NICU at Necker Hospital, Paris, France. Member of the French Milk Bank Association and European Milk Bank Association. Since 2002 she worked as a national consultant, providing assessments of human milk security and on projects on human milk quality. Dr. Rigourd has carried out few researches on medication and breast feeding. During her work she has gained local and national recognition for her different advice on breast feeding and on practice around human milk in NICU.

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