SSEP Update

(Sweet Success Extension Program)

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SSEP

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Sweet Success Express:
Vision for the Future
Scientific Symposia and Conference

NOVEMBER 5-7, 2015
Embassy Suites Anaheim So., CA

Brochure available for download at:
http://www.sweetsuccessexpress.com/CONFERENCES.php

Highlighting the19th Annual National Research Conference for Diabetes in Pregnancy

PRE-CONFERENCE: Workshop -Thursday, November 5th - 11:00 - 3:15 pm

WORKSHOP # 1: ICD 10 Coding From Theory to Reality: Coding during Diabetes and Pregnancy

by **Mary Ann Hodorowicz Consulting, LLC (IL)**

Mary Ann's consulting and training services are designed to provide you with a high level of expertise to achieve your short or long-term goals in a cost-effective and timely manner.

WORKSHOP # 2: DSME/T: Diabetes Management beyond the Clinical Setting

by **Alyce Thomas RD, CDE**

Diabetes self-management education and training (DSME/T) is a collaborative process through which people with diabetes gain the knowledge and skills needed to modify their behavior and successfully self-manage the disease and its related conditions. This process incorporates the needs, goals, and life experiences of the person with diabetes and is guided by evidence-based standards.

Scientific Symposia - Friday, November 6th - 7:50 am - 5:15 pm

Provides new insights focused on ongoing studies that impact fetal programming and childhood development in the offspring of mothers whose pregnancies are complicated by diabetes and/or obesity. The day's speakers and topics include:

Power of the Primate: Lessons for Pregnancy, Diet and Our Our Next Generation - by **Jed Friedman, MD,** Director, Colorado Program in Nutrition and Healthy Development - Colorado Children's Hospital, Research Institute, Aurora, Colorado

Use of "omics" Technologies to Gain New Insight into Maternal Metabolism during Pregnancy - by William L. Lowe, Jr. MD, Vice Dean Academic Affairs, Thomas D. Spies Professor of Genetic Metabolism

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SSEP Update GOAL is to publish useful information and/or tools to help team members provide quality diabetes and pregnancy care.

SSEP Mission: Our mission is to improve pregnancy outcomes and long-term quality of life for women with diabetes and their offspring, which extends beyond birth for both mother and child. We work with provider groups to increase their knowledge and delivery of care by:

- Developing and/or endorsing events and activities that increase their knowledge.
- Supporting multidisciplinary health care teams as they take a proactive approach, focused on healthy lifestyles.
- Encouraging providers to involve the entire health care system, community and patient at all levels in supporting lifestyle changes that foster improved long-term health and quality of life.

SSEP Contact Information
www.SweetSuccessExpress.org
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Upcoming Conference

Sweet Success Express 2015: Vision for the Future
Embassy Suites Anaheim South, CA
November 5-7, 2015

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Sweet Success Express: Vision for the Future Cont...

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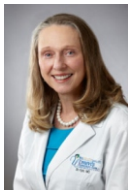
Controversies in Dietary Recommendations in Pregnancy and GDM and Potential Effects on Offspring. by **Linda Barbour, MD, MSPH, FACP**
Professor in Endocrinology, Metabolism and Diabetes; Joint appointment in ObGyn: University of Colorado, at Denver, Colorado



Future of Contraception for Women with Diabetes and prior Gestational Diabetes - BY **Siri Kjos, MD, MSEd,** Director of Perinatology, WellHealth Quality Care, Las Vegas, Nevada

Postnatal Nutrition and Infant Growth – Is the Composition of Breastmilk / Formula and Timing of Solid Foods Life-Altering?
- by **Nancy Krebs, MD,** Professor of Pediatrics, Head-Section of Nutrition, Vice-Chair - Academic Affairs, Dept. of Pediatrics, University of Colorado, School of Medicine, Aurora, Colorado

Possible Applications of the New Sciences to the Management of Diabetes and Pregnancy. Can We Improve Individualized Care? - by **John Kitzmiller, MD,** Maternal-Fetal Medicine (MFM), Santa Clara Valley Health Centers, San Jose, California

Additionally there will be 2 Oral Abstract Presentations during the day

Controversial Practice Standards - Saturday, November 7th - 7:50 am - 4:30 pm

Speakers will discuss controversial issues and concerns. Topics will include:

Keynote –Nephropathy, Retinopathy, Neurology: Managing Co-Morbidities in Diabetic Pregnancy - by **Siri Kjos, MD, MSEd**

Weight Gain in Pregnancy: How Much is too Much – too Little?
- by **Linda Barbour, MD, MSPH, FACP**

From Research to Implementation: Incorporating Evidence-based Nutrition Practice Guidelines into Practice - by **Alyce Thomas, RD**

Teratogenic Exposures during Pregnancy - Updates? - By **Robert Felix, BS, MPH**

Oral Medications for GDM: Miracle or Madness? - by **Maribeth Inturrisi, RN, MS, CNS, CDE**

Sacred Hour - by **Raylene Phillips, MD, MA, IBCLC**

The Diabetes Doula Manages Insulin during Labor - by **Maribeth Inturrisi, RN, MS, CNS, CDE**

Environmental Health and Reproduction - by **Naomi Stotland, MD**

Additionally there will be 2 Oral Abstract Presentations during the day

CONTINUING EDUCATION CREDITS

Nurses: Up to 21.25 Hrs Nursing BRN, Co-sponsors: Professional Education Center and SSEP
Physicians: This activity has been planned and implemented in accordance with the Institute for Medical Quality/California Medical Association's CME Accreditation Standards through the joint sponsorship of PAC/LAC and SSEP. PAC/LAC designates this educational activity for a maximum of 15.0 AMA PRA Category 1 Credit(s).
LCSW, LMFT and LPCC: PAC/LAC is an approved provider by the California Board of Behavioral Sciences. The course meets the qualifications for 15.0 hours of credit by the California Board of Behavioral Sciences.
RD: CPE Prior Approval Verification; for up to 22 hours, by the Commission on Dietetic Registration.

Conference Amenities
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Brochure available online at
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CONFERENCE SPECIALS

SSEP Education Materials

1) Type 2 DM during Pregnancy PATIENT HANDBOOKS
English or Spanish
25 to 100 - $2/ea (reg. $2.75)
Order now -no shipping fees

2) ONLINE SELF-STUDY MODULES - 12 Sections - 40 CE/CPEU
Conf. Cost = $150 (reg. $189)

3) Guidelines at a Glance for GDM 2013

4) Guidelines at a Glance for Preexisting DM during Pregnancy - 2014

5) Guidelines at a Glance for Calculating and Adjusting Insulin - 2011 (being updated)
Conf. Cost - $20/ea CD (reg. $25)

6) or set of all 3 Guidelines at a Glance CDs- $50

Conf. Cost - $50/ea CD (reg. $60)

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www.sweetsuccessexpress.org on Products page

SSEP Order Form *Updated 08/01/2015*

GUIDELINES-AT-A GLANCE (Quick references)

 # 1001 - $25 - For GDM 2013: CD - 66 pages summarizing key points for GDM management.

 # 1002 - $25 - For Pregnancy Complicated by Preexisting Diabetes 2014: CD - 58 pages Key points for managing preexisting diabetes during pregnancy.

#1003 - $25 - For Calculating and Adjusting Insulin: CD 30 pg step-by-step instructions for calculating and adjusting insulin doses (includes team management of insulin therapy & insulin calculation practice sections).

#1023 - $60 - Complete Set of 3-SAVE $15/set

#1101- $55/yr - Individual Membership

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(3 members in 1 facility)
BENEFITS: Newsletter; Conference/Ed material discounts; Online standards consults; email updates and Personalized Membership Card. Annual Drawing; Earn 6 extra chances to win with every $100 donation to SSEP.

FREE: Guidelines-at-a-Glance - Join & apply discount to this order! No tax or S/H for this item

SSEP CD PowerPoint Presentations

#1501 - $25 - UPDATED 2011 - ADA Recommendations Tests for Screening and Diagnosing Diabetes during Pregnancy and Postpartum
36 slides- ADA &Sweet Success recommendations for testing. Ideal for in-services and new personnel.

#1502 -$35 - Insulin Therapy During Pregnancy,
Part 1: Insulin Injection Therapy & Part 2: Insulin Pump Therapy. Includes insulin analogues, calculating & adjusting insulin for both injections and pump use during pregnancy. (2008)

#1601 Eng / #1602 Sp - GDM Patient Handbook
28 pgs - diabetes, pregnancy, testing, labor/delivery, breastfeeding and followup. **UPDATED- 2012**

#1603 Eng / #1604 Sp -2011
Type 2 DM in Peg. Pt. Handbook
44 pgs - before/during/after pregnancy information.

#1601-03: Average reading level.

Mix & Match - GDM/Type 2/Eng/Sp

Price: < 10 =$3.50/ea; 10 - 24=$3.25/ea;
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For more information
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#1300 -SSEP SELF-STUDY SERIES CE COURSES
Now Available Online
UPDATED 2011
Includes Guidelines at a Glance for GDM 2013; Current ADA Recommendations & Sweet Success Guidelines for Care,2012

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Includes Sweet Success Guidelines for Care
14-Complete set of 12 modules [40 hrs] - $189

#14-Complete Set of 12 (40 Hours) List price $249 now $189!
- Less than $5/CE Hr.
Free: Guidelines at a Glance for GDM and Guidelines for for Care included

SPECIAL: SAVE $20! Buy 4--get one 3 hr module FREE!
Please list Item # and Module # on Order Form (ie: 1301-02)

Contact us for group discounts for 6 or more team members at same facility

#1401 - FREE - SWEET SUCCESS ASSOCIATE PROGRAM Packet: how to become a Sweet Success Affiliate Program. (May be added to Order Form - **No cost for packet)**

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Send email address to ssep1@verizon.net

 # 1051 - $36 - Diabetes/Pregnancy Resource CD
Over 100 health education, nutrition and psychosocial tools for patient and professionals. Useful for patient teaching and staff training. **May be personalized to your program, printed and copied for owner's use - may not shared with other programs.**

Watch for Conference Information Updates at
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Onon the "Conference" page

CE CREDITS
AMA PRA Category 2 Credit™ is self-designated and claimed by individual physicians for participation in activities not certified for AMA PRA Category 1 Credit™. Participants should only claim credit commensurate with their level of participation. SSEP is a non-profit organization and has no commercial conflict of interest.
Nurses: SSEP is a provider approved by the California Board of Registered Nursing Provider #13813 for up to 40 Contact Hours. Certificates available at end of conference for pre-registered attendees.
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Registered Dietitians/Dietetic Technicians, Registered: The 12 SSEP Self Study Modules have been approved by the Commission on Dietetic Registration for 40 CPEUs for RDs and DTRs.

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Thank you!

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Guidelines for Diagnosis of Hyperglycemia in Pregnancy

The following algorithm for screening and diagnosis of hyperglycemia was developed in 2011 and is in agreement with the 2013 American Diabetes Association's (ADA) Clinical Practice Recommendations[3]. At the first prenatal visit (< 13 weeks), all pregnant women should undergo risk assessment for diabetes[3, 4]. Screen either all pregnant women for undiagnosed hyperglycemia or only women with any one of the following risk factors:

Diabetes Risk Factor Identification ADA 2013 Criteria[3]
❖ Non-caucasian ethnicity
❖ BMI 25 or higher (the at risk category could be lower in some ethnic groups[5])
❖ History of GDM or pre-diabetes, unexplained stillbirth, or malformed infant.
❖ Previous newborn weighing 4000 gms or more (8 lbs 13 oz)
❖ 1st degree relative with DM
❖ Presence of glucosuria
❖ History of PCOS, CVD, HTN, hyperlipidemia
❖ Chronic use of medication that causes hyperglycemia (e.g. steroids, betamimetics, atypical antipsychotics)

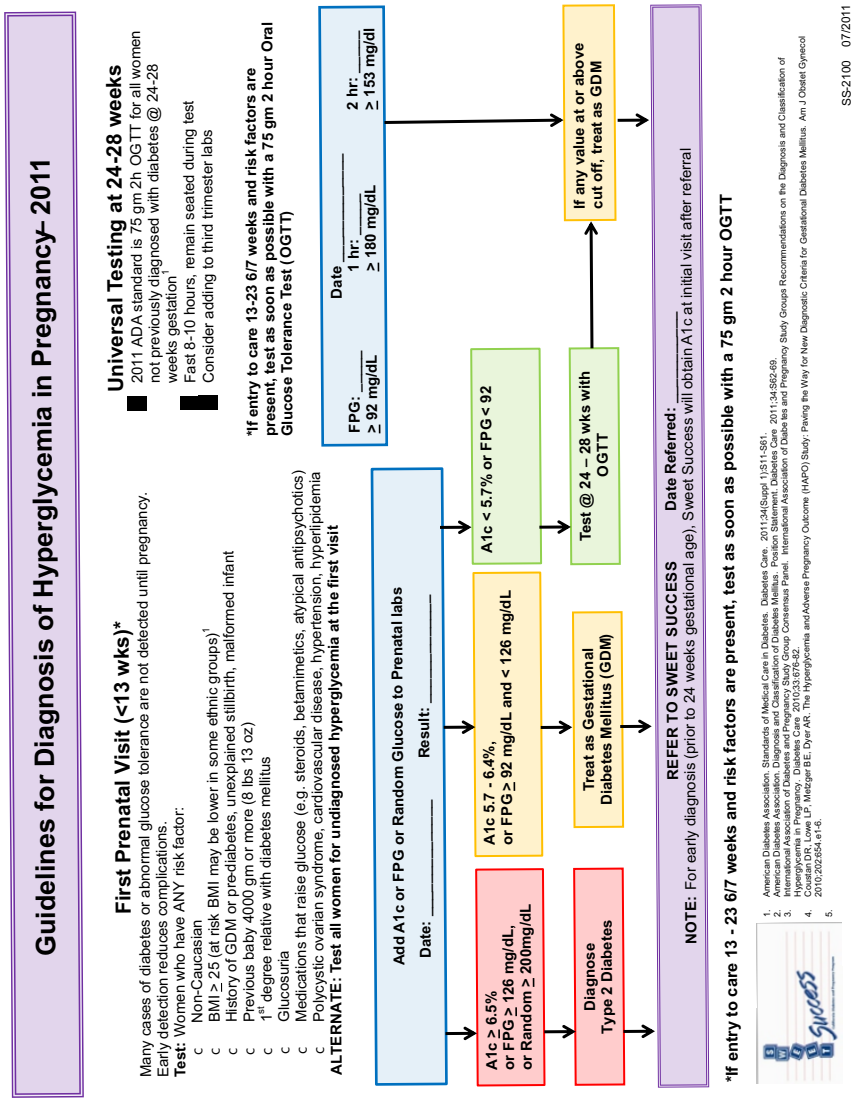
Many practitioners are adding a HbA1c screen to the first trimester prenatal panel.

Funding for the CDAPP Sweet Success Pocket Guide for Professionals was provided by Federal Title V Block Grant through the California Department of Public Health, Center for Family Health, Maternal, Child, and Adolescent Health Division.© For additional information access the CDAPP Sweet Success Resource and Training Center website: http://www.cdappsweetsuccess.org

NOTICE: Due to recent inquiries regarding how to treat pregnant women who have previously been diagnosed with prediabetes, the Guidelines for Diagnosis of Hyperglycemia in Pregnancy found in the CDAPP Sweet Success Pocket Guide for Professionals 2013 are being reprinted. The Pocket Guide can be downloaded at www.CDAPPSweetSuccess.org . See Pages 4 & 5 in Pocket Guide.

REFERENCES from the Pocket Guide 2013

3. American Diabetes Association. Standards of Medical Care in Diabetes. 2013. Diabetes Care, 2013;36(Suppl 1):S11-S66.
4. ACOG Practice Bulletin - Clinical Management Guidelines for Obstetricians-Gynecologists, # 60. Pregestational Diabetes. Obstet Gynecol. 2005;105(3):675-685.
5. American Diabetes Association. Standards of medical care in diabetes. Diabetes Care. 2011;34(Suppl 1):S11-S61.
6. International Association of Diabetes and Pregnancy Study Group Consensus Panel. International Association of Diabetes and Pregnancy Study Groups recommendations on the diagnosis and classification of hyperglycemia in pregnancy. Diabetes Care 2010;33:676-82.
7. American Diabetes Association. Diagnosis and classification of diabetes mellitus. position statement. Diabetes Care 2011:34 S62-69
8. Coustan DR, Lowe LP, Metzger BE, Dyer AR. The Hyperglycemia and adverse pregnancy outcome (HAPO) study: paving the way for new diagnostic criteria for gestational diabetes mellitus. Am J Obstet Gynecol 2010; 202:654.e1-6.



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