

SSEP Update

(Sweet Success Extension Program)

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TO DIABETES EDUCATORS - A WORD OF PRAISE

The question: "How much do diabetes educators make?" gave cause for thought.

The proper answer could be: "It's not the money you make, it's the difference you make!"

Enriquez Avacedo (aka: nick@poponpoetry.com), a poet and a friend, wrote and dedicate the following poems to SSEP. These poems were read as the introduction to SSE 2014: An Ounce of Prevention on November 7, 2014. SSEP would like to dedicate this poem to all diabetes in pregnancy educators.



Diabetes Educators Make a Difference

We'll MAKE you feel, that your ordeal; is one you CAN survive.
If fearful find, we'll ease your mind; strive to keep hopes alive.

Both young or old, your hand will hold; if needed to squelch fear.
We'll try erase, the angst you face; as insulin shots near.

We'll readily, keep schedule free; to make sure help is there.
At five will wake; to your side take; bringing your meds and care.

No rest will seek; each day of Week; for you we'll be on call.
Daytime or night; we'll carry fight; to serve our patients all.

We'll work each day; heed not our pay; we're here to difference make.
We've but one goal; keep patients whole; quality of life's our stake.

A Word of Praise

To those aboard, our Sweet Express, these words of thanks bestow.
With Council there, advice to share, the Board will sometimes go.

We thank you all; for answering call, to serve and dedicate.
But work's not done, battles not won, we've more to educate.

You've helped goals reach, by what you teach; helped all new Moms find better care.
You've selflessly, helped all to be, diabetes in pregnancy aware.

For thirty years, you've deserved cheers; for thankless work you've done.
You've helped make sweet, success we greet; but war has not been won.

Hop 'board our train; there's much to gain; so much new we must share.
With help from you, GD can shoo; to help all Moms out there.

We've much to TEACH; to strive to reach: more moms and those to be.
We must improve; life of those who've; been found to have GD.

SSEP, hopes soon to see; improved pregnancy outcomes.
Life quality; that's fully-free; for both babies and their moms.

We must erase, each single case, of this disease Mom's dread.
Life's quality, improved must be; their fear of birth must shed.

SSEP, has helped Mom's see; that they for health must care.
With exercise, and food that's wise, a healthy child can bear.

Our goal's to share, with all out there; what we have learned to date.
With luck someday, our work will pay; and disease can abate.

Dedicated July 16, 2014 to M. Joann Henry and SSEP
by Enrique Acevedo (aka: nick@poponpoetry.com)



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.com or .org
or call Debby Rice at: Phone 714-968-0735 or email at ssep1@verizon.net or ssep9@aol.com.

Upcoming Conferences & Webinars

2015 Conference and Webinar Schedule available at www.sweetsuccessexpress.org - on Conference Page
Diabetes in Pregnancy New & Challenging: Las Vegas, NV - 2/6-7/15; Newport Beach, CA - 3/20-21/15; Albuquerque, NM-4/23-24/15.

***Sweet Success Express 2015:** Embassy Suites Anaheim South, CA, Nov. 5-7, 2014.

***SSEP & Navajo Sweet Success Associate Programs Webinars:** To be Announced

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Merry Christmas & Happy New Year
May the New Year Bring Health and Happiness to All



Holiday Special - Free GDM Patient Handbooks for Underserved

Not-for-Profit diabetes in pregnancy programs or programs providing care in under-served areas may receive 50 free GDM Patient Handbooks (English or Spanish or mixed) for the cost of S & H (\$15/priority mail). The booklet content is valid, but the cover has the 2011 edition graphics.

Contact ssep1@verizon.net or 714-968-0735 for more information.

Great Turn-out at Sweet Success Express 2014: An Ounce of Prevention



This year's An Ounce of Prevention conference was held on November 6-8, 2014 at the Embassy Suites Anaheim South in Garden Grove, California. The conference theme was on strategies to prevent future diabetes and diabetes related complications. The goal of this conference was to provide a comprehensive update and review on current issues and contemporary topics related to improving pregnancy outcomes and future quality of health for women with diabetes during pregnancy and their offspring.

The two Thursday afternoon workshops, Exercise for Pregnant Women with Diabetes and Intensive Insulin Therapy attracted record numbers of participants. During the main conference on Friday and Saturday, nationally recognized experts underscored practical and relevant information related to optimal glucose management, diabetes and obesity prevention, preconception/interconception care, nutrition, exercise, weight management, breastfeeding and long term follow-up care. Saturday morning a special session on the fundamental basics of learning the ICD-10 coding system was presented.

The two and one-half days of learning and fun were enjoyed with ample time allowed for networking, visiting exhibits and door prizes. The success of the conference was based on the positive evaluation feedback provided by the almost 200 participants. The comments provided several suggestions for speakers and topics for the 2015 Sweet Success Express annual conference which will be presented at the same location on Nov. 5-7, 2015.

The complete SSEP conference/webinar schedule may be viewed at www.sweetsuccessexpress.org - on the Conference Page.



Recognizing our Supporters

Each year one **SSEP Update** recognizes our generous sponsors, contributors and education grant supporters. As a nonprofit program, their generous support enables us to fulfill our mission.



Supported by an educational grant



Novo Nordisk is changing diabetes

Novo Nordisk, Inc. supported four of the SSEP events through educational grants in 2014. We sincerely appreciate their generosity and are most grateful for their continued faith in, and support of our work.

Novo Nordisk is a global healthcare company with 90 years of innovation and leadership in diabetes care and other pharmaceutical products. They recognize the need for novel therapeutic approaches to treating chronic diseases more effectively and strive to change the course of diabetes for good.

Mini Pharmacy in Los Angeles was the first sponsor of SSEP and Sweet Success Express, and has provided support every year since 1991. Mini Pharmacy is a family owned and operated diabetic testing supplies business. Their commitment to helping uninsured and/or under-insured patients with diabetes includes an effort to remove many of the economical challenges that patients without health insurance face. Their service to the Sweet Success Program patients is invaluable and their continued support for the SSEP and Sweet Success Express events over the years is most appreciated.

Mini Pharmacy
& Medical Supplies
Trusted, Caring, Always

A Complete Care Program
for Patients with Diabetes
1-888-545-6464

SSEP received substantial support from the Community Benefit Grant Program at The Mary & Dick Allen Diabetes Center at Hoag Hospital, in collaboration with the Ueberroth Program for Women with Diabetes, in Newport Beach, CA in 2014. They hosted the Practice Standards for Diabetes in Pregnancy Conference in April, covering some major expenses to help lower registration fees. They also provided a substantial educational grant to support the Annual Sweet Success Express 2014 Conference in November. Their sponsorship is most appreciated. The Mary & Dick Allen Diabetes Center at Hoag Hospital is committed to providing the very best in diabetes care.



Medtronic Diabetes provided an education grant for one conference in 2014. Their continued support is very much appreciated.



Medtronic's mission is to alleviate pain, restore health, and extend life. They work across borders, across disciplines, and across industries to deliver new and innovative medical technology solutions. Their medical innovations help improve healthcare around the world.



The March of Dimes, California Chapter, provided a Community Award to cover speaker expenses for three speakers for the Sweet Success Express 2014 – An Ounce of Prevention Conference, held on November 7-8, 2014. The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality. Some of their goals parallel the goals of SSEP and they often support our events. Their generous support is very much appreciated and needed.

Other companies that supported the SSEP conferences as exhibitors at one or more of the events include:



SPECIAL RECOGNITION goes to:

the Navajo Sweet Success Group Associate Sites for their pro-active efforts and great work in improving diabetes in pregnancy outcomes for their mothers and babies in their 10 primary sites and 9 outlying clinics



Navajo Area Sweet Success Group Associate Programs



Indian Health Service

The Navajo Area Indian Health Service Diabetes Program contracts with SSEP annually to provide education opportunities for the Navajo Area Sweet Success Group Associate Programs. They are acutely aware of the impact diabetes has on their population and are making great strides to address preventive measures to improve outcomes and future health for families. In 2014, four webinars were hosted with free registration for anyone interested. Their dedicated efforts in decreasing the incidence and prevalence of diabetes in the Native American population is recognized and appreciated.



SSEP Order Form Updated (07/01/2014)

GUIDELINES-AT-A GLANCE-2013 (Quick references)
#1001 - \$20 - For GDM - DVD: 60+ pages summarizing key points for GDM management.

#1002 - \$20 - For Pregnancy Complicated by Preexisting Diabetes - DVD: 56 pages, Outlining key points for managing preexisting diabetes during pregnancy.

#1003 - \$20 - For Calculating and Adjusting Insulin DVD 2012: step-by-step instructions for calculating and adjusting insulin doses (includes team management of insulin therapy & insulin calculation practice sections).

#1023 - \$50 - Complete Set of 3-SAVE \$10/set

#1101- \$55/yr - Individual Membership

#1102 - \$125/yr - Organizational Membership (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: One Ed Material each year - Join & apply discount to this order! No tax or S/H for this item

SSEP CD PowerPoint Presentations

#1501 - \$24 - 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: 2012
 Part 1: Insulin Injection Therapy & Part 2: Insulin Pump Therapy. Includes insulin analogues, calculating & adjusting insulin for both injections and pump use during pregnancy. (2011)

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

#1603 Eng / #1604 Sp -Type 2 DM in Preg. Handbook
 English available now - Spanish available now
 44 pgs - before/during/after pregnancy information.

#1601-04: Average reading level.

Mix and Match Price:

< 10 - \$3.50/ea; 10 - 24-\$3.25/ea; 25- 49=\$3/ea; 50-199=2.75/ea; ≥200=2.50/ea.

For more information call 714.968.0735
 or email ssep1@verizon.net
 or ssep9@aol.com
www.sweetsuccessexpress.com



#1300 -SSEP SELF-STUDY SERIES CE COURSES - 2013
Available Online and in Booklet Format
 Now available online at www.sweetsuccessexpress.com/products.html
References: CDAPP Sweet Success G/L for Care 2012; AAP Neonatal Hypoglycemia Rec.; ADA-SMC 2011; CDAPP Pocket Guide 2008

5 Hours - \$30 Each	#14-Complete Set of 12 (40 Hours) List price \$249 NOW \$189! Savings of \$95!! Less than \$5/CE Hr
01-Preconception/Contraception	
02- Medical Nutrition Therapy	
3 Hours - \$20 Each	
03-Screening & Dx GDM	
04-Self-monitoring Blood Glucose	
05-Insulin Therapy	
06-Hypoglycemia	
07-Maternal/Fetal Assessment	
08-Intrapartum and Delivery	
09-PostPartum/Breastfeeding	
10-Neonatal Care	
11-Exercise	
12-Psychosocial/Cultural Issues	
* 13a-Sweet Success Guidelines for Care CD	\$25
* 13b - CDAPP Pocket Guidelines	\$15
14-Complete set of 12 modules [40 hrs] - Includes CDAPP Pocket Guide)	\$189

REFERENCES available at no added cost with FULL SET
 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

#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 purchaser's use only.**

Sweet Success Update-Newsletter

Free quarterly distribution
 Add your name by contacting
ssep1@verizon.net

Free Download for CDAPP Sweet Success Guidelines for Care at
www.CDAPPSweetSuccess.org

ACCREDITATION: Nurses: SSEP is a provider approved by the California Board of Registered Nursing Provider #13813 for 40 Contact Hours.
Registered Dietitians/Dietetic Technicians, Registered: The 12 SSEP Self Study Modules have been approved by the Commission on Dietetic Registration for 40 CEUs for RDs and DTRs.

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.

Physicians: BRN accredited programs may be submitted as AMA PRA Category 2 Credit™

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SSEP ORDER FORM

Name _____ Credentials _____ Facility _____
 Address _____ City _____
 State _____ Zip _____ Phone (W) _____
 (H) _____ Fax _____

Item #	Qty	Description	Price Each	Times Qty	Final Cost

ORDER TOTAL

Less Discount _____
 Sub-Total _____
 7.5% Tax - CA only _____
 Orange Co. Add _____
 7.75% tax _____

DISCOUNTS ALLOWED

(Applies to order total NOT Ship/handling or Tax)
 15% - Sweet Success Affiliate/Associate Programs
 10% - Sweet Success Individual Members Affiliate / Associate / Individual Mbr# _____
 (REQUIRED for Discount)
 Must provide to receive discount unless joining with this order

Ship/handling \$18
 for orders up to \$99]
 (\$25 for orders \$100-\$399)
 (Call for orders ≥\$400)

Method of PAYMENT

Check _____ Visa _____ MC _____ Am Ex _____

Card # _____ Exp. Date _____

Print name on card _____ Signature _____

Billing Address of Card _____

3 or 4 digit security code on card back or front

Checks Payable to: SSEP
Mail to:
 PO Box 9705
 Fountain Valley, CA 92728-9705

Thank you!

Fax Credit Card orders to: 714-968-0735

For more information call 714.968.0735 or email ssep1@verizon.net
www.sweetsuccessexpress.com

2015 Diabetes in Pregnancy: New & Challenging Seminars

Las Vegas NV - February 6-7, 2015 - Hampton Inn Tropicana Event Center
Co-sponsored by WellHealth QC
Approved for 10.5 CE / 10.5 CPEU - Brochure & registration available online

Newport Beach CA - March 20-21, 2015 - Mary and Dick Allen Diabetes Center at Hoag
Co-sponsored by Hoag Memorial Hospital Presbyterian Community Benefit Program
Approved for 13.5 CE / 13.5 CPEU - Brochure & registration available online

Albuquerque NM - April 23-24, 2015 - Doubletree by Hilton Albuquerque
Co-sponsored by Navajo Area Sweet Success Group Associate Programs
CE/CPEU - TBD - Brochure and registration available soon

Info available at Ssep1@verizon.net, 714-968-0735, or www.sweetsuccessexpress.com on Conf. Page

SSEP Advisory Council Member Awarded Diabetes Educator of the Year

Alyce Thomas, a nutrition consultant in the Department of Obstetrics and Gynecology at St. Joseph's Regional Medical Center in Paterson, N.J., has been named DCE's Diabetes Educator of the Year and received recognition at the 2014 Academy of Nutrition and Dietetics's Food and Nutrition Conference & Expo™(FCNE®) in Atlanta.

Ms. Thomas' passion is working with high-risk pregnant women, especially those with diabetes. She currently serves in the position of the editor for On the Cutting Edge, Diabetes Care and Education's peer-reviewed newsletter. She has authored or co-authored several publications on diabetes and pregnancy, including the Academy's Guide to Gestational Diabetes Mellitus and the accompanying client handout, as well as the diabetes and pregnancy chapters of AADE's Diabetes Self-Management Education. She was the first recipient of the Excellence in Practice Award from the Women's Health DPG.

As a national speaker, Ms. Thomas has presented at the annual Sweet Success Express Conference in the past. She has supported our organization for a number of years and currently sits on the SSEP Advisory Council. Congratulations, Alyce, we are honored to have the opportunity to work with you.



BRAIN ABNORMALITY FOUND IN GROUP OF SIDS CASES

November 24, 2014: In a National Institutes of Health (NIH) funded study, researchers report that more than 40 percent of infants in a group who died of sudden infant death syndrome (SIDS) were found to have an abnormality in a key part of the brain. The abnormality affects the hippocampus, a brain area that influences such functions as breathing, heart rate, and body temperature, via its neurological connections to the brainstem. They found the abnormality was present more often in infants who died of SIDS than in infants whose deaths could be attributed to known causes. They believe the abnormality may destabilize the brain's control of breathing and heart rate patterns during sleep, or during the periodic brief arousals from sleep that occur throughout the night.

It was reported that the new finding adds to a growing body of evidence that brain abnormalities may underlie many cases of sudden infant death syndrome. The hope is that research efforts in this area eventually will provide the means to identify vulnerable infants so that we'll be able to reduce their risk for SIDS.

SIDS <http://www.ncbi.nlm.nih.gov/pubmed/1745639> is the sudden death of an infant younger than 1 year of age that is still unexplained after a complete post mortem investigation by a coroner or medical examiner. This investigation includes an autopsy, a review of the death scene, and review of family and medical histories. In the United States, SIDS is the leading cause of death between one month and one year of age. The deaths are associated with an infant's sleep period.

"The story of SIDS research is far from complete," Dr. Kinney said. "Until it is, the best ways to reduce the risk for SIDS is by following the recommendations for safe sleep and other infant care practices of the Safe to Sleep <<http://www.nichd.nih.gov/sts/Pages/default.aspx>> campaign." The NICHD led Safe to Sleep Campaign <<http://www.nichd.nih.gov/sts/Pages/default.aspx>> advises that infants should be placed on their backs for sleep, in their own sleep area, on a firm sleep surface, such as a mattress in a safety-approved crib. These practices reduce the risk of SIDS and SIDS rates have declined by half since more babies have been placed to sleep on their backs.

The study was published online in Acta Neuropathologica and conducted by Hannah C. Kinney, M.D., and colleagues at Boston Children's Hospital and Harvard Medical School in Boston, and colleagues from the San Diego County Medical Examiner's office in San Diego, and Baylor College of Medicine in Houston.

NIH...Turning Discovery into Health -- Registered, U.S. Patent and Trademark Office ### This NIH News Release is available online at: <<http://www.nih.gov/news/health/nov2014/nichd-24.htm>>.

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SSEP Membership PROGRAM

Benefits include:

- ✍️ FREE education product each year (\$20.00+ value)
- ✍️ Newsletter subscription
- ✍️ Online/phone standard of care consults
- ✍️ Conference registration discounts
- ✍️ Discounts on education materials
- ✍️ Monthly email updates
- ✍️ Name entered in Summer Member Drawing (Prizes include free conference registrations, cash and gift certificates)
- ✍️ Personalized membership card
- ✍️ Membership fee tax deductible to the extent of the law
- ✍️ Membership fee supports member services

Cost: Individual - \$55/yr

Organizational - \$125/yr
(for 3 members)

For more info visit

<http://www.sweetsuccessexpress.com/guidelines.htm>

This is your invitation to Join

E-Cigarettes Educational

The California Tobacco Control Program (CTCP) is pleased to announce the release of a new educational brochure addressing electronic cigarettes (e-cigarettes), titled Protect Your Family From E-Cigarettes, The Facts You Need to Know. This brochure is targeted to parents, as well as public health/health care professionals working with parents and youth. It is low literacy and was tested in several WIC clinics. It is available in English and Spanish and can be found on the CDPH/CTCP website under the Environmental Exposure section:

English

http://www.cdph.ca.gov/programs/tobacco/Documents/Resources/Fact%20Sheets/E_Cigs_Brochure_English%20102914.pdf

Spanish

http://www.cdph.ca.gov/programs/tobacco/Documents/Resources/Fact%20Sheets/E_Cigs_Brochure_Spanish%20102914.pdf

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