

SSEP Update

(Sweet Success Extension Program)

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Virtual 24th Annual National Research Conference Perinatal Diabetes: Changing Times - Changing Care



24th Annual Sweet Success Research Conference A SSEP Virtual Recorded Event Available in November 2020



SSEP cancelled the live Sweet Success Express annual research conference to be held in California on November 12-14 2020. Instead, the 24th Annual Research Conference - Perinatal Diabetes: Changing Times / Changing Care will be a virtual recorded conference.

The advantage to you is that you will have a short period of time to view all of the lectures on-line, with the ability to print handouts, and send in questions for the speakers to respond to after the event. There will be a reduced cost for you to earn about the same CE credits.

A recorded virtual conference will increase access to essential SSEP information specific to Diabetes in Pregnancy, and reduce potential travel risks. Most of the same speakers who were scheduled for the cancelled April conference in Denver, CO will be present. A few of those will include Oral agents for GDM, Lynn Barbour, MD; CGM during pregnancy - the big picture, Greg Forlenza, MD; Neonatal hypoglycemia, Paul Rozance, MD; Strategies in the management of Type 1 and Type 2 diabetes in pregnancy, Lynn Barbour, MD; Challenges of vegetarian diet during pregnancy, Geetha Rao, RD; Preconception care and postpartum followup by Shelley Thorkelson, CNM; and Nutrition for women with diabetes in pregnancy after bariatric surgery, Geetha Rao, RD.

A four to five (4 to 5) hour section of the agenda will be devoted to current Covid-19 and perinatal diabetes related topics in place of a 4 hour workshop. Topics to be included are Perinatal diabetes and Covid-2 risks, Jennifer Smith RD; Medical management for pregnant women with Covid-2, Sandy Ramos, MD; COVID-19 viral infection in pregnancy and breastfeeding! What are the known short and long-term effects, so far?, Robert Felix, BS, MPH; Outpatient diabetes telehealth services during the stages of pregnancy and postpartum to improve outcomes, Mary Ann Horodowicz, RD, MBA, CDCES; and Risks to the newborn?, ever evolving, Tracy Karp, RN, NNP.

YOU WON'T WANT TO MISS THIS!

Please watch our website for additional information.

You may register and download brochure at:

<http://www.sweetsuccessesexpress.org/conferences.html>

Diabetes in Pregnancy Antepartum Care Self-Study Modules are now Available

Updated in 2020 - 20 CE / CPEU \$119 (Save \$30 - Reg price \$149) See Page 5

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SSEP, PO Box 7447, Chico CA 95927-7447 - Phone: 800.732.2387 www.sweetsuccessesexpress.org

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

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Upcoming Conferences

Sweet Success Express 2020
Virtual 24th Annual National Research Conference
Perinatal Diabetes: Changing Times - Changing Care

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NIH-FUNDED STUDY TO RECRUIT THOUSANDS OF PARTICIPANTS TO REVEAL EXERCISE IMPACT AT THE MOLECULAR LEVEL

- Released 6/25/2020

CONTACT: Rachel Britt, 301-435-0968, <e-mail:CFCOMMS@od.nih.gov>

In the largest exercise research program of its kind, researchers are poised to collect and turn data from nearly 2,600 volunteers into comprehensive maps of the molecular changes in the body due to exercise. It is well known that physical activity has substantial health benefits, but we do not fully understand why, especially at the molecular level. The National Institutes of Health-funded Molecular Transducers of Physical Activity Consortium (MoTrPAC)

<https://commonfund.nih.gov/moleculartransducers> aims to increase our understanding by measuring molecular changes in healthy adults and children before, during, and after exercise. The large study size is meant to account for person-to-person variation, and to reveal differences based on demographics like age, race, and gender. MoTrPAC researchers published a paper [https://www.cell.com/cell/fulltext/S0092-8674\(20\)30691-7](https://www.cell.com/cell/fulltext/S0092-8674(20)30691-7) detailing their approach to this ambitious research project. They are currently reviewing lessons from an initial phase with a smaller group of adult volunteers and multiple rounds of preclinical animal model studies to optimize their protocols and prepare to scale-up for full recruitment.

"MoTrPAC was launched to fill an important gap in exercise research," said NIH Director Francis S. Collins, M.D., Ph.D. "It shifts focus from a specific organ or disease, to a fundamental understanding of exercise at the molecular level - an understanding that may lead to personalized, prescribed exercise regimens based on an individual's needs and traits."

The MoTrPAC clinical study pairs methods well-established in exercise research with unique study aspects to move our fundamental understanding of exercise forward. One of the most distinctive study features is its size. MoTrPAC set the ambitious goal amongst its 11 clinical sites to recruit about 2,600 healthy volunteers across a wide age range (10 to 60-plus years-old) and with balanced participation by the sexes. Part of the study will test how the response to exercise changes after generally inactive participants complete a 12-week supervised exercise regimen. Sedentary adults will be randomly assigned to an endurance training regimen (treadmill, cycling), a resistance training regimen (weightlifting), or an inactive control group. Low-activity children will be randomly assigned to an endurance training regimen, or to a control group where they pursue their normal activities. Contributing to the overall size of the study is a separate group of highly-active adults and youths who will help researchers understand what exercise looks like at the molecular level in those who have exercised vigorously and consistently over an extended period.

Another unique facet of MoTrPAC is that volunteers provide samples - or biospecimens - before, during, and after exercise that will go through a complex array of molecular assays. Adults provide blood, fat and muscle tissues (samples), while children provide only blood samples. MoTrPAC researchers implemented an early study phase with a limited number of adult volunteers that is meant to ensure the complex study design is feasible both for the researchers and the participants before scaling up. The

researchers and their data and safety monitoring board are reviewing lessons learned, so that recruitment may continue under optimized protocols. Recruitment currently is on-hold due to safety concerns over COVID-19, and will resume when it is safe to do so. To see if a MoTrPAC clinical center will be recruiting near you, visit <https://motrpac.org/join/volunteerHome.cfm>.

Preclinical studies in an animal model also set the stage for full-scale MoTrPAC clinical studies and enabled MoTrPAC to generate data from tissues that cannot be collected from humans, expanding the scope of the consortium. Researchers at three preclinical animal study sites conducted both a single round of exercise and an exercise training regimen in young and aged rats. Following the exercise round, or after training, 19 biospecimens were collected per animal. The number of biospecimens per animal is a powerful aspect of MoTrPAC, as it gives a nearly whole-body look at the effects of exercise, which has never been done before. The biospecimens collected from the preclinical studies were sent to MoTrPAC's biorepository, managed by the consortium's coordinating center. The biospecimens also provided raw material for the nine chemical analysis sites to generate data on exercise-responsive biomolecules like genes, indicators of gene activity, proteins, molecules involved in metabolism, and molecular signals in cell-to-cell communication.

Some data from the preclinical studies is available through the MoTrPAC Data Hub <https://motrpac-data.org/>, and more is expected soon. MoTrPAC's bioinformatics center is charged with data quality control, bioinformatics analysis, and making the data available through the data hub. MoTrPAC researchers alone cannot answer all our questions about the molecular basis of the health benefits of exercise. Making the data widely available brings new perspectives to the topic than would be otherwise possible. They may discover how exercise affects so many aspects of health throughout the body like metabolism, immune responses, and cardiovascular function.

Ultimately, MoTrPAC aims to have a positive impact on human health. The study and resulting data integration are an immense undertaking, and provide an unprecedented opportunity to explore the molecular basis for the benefits of exercise. The information MoTrPAC assembles about endurance and resistance exercise in a wide range of individuals and in different tissues may influence exercise guidelines, making them more tailored for specific groups of people. One day, a doctor may be able to prescribe a personalized exercise routine based on what is likely to create the best outcome for an individual. Other researchers may use the data to identify drugs that mimic the molecular signals of exercise, so-called exercise-mimetics, which could help people who are unable to exercise.

This NIH News Release is available online at: <https://www.nih.gov/news-events/news-releases/nih-funded-study-recruit-thousands-participants-reveal-exercise-impact-molecular-level>



GUIDELINES-AT-A GLANCE

*Quick references CD or Flash drive

- #1001 - \$25 - For GDM 2018: 66-pages summarizing key points for GDM management.*
#1002 - \$25 - For Pregnancy Complicated by Preexisting Diabetes 2018: 60-pages Key points for managing preexisting diabetes during pregnancy.*
#1003 - \$25 - For Medication Management 2017: 29-pg instructions for calculating and adjusting insulin injections; pumps/ oral meds. Includes insulin calculation practice sections.*
#1023 - \$60 - Complete Set of 3-G-Lines-SAVE \$15/set*
#1051 - \$35 - Diabetes & Reproductive Health Resource Manual 2016 - Over 150 health education, nutritional and psychosocial tools for patient and professionals. Useful for patient teaching and staff training. Purchaser may print and personalize for your program's use.

Membership Programs

- #1101 - \$65/yr - Individual Membership -1 member.
#1102 - \$175/yr - Organizational Mbrshp. -3 mbrs. at 1 facility
BENEFITS: Newsletter; Conference/Ed material discounts; Online standards of care 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 SH for this item

Patient Handouts

- #1201- Sweet Success Food Guide - English
#1202- Sweet Success Food Guide - Spanish
\$1/ea - Minimum order: 25 - Sample of each / \$5 S&H
Color coded pictorial food groups patient handouts with labeled portion along with a personalized meal plan for meals and snacks for easy use. Reproduces with permission from CDAPP Sweet Success.

Teaching PowerPoint Presentations

- #1501 - \$25 - 2016 - Tests for Screening and Diagnosis for Diabetes during Pregnancy and Postpartum
36 slides- ADA Sweet Success recommendations for testing. Ideal for in-services and new personnel.*

Insulin Therapy During Pregnancy 2017

- #1502 - \$35 - Insulin Therapy During Pregnancy 2017
Part 1: Insulin Injections & Part 2: Insulin Pump Therapy. Includes insulin analogues, calculating & adjusting insulin for both injections and pump use during pregnancy.*

PATIENT HANDBOOKS

- #1601 Eng / #1602 Sp - GDM Patient Handbook 2016
28 pgs - diabetes, pregnancy, testing, labor/delivery, breastfeeding and followup.
#1603 Eng - 2015/ #1604 Sp - 2012 - Type 2 DM in Preg. Pt. Handbook. 44 pgs - before/during/after pregnancy.
#1601-04: Average (5th - 6th grade) reading level.
Mix & Match - GDM/Type 2/Eng/Sp
< 10 = \$3.50/ea 50-199 = 2.75/ea
10 - 24 = \$3.25/ea >200 = 2.50/ea
25- 49 = \$3/ea

#1301 - SSEP SELF-STUDY SERIES CE COURSES

Available Online - UPDATED- 2018

Includes Guidelines at a Glance for GDM 2018; Links to Current ADA Recommendations & CDAPP Guidelines for Care, 2015

5 Hours

- 01-Preconception/Contraception
02- Medical Nutrition Therapy

3 Hours

- 03-Screening & Dx GDM
04-Self-monitoring Blood Glucose
05-Medication Management
06-Hypoglycemia
07-Maternal/Fetal Assessment
08-Intrapartum and Delivery
09-PostPartum/Breastfeeding
10-Neonatal Care
11-Exercise
12-Psychosocial/Cultural Issues

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#1302 - Diab in Preg Antepartum Care Sels Study

Self-Study Modules - UPDATED- 2020

Includes Guidelines at a Glance for GDM 2018; Links to Current ADA Recommendations & CDAPP Guidelines for Care, 2015

5 Hours

- 02- Medical Nutrition Therapy
04-Self-monitoring Blood Glucose
05-Medication Management
06-Hypoglycemia
07-Maternal/Fetal Assessment
11-Exercise

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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 neither SSEP nor PEC has commercial conflict of interest.

Nurses: Professional Education Center (PEC) is a co-sponsor of SSEP educational events and is a provider approved by the California Board of Registered Nursing Provider #8890 for up to 20 or up to 40 Contact Hours. Certificates available upon completion of modules.

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

Registered Dietitians/Dietetic Technicians: Registered: The 12 SSEP Self Study Modules have been approved by the Commission on Dietetic Registration for up to 20 or up to 40 CPEUs for RDs and DTRs. Qualifies for CDE Renewal.

SSEP

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Breastfeeding benefits during COVID-19

Diane Lynn Spatz, Ph.D., RN-BC, FAAN, Professor of Perinatal Nursing & The Helen M. Shearer Professor of Nutrition at the University of Pennsylvania School of Nursing.

While the current coronavirus pandemic continues to affect all people, families will still give birth and bring new life into the world. During the COVID-19 crisis, breastfeeding and the provision of human milk to infants is recommended by national and international organizations because it is effective against infectious diseases: It strengthens the immune system by directly transferring antibodies from the mother.

In an editorial in the Journal of Obstetric, Gynecologic & Neonatal Nursing, Diane Lynn Spatz, Ph.D., RN-BC, FAAN, Professor of Perinatal Nursing & The Helen M. Shearer Professor of Nutrition at the University of Pennsylvania School of Nursing (Penn Nursing), provides guidance regarding breastfeeding and COVID-19 and reaffirms why it is of paramount importance to promote and protect the use of human milk and breastfeeding.

"While it is unknown if COVID-19-positive mothers can transmit the virus through milk, in limited studies the virus has not been detected in human milk," says Spatz. "We should use this pandemic as a way to increase visibility of the critical role of human milk and breastfeeding for all families at all times and educate the public about the importance of the use of human milk and breastfeeding as lifesaving medical interventions."

The editorial, "Using the Coronavirus Pandemic as an Opportunity to Address the Use of Human Milk and Breastfeeding as Lifesaving Medical Interventions" is available now online.
[https://www.jognn.org/article/S0884-2175\(20\)30042-3/pdf](https://www.jognn.org/article/S0884-2175(20)30042-3/pdf)

"Initiating breastfeeding in vulnerable infants" can be viewed at:
<https://medicalxpress.com/news/2019-10-breastfeeding-vulnerable-infants.html>



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NIH-FUNDED STUDY TO INVESTIGATE PREGNANCY OUTCOMES RESULTING FROM COVID-19 PANDEMIC

Released 05/19/2020

CONTACT: Meredith Daly or Linda Huynh, 301-496-5133, <[e-mail:nichdpress@mail.nih.gov](mailto:mail:nichdpress@mail.nih.gov)>

Researchers to evaluate medical records of 21,000 pregnant women

WHAT:

The National Institutes of Health has launched a multipronged study to understand the effects of the COVID-19 pandemic during and after pregnancy. Researchers will analyze the medical records of up to 21,000 women to evaluate whether changes to healthcare delivery that were implemented as a result of the pandemic have led to higher rates of pregnancy-related complications and cesarean delivery. They also seek to establish the risk of pregnant women with COVID-19 infection transmitting the virus to their fetus. Newborns will be monitored and assessed until they are discharged from the hospital.

In addition, the study will track more than 1,500 pregnant women confirmed with COVID-19 infection, monitoring their health for six weeks after childbirth.

The study will be conducted by researchers in the Maternal-Fetal Medicine Units (MFMU) Network, a group of 12 U.S. clinical centers funded by NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). MFMU Network sites cover more than 160,000 deliveries a year, and their racial, ethnic, and geographic diversity allows researchers to generalize their study findings to the U.S. population.

MFMU Network investigators plan to contribute data collected from the current study to a larger registry to help inform future studies of how COVID-19 affects maternal health and pregnancy.

WHO:

NICHD Director Diana W. Bianchi, M.D., is available for comment.

About the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD): NICHD leads research and training to understand human development, improve reproductive health, enhance the lives of children and adolescents, and optimize abilities for all. For more information, visit <<https://www.nichd.nih.gov>>.

This NIH News Release is available online at:

<<https://www.nih.gov/news-events/news-releases/nih-funded-study-investigate-pregnancy-outcomes-resulting-covid-19-pandemic>>.

To subscribe (or unsubscribe) from NIH News Release mailings, go to

<http://service.govdelivery.com/service/subscribe.html?code=US_NIH_1>.

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Reflections by the SSEP CEO & CFO

Cindy Parke, RNC, CNM, MSN & Joann Henry, RNC, BHS, MSHS

A TIME OF CHANGE

The world has turned upside down in the past 6 months as we live through these historically significance times. Times are changing and most of us are just trying to make sense of what we can and can't do now and hoping for better times ahead. We each have to make personal choices about how to stay safe and healthy. Communities are pulling together to provide guidelines for safe gatherings. Businesses are struggling to provide safe shopping environments. City, state and national governments strive to provide safety recommendations and how to best support the needs of the people whose lives have been impacted in so many ways by COVID-19. It's hard not to wonder what the long-term impact COVID-19 will have at so many levels.

Many short-term effects are already evident at all levels, including for SSEP. After 22 successful Annual Sweet Success Express Research Conferences in California and over 80 other seminars and trainings nationwide, there will be no more live conferences for SSEP in the foreseeable future. Instead recorded virtual events will be utilized. The first recorded virtual event will be available on November 9, 2020 (see page 1 for more information).

Other changes include, SSEP office staff was furloughed for 3 ½ months with the onset of COVID-19, but part time staff has returned to the office. There will be changes in some SSEP services as we move forward, but at this time we plan to carry on with virtual events, online education, membership and associate programs. Hopefully, by time for the fall newsletter distribution, we will better know what the extent of change will be. In the meantime, we send our thanks and appreciation to each of you who have helped make SSEP a successful diabetes and pregnancy program over the past 21 years. It could never have happened without you.

SSEP MEMBERSHIP BENEFITS

- ✔FREE education product each year (\$25.00+ value)
 - ✔Newsletter subscription
 - ✔Online/phone standard of care consults
 - ✔Conference registration discounts
 - ✔Discounts on education materials
 - ✔Periodic email updates
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 - ✔Personalized membership card
 - ✔Membership fee tax deductible to the extent of the law
 - ✔Membership fee supports member services
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Diabetes in Pregnancy Antepartum Care Self-Study Modules - Special Offer

GOAL: The goal of the continuing education modules is to provide clinicians knowledge and guidance to provide high quality, comprehensive, culturally appropriate care for women with diabetes and pregnancy. Successful implementation can help meet legislative, regulatory and clinical practice guidelines.

OVERALL OBJECTIVES:

- ✔Describe the current antepartum management of gestational and preexisting diabetes during pregnancy
- ✔Describe the benefits of a multidisciplinary team approach to care
- ✔Discuss nutritional guidelines for women with diabetes and pregnancy
- ✔Describe the benefits and potential risks of exercise during a pregnancy complicated by diabetes
- ✔List three factors that place a woman with GDM at increased risk for developing type 2 diabetes later in life

Explanation of Module Numbering: By request for a shorter set of modules, this set contains the 6 antepartum module from the full, 40 CE Diabetes in Pregnancy Self-Study Modules (Modules 2,4,5,6,7 & 11)

6 MODULES:

- | | |
|--|---------------------------------------|
| 2. Medical Nutrition Therapy - 5 C-Hrs | 6. Maternal Hypoglycemia - 3 C-Hrs |
| 4. SMBG - 3 C-Hrs | 7. Maternal/Fetal Assessments 3 C-Hrs |
| 5. Insulin Therapy - 3 C-Hrs | 11. Exercise 3 C-Hrs |

**20 CE or CPEUs - Regular Price \$149 -
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www.sweetsuccessexpress.org/products.html

Use of Codeine and Tramadol during Pregnancy

There have been reported incidents of pregnant patients being prescribed codeine for pain control. While there is no specific guidance to avoid codeine in pregnant women, a pregnant woman can become a breastfeeding mother and Codeine can cross into the breastmilk. The FDA and ACOG's recommendations are to avoid codeine for breastfeeding women due to risk of overdose in the neonate. This warning also includes Tramadol. Links to the FDA and ACOG websites are below.

<https://www.fda.gov/Drugs/DrugSafety/ucm549679.htm>
<https://www.acog.org/Clinical-Guidance-and-Publications/Practice-Advisories/Practice-Advisory-on-Codeine-and-Tramadol-for-Breastfeeding-Women>

Type 1 Patient Handbook for Download

JDRF has a diabetes and pregnancy patient handbook for women with type 1 Diabetes that can be downloaded by professionals or patients. A link has been placed on the SSEP website at www.sweetsuccessexpress.org on the **Resource page**. It can also be accessed directly on the JDRF Resources page. The direct link is <http://typeonenation.org/resources/newly-diagnosed/t1d-toolkits/>.

Looking for diabetes in pregnancy patient handouts?

Check out free downloads for Patient Education from California Diabetes in Pregnancy Program:
www.CDAPPSweetSuccess.org
Click on "Free Patient Education" to download Handouts

For Reliable COVID-19 Updates Visit:

Federal Resources - Center for Disease Control
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
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