

SSEP Update

(Sweet Success Extension Program)

Fall 2017
Vol 12 No 4



SSEP

SSEP, A Nonprofit Corp. PO Box 7447, Chico, CA 95927
Phone 800.732.2387 ssep1@verizon.net www.sweetsuccessexpress.org



Sweet Success Express Conference: Motivate to Prevent 21st Annual Research Conference Sponsoring Partner Recognition



On November 2-4, 2017, the Sweet Success Express (SSE) Annual Research Conference was held at the Embassy Suites Anaheim South in Garden Grove, CA. The conference drew 197 attendees representing 15 states, with 65% being from CA. Participant enthusiasm was great as they viewed the posters, visited the exhibits and enjoyed the Soothe Chair Massages.

SSEP wishes to recognize those that supported the event.



Medtronic Diabetes provided an education grant in support of the Insulin Workshop presented on the pre-conference day. SSEP very much appreciates their ongoing support of our events. **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 **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 provided an educational grant in support of this event. The Mary & Dick Allen Diabetes Center at Hoag Hospital is committed to providing the very best in diabetes care. Their ongoing support is greatly appreciated.



Conference Exhibitors included MotherToBaby, California, Mini Pharmacy, Hoag Memorial Hospital, Presbyterian, The Addition, Medtronic Diabetes, SSEP and Professional Education Center. Our exhibitor support is always appreciated.

The 2018 conferences will be available on our website below soon.

www.sweetsuccessexpress.org/conferences

For more info, contact ssep1@verizon.net

Recognition from Navajo Area Group SSEP Associate

By M. Joann Henry RNC MSHS ----- (See page 2)

The Navajo Area Sweet Success Group Associate Programs have honored their relationship with SSEP by presenting a symbol of their cultural heritage, a Cradleboard, and a Certificate of Recognition to me as the Team Leader of SSEP over the past 18 years.

As President of SSEP until 1/1/2017, I am humbled by this expression of their faith in me and the guidance of the SSEP team services. I am sharing this awesome award with you on page 2.

Additionally, the beautiful Cradleboard will become part of the SSEP exhibit at the Annual November Research Conference held at the Embassy Suites Anaheim South in California for everyone to enjoy.

THANKS to all who shop using Smile.Amazon. com - SSEP received their first contribution in May 2017 - - Just do your normal shopping starting at smile.amazon.com - click on supporting (under the search bar) and choose SSEP. Amazon donates 0.05% of purchase to SSEP!

SSEP Mailing Address/Phone: PO Box 7447, Chico CA 95927-7447 - Phone: 800.732.2387

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
cindy@proedcenter.com - ssep1@verizon.net - ssep9@aol.com

Upcoming Conferences

Sweet Success Express & SSEP Associate Training & Specialty Seminar in Denver, CO in April 2018

Sweet Success Express 2018: Prevention: Return on Investment, Embassy Suites Anaheim South, CA, November 8-10, 2018

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Special Recognition from the Navajo Sweet Success Associate Programs



Navajo Cradleboard
Presented

Presented to: Joann Henry, President of SSEP

In recognition of outstanding contributions
to the success of the Navajo Area Sweet Success Associate sites
November, 2017

"The tribal, federal and private Navajo Sweet Success Associate sites from Chinle, Crownpoint, Cuba, Fort Defiance, Gallup, Kayenta, Fort Defiance, Shiprock, Tuba City and Winslow hereby recognize the dedication, support and expert guidance provided by Joann Henry.

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"Joann's selfless and unwavering support and enthusiasm for these programs has resulted in successful, longstanding programs that have dramatically improved the care for women before, during and after their pregnancies.

"In challenging, rural settings where these programs serve thousands of women and babies, Joann has been a lifeline to the latest evidence-based resources, helping programs to establish and maintain high quality programs.

"Navajo Sweet Success Associates are grateful beyond words for the many years Joann has provided unfailing professionalism and prompt, expert response to both administrative and clinical challenges."

Navajo Cradleboard - History

CENTENNIAL MUSEUM - CHIHUAHUAN DESERT GARDENS-THE UNIVERSITY OF TEXAS AT EL PASO



**NAVAJO
CRADLEBOARD**

CM #1956.2.1 - DESCRIPTION

Two wood boards form the backboard, and rawhide lashings form body loops and ties. The head loop may be covered with fawn skin.

Measures: Approx. 24" long x 14" wide.

Navajo cradleboards are made either by men or women. After the child's birth, the wood is chosen from the eastern side of a secluded cedar or juniper tree that has not been struck by lightning, rubbed against by a bear, or broken by the wind. Cradleboards are thought of as a gift from the Holy People. The backboards represent mother earth and father sky. The head loop is bent like a rainbow to keep the child safe.

The shredded bark of the Cliff-rose (*Purshia stansburiana*) is often used to pad the cradleboard, form a pillow, and keep it smelling sweet.

The Cliff-rose is a medium sized, freely branched, evergreen shrub/small tree that primarily grows in pine/juniper forests on dry rocky slopes and canyons at 4000-8000 feet elevation. The bitter-tasting foliage has caused it to sometimes be called Quininebush. The baby is swaddled in cloth and held secure with rawhide ties. Parents use the cradleboard to keep their babies safe until the child is ready to crawl. Cradleboards enable mothers to carry their babies on their backs or to take them along on horseback. Cradleboards can also be hung from the branches of a tree or propped against the trunk.

Navajo child on a cradleboard with lamb approaching, Window Rock, Arizona. Photographed by H. Armstrong Roberts, ca. 1936, courtesy of the U.S. National Archives.



Visit the centennial Museum website at <http://museum.utep.edu/educate/learninglinks/LLintroduction.htm> for Learning Links: Hupa Cradle Basket (PDF) and "Unknown Affiliation" Cradleboard and Coloring Pages: Apache Cradleboard (PDF); Apache Twins (PDF); Navajo Cradleboard (PDF); Navajo Woman and Baby (PDF); Navajo Baby and Lamb (PDF); Hupa Cradle Basket (PDF); Hupa Mother and Child (PDF); and "Unknown Affiliation" Cradleboard (PDF). ©Centennial Museum. fes 06



GUIDELINES-AT-A GLANCE (Quick references)
1001 - \$25 - For GDM 2018: CD - 66 pages summarizing key points for GDM management.

1002 - \$25 - For Pregnancy Complicated by Preexisting Diabetes 2014: CD - 68 pages Key points for managing preexisting diabetes during pregnancy.

#1003 - \$25 - For Medication Management 2017: CD 29 pg step-by-step instructions for calculating and adjusting insulin injections, pumps & oral meds. (insulin calculation practice sections included).

#1023 - \$60 - Complete Set of 3-SAVE \$15/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: Guidelines-at-a-Glance - Join & apply discount to this order! No tax or S/H for this item

SSEP CD Teaching PowerPoint Presentations

#1501 - \$25 - NEW - 2016 - 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. (updated in 2017)

#1601 Eng / #1602 Sp - GDM Patient Handbook 28 pgs - diabetes, pregnancy, testing, labor/delivery, breastfeeding and followup. UPDATED- 2016

#1603 Eng - 2015/ #1604 Sp - 2012

Type 2 DM in Preg. Pt. Handbook 44 pgs - before/during/after pregnancy information.

#1601-04: Average (5th - 6th grade) reading level.

Mix & Match - GDM/Type 2/Eng/Sp
Price: < 10 - \$3.50/ea; 10 - 24 = \$3.25/ea; 25 - 49 = \$3/ea; 50 - 199 = 2.75/ea; > 200 = 2.50/ea.

Enroll for Free Quarterly SSEP Newsletter

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#1301 - SSEP SELF-STUDY SERIES CE COURSES Available Online

UPDATED- 2016
Includes Guidelines at a Glance for GDM 2018: Current ADA Recommendations & Link to 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 and Guidelines for

08-Intrapartum and Delivery
09-PostPartum/Breastfeeding

10-Neonatal Care
11-Exercise
12-Psychosocial/Cultural Issues

14-Complete set of 12 modules [40 hrs] - \$189

Contact us for group discounts - for 6 or more - same facility

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

1051 - \$35 - Diabetes & Reproductive Health Resource CD 2016

Over 150 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 teaching uses - may not shared with other programs.

1701 Eng/Sp - 2016 - EXERCISE VIDEO DVD

Health Moms - Healthy Families* - 23 minute, light aerobic exercise video on DVD - for group or home use without equipment - appropriate for most women with diabetes prior to, during and after pregnancy.

Office Group Session use - heavy storage case - \$10
Patient Copy - for home use - in Jewel Case: 1 to 9 DVDs - \$6/ea 10 - 49 DVDs - \$5/ea >50 DVDs - \$4.50/ea

Watch for Conference Information Updates at www.sweetsuccessexpress.org - On "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.

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 40 CPEUs for RDs and DTRs. Qualifies for CDE Renewal.

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Glyburide during Pregnancy

Glyburide is a second generation sulphonylurea. It has a maximum drug peak in pregnancy at 2 to 4 hours after taking with a prolonged 'second stage' response. Glucose peak after a carbohydrate load is 90 minutes.

Generally, glyburide is taken twice daily. Glyburide is started at 1.25 to 2.5 mg (for maternal weight <200 lb) or 2.5 mg (maternal weight >200 lb) one hour before either the morning meal or the evening meal or both meals, depending on which blood sugars are elevated.

Dose may be increased by 1.25 to 2.5 mg every 3 to 7 days, until target blood glucose values are met or a maximum total daily dose of 20 mg is reached. To control elevated fasting plasma glucose, glyburide can be given at bedtime.

Hypoglycemia may occur with glyburide use and education about signs and symptoms should be provided (see Section 4). Patient should adhere to her meal and snack plan to avoid hypoglycemia.

There is about a 20% failure rate for patients who take glyburide. Predictors of glyburide failure include:

- ✎ Maternal age >35
- ✎ GDM diagnosed <25 weeks gestation
- ✎ Higher gravidity and parity.

Elevated mean fasting blood glucose values
Glyburide is not present in appreciable concentrations in breast milk and can be used postpartum.

Reference: Ed Tool from SSEP Resource Manual 2016

Metformin during Pregnancy

Metformin is an oral agent used to treat type 2 diabetes and polycystic ovary syndrome (PCOS). It lowers blood glucose level by decreasing insulin resistance. It does cross the placenta, but has gained some acceptance for use during pregnancy after the Metformin in Gestational Diabetes (MiG) trial (Rowan et al, JAMA 2008) and studies in women with PCOS.

Metformin is started at 500 mg once or twice a day with food. It is increased by 500 mg every 3 to 7 days, as tolerated, until target blood glucose values are met or a maximum total daily dose of 2500 mg is reached. To control elevated fasting plasma glucose, Metformin can be given at bedtime. If women are taking Metformin prior to pregnancy, it is recommended they continue taking it. Metformin does not cause hypoglycemia.

Metformin is cleared by the kidneys, so a serum creatinine should be obtained at start of therapy if renal dysfunction is suspected. It should be discontinued prior to major surgery or radiological studies involving contrast materials.

It may be associated with mild weight loss and gastrointestinal side effects are common (ie. Nausea, diarrhea). An extremely rare side effect of Metformin is lactic acidosis - patients should be instructed to get emergency help immediately if she develops chills, diarrhea, muscle pain, slow heartbeat, sleepiness, trouble breathing and weakness.

Even though Metformin crosses the placenta and crosses into the breast milk, research to date has not shown any adverse effects on the fetus or offspring. Therefore, it is considered safe to use during breastfeeding. The use of metformin for women with Polycystic Ovary Syndrome (PCOS) is associated with improved lactogenesis.

Reference: Ed Tool from SSEP Resource Manual 2016

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AIR POLLUTION EXPOSURE IN EARLY PREGNANCY LINKED TO MISCARRIAGE - NIH Study



U.S. Department of Health and Human Services NATIONAL INSTITUTES OF HEALTH NIH News Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) <<https://www.nichd.nih.gov/>> For Immediate Release: Thursday, November 16, 2017

CONTACT: Robert Bock, 301-496-5133, <e-mail:nichdpress@mail.nih.gov>, Meredith Daly, 301-496-5133, <e-mail:nichdpress@mail.nih.gov>

MEDIA ADVISORY

AIR POLLUTION EXPOSURE IN EARLY PREGNANCY LINKED TO MISCARRIAGE, NIH STUDY SUGGESTS Ozone is a highly reactive form of oxygen that is a primary constituent of urban smog.

WHAT: Exposure to common air pollutants, such as ozone and fine particles, may increase the risk of early pregnancy loss, according to a study conducted by the National Institutes of Health. The study appears in the journal Fertility and Sterility.

Ozone is a highly reactive form of oxygen that is a primary constituent of urban smog. Researchers followed 501 couples attempting to conceive between 2005 and 2009 in Michigan and Texas. The investigators estimated the couples' exposures to ozone based on pollution levels in their residential communities. Of the 343 couples who achieved pregnancy, 97 (28 percent) experienced an early pregnancy loss—all before 18 weeks. Couples with higher exposure to ozone were 12 percent more likely to experience an early pregnancy loss, whereas couples exposed to particulate matter <<https://www.epa.gov/pm-pollution>> (small particles and droplets in the air) were 13 percent more likely to experience a loss.

The researchers do not know why exposure to air pollutants might cause pregnancy loss, but it could be related to increased inflammation of the placenta and oxidative stress, which can impair fetal development. The findings suggest that pregnant women may want to consider avoiding outdoor activity during air quality alerts, but more research is needed to confirm this association.

The study was led by Pauline Mendola, Ph.D., an investigator at NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). Her team previously found that ozone increased the risk of stillbirth. Dr. Mendola and her colleagues have also

examined the effects of air pollution and extreme temperatures on other adverse outcomes of pregnancy <<https://www.nichd.nih.gov/news/releases/Pages/091917-podcast-stillbirth.aspx>>.

WHO: Pauline Mendola, Ph.D., lead study author and investigator in NICHD's Epidemiology Branch is available for comment.

To arrange an interview with Dr. Mendola, please call Meredith Daly at 301-496-5133 or e-mail <nichdpress@mail.nih.gov>.

ARTICLE: <http://dx.doi.org/10.1016/j.fertnstert.2017.09.037>

About the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD): NICHD conducts and supports research in the United States and throughout the world on fetal, infant and child development; maternal, child and family health; reproductive biology and population issues; and medical rehabilitation. For more information, visit NICHD's website <<https://www.nichd.nih.gov/>>.

For more information about NIH and its programs, visit <www.nih.gov>.

NIH...Turning Discovery into Health -- Registered, U.S. Patent and Trademark Office ###

This NIH News Release is available online at: <<https://www.nih.gov/news-events/news-releases/air-pollution-exposure-early-pregnancy-linked-miscarriage-nih-study-suggests>>.

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Reflections by the SSEP CEO

Cindy Parke, RNC, CNM, MSN

It is hard to believe that 2017 is rushing to an end. It has been my honor to transition to the SSEP Board as President this year. I give great thanks to Joann for her guidance and care. I, as many of you, are certainly aware that the success of SSEP rests on the heart and mind of Joann. I am very aware that I have an important role to continue.

I would also like to thank all those who devote themselves to the health of others especially mothers and babies. Your work and devotion to SSEP is vital and your volunteer time and spirit are greatly appreciated. It was wonderful to better get to know members of the board and advisory council. There is so much energy and a strong desire for learning, improving, and caring.

We are excited to have had such a successful annual November event in Anaheim. We have already begun work for the conference in 2018. Work has also begun for two events outside of California: Denver April 2018 and New York City fall 2018. The desire to spread the excellent resources and knowledge of SSEP will be fulfilled.

I wish all a blessed and healthy New Year. Please prioritize caring for your own health as your work so diligently to care for so many.
Cindy

CONGRATULATIONS: SSEP Summer Member Drawing Winners

The Summer Member Drawing, which took place in July, is one of the many benefits for SSEP members. Those eligible to participate in the drawing include SSEP Associate Program Staff, Organizational Members, Individual Members and individuals who make a donation to SSEP during the year. Those that make donations receive extra chances to win.

The Winners of first, second and third place, and their prizes for 2017 include:

1st Place: Theresa Nicoladse, RNC, Greenwich CT 06831: Individual Member. Prize: Annual SSE Conference Registration for main conference days on Nov. 3-4, in California

2nd Place: Fetal Diagnostic Center of the Pacific Sweet Success Associate Program, Prize: \$75.00 Cash

3rd Place: Janice Baker, MBA, RD, CDE, CNSC, BC-ADM, San Diego, CA 92127: Individual Member. Prize: \$50.00 Cash or 1 year SSEP Individual Membership (value \$55).

Permission was not received to release the names of the winners of the 4th and 5th place winners. The prizes for 4th and 5th place winners are a \$50 and \$25 Gift Certificate for SSEP Education Materials, respectively.

LIMITED SPECIAL OFFER 1

Guidelines at a Glance for GDM

Updated in 2018

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