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!”

Enriquz 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 SSEP 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’re 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.

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.
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

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.

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.

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

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.

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

American Diabetes Association
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Lifespan
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#1300 - SSEP SELF-STUDY SERIES CE COURSES - 2013
Available Online and in Booklet Format

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References: CDAPP Sweet Success QLS for Care 2012; AAP Neonatal Hypoglycemia Rec.; ADA-SMC 2011; CDAPP Pocket Guide 2008

#1300 - SSEP

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Thank you!

For more information call 714.968.0735 or email ssep1@verizon.net
www.sweetsuccessexpress.com
Advisory Council. Congratulations, Alyce, we are honored to have the opportunity to work with you.

She has supported our organization for a number of years and currently sits on the SSEP Advisory Council Member Awarded Diabetes Educator of the Year

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/cts/Pages/default.aspx> campaign.” The NICHD led Safe to Sleep Campaign <http://www.nichd.nih.gov/cts/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.

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:


Please share with appropriate partners.

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Please share our website with your peers - we would love to hear from them, as well as you.