This conference is co-sponsored by New York University, and designed to provide a comprehensive update and review of current practice standards and contemporary topics related to diabetes and reproductive health. The focus will be to assist clinicians to provide quality patient care to meet today’s needs for change. Both clinical guidelines as well as specialty topics based on current research will be presented to assist in demystifying the controversies surrounding management strategies. National and international speakers will provide practical and relevant therapies and management strategies, as well as evidence-based preventive interventions across the life stages. Concepts of prevention, intervention, self-management education, team management and treatment modalities for current clinical applications will be integrated into the program.

National and international speakers will provide practical and relevant therapies and therapy management strategies as well evidence-based preventive interventions, including:

Keynote Speaker Donald R. Costuan, MD, the immediate past Chace/Joukowsky Professor and Chairman of Obstetrics and Gynecology at Brown Medical School and Chief of OB/GYN at Women and Infants Hospital in Providence RI, kicks off day one with “Do we Need New Diagnostic Criteria for Gestational Diabetes?”

The next speaker of the day is Barak Rosenn, MD, Director of Obstetrics and Maternal-Fetal Medicine at St. Luke’s-Roosevelt Hospital in NYC, presenting “Should we be Using Oral Hypoglycemic Agents for Treatment of Gestational Diabetes?”

This exciting and innovative program will focus on how to invest in preventive management strategies to provide positive returns on diabetes and reproductive health. National and international speakers will provide practical and relevant therapies and management strategies, as well as evidence-based preventive interventions to improve outcomes. Both clinical guidelines as well as specialty topics based on current research will be presented to assist in demystifying the controversies surrounding management strategies.

As a Scientific Symposia a POSTER PRESENTATIONS SESSION displaying original investigations abstracts will be included in the Exhibit Hall. The 2 winners will present Oral Discussion of their research.

Return on Investment  Annual Research Conference
Sweet Success Express: 2018: Prevention - Return on Investment  Annual Research Conference
November 8-10, 2018

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 & SSEP Associate Training & Specialty Seminar in New York City, Oct. 12-13, 2018

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

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The last presentation of the day will be by Julie Daley, RN, MS, CDE, a specialist in diabetes and reproductive health at the Division of Maternal Fetal Medicine, Women & Infants Hospital of Rhode Island, Providence, RI, will then discuss “Lifestyle Modification: Self-Management of Diabetes: in Pregnancy: Struggles to Balance.”

To provide the nutritional perspective of team management, Professor of OB/GYN at Columbia University Medical Center, NYC, Geetha Rao, MS, RD, CDE, CPT, CLE, CDTC; Medical Foundation, Fremont, CA, will present "Feeding After Pregnancy with Diabetes: Good for the Goose and Good for the Gut." Kicking off the second day, Noelia M. Zork, MD, Assistant Professor of OB/GYN at Columbia University Medical Center, NYC, will address "Fetal Programming and Diabetes in Pregnancy.”

To close the first day, Inteso, Christina, Pharm. D., BCACP; Ambulatory Care Clinical Pharmacy Specialist, Community Health Network Indianapolis, IN, will explain "How to Utilize the Resource of a Pharmacist.”

Jason Baker, MD, Assistant Professor of Medicine and Attending Endocrinologist at Cornell Medical College, New York, NY. He will speak on "Pathophysiology and Co-morbidities in Diabetes: Considerations for Pregnancy in Women with Type 1.”

"Management of Multiple Injections vs. Pump and Use of CGM” will be addressed by Maribeth Inturrisi, RN, MSN, CNS, CDE; Perinatal Diabetes Educator, Sutter Pacific Medical Foundation, Maternal Fetal Medicine, San Francisco, CA. To close the first day, Inteso, Christina, Pharm. D., BCACP; Ambulatory Care Clinical Pharmacy Specialist, Community Health Network Indianapolis, IN, will explain "How to Utilize the Resource of a Pharmacist.”

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The importance of skin integrity will be discussed by Donna, RN, MS, BSN, CPNP, CDE, when she presents “Prevention: Preserving the Health of Injection / Infusion Sites.” After lunch on day one we can all “Dance for the Health of it-Part 3-Special Considerations” with Liz Miller, RN, BSN, MS, CDE as a follow-up exercise presentation from Workshop 1. (Photo on page 1)

Charron-Prochownik, Charron, PHD, RN, CPNP, is up again with “READY-Girls- Preconception Counseling Program for Adolescent Girls with Diabetes”. (Photo in page 1)

Jessica Lynn, CNM, MSN, CDE, discusses “Insulin in a New Age: How to Optimize Therapy by Thinking Outside the Box,” followed by Geetha Rao, MS, RD, CDE, presenting a follow-up talk from her Pre-conference workshop: “Principles of Eating Healthy and Staying Active in Pregnancy Complicated with Diabetes and Other Special Situations.” (Photos in column 1)

Saturday morning Erica Gunderson, PhD, MS, MPH (Epidemiologist and Senior Research Scientist, Kaiser Permanente, Division of Research, Oakland, CA) identify the evidence for lactation and protection against progression to Type 2 DM in women across the childbearing years when she presents "Pregnancy and Lactation: A Window into Early Cardiometabolic Disease Prevention in Women.”

The second speaker of day two, Donald R. Coustan, MD, (Professor and Chairman of OB/GYN, Brown Medical School and Chief of OB/GYN, Women and Infants Hospital in Providence, RI) will present "Management of Comorbidities for Pregnancies Complicated by Pre-existing DM." (Photo below)

Next up is Teri Hernandez, PhD, RN, (Division of Endocrinology, Metabolism, & Diabetes, University of Colorado Denver) addressing “Update: Targeted Glycemic Control as Prevention; Thinking Beyond Glucose."

For the final presentation/discussion, two expert in perinatal diabetes: will discuss ADA, ACOG, and SMFM recommendations for medication management of gestational diabetes when each presents “Professional Organization Recommendations and Medication Management for GDM.” Presenters will be Donald Coustan MD, associated with Women and Infants Hospital in Providence RI and Jeffrey Sperling, MD, Clinical Fellow, Maternal-Fetal Medicine, University of California, San Francisco, CA. The goal is to provide time for clinicians to ask questions and discuss this topic with the experts.

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ABSTRACT CATEGORIES INCLUDE:
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Patients for whom this program is intended: For all healthcare professionals who care for people with GDM, including obstetricians, diabetes educators, nurses, dietitians, Certified Diabetes Educators and Pregnancy Nutritionists, OB-GYNs, and other healthcare providers working with people with GDM. In addition, this program will benefit health educators and diets, social workers, nutrition staff, WIC staff, and anyone working in programs orienting people with type 1 diabetes.

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WHAT:
Women in early pregnancy who have high levels of a certain thyroid hormone may be at greater risk for gestational diabetes https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/gestational, compared to women who have normal levels of the hormone, according to researchers at the National Institutes of Health. Their study appears in the Journal of Clinical Endocrinology and Metabolism.

The researchers found that pregnant women with the highest levels of the thyroid hormone triiodothyronine (T3), were more than four times more likely to develop gestational diabetes, compared to women with lower levels of the hormone. T3 is produced from the related hormone thyroxine (T4). The researchers also found that a high T3/T4 ratio – which indicates a high conversion rate from T4 to T3 - was strongly associated with a higher risk for gestational diabetes.

To conduct the study, researchers evaluated medical records of 107 women with gestational diabetes, comparing them to 214 pregnant women who had not developed the condition. The women had taken part in the NICHD Fetal Growth Study https://www.nichd.nih.gov/about/org/diphr/officebranch/eb/fetal-growth-study, a diverse sample of more than 2,300 participants. The authors note that abnormal thyroid functioning has been linked to miscarriage and preterm birth. Their findings suggest that screening pregnant women for thyroid disease early in pregnancy could help identify women at risk for gestational diabetes and other pregnancy-related complications.

WHO:
CuiLin Zhang, M.D., Ph.D., senior investigator in the Epidemiology Branch at the Eunice Kennedy Shriver National Institute of Child Health and Human Development, is available for interviews on this study.

ARTICLE:

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/.

Linda Barbour, MD, wins 2018 Norbert Freinkel Award

Linda Barbour, MD, MSPH, Professor of Medicine, Obstetrics and Gynecology at the University of Colorado School of Medicine (SOM) received the 2018 Norbert Freinkel Award. The award, given in memory of Norbert Freinkel, a dedicated investigator and thought leader, to honor a researcher who has made outstanding contributions to the understanding and treatment of diabetes in pregnancy.

Linda Barbour is a tenured Professor in Endocrinology, Metabolism and Diabetes and Maternal-Fetal Medicine in the SOM. She is medical director of the OB Diabetes and High-Risk Clinics at University of Colorado Hospitals and serves on the editorial Board for “Diabetes Care”.

Dr. Barbour is a clinician/translational scientist in the management of obesity in pregnancy and gestational diabetes. She has made seminal observations on the hormonal and signaling changes that increase insulin resistance in pregnancy and the intrauterine and dietary factors that contribute to nutrient excess and affect newborn body composition. Her NIH and ADA-funded studies have prompted guideline changes to improve maternal/fetal health. She has published more than 100 manuscripts, book chapters, and guidelines.

As previous CME Director, Barbour loves to teach medical and obstetrics students, residents, fellows, and faculty. She also supervises treatment for the majority of mothers with type 1 and type 2 diabetes. She is a dedicated mentor for junior investigators across neonatology, maternal-fetal medicine, and endocrinology and helped to build a Colorado translational research program in Maternal and Child Metabolic Health. She was recently profiled in an article in CU Medicine Today magazine for her work with Teri Hernandez, PhD, RN, Associate Professor of Medicine and Nursing.

CONGRATULATIONS to the 2018 SSEP Summer Member Drawing Winners

The Summer Member Drawing, which took place in early July, is one of the many benefits for SSEP members. Members eligible to participate in the drawing include SSEP Associate Program Staff, Organizational Members, Individual Members, Advisory Council Members and individuals who donate to SSEP during the year. Members that contribute to SSEP receive extra chances (number depends on the amount of the donation) to win.

Winners and their prizes for 2018 include:

1st Place: Navajo SSE Associate Program, Kayenta Health Center, Kayenta, AZ - 2 day registration to Sweet Success Express Conf. Nov.9-10, 2018
2nd Place: Angela Tull, RNC, C.N.S, MSN, MPH, RNFA, – Rancho Mirage, CA - $75.00 Cash
3rd Place: Place: Individual Member in Los Angeles, CA - $50.00 Cash - Donated by winner to SSEP
4th Place: Navajo SSE Associate Program, Chilie Comprehensive Health Facility, Chilie, AZ - $50 Education Material Gift Certificate
5th Place: Navajo SSE Associate Program, Gallup Indian Medical Center, Gallup, NM - Prize: $25 Ed Material Gift Certificate

SSEP Mailing Address/Phone: PO Box 7447, Chico CA 95927-7447 - Phone: 800.732.2387
Reflections by the SSEP CEO
Cindy Parke, RNC, CNM, MSN

The subject of the increasing Maternal Mortality rates in the United States is not new, but it has taken over as an important news story this past week. Those who saw the USA Today Weekend publication from July 27, found a front-page headline followed by two full pages on the subject. The focus was on two important facts. First, experts believe that many of the maternal deaths are preventable: specifically, 90% of deaths from hemorrhage and 60% of the deaths from extreme hypertension. Second, guidelines for improving care have been published beginning in 2010, but it has been found that many hospitals are not following them. This led to their headline “Hospitals Know How to Protect Mothers. They Just Aren’t Doing it. I have long believed, and dedicated myself, to the fact that education is the key to improving outcomes and changing practice to follow new research findings. All members of the obstetrical team need to take personal responsibility to be aware and stay up to date on care techniques.

Though the above article focuses on hypertension and hemorrhage, the importance of education in the effects of diabetes in women and their offspring with the opportunity for life long preventative care, cannot be overstated. The Norbert Freinkel Award is given in memory of a dedicated investigator and thought leader to honor a researcher who has made outstanding contributions to the understanding and treatment of diabetes in pregnancy. We congratulate Dr. Linda Barbour, a friend of SSEP, on being honored with the 2018 Norbert Freinkel Award for her excellent work which has prompted guideline changes to improve maternal/fetal health. See details on page 4.

SSEP devotes itself to providing you, the team members, with professional education as well as teaching tools for use with your patients. We are excited to continue with educational seminars and the ability in 2018 to expand with training sessions in both Denver (April) and the upcoming NYC conference (October 12-13). Of course, we are working on all the details for the national research conference in Anaheim (November 8-10) as well. Won’t you please consider joining us at an event and spread the news to your colleagues. It can also be accessed directly on the JDRF Resources page. The direct link is http://typeonenation.org/resources/newly-diagnosed/t1d-toolkits/.

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Links and Resources

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While SSEP does not provide Category 1 CMEs, eligible participants can self-apply for Category 2 Credit™.

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There are no specific documentation requirements for AMA PRA Category 2 Credit™. For purposes of applying for the AMA PRA, physicians are asked to list the activity Title, Subject or Content Area, Date(s), and number of AMA PRA Category 2 Credits™ claimed (hours spent in the activity). The physician determines the number of credits by claiming one (1) AMA PRA Category 2 Credit™ for each 60-minute hour engaged in the learning activity. Physicians may claim credit in 15 minute, or 0.25 credits, increments, and should round to the nearest quarter hour. Physicians should claim and document credit for appropriate for the event.

For more info visit www.theapm.org/cont/CME/cmeicumc.html

JDRF 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/.

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