

SSEP Update

(Sweet Success Extension Program)



Summer 2018
Vol 13 No 3

SSEP

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Perinatal Diabetes: Opportunities for Prevention and Care SSEP Associate Training & Specialty Conference NYC Area - October 12-13, 2018



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. Coustan, 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?"**



Cont. on page 2, Column 1

Brochure and Registration are available at www.sweetsuccessexpress.org/conferencnce.html

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



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 topics during the conference. **TO SUBMIT an ABSTRACT Contact ssep1@verizon.net for information.**

This year's expanded agenda once again includes two interactive PRE- CONFERENCE WORKSHOPS and a 2 DAY MAIN CONFERENCE packed with thought-provoking topics by awesome speakers.



PRE-CONFERENCE WORKSHOP 1 on THURSDAY, Nov 8th, will be led by **Liz Miller, RN, BSN, MS, CDE** (The Woman's Hospital of Texas, Houston, TX) & **Geetha Rao, MS, RD, CDE** (Dietitian, Palo Alto Medical Foundation, Fremont, CA) to learn about **"Working Exercise and Meal Plans into Real Life."**



PRE- CONFERENCE WORKSHOP 2: "Using Motivational Interviewing for the Best Return on Your Investment" lead by **Susan Dopart, MS, RD, CDE** (Nutrition and Fitness Consultant, West Los Angeles, CA). Susan will follow-up on this topic as the keynote speaker on Friday Morning when she presents "Generating Debt-Free Change Talk: A quick Review of Motivational Interviewing."

Charron-Prochownik, Charron, PHD, RN, CPNP, (Professor, Dept. Chair Health Promotion & Development, Univ. of Pittsburg School of Nursing, Pittsburg, PA) will address **"Stopping GDM in AIAN American Indian and Alaskan Native) Adolescents: Culturally Tailoring a Mother-Daughter Preconception Counseling Program."**



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 New York City, Oct. 12-13, 2018

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

SSEP Board of Directors 2016 - 2018

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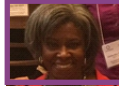
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Brochure and Registration are available at www.sweetsuccessexpress.org/conferencnce.html

Perinatal Diabetes: Opportunities for Prevention and Care

Cont. from page 1

"The Holy Grail of GDM Management: Do We Finally Have that Elusive Ideal Diet?" will be addressed by **Alyce Thomas, RD**, Nutrition Consultant, St. Joseph University Medical Center, Paterson, NJ.



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."



Jessica Lynn, CNM, MSN, CDE, a nurse midwife, diabetes educator, and health coach in the greater NYC area and will present "Insulin in a New Age: How to Optimize Therapy by Thinking Outside the Box."

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 I."



"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."



⊞ 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."

Maribeth Inturrisi, RN, MSN, CNS, CDE will then discuss "Breast Feeding After Pregnancy with Diabetes: Good for the Goose and Good for the Gosling." (Photo above)

To provide the nutritional perspective of team management, **Geetha Rao, MS, RD, CDE, CPT, CLE, CDTC**; Clinical Dietitian, Palo Alto Medical Foundation, Fremont, CA, will present "Medical Nutrition Therapy: Considerations for Special Circumstances: Exercise and Pregnancy Post Bariatric Surgery."



Riva Greenberg, Diabetes Educator, Author, Advocate, Patient expert and Certified Health and Wellness Coach, NYC, along with **Kenneth Gorfinkle, PhD**; Assistant Clinical Professor, Columbia University Medical Center, Consulting Psychologist, Naomi Berrie Diabetes Center, New York Presbyterian Hospital, will explain "How to have a Pregnancy with Diabetes Become an Opportunity to Flourish."

Next **Heo, Hye J., MD, CDE**; Associate Director of Maternal Fetal Medicine Fellowship, NYU Winthrop University Hospital, Mineola, NY, will present "Intrapartum Glycemic Management in Women with Diabetes."

"Postpartum Management and Follow up: Identification of Diabetes" will be discussed by **Erika F. Werner, MD, MS**; Director, Maternal Fetal Medicine Fellowship, Associate Professor Alpert Medical School, Brown University, Providence, RI.



The last presentation of the day will be by **Rodriguez, Alexander, MD**, Neonatal Medicine Specialist, Woodhull Medical and Mental Health Center, Brooklyn, NY, who will discuss "Neonatal Complications of Infants of Mothers with Diabetes and Obesity," after which there will be a Panel Discussion - Question/Answer session of Practice Guidelines.

Prior to adjourning the conference, the winners of the Contest from the previous day's presentation of Special Project discussion will be announced.

Sweet Success Express: 2018: Prevention - Return on Investment

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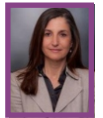
⊞ The importance of skin integrity will be discussed by **Donna, RN, MS, BSN, CPNP, CDE**, when she presents "Prevention: Preserving the Health of Injection / Infusion Sites."

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."

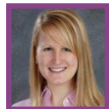


The second speaker of day two, **Donald R. Coustan, MD**, (Professor and Chairman of OB/GYN, Brown Medical School and Chief of OB/GYN, Women and Infants Hospital in Providence, RI) will present "Management of Comorbidities for Pregnancies Complicated by Pre-existing DM." (Photo below)



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."

Jessica Lynn, CNM, MSN, CDE; nurse midwife, diabetes educator, and health coach in the greater NYC area, describes potential diabetes complications and the cost-effectiveness of the team approaches to care when she presents "Prediabetes and GDM: Opportunities to Change the Future of Diabetes." (Photo in column 1).



Sarah Farabi, PhD RN; Postdoctoral Fellow, University of Colorado Denver School of Medicine; Div. of Endocrinology, Metabolism and Diabetes will discuss "Sleep Disordered Breathing in Pregnancy: Linked to Maternal Metabolism and Childhood Obesity?"

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.



Submit an Abstract for the Poster Session

ABSTRACT CATEGORIES INCLUDE:

- ✍ Nutrition, Exercise and Weight Gain
- ✍ Motivational Interviewing
- ✍ Prevention of Diabetes in Pregnancy
- ✍ Translational Research in Diabetes
- ✍ Fetal/Neonatal Complications
- ✍ Maternal Complications
- ✍ Fetal Programming and Childhood Development
- ✍ Risk Factors for the Development of Gestational Diabetes
- ✍ Pharmacologic Therapy

Download Abstract instructions: www.sweetsuccessexpress.org/conferences.html
SUBMIT ABSTRACT to: seep1@verizon.net for info

HIGH THYROID HORMONE LEVEL IN EARLY PREGNANCY LINKED TO GESTATIONAL DIABETES, NIH STUDY SUGGESTS

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

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 high 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:

Rawal, S. A longitudinal study of thyroid markers across pregnancy and the risk of gestational diabetes. Journal of Clinical Endocrinology and Metabolism. <http://dx.doi.org/10.1210/jc.2017-02442>.

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



**Congratulations
Dr. Barbour -**

**No one
deserves
it more!**

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, Chinle Comprehensive Health Facility, Chinle, 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. We must respond to the challenges presented and speed the process of care changes needed to embrace new recommendations. We count on you, our members, to spread these important news items and to continue to demonstrate your leadership. Thank you all.

Links and Resources

Category 2 CME Credit

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

There is no certificate which will state a participant has been awarded AMA PRA. Category 2 Credit™. This credit is entirely self-claimed and self-documented by physicians.

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/cmecumc.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/>.

Benefits of SSEP MEMBERSHIP

- ✍️ FREE education product each year (\$25.00+ value)
 - ✍️ Quarterly Newsletter
 - ✍️ Online/phone standard of care consults
 - ✍️ Conference registration discounts
 - ✍️ Discounts on SSEP education materials
 - ✍️ Monthly email updates
- ✍️ Name entered in Summer Member Drawing (Prizes include free conference registrations, cash & gift certificates)
 - ✍️ Personalized membership card
- ✍️ Membership fee tax deductible to the extent of the law
- ✍️ Membership fee supports member services

Individual Membership - 1 person

Organizational Membership - 3 people - same facility

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LIMITED OFFER 1 - Food Guides

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