This Conference brings together expert leaders and speakers in the delivery of diabetes and pregnancy health care strategies. This conference will focus on key considerations related to team approaches to preventative strategies that can improve outcomes and decrease diabetes co-morbidities, including obesity. The program will integrate concepts of prevention, intervention, multidisciplinary team approach to care, self-management education, treatment modalities and new technologies.

Bring your diabetes and pregnancy team and join us for two days of learning and fun.

Conf. Registration & Hotel Reservations will be available on-line soon. www.sweetsuccessexpress.com/CONFERENCES.php

For more info, contact ssep1@verizon.net

DEDICATING THIS ISSUE OF THE SSEP UPDATE NEWSLETTER TO THE SPEAKERS, ATTENDEES & SUPPORTING PARTNERS OF THE Sweet Success Express 2016: Prevention - It Takes a Team Conference

Held on November 3-5, 2016, at the Embassy Suites Anaheim South in Garden Grove, CA

Over 200 attendees participated in the annual Sweet Success Express Research conference. The interest was intense as national and international speakers presented management strategies for improving future outcomes based on a team approach to care. Excitement was high during the networking time in the exhibit hall visiting with exhibitors and reviewing the posters. Attendees enjoyed the many drawings for door prizes which were contributed by our sponsors and exhibitors.

Speakers include (L to R) Teri Hernandez, PhD, Siri Kjos MD and Raul Artal MD presenting different approaches to prevention strategies.

Robert Felix, MPH, Teratogen Info Specialist discussed vital resources available from MotherToBaby, CA.

Maribeth Interrusi, RN, MSN, CSD, CDE and Geetha Rao, RN, CDE addressed medication and nutrition topics.
Continuing to Recognize our Speakers, Attendees and Sponsoring Partners for the Sweet Success Express 2016: Prevention - It Takes a Team Conference

This issue of the newsletter is dedicated to our supporters who make it possible for us to present quality events.

A Big “Thank You” to ALL - We look forward to seeing you again in 2017

Novo Nordisk, Inc. supported the Sweet Success Express 2016: Prevention - It Takes a Team Conference through an educational grant. We sincerely appreciate their generosity and are most grateful for their continued faith in, and their continued 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.

SSEP received an educational grant from 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 in support of this event. Their ongoing support is greatly appreciated. The Mary & Dick Allen Diabetes Center at Hoag Hospital is committed to providing the very best in diabetes care.

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.

Robert Felix, Teratagen Information Specialist and Community Outreach Marketing Director, provides a community resource presentation and displays critical information at their exhibit area in the Exhibit hall.

Joan Perez RN MBA staffed the SSEP / SSE Exhibit located in the Exhibit hall. The special offered on the Exercise Videos drew lots of interest. The attendees seemed to appreciate the lip balm and small flashlights.

It all started here - at the registration desk. Cindy Parke and her staff from PEC registered attendees each day and provided the continuing education certificates at the close of the conference.

2016 is the first year that the SSEP Sweet Success Programs were able to meet during lunch to share ideas.

The Associate Program Meeting was led by Mona Patterson RN BSN CBC. SSEP Sweet Success Associate Program Staff member from 3 Navajo Area SS Group Programs in Arizona and New Mexico, from the Fetal Diagnostic Institute of the Pacific, Honolulu, Hawaii and the from Bronson Methodist Hospital in Kalamazoo, Michigan were present.

MINI PHARMACY in Los Angeles was the first sponsor of CDAPP, SSEP and Sweet Success Express, beginning in 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 services 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.

Premier Designs displayed a beautiful selection of fine costume jewelry and were the highlight of the exhibit area by many of the participants. They provided two beautiful gifts that were given away as door prizes.

All work and no play makes for a dull conference. Below a group of speakers, staff, attendees and guests enjoy a quiet evening meal. During the relaxed evening the topic of the 2017 conference came up. A number of valuable ideas were offered and will be taken into consideration as planning gets underway. Watch at www.sweetsuccessexpress.com for more information about Sweet Success Express 2017 which will be held on November 2-4 at the same location.

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# 1001 - $25 - For GDM 2013: CD - 66 pages summarizing key points for GDM management.
# 1003 - $25 - For Calculating and Adjusting Insulin: CD 30 pg step-by-step instructions for calculating and adjusting insulin doses (includes team management of insulin therapy & insulin calculation practice sections).
# 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 SH 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 $5/Sweet Success recommendations for testing. Ideal for in-services and new personnel.

Enroll for Free Quarterly SSEP Newsletter Send email address to ssep1@verizon.net

For more information email ssep1@verizon.net www.sweetsuccessexpress.com

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

# 1301 Complete Set of 12 (40 Hours)
# 1302 Complete Set of 12 (40 Hours) (Less than BCEC hr.)
# 1303 Complete Set of 12 (40 Hours)

5 Hours
01-Preconception/Conception
02- Medical Nutrition Therapy
3 Hours
03-Screening & Dx GDM
04-Self-monitoring Blood Glucose
05-Insulin Therapy
06-Hypoglycemia
07-Matemial/Fetal Assessment
08-Intrapartum and Delivery
09-PostPartum/Breastfeeding
10-Neonatal Care
11-Exercise
12-Psychosocial/Cultural Issues

SWEET SUCCESS GUIDELINES for Care 2015 download

FREE: Guidelines at a Glance for GDM and Guidelines for Care 2015 downlaod

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 share with other programs.

#1701 Eng/Sp - 2016 - EXERCISE VIDEO DVD

Health Moms - Healthy Families - 23 minute, light aerobic exercise video on pregnancy - 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

DISCOUNTS ALLOWED

(Applies to order total - NOT S/H or Tax)
15% - SSEP Associate Programs
10% - SSEP Individual/Organizational Members & CA Affiliate Programs
Affiliate/Individual Member

Number# __________________________ Circle - MD RN/C RD/DRT NP MSW OTHER

Address ____________________________________________________________________
City State Zip
Facility Phone Fax
Email __________________________ Order Date

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ORDER TOTAL

Less Discount
Sub-Total
7.75% Tax - CA only
Ship/handling [$5 up to $50] ($12 orders $50-$200) ($20 orders $200-$500) (Call 530-343-3405 if > $500)

TOTAL

Method of PAYMENT
Check _____ Visa______ MC______ Disc______ JCB______

Card # ______ Exp. Date ______

Print name on card
Billing Address of Card if different from mailing address

Checks Payable to: SSEP
Mail to: SSEP
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PO Box 7447
Chico, CA 95927-7447

Fax Credit Card orders to:530-343-3575 - Ph 800.732.2387

Thank you!

For more information email ssep1@verizon.net
www.sweetsuccessexpress.com
Iron levels are associated with risk for gestational diabetes. Findings from a new study, published in Diabetologia, have raised questions about routine recommendations regarding iron supplementation in pregnancy.

“Iron is regarded as a double-edged sword in living systems, as both iron deficiency and overload can be harmful. Pregnant women are particularly vulnerable to iron deficiency and related adverse pregnancy outcomes,” the researchers wrote, noting that guidelines from several groups recommend routine iron supplementation in pregnancy. However, they also explained that new findings “have raised critical concerns about significant links between larger iron stores and disturbances in glucose metabolism, including an increased risk of type 2 diabetes among non-pregnant individuals.” The link between larger iron stores in pregnancy and gestational diabetes, though, remains unclear.

The researchers conducted a case-control study of 107 women with gestational diabetes and 214 controls who were matched by age, race/ethnicity, and gestational week of blood collection within the prospective multiracial Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) Fetal Growth Studies-Singleton Cohort (2009-2013). Biomarkers of iron status, including plasma hepcidin, ferritin, and soluble transferring receptor (sTfR), were measured. These data were then used to calculate the sTfR-to-ferritin ratio twice before gestational diabetes diagnosis (gestational weeks 10 to 14 and weeks 15 to 26) and at weeks 23 to 31 and weeks 33 to 39. The researchers identified gestational diabetes diagnosis via medical records based on oral glucose tolerance tests.

According to study results, women with gestational diabetes had 16% higher hepcidin concentrations than controls during weeks 15 to 26 (median: 6.4 vs 5.5 ng/mL; P = .02). Hepcidin levels also appeared to be positively associated with gestational diabetes risk. The adjusted odds ratio [OR] for women in the highest vs lowest quartile was 2.61 (95% confidence interval [CI], 1.07-6.36).

Similarly, ferritin levels were positively associated with risk for gestational diabetes. Adjusted ORs for ferritin levels in the highest vs lowest quartile were 2.43 (95% CI, 1.12-5.28) at weeks 10 to 14 and 3.95 (95% CI, 1.38-11.30) at weeks 15 to 26.

The researchers reported that the ratio of sTfR to ferritin was inversely related to risk for gestational diabetes, with adjusted ORs for women in the highest vs lowest quartile being 0.33 (95% CI, 0.14-0.80) at weeks 10 to 14 and 0.15 (95% CI, 0.05-0.48) at weeks 15 to 26.

The researchers cited several possible reasons for their findings, including potential mechanisms through which iron may play a role in the development of gestational diabetes.

“As a strong pro-oxidant, free iron can catalyze several cellular reactions that generate reactive oxygen species and increase the level of oxidative stress. Oxidative stress induced from excess iron accumulation can cause beta cell damage and apoptosis and, consequently, contribute to impaired insulin synthesis and secretion,” they wrote.

The researchers also noted that high iron stores in the liver could lead to insulin resistance due to impaired insulin signaling and attenuated capacity of the liver to extract insulin.

“In summary, findings from this longitudinal and prospective study among multiracial, relatively healthy pregnant women without major pre-pregnancy chronic diseases, suggest that higher maternal iron stores may play a role in the development of [gestational diabetes] starting as early as the first trimester,” the researchers concluded.

“These findings are of clinical and public health importance as they extend the observation of an association between high body iron stores and elevated risk of glucose intolerance among non-pregnant individuals to pregnancy, and raise potential concerns about the recommendations of routine iron supplementation among pregnant women who already have sufficient iron.”

Disclosures: The researchers report no relevant financial disclosures.

Reference