The SSEP Board of Directors first mourned the loss and now celebrate the life and legacy of Dr. Lois Jovanovic. She will forever be remembered for her leadership and contributions to SSEP while serving on the Board of Directors from its inception until 2012. (Photo provided by Sansum Clinic).

Dr. Jovanovic was an internationally recognized scientist and a visionary, in addition at SSEP we thought of her as a caring, supportive colleague and mentor. She was an advocate for other health care professionals, especially aspiring women, as well as her patients. Dr. Jovanovic personalized relationships and she encouraged others to follow their hearts and aspirations. Dr. Jovanovic was a medical giant ahead of her time in diabetes and reproductive management and care, which she boldly taught based on research – changing management and instilling confidence in care givers.

In the 1980s when the California Diabetes and Pregnancy Program (CDAPP) Sweet Success Program was being implemented, Dr. Jovanovic recognized the opportunities this program presented to improve care for women with diabetes. She worked closely with the prestigious CDAPP group of doctors, nurses, dietitians and social workers in developing the Sweet Success Guidelines for Care and implementing the Sweet Success model of care in over 250 California diabetes and pregnancy programs. Independent of state funding, Dr. Jovanovic implemented a tertiary center Sweet Success program in the Sansum Clinic. Her futuristic research had a powerful, nationwide impact on the success of the California Sweet Success guidelines and model of care.

Over the years, word of the success of this program in California spread as Dr. Jovanovic and the other Sweet Success experts spoke at national and international conferences. By the 1990s, programs in other states were requesting information about Sweet Success and in 1995, Sweet Success Conferences were opened to nationwide registration and Dr. Jovanovic was there with many other CDAPP experts to present at those events. This conference became the Sweet Success Express Annual Sweet Success Research Conference and Dr. Jovanovic was on the conference planning committee for years and spoke at many of those events.

Dr. Jovanovic unselfishly gave of her time to SSEP, health care professionals and patients. She reviewed professional education materials, spoke at our conferences and guided us during our quarterly board meetings for years. She left us richer for having known and worked with her. She changed the way the world manages diabetes and reproductive care.

Dr. Jovanovic was bigger and bolder than life itself. We will always cherish our time with her as the “Lois Legacy” is carried forward.
Perinatal Diabetes: Opportunities for Prevention and Care, SSEP Associate Training and Conference was held on October 12-13, 2018, at New York University Langone Medical Center and was co-sponsored by New York University. It was designed to provide a comprehensive update and review of current practice standards and contemporary specialty topics related to diabetes and reproductive health. Fifteen (15) national and international speakers provided practical and relevant management strategies as well as evidence-based preventive interventions.

This was first training/conference SSEP has provided in New York. There were 112 participants representing 16 states which exceeded expectations. The evaluations were outstanding showing that the topics, discussions and networking was timely and appreciated. Participant comments indicate they are looking forward to a repeat event in New York in a year or two.

SSEP wishes to thank each of our sponsoring partners for their support for this event.

The New York University, Langone Health co-sponsored the event, provided meeting space and AV equipment as well as providing support with an educational grant.

An Educational Grants was provided by the March of Dimes New York

Professional Education Center (PEC) co-sponsored the event and provided many donated services.

This event was supported by an Educational Grant from Medtronic Diabetes.

SSEP dedicates each sponsor as well as the support received from the attendees, as they are the life our conferences.

SSEP dedicated the 2018 conferences held in New York and California to the life and legacy of Dr. Lois Jovanovic. She supported SSEP from its inception and was from New York City, NY before later settling in Santa Barbara, California. She would have been proud that these events were being held at these locations. (See details on page 1)

Sweet Success Express 2018: Prevention - Return on Investment Research Conference
22 Years of Successful Events

For the 22nd time, the Sweet Success Express 2018: Prevention - Return on Investment Research Conference was held in California and was very successful. The venue for the last several years has been the Embassy Suites Anaheim South in Garden Grove, CA. Eleven (11) national and international speakers focused on how to invest in preventive management strategies to provide positive returns on diabetes and reproductive health outcomes.

There were 175 attendees representing 14 states at this event. About 73% were from CA. The poster session and exhibit hall offered participants many opportunities to network and learn more about current research. Once again the attendees loved the massage chairs available to use for a small donation to SSEP. They were in use a majority of the time and all donations are most appreciated.

Again, thank you to all that participated in this event. The planning has begun on Sweet Success Express 2019, to be held at the same location on November 7-9. Please watch the newsletters and the website at www.sweetsuccessexpress.org for updates.

SSEP wishes to thank our sponsoring partners for their support for this event.

SSEP had developed a strong following from many dedicated clinicians. We are proud of all the progress clinicians have made to improve services to their patients. SSEP is honored to be a small part of their success.

This event was supported by an Educational Grant from The Community Benefit Grant Program at Hoag

Professional Education Center (PEC) co-sponsored the event and provided many donated services.

Thank You to our Exhibitors:
#1002 - $25 - For Pregnancy Complicated by Preexisting Diabetes 2017:
- 29-pg instructions for calculating and adjusting insulin injections; pumps/ oral meds. Includes insulin calculation practice sections.

#1023 - $60 - Complete Set of 3-G/Lines - SAVE $15/set*

#1051 - $35 - Diabetes & Reproductive Health Resource Manual 2016:
- Nutritional and psychosocial tools for patient and professional use.

#1101 - $55/yr - Individual Membership
- No tax or S/H for this item

#1102 - $125/yr - Organizational Membership
- BENEFITS: Online standards of care consults; email updates and Personalized Membership Card.
- Annual Drawing; Earn 6 extra chances to win with every $100 donation to SSEP.

#1201 - Sweet Success Food Guide - English
- #1202 - Sweet Success Food Guide - Spanish
- $1/ea - Minimum order: 25 - Sample of each / $5 S/H
- Color coded pictorial food groups patient handouts with snacks for easy use.

#1502 - $35 - Insulin Therapy During Pregnancy 2017
- Includes insulin analogues, calculating & adjusting insulin for both injections and pump use during pregnancy.*

GUIDELINES-AT-A GLANCE
Quick references CD or Flash Drive
- For Discount - unless joining now)

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www.sweetsuccessexpress.org
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Thanks to those of you already participating - SSEP is receiving small quarterly contributions - pass this along to friends and let’s make the donations bigger.

Make a Year-end Donation to SSEP

The Giving Season is upon us, and giving to Charitable Organizations continues to give. Contributions to SSEP, a nonprofit charitable organization, are tax deductible to the extent of the law and 100% of funds donated will be utilized toward activities to improve outcomes for mothers with diabetes and their offspring.

Donation can be made:
✓ online at www.sweetsucsessexpress.org/make-a-donation.html
✓ mailed to SSEP, PO Box 7447, Chico, CA 95927
✓ by calling 530-343-3504

A contribution in any amount will be most appreciated.

The Power of Diabetes Educators
by Joann Henry RNC MSHS

This year was the first SSE Conference I have ever missed in 22 years. Last year, I had to leave early, but this year due to my husband’s health, I was not able to attend at all. But I want you to know I missed seeing you - my friends - and hearing the wonderful speakers.

Each year I try to tell the diabetes educators, in the short introduction I’m allowed, how proud I am of you. I have no doubt that it is the diabetes educators who are responsible for the advancements that have been made in the care of women with diabetes related to pregnancy. Only people who love what they do could accomplish this.

There is a quote by Robert Collier that reminds me of our work. It goes, “Success is the sum of small efforts repeated day in and day out”. That is prevention at it’s best and that is what we do and what we teach. We do what we love, most of it is repeated small efforts, but we know it works. That is why we are successful and that is why we are so great at what we do.

SSEP MEMBERSHIP

Benefits include:
✓ FREE education product each year ($25.00+ value)
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Mothers with elevated blood glucose during pregnancy – even if not high enough to meet the traditional definition of gestational diabetes – were significantly more likely to have developed type 2 diabetes 10 years after pregnancy than their counterparts without high blood glucose.

For children born to mothers with elevated normal glucose, researchers found no statistically significant difference between the two groups of children in terms of their combined overweight and obesity, the study’s primary outcome. However, when obesity was measured alone, children of mothers with elevated blood glucose were significantly more likely to be obese.

The results are part of a follow-up study published Sept. 11 in the Journal of the American Medical Association. Funded primarily by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institute of Health, the Hyperglycemia and Adverse Pregnancy Outcomes-Follow-up Study. 

The original HAPO study found that even modestly elevated blood glucose levels increased the risks of complications for the baby both before and shortly after birth. Based on these results, many, but not all, organizations adopted a new definition of gestational diabetes: a type of diabetes that occurs during pregnancy.

In the HAPO-FUS study, 6,979 mothers who were deemed healthy, 6,971 mothers who were deemed diabetic, and 6,975 mothers who were deemed prediabetic were followed. Of those mothers who were deemed healthy, 44 percent had prediabetes. Of their counterparts who did not have elevated blood glucose during pregnancy, about 22 percent had type 2 diabetes and about 18 percent had prediabetes. Mothers with elevated blood glucose during pregnancy – even if not high enough to meet the traditional definition of gestational diabetes – were significantly more likely to have developed type 2 diabetes a decade after pregnancy than their counterparts without high blood glucose.

Researchers analyzed 4,832 children for overweight and obesity, collecting data using body mass index (BMI), body fat percentage, skin fold thickness and waist circumference. For children born to mothers with elevated normal glucose, researchers found no statistically significant difference between the two groups of children in terms of their combined overweight and obesity, the study’s primary outcome.

However, when obesity was measured alone, these measures all showed that children born to mothers with elevated glucose levels were more likely to be obese. For example, using BMI, 19 percent of children born to mothers with elevated blood glucose were obese, compared with 10 percent for children of mothers with normal glucose. Adjusting for the mother’s BMI reduced – but did not eliminate – the differences between the groups.

“The differences in mothers and their children due to the mother’s higher blood glucose are very concerning. Even accounting for the mother’s weight, glucose had an independent effect,” said Dr. Barbara Linder, a study author and senior advisor for childhood diabetes research at the NIDDK. “Our findings add to the motivation to find ways to help women at high risk for gestational diabetes who are or plan to get pregnant to take steps to reduce their risk.”

The original HAPO study, https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/gestational, was conducted at 10 clinical centers around the world: Northwestern University and Lurie Children’s Hospital, Chicago – Kaiser-Permanente Southern California Department of Research and Evaluation, Pasadena – Case Western Reserve University at Metro Health Medical Center, Cleveland – The Hospital for Sick Children, Toronto – Rajavithi Hospital, Bangkok – The University of the West Indies, Bridgetown, Barbados – Royal Victoria Hospital, Belfast, Northern Ireland – The Chinese University of Hong Kong – Royal Manchester Children’s Hospital, Manchester, England – Helen Schneider Hospital for Women, Petah Tikva, Israel.

HAPO-FUS was funded under NIDDK grant 1U01DK094830 and NIH’s National Center for Advancing Translational Sciences grant ULTR001422, with additional support from NIH’s Eunice Kennedy Shriver National Institute of Child Health and Human Development.

The NIDDK, a component of the National Institutes of Health (NIH), conducts and supports research on diabetes and other endocrine and metabolic diseases; digestive diseases, nutrition and obesity; and kidney, urologic and hematologic diseases. Spanning the full spectrum of medicine and afflicting people of all ages and ethnic groups, these diseases encompass some of the most common, severe, and disabling conditions affecting Americans. For more information about the NIDDK and its programs, see https://www.niddk.nih.gov.

About the National Institutes of Health (NIH): NIH, the nation’s medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit <www.nih.gov>.
Reflections by the SSEP CEO
Cindy Parke, RNC, CNM, MSN

SSEP would like to thank everyone for their support in this very busy fall season. We have been so very busy with both the New York City Conference and the annual research conference in Anaheim, CA. Because of the hard work and donated time of so many on the SSEP team, and the generosity of time and shared knowledge of our speakers, we advanced the goals of SSEP. The comments from participants told us that we have taken these opportunities to “improve pregnancy outcomes and quality of life for women with diabetes, and for their offspring through education for health care professionals.” We will focus on continued expansion of our efforts to reach more professionals with our excellent services.

I am amazed that it is already post-Thanksgiving! I hope that you had much to be thankful for and that your time included family time. Having been a medical professional for my life, I know that many sacrifice family time to care for patients, thank you for your service. I am balancing concerns and joys in my own life and recognizing that focusing on the positive is a must! I woke this morning to a beautiful sunrise at the beach (work mixed with a bit of pleasure). In fact, because of a low cloud layer there were two: the sun came above the horizon, then hid behind the clouds and rose again! Find joy in your work, and remember that your efforts affect at the minimum two lives as you assist women in pregnancy complicated by diabetes.

Use of Codeine and Tramadol during Pregnancy

There have been reported incidents of pregnant patients being prescribed codeine for pain control. While there is no specific guidance to avoid codeine in pregnant women, a pregnant woman can become a breastfeeding mother and Codeine can cross into the breastmilk. The FDA and ACOG’s recommendations are to avoid codeine for breastfeeding women due to risk of overdose in the neonate. This warning also includes Tramadol. Links to the FDA and ACOG websites are below.

https://www.fda.gov/Drugs/DrugSafety/ucm549679.htm

Links and Resources

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- Monthly email updates
- Name entered in Summer Member Drawing (Prizes include free conference registrations, cash & gift certificates)
- Personalized membership card
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Guidelines at a Glance for Preexisting DM - 2018

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