



# Sweet Success Update

Summer  
2007

Helping Teams Build Dreams

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## Low Birth Weight Linked to Fetal A1C

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From Doc News, Vol. 3, 2006; 11*

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Research has shown a link between low birth weight and poor glycemic control and cardiovascular disease later in life. A recent report published in *Circulation* adds another compelling piece to the puzzle: low birth weight babies have elevated levels of fetal glycated hemoglobin (A1C).

Investigators measured A1C levels in 1,295 consecutive babies born at a medical center in Berlin, Germany, and in their mothers. Analysis considered factors including gestational age at delivery, the Child's sex, maternal body mass index, and smoking during pregnancy. An inverse relationship was found between total fetal and maternal A1C and birth weight. Each 1% increase in fetal A1C was associated with an average birth weight reduction of 135 g (0.3 lb), while the same increase in the mother's A1C was linked to an average birth weight increase of 88 g (0.2 lb).

"The ratio of fetal/maternal [A1C] suggests that lighter newborns have a higher percentage of [A1C] than would be expected from maternal [A1C]," researchers conclude. "The study demonstrates for the first time in a large population that there is an inverse association between [A1C] of a newborn and its birth weight."

The above is a summary of the article:

**Low Birth Weight, a Risk Factor for Cardiovascular Diseases in Later Life, Is Already Associated With Elevated Fetal Glycosylated Hemoglobin at Birth** by Thiemo Pfab, MD; Torsten Slowinski, MD; Michael Godes, MD; Horst Halle, MD, PhD; Friedrich Priem, MD; Berthold Hocher, MD, PhD

Which was published online before print October 9, 2006,  
doi:10.1161/CIRCULATIONAHA.106.625848:

**Conclusions:** The study demonstrates for the first time in a large population that there is an inverse association between TGH of a newborn and its birth weight. This might be due to increased insulin resistance in newborns with lower birth weight. Our data suggest that the pathophysiological mechanisms linking prenatal growth and postnatal sensitivity to insulin are present as early as before birth.

The full article can be accessed at <http://docnews.diabetesjournals.org/>

## Sweet Success 2007: Charting a Course for Excellence Conference

Are you ready for the best conference of the year?

Sweet Success 2007: Charting a Course for Excellence Research Conference will be held at the Embassy Suites in Garden Grove, California on November 1-3, 2007.

The program is clinically diverse, well balanced and provides something for everyone. National speakers will present the latest research findings as well as clinical education and management strategies.

Continued on page 5, Column 2



### Sweet Success Update GOAL:

Our goal is to provide useful information and/or tools to help provide quality diabetes and pregnancy care.

#### SSEP Contact Information

www.SweetSuccessExpress.com  
or call Debby Rice or M. Joann Henry at  
Phone/Fax 714-968-0735 or  
Email at ssep1@verizon.net

#### Conference Contact Info

www.proedcenter.com  
Sweet Success Express (Prof. Ed. Center)  
Sherrill Tillger at 800-732-2387  
sherri@proedcenter.com

#### Fall Research Conferences:

Sweet Success 2007: Charting a Course for  
Excellence Research Conference- November  
1-3, 2007, Orange/Anaheim, CA

#### SSEP Affiliate Training-

September 18-19, 2007  
Orange County, CA  
714-456-6706  
For full information, visit  
[Http://www.sweetsuccessexpress.com](http://www.sweetsuccessexpress.com)

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## First Sweet Success Group Association formed by Navajo Area Indian Health Service and SSEP

SSEP is proud to announce the first Sweet Success Group Association. The Navajo Area Indian Health Service (NAIHS) Diabetes Program is taking steps to improve the quality of services to their moms with diabetes by implementing the Sweet Success Group Associate model for the entire Navajo Nation. The eight (8) Navajo Area service units are utilizing the clinical Sweet Success Associate Program partnership covering a geographic area for the sovereign Navajo Nation of more than 27,000 square miles, eight(8) major facilities (6 hospitals, 2 clinics) and 13 outlying clinics.

The NAIHS facilities provide care to Native Americans on the Navajo Reservation (Northeastern Arizona and Northwestern New Mexico) and to Native Americans who reside in bordering communities throughout the Four-Corners region including Southeastern Utah and Southwestern Colorado. Much of the Navajo reservation area is extremely remote and isolated with many of the patients having limited financial resources or knowledge about healthcare. However, the region contains impressive natural resources, scenic beauty and people who traditionally have highly valued their youth and elders. The Native American/Navajo people have challenges and obstacles they work through to receive quality health care, such as: the distance that is often required to be traveled to receive services, English often spoken as a second language, unique traditional values and cultural beliefs. Yet, when it comes to delivering healthy babies and preventing diabetes, the IHS system and it's employees are serious and committed to providing the services and education that will best benefit the Mom's, their babies and generations to come in preventing and caring for diabetes.

Recognizing the high rate of diabetes and co-morbidities among the Navajo people, the NAIHS and the Navajo Nation Division of Health both became recipients of Federal Special Diabetes Grant funds in 1997. Both initialed Special Diabetes Programs; NAIHS with improved clinical care, recruitment/training of specialized health care professions and patient/family education at all of its clinical sites, and the Navajo Nation Division of Health with community awareness and prevention education programs.

The Navajo Nation Division of Health also received an Indian Health Service, Women's Health Initiative Grant in 1997, known as "GEM"; (The Gestational Education Management) Program. The purpose of GEM was to develop, implement and demonstrate multidisciplinary diabetes in pregnancy program at the Chinle facility, utilizing the Sweet Success Guidelines of Care. By 2000, assistance was provided to other clinical sites in developing diabetes and pregnancy programs and becoming Sweet Success Associate Programs. The success of the program was demonstrated when, in 2002, the Navajo Area IHS Special Diabetes Program provided funding for Diabetes in Pregnancy Programs to all of the service units providing pre-natal care. Over the next 6 years, several other facilities independently became Sweet Success Associate Programs.

Because of the high rate of type 2 diabetes (DM) in the general Navajo population, the high rate of gestational diabetes (GDM) and subsequent conversion rate to type 2 DM, preventive health education and consistent management of diabetes in pregnancy has become a priority in Navajo Indian country. In 2006, the Navajo Area IHS Special Diabetes Program began negotiations with SSEP to develop a Group Sweet Success Association. As a result, on December 1, 2006, the Navajo facilities became the first Group Sweet Success Associate Programs.

SSEP commends the NAIHS leaders who have worked so diligently to implement better clinical and education services for their patients. We commend the eight Diabetes in Pregnancy Program Coordinators and the diabetes in pregnancy team member (clinic nurses, diabetes educators, dietitians, physicians, OB/GYNs, nurse practitioners, social workers and community/public health nurses) who strive to provide consistent quality care for patients served within their service unit areas. SSEP considers it a privilege and an honor to partner with this group of forward thinking, pro-active group of health care providers.

Sweet Success Associate Programs are now being implemented at the following Navajo facilities:

1. Chinle Comprehensive Health Care Facility (including Public Health Nursing Department's Sweet Harmony Program), Chinle, AZ
2. Crownpoint Medical Facility, Crownpoint, NM
3. Fort Defiance PHS Hospital, Window Rock, AZ
4. Gallup Indian Medical Center, Gallup, NM
5. Kayenta Service Unit; Kayenta Health Center and Inscription House Health Centers, Northern AZ
6. Northern Navajo Medical Center, Shiprock, NM
7. Tuba City Regional Health Care Corporation, Tuba City, AZ
8. Winslow Indian Health Care Center, Winslow, AZ

SSEP is proud of this working relationship and commends NAIHS and their Sweet Success Associate Programs for recognizing the increased risk for diabetes within their population and their group commitment to providing quality care. Our hats are off to you.

## LifeScan Supports SSEP 2007 Activities

LifeScan, Inc. has generously supported SSEP, Sweet Success Extension Program or Sweet Success Express with educational grants for eight (8) years. It is their unwavering support that makes it possible for SSEP to continue to fulfill its mission as a charitable organization. To show our gratitude, SSEP recognizes its contributing partners in its newsletters. In this issue, SSEP wishes to thank LifeScan for continuing to believe in our work by providing an Educational Grant to support our activities again during 2007.

LifeScan, a Johnson and Johnson Company, is a leading maker of blood glucose monitoring systems for home and hospital use. Their products help improve the quality of life for people with diabetes. They were among the first companies to support the out-of-state Sweet Success activities to improve the lives of women with diabetes related to pregnancy. SSEP is honored that they continue to recognize our efforts worthy of support.

LifeScan and SSEP share a vested interest in improving the quality of care provided to women with diabetes related to pregnancy and their children. Their grant will allow SSEP to reach diabetes educators that support mothers and their families in developing healthier lifestyles and building a healthier society. One of our major goals for 2007 is to reach programs in the rural, underserved areas of the nation. The educational grant from LifeScan will help fulfill this goal.

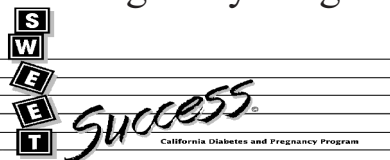
Once again the Board of Directors extends our gratitude to LifeScan for their continued generous support of our services over the years. SSEP is proud to have LifeScan as a supporting partner again during 2007.

## SSEP 40 CE Self-Study Modules Now Provider Approved in all 50 States

As of January 2007, the CE Self-Study Series Diabetes and Pregnancy Modules meet the requirements for CE hours in all 50 states.

*Sweet Success Resource Center*

The California Diabetes and Pregnancy Program has a variety



Call 858 536-5090 for more Information!

**SSEP** Offers the SWEET  
SUCCESS ADVANTAGE



Order Information updated 03/01/07

**GUIDELINES-AT-A GLANCE FOR**

Quick references for staff & training - From SS Guidelines-for-Care 2002 & 2004 Updates

**GDM:** Updated 2007: Booklet, Key points for GDM management. **# 1001 - \$20.00**

**Pregnancy Complicated by Preexisting**

**Diabetes:** Booklet, Key points for managing preexisting diabetes during pregnancy.

**# 1002 - \$20.00**

**For Calculating and Adjusting Insulin:** Booklet, step-by-step instructions for calculating and adjusting insulin doses (includes team management of insulin therapy & insulin calculation practice sections)

**#1003 - \$16.00**

**ORDER 3 & SAVE!!**

**#1023 \$50 SAVE \$6/set - Complete Set of 3**

**INDIVIDUAL MEMBERSHIP**

**BENEFITS:** Newsletter subscription; Conference registration/ed material discounts; Online\*/phone standards consults; Automatically entered in Annual Drawing; Periodic email updates and Personalized Membership Card.

**FREE: Guidelines-at-a-Glance each yr.**

**Join & apply discount to this order!**

**#1101 Annual Fee \$55**

No tax or S/H for this item

**SSEP CD PowerPoint Presentations**

**# 1501: Tests for Screening and Diagnosing Diabetes during Pregnancy and Postpartum.**

36 slides detailing the current Sweet Success recommendations for testing. Ideal for in-services and new personnel.

**#1501 \$24**

**#1502: Insulin Therapy during Pregnancy.** Part 1:

Insulin Injection Therapy & Part 2: Insulin Pump Therapy. Includes insulin analogues, calculating & adjusting insulin for both injections and pump use during pregnancy. Part 1 & 2:

**#1502 \$35**

**#2000: DIABETES CARTOONS** (English/Spanish):

Over 100 cartoons, select clip art and humor tips for PowerPoint presentations, classes, office art, transparencies, newsletters, websites. Help people laugh and learn. By Theresa Garneno, APRN, BC-ADM, MSN, CDE. **#2000 \$25**

For more information call 714.968.0735

or email [ssep1@verizon.net](mailto:ssep1@verizon.net)

[www.sweetsuccessexpress.com](http://www.sweetsuccessexpress.com)



**SSEP SELF-STUDY SERIES CE COURSES**

For Module completion you must have access to, or order (see #13 below) Sweet Success Guidelines for Care, 2002\*

**# 1301 CE Modules - Updated 2007**

01-Preconception/Contraception	<b>5 Hours for \$30</b>
02- Medical Nutrition Therapy	<b>5 Hours for \$30</b>
03-Screening & Dx GDM	<b>3 Hours for \$20</b>
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05-Insulin Therapy	<b>3 Hours for \$20</b>
06-Hypoglycemia	<b>3 Hours for \$20</b>
07-Maternal/Fetal Assess.	<b>3 Hours for \$20</b>
08-Intrapartum and Delivery	<b>3 Hours for \$20</b>
09-PostPartum/Breastfeeding	<b>3 Hours for \$20</b>
10-Neonatal Care	<b>3 Hours for \$20</b>
11-Exercise	<b>3 Hours for \$20</b>
12-Psychosocial/Cultural Issues	<b>3 Hours for \$20</b>

\* 13-Sweet Success Guidelines for Care 2002 \$36.00

**#14-Complete Set of 12 (40 Hours) List price \$260 now \$189!**

**LIMITED TIME OFFER SAVE \$107!! - Less than \$5/CE Hr.**

**Free:** Guidelines for Care 2002 included with #14

**SPECIAL OFFER: SAVE \$20! Buy 4 and Get one 3 Hour module (your choice) FREE!**

Please list Item # and Module # on Order Form (Example: 1301-2)

**SWEET SUCCESS ASSOCIATE PROGRAM**

Information for becoming a Sweet Success Associate Program: Services including: program assessment, quality and performance support, ongoing training, online/phone standards consultation, conference & material discounts and more. **Send for FREE Packet # 1401** (May be added to Order Form) **No cost**

**Diabetes & Pregnancy Resource Manual:** Tools for Success. Provided in loose-leaf binder - over 100 health education, nutrition and psychosocial tools for patient and professionals - reinforces patient teaching and assist with staff training - may be copied for owner's use - not shared with other programs. **# 1051 \$36.00**

**Sweet Success GUIDELINES for CARE: 2002**

**MAY BE ORDERED DIRECT FROM:** Sweet Success Resource Center, San Diego, CA, by contacting: Phone: 858-536-5090- Email: [cpena@ucsd.edu](mailto:cpena@ucsd.edu)

180 paged well-referenced, practical approach to team care. 2002 edition by CA Sweet Success Programs. Appropriate for all health care providers. **\$36** shrink-wrapped **or \$40** in binder

**#2001: 101 Tips for a Healthy Pregnancy with Diabetes:**

ADA 2003 Publication by Patti B. Geil MS RD FADA CDE & Laura Hieronymus MEd APRN BC-ADM CDE - Easy answers to questions about a healthy pregnancy with diabetes.

**#2Q01 . . . . . \$16.00**

**CE CREDITS** Provided by Professional Education Center (PEC): A provider approved by the California Board of Registered Nursing Provider #9890, Florida #FBN2219, Iowa #290, Kansas #LT0170-0261, and AACN for contact hours listed. AACN Category A (clinical) or O (general). PEC is accredited by the: Alabama State Nurses Association which is accredited as an approver of Continuing Education in Nursing by the American Nurses Association Board on Accreditation ANCC Provider #5-67.0. CE Certificates will be mailed after module completion and review at SSEP-PEC offices.



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**SSEP Partnering with  
National Diabetes Education Program  
It's Never Too Early...to Prevent Diabetes**

Women with a history of gestational diabetes mellitus (GDM) have an increased life long risk of developing type 2 diabetes, and their children are at increased risk for obesity and diabetes.

The good news from the National Diabetes Education Program (NDEP) is that *It's Never Too Early to Prevent Diabetes*. Women who have had GDM can prevent or delay type 2 diabetes, and help their children lower their risk for the disease.

*It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family*, the latest diabetes prevention message from the NDEP, offers tips to help women with a history of GDM take small steps – losing a small amount of weight by making healthy food choices and being more physically active – to earn big rewards – preventing or delaying the disease, and helping their children lower their risk for diabetes.

The *It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family*, tip sheet in English and the *Nunca es muy temprano para prevenir la diabetes. Pequeños pasos de por vida para una familia sana*, tip sheet in Spanish is available from the NDEP.

For more information, visit  
[www.ndep.nih.gov](http://www.ndep.nih.gov) or call 1-800-438-5383.

**Breastfeeding WEBSITE**

<http://www.mch.dhs.ca.gov/programs/bfp/>

- \*California resources and breastfeeding data
- \*Breastfeeding and Medications
- \*Breastfeeding and Contraception
- \*Breastfeeding and Working
- \*Model Hospital Policy Toolkit
- \*Right to breastfeeding in public business card

Continued from page 1

**Sweet Success 2007: Charting a Course  
for Excellence Conference ....continued**

Topics will address issues from the initial visit to postpartum and on to long-term family follow-up care. Thursday, November 1, is a half day event offering 3 workshops:

- Managing Labor Complications
- Pump Secrets
- More Than One Way to Count Carbs

Friday and Saturday, November 2-3, provide 2 days of presentations on topics that offer both practical management strategies and current research, and a mini-trade show where you can browse the books, speak with the vendors-suppliers and learn from the company representatives!

The Sweet Success research conference is the largest annual diabetes and pregnancy event in the nation drawing around 300 attendees each year. Ample time during breaks and lunch provides participants a unique opportunity to network with other health care professionals and industry representatives.

Continuing education credits are available for physicians, nurse midwives, nurses, dietitians and social workers. Professional Education Center's providership of continuing education credit hours with ANCC approval qualify for CDE recertification. (Use RN credit hours calculated and noted on your CE certificate.)

The hotel is located near Disneyland with complimentary Disney shuttle with a lot of interesting places for those of you who want to stay and play. The hotel is wonderful and every room is a suite. Cooked to order breakfast and happy hour each day is included with your room.

We look forward to seeing you there. This is one event you won't want to miss. A brochure may be downloaded at:  
<http://www.sweetsuccess.com/conferences.htm> or brochure and online register at <http://www.proedcenter.com/>

**Interested in exhibiting at the trade show?**

**Email [ssep1@verizon.net](mailto:ssep1@verizon.net) or [sherri@proedcenter.com](mailto:sherri@proedcenter.com)  
for exhibitor's form!**

**March of Dimes Orange County Division  
Support Sweet Success Conference**

The March of Dimes Orange County Division has once again granted SSEP a Community Award to support activities related to the annual November Sweet Success Express Research Conference. SSEP, Sweet Success Express and the March of Dimes share common goals by supporting activities that prevent birth defects, prevent preterm deliveries and improve the lives of mothers and their children.

It takes a lot of planning to achieve optimal pregnancy outcomes for patients with diabetes, and that planning must begin with preconception care. This concept portrays the theme of the upcoming Sweet Success 2007: Charting a Course for Excellence annual research conference, which will be held at the Embassy Suites in Garden Grove, California on November 1-3, 2007.

The March of Dimes Community Award will in part sponsor a nationally renowned speaker, Denise Charron-Prochownik, PhD, CPNP, who will be presenting her current research on preconception care. Her presentation "Preconception Care: Project for Teens with Diabetes" can be heard at 11:15 am on Saturday, November 3, 2007.

Continued support from the March of Dimes assists in securing national speakers presenting the most current research and management strategies at a reasonable registration fee. SSEP Board of Directors and Sweet Success Express extends our gratitude to the March of Dimes Orange County Division for another year of generous support of our activities. We will strive to continue provide affordable, quality diabetes and reproductive health programs that demonstrate we are worthy of their continued support. **SSEP and Sweet Success Express send a BIG THANK YOU to the March of Dimes Orange County Division.**

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## Mini Pharmacy for Support Mailing

**Mini Pharmacy & Medical Supplies** in Los Angeles, California, has provided SSEP with a contribution to support activities consistent with its charitable mission. **Mini Pharmacy** has supported Sweet Success since the first Sweet Success Conference in 1991 and has provided support at some level every year since. Their generous contribution will in part support a nationwide mailing of the SSEP newsletter and the Sweet Success 2007: Charting a Course for Excellence annual research conference brochure.

**Mini Pharmacy** is a family owned and operated business that has been an industry leader for over 25 years. Patients that use their services receive convenient home delivery prescription services and diabetic supplies with free shipping. **Mini Pharmacy** provides a complete care program for patients with diabetes and have taken a special interest in helping women with diabetes during pregnancy receive the supplies they need. They may be reached at 888-545-6464, or through their web site at <http://www.minipharmacy.com/>.

Over the years, we, at SSEP, have grown to know, trust and appreciate the owners and staff of the **Mini Pharmacy**. Their continued support of our activities is very much appreciate.

We send a big **THANK YOU** to **Mini Pharmacy** for their continued support. We are proud to have them as a partner.

For Sweet Success Individual Membership Information call 714.968.0735

Email - [ssep1@verizon.net](mailto:ssep1@verizon.net) - Visit our website at [www.SweetSuccessExpress.com](http://www.SweetSuccessExpress.com)

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Summer 2007

Sweet Success 2007: Charting a Course for Excellence  
Annual Research Conference  
Orange, CA - November 1-3

This mailing is supported in part by Mini Pharmacy

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calendar

"Taking diabetes & pregnancy  
guidelines across the nation"



*Sweet Success Update*

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