



FEBRUARY 2019 NEWSLETTER

NICU CURRENTS: PRE- & PROBIOTICS

There are both good and bad bacteria in the body. Prebiotics support immune system development by helping to feed good bacteria in the gut, where 70% of the immune system is found. And current evidence indicates that pre- and probiotic supplementation can reduce mortality without significant adverse effects in preterm neonates.

In our new course—**NICU CURRENTS: The Neonatal Microbiome—Improving Outcomes With Pre- and Probiotics**—you'll learn how to define and differentiate prebiotics and probiotics; identify risks that alter the neonatal microbiome; and identify the common complications premature infants can develop that could be prevented by probiotic administration.

FREE Continuing Education: 1.0 RN CE; 1.0 RD CPEU

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RELATED RESOURCES:

- **Infographic for patients:** [Human Milk Oligosaccharides and the Role of Prebiotics](#)
- **Video for HCPs:** [Prenatal Stress and the Microbiome](#)
- **Article for HCPs:** [Gut Microbiota in Developing Neonates](#)

NICU CURRENTS: HUMAN MILK FORTIFIERS



Breast milk is best for preterm babies. In many cases, small preterm babies need more calories and nutrients than breast milk can provide; and because preterm babies have tiny gastrointestinal systems, neonatal healthcare professionals must consider innovative ways to provide critical nutrients in smaller volumes.

In our new course—**NICU CURRENTS: Evidence-based Guide to Human Milk Fortifiers**—you'll learn how to identify challenges and make nutrition recommendations for premature infants; review the types of human milk fortifiers and strategies for each; compare evidence for powdered, liquid, and human milk-based fortifiers; and recognize concerns about growth, metabolic acidosis, and osmolality.

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RELATED RESOURCES:

- **Infographic for patients:** [Human Milk Fortifiers](#)
- **Continuing education for HCPs (0.5 RN CE/0.5 RD CPEU):** [Advances in Human Milk Fortification: Evidence for Preterm Infants – Part 1](#)
- **Continuing education for HCPs (1.0 RN CE/1.0 RD CPEU):** [Advances in Human Milk Fortification: Evidence for Preterm Infants – Part 2](#)

ATTENDING ASPEN 2019?



Come join us for the ANHI Continuing Education Satellite Symposium, **New Insights on the Role of Nutrition in Enhanced Recovery After Surgery (ERAS)**.

Date: Sunday, 24 March 2019

City: Phoenix, AZ

Symposium location: Valley of the Sun DE, Sheraton Grand Phoenix

Time: 7-9 PM Mountain Time

Faculty presentations:

Refaat Hegazi, MD, PhD, MPH, MBA <i>Abbott Nutrition, Scientific & Medical Affairs</i>	Welcome & Introductions
Samir Awad, MD, MPH, FACS <i>Baylor College of Medicine</i>	ERAS: Emerging Evidence on the Role of Nutrition to Improve Outcomes
David Evans, MD, FACS <i>The Ohio State University</i>	The Evolution & Evidence of Immunonutrition
Kathryn Starr, PhD, RD <i>Duke University School of Medicine</i>	Nutrition & ERAS: Turning the Evidence Into Practical Care

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CARBOHYDRATE QUALITY: WHAT SHOULD I TELL MY PATIENTS?



Obesity and diabetes have reached epidemic proportions and are projected to increase over the next decade with important consequences for cardiometabolic complications. As the ultimate role of fat in this dual epidemic has been questioned, carbohydrates are increasingly being indicted as the main culprit. Much of the concern has focused on sugars, but traditional carbohydrate staples like cereal grains, pulses, and pasta are also under scrutiny.

In this course, John Sievenpiper, MD, MSc, PhD, FRCP, presents the available evidence suggesting that not all sources of carbohydrates behave similarly. You'll review the carbohydrate-insulin model; define the four domains of carbohydrate quality; assess cardiometabolic benefits; learn about interactions of different phenotypes/genotypes with domains of carbohydrate quality; and more.

FREE Continuing Education: 1.0 RN CE; 1.0 RD CPEU

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GESTATIONAL DIABETES: LATEST RESEARCH & GUIDELINES



One in six live births occur in women with diabetes. Gestational diabetes mellitus (GDM) is the most common type, accounting for approximately 85% of all cases.

In this course, Prof Helen Murphy, MBChB, FRACP, MD, explains the maternal risk factors, epidemiology, and screening methods for GDM; reviews dietary guidelines for the management of GDM; and briefly discusses new technologies, such as continuous glucose monitoring.

FREE Continuing Education: 0.5 RN CE; 0.5 RD CPEU

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