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FOR IMMEDIATE RELEASE

**PLUMAS DISTRICT HOSPITAL PROVIDES DIABETIC COUNSELING
DURING PREGNANCY**

QUINCY, CA, AUGUST 25, 2011 – Women with diabetes prior to pregnancy, or who develop gestational diabetes while pregnant require more frequent prenatal visits to manage the condition and deliver a healthy baby.

Plumas District Hospital (PDH) assists pregnant women to manage diabetes during pregnancy with the Sweet Success Program. The program is designed to decrease the risk of diabetes-related complications despite having diabetes during pregnancy. Complications such as pre-term labor, a baby who is too small or too large at birth and/or low blood sugar in the baby at birth can be avoided.

Registered nurse Lisette Hokanson and registered dietitian Dianne Gruner work together with the primary care physician and a perinatal specialist to coordinate care for pregnant diabetic patients. Together, they assist the woman in controlling her blood sugar level with self-monitoring of blood glucose level, dietary adjustments, exercise, and medication if needed.

Plumas District Hospital became a Sweet Success affiliate in 2004. Since the programs inception, the extra support from the Sweet Success team has enabled the majority of diabetic patients to deliver a healthy baby at PDH rather than having to travel to a large urban hospital to give birth.

Sweet Success meets standards of care promoted by the American Diabetes Association and works collaboratively with other programs, including the California Department of Health Services' Diabetes Control Program and the Diabetes Coalition of California, to maintain program quality.

The California Diabetes and Pregnancy Program (CDAPP) developed the Sweet Success model of care to provide comprehensive support and education to medical personnel to help promote improved pregnancy outcomes for high-risk pregnant women with pre-existing diabetes and women who develop diabetes while pregnant; gestational diabetes.

PDH presently has four family practitioners providing obstetric care - Erin Barnes, M.D.; Rachel Hurlburt, D.O.; Jeff Kepple, M.D. and Ross Morgan, M.D. All four PDH physicians accept new maternity patients.

All obstetric staff, including all nurses and physicians, are certified and compliant with the American College of Obstetrics and Gynecology (ACOG) and the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) standards. When expectant mothers choose PDH, they will enjoy the benefit of personalized care from their own physician throughout all stages of pregnancy, delivery and for their newborn child.

PDH has been recognized two consecutive years - in 2010 and 2011 - for quality obstetrical practices when it earned the BETA Healthcare Group Award of Excellence, an award offered for achieving 100 percent compliance in the 'Quest for Zero' preventable birth injuries initiative.

PDH offers 24 hour obstetric services, and is the only Plumas County hospital providing obstetrics services. In addition, the hospital offers childbirth classes for expectant individuals several times per year. During the six-week session, instructors provide information about the process of labor & delivery, the role of the labor coach and the use of relaxation/breathing methods. Breastfeeding techniques, newborn care, infant CPR and infant car seat safety are also discussed.

More information about the Sweet Success Program or childbirth classes may be obtained by calling the North Fork Family Medicine clinic at 283-5640.