



Current. Comprehensive. Continuing Education Online.

## Our September newsletter is dedicated to **Good News**

Our newsletter format will feature important industry news, periFACTS® programs and books, and a sneak peek to what's new this month for our monthly subscribers!

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### In The News

#### [10 Best Natural Sources Of Probiotics, According To Nutrition Experts](#)

Probiotics are well known for being beneficial for your gut and overall health. So, while you probably have a general idea of what probiotics are and do, you might be a little hazy on things like the best natural sources of probiotics. Here's what you need to know about these gut-boosting microorganisms and how to find them.

MBG Food (8/2021)

#### [All the Health Benefits of Eating Peaches](#)

Summer peaches are one of nature's best inventions. They're soft and sweet, smell divine, taste good cooked or fresh, and they're chock-full of vitamins, minerals and antioxidants. Peaches boast lots of potential health benefits, including improved digestion, a healthy heart, a strong immune system and improved allergy symptoms.

Cleveland Clinic (8/2021)

#### [Few Handfuls of Walnuts Per Week May Increase Longevity and Lower Death Risk, Study Finds](#)

Higher consumption (both amount and frequency) of walnuts lowers the risk of death and increases life expectancy versus no consumption of walnuts, a recent study involving older adults in the US has found.

Medical Dialogues (8/2021)

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### Store Feature



**WE ARE CELEBRATING 30 YEARS  
OF PERIFACTS IN SEPTEMBER!**

**We are offering \$30 off our  
BEST-SELLING Fetal Monitoring  
Bundle to Celebrate!**

# Take \$30 off our Fetal Heart Rate Monitoring Textbook & Post Test Bundle!

Our Fetal Monitoring Bundle includes a copy of our 3rd Edition Fetal Monitoring Textbook and access to our online Post Test for one year, with the ability to earn 28 CNE Contact hours, including 25.95 EFM Hours!

**Regular Price: \$100 | SALE PRICE: \$70 per person\***

[LEARN MORE](#)

## New This Month - September Curriculum for Subscribers

Obstetrics Topic - **Emergency Obstetrics** focusing on:

- **Detection and Management of Prolapsed Umbilical Cord**
- **Eclampsia: Diagnosis and Management**

Women's Health Topic: **Differentiating Benign from Malignant Skin Lesions**

Video Topic: **Maternal to Fetal Oxygenation**

Clinical Quandary: **Supplemental Oxygen For Intrauterine Resuscitation: Does the Benefit Depend on Maternal Oxygenation?**

A PAUSE for menoPAUSE: **My doctor always cautions me about my cholesterol. Occasionally, we even get into a discussion about low-density lipoprotein (LDL) and high-density lipoprotein (HDL), but triglycerides are on the list in my medical record. Can you explain what they do?**

Grand Rounds Web-lecture: **Preterm Prelabor Rupture of Membranes: Outcomes with Expectant Management 34 Versus 35 Weeks**

Sign up for an [Individual](#) or [Group](#) Subscription to the periFACTS® Online Continuing Education Program to access this month's courses!

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