

"The Point"

ZSFG Diabetes Newsletter - March 2017

Making diabetes care easier, better, less frustrating and more fun since 2008



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More on Basaglar Kwikpen

We sent an ****URGENT ALERT**** last week about SFHP medical formulary change from Lantus (vial or pen) to Basaglar Kwikpen. A few highlights in response to questions from the alert:

- Though Lantus and Basaglar are both glargine u-100 insulin, neither is generic glargine, and due to FDA regulations, pharmacists **cannot** automatically make the substitution. Prescribing “glargine” alone is not sufficient. **Prescribers must specify Basaglar Kwikpen**
- Don't forget to write a **separate prescription for pen needles** for use with Basaglar Kwikpen, especially if your patient is converting from the Lantus vial
- This just in--**Anthem BC medical will also be changing from Lantus (vial or pen) to Basaglar Kwikpen as of 5/1/2017.**

And from our September 2016 issue of “The Point”, a brief recap of the regulatory issues around this new insulin: *Basaglar is **not generic Lantus**. Generic drugs contain the identical drug as the name-brand drug. Because insulins are biologic products made from living organisms, a particular insulin may vary slightly among manufacturers yet still have the same effect. The term for these biologic drugs that are slightly different but work the same as another drug is “biosimilar.” But up to now (and for the next several years), no insulins are considered biosimilars (for obscure regulatory reasons that you may be happier not to know).*

Diabetes Prevention Program at the YMCA

YMCA is sponsoring Diabetes Prevention Programs in English. The **Mission YMCA branch** is **starting now**. To qualify, participants must be over 18 yo, be overweight (BMI \geq 25) and have prediabetes or past gestational diabetes. 25 one-hour small group sessions over the course of one year are led by a trained Lifestyle Coach. 4 month YMCA membership included. See attached referral application. For more questions, contact Emily Turpin at 415-281-6702 or ETurpin@ymcasf.org. See attached flyers.

Reminder: Diabetes Classes in Spanish and English

We have plenty of space in our Diabetes education classes, both in Spanish and English. The Spanish classes are once a month on Monday mornings 9 am - 11:30 am. English classes are every 2 weeks on Wednesday afternoons 1 pm - 3:30 pm.

Both are a series of 4 classes that cover:

- Diabetes overview, blood sugar monitoring
- Healthy eating
- Medications, preventing complications
- Reducing stress and living well with diabetes

Referral is via the Diabetes e-Referral system. Please request diabetes classes in your referral.

New diabetes problem-solving group

We are now accepting referrals for a group medical visits for English speaking patients who need timely follow up for oral med/insulin titration. **Targeting patients with A1c > 9%, who are motivated to participate in group setting to review blood sugar patterns and adjust medications/behaviors accordingly.** Goal is to improve problem-solving skills and confidence in diabetes/insulin self-management. We meet every other Wednesday afternoons 1 - 3 pm x 6 sessions in FHC. Rolling admission. Send Diabetes eReferral.

Diabetes Resource Website:

<http://in-sfghweb01/DMresource/DiabetesMain.htm>

Contact us: email me at charlotte.kuo@sfdph.org

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