



# The Point

April 2019

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



- > Open slots for free diabetes prevention programs
- > Diabetes care during Ramadan
- > Quarterly provider meeting

Diabetes Resources in SharePoint

## OPEN SLOTS FOR FREE DIABETES PREVENTION PROGRAMS

Overweight SFHN patients who are at high risk for diabetes are eligible for Diabetes Prevention programs at no cost. **We are now enrolling!** High risk is determined by labs (A1C 5.7 - 6.4%), history of gestational diabetes, or high score on the [CDC diabetes risk assessment test](#).

Please refer patients who are motivated and ready to make behavioral changes by **eConsult** to Diabetes Prevention Services. Our Patient Navigator Rebeca Garcia with contact your patient to discuss the options. Or, your patient can call Rebeca directly at 415-206-6381 to self-refer.

Patients who are actively engaged in DPP are also eligible for YMCA gym membership to support their efforts!

**YMCA DPP** is now enrolling in **English, Spanish** and **Cantonese**. The DPP program includes 25 in-person group classes with health coach support over 1 year at multiple locations in San Francisco:

- ZSFG, Wednesdays 10 - 11 a.m., **Spanish**
- Silver Avenue Health Center, Thursdays 5:30 - 6:30 p.m., **Spanish**
- Embarcadero YMCA, Wednesday 6 - 7 p.m., **English**
- Stonestown YMCA, Wednesdays 6 - 7 p.m., **English**
- **Cantonese**, coming soon!

Also enrolling:

- **OMADA**, an online/mobile curriculum with health coach on group support by

text, available in **Spanish** and **English**

- **WEIGHT WATCHERS:** weekly meetings and access to online tools. Various times/locations available. Available in **English** only.

## DIABETES CARE DURING RAMADAN

**Ramadan is May 5 - June 4 this year, and it's important to plan in advance with your patients who have diabetes.**

The International Diabetes Federation and the Diabetes and Ramadan International Alliance jointly published [Diabetes and Ramadan: Practical Guidelines](#) in April 2016. The whole publication is accessible [here](#) and provides excellent background and clinical tips.

For **excerpts** of this publication that we summarized in the May 2017 issue of "The Point," click [here](#). Our summary features:

- What happens during Ramadan
- Potential risks to people with diabetes
- Medical assessment and planning
- Ramadan nutrition plan
- Medication adjustment

## UPCOMING

If you are planning on attending the next Quarterly Provider Meeting on Wednesday, April 24, you'll get a sneak peek at our **oral algorithm for type 2 diabetes**.

Clinical trials on the cardiovascular safety/benefits of diabetes medications are ongoing and results are changing practice as you read this, making any algorithm a living document. The ZSFG Diabetes Team has reviewed the 2019 ADA standards of care and evidence to-date to develop guidelines adapted for our patient population and most common formularies. Julie Kim, endocrinologist, has thoughtfully put it all together in a simple-to-use algorithm and will walk you through it at the next Quarterly Provider Meeting.