



The Point

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



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Diabetes Resources in SharePoint

PATIENTS WORRIED ABOUT METFORMIN?

Some of our patients--and yours too, we bet--are asking if it's safe to continue taking metformin after news reports about metformin containing a possible carcinogen. Let's look at the facts (as reported in HealthDay News 12/6/2019):

During the past year and a half, several types of medications--including ARBs and ranitidine--have been found to contain small amounts of nitrosamines (e.g., N-nitrosodimethylamine or NDMA). Exposure above acceptable levels over long periods may increase the risk for cancer.

Per the FDA, some metformin products in other countries were reported to have low levels of NDMA, though the levels were within the range that naturally occurs in some foods and in water. Nonetheless, the FDA noted that regulators in some other countries are recalling certain metformin drugs. This has prompted the FDA to investigate whether metformin in the U.S. contains NDMA, and whether it exceeds acceptable daily limits.

There are no recalls of metformin in the U.S.

At this point, Diabetes Clinic would not recommend that patients stop metformin. We've provided the above alert so you can have informed discussions with patients about the risks/benefits of metformin.

Blocked from Ordering Insulin In-Clinic?

Have you been **stymied by Epic when trying to administer insulin in-clinic for Medicare patients and the Advanced Beneficiary Notice (ABN) alert pops up**? The dilemma is that either no ICD-10 code is accepted or the patient must accept responsibility for the charge. We've been told that DPH does not want any barriers to urgent insulin administration in clinic. IT is working (high priority) on removing the ABN for clinic-administered insulin. Patients will not be billed.

Diabetes SmartSets

Looking for an **easy way to order meter supplies (meter + lancets + test strips)**? Use the Diabetes SmartSet in Epic which groups meters by brand covered by our most common formularies: HSF, SFHP medi-cal, Anthem BC medi-cal. Remember, Medicare will cover any brand meter, but only replaces the meter once every 5 years. There is an option to prescribe a generic meter and testing supplies and the pharmacy will dispense whatever is available or covered.

Access **SmartSets** under the "Plan" tab once the patient has arrived in clinic. Search for Diabetes and add to your favorites.

DIABETES EDUCATION RESOURCES FOR PATIENTS

Click [here](#) for the January - May 2020 calendar of **Diabetes Education and Empowerment Program** classes. DEEP is a free 6 week (2 hrs/wk) series facilitated by trained health educators targeting people with diabetes or prediabetes and their caregivers/family, available in locations around San Francisco. Classes are available in English, Spanish and Cantonese. Flyer is also posted on the Diabetes SharePoint site.

And don't forget--we also offer ADA-certified **diabetes small group education in English and Spanish on the ZSFG main campus**. This 4-part series is co-facilitated by an RN/Certified Diabetes Educator and nutritionist. Topics include Diabetes Treatments and Targets, Healthy Eating and Exercise, Preventing Complications, and Challenges/Choices of Living with Diabetes. Family members and other support persons are also welcome to attend. Please send Diabetes eConsult to refer.