



The Point

May 2022

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

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NEW VIDEOS AND CONTENT AT OUR WEBSITE

We have several new resources to help you and your patients, all posted at sfg CDIabetes.org:

Brought to you by the UCSF Latinx Center for Excellence, "**How Sugary Drinks Affect Your Child's Health**" is important information for anyone who is concerned about diabetes, pre-diabetes, weight gain, fatty liver, oral health, etc. Patient-centered and family-centered video in English and Spanish.



Looking for inspiration to prepare simple and healthy meals? The **Food As Medicine Collaborative** has live cooking demos by Zoom, and cached cooking demos by chef Kevin on their [YouTube channel](#). Here's one example:

Hundreds of other healthy recipes with nutrition information are available [here](#).

a collaboration between EatFresh and CalFresh.



We've created a **flyer with QR codes and short URLs** for patients to access our most popular videos: using the Accu-chek Guide meter, learning about carbohydrates and healthy portions, sugary beverages, and introduction to insulin.

Available in [English](#), [Spanish](#), [Chinese](#)

New **healthy plates in Vietnamese and Russian**, to complement healthy plates in English, Spanish, and Chinese.

(Many thanks to pharmD students Uyen Nguyen and Svetlana Shepvalova!)

Thực đơn lành mạnh dành cho người bệnh tiểu đường

Chất đạm: thịt gà, thịt bò, trứng cá hồi, trứng...
Tinh bột: cơm, mì, ngô, khoai tây, khoai lang...
Nhóm rau củ quả: rau cải xanh, ớt chuông, rau bina, bắp cải, cà rốt, cà tím, cà chua, ớt chuông, bí, đậu nành, bơ, cam, quýt, các loại dưa...
Nhóm trái cây: táo, chuối, kiwi, nho, dưa hấu, dưa gang, kiwi, xoài, cam, quýt, các loại dưa...
Nhóm sữa chua: sữa chua, sữa từ các loại hạt (sữa hạnh nhân, sữa đậu nành, sữa mè đen...)

Các loại chất béo tốt cho sức khỏe: 1-2 muỗng dầu ô-liu hoặc dầu canola, 1/4 khẩu phần các loại hạt, hoặc trái bơ cho mỗi bữa ăn

Выбор здорового питания: Ваша тарелка

Фрукты: 1 яблоко, банан, груша, апельсин, персик, 1/2 кг винограда, вишня, 1/2 чашка манго, 1 чашка арбуза, ягоды, дыня или клубника, 2-3 порции/день

Овощи свежие или приготовленные: 1/2 тарелки: салат, огурец, помидор, брокколи, морковь, капуста, болгарский перец, кабачки, шпинат, спаржа, цветная капуста, стручковая фасоль, баклажаны, лук, сельдерей, грибы, зелень, 1-2 чашки за прием пищи

Белок: 1/4 тарелки: курица/индейка - без кожи, рыба, моллюски, нежирная говядина/свинина, тофу, яйца, ореховое масло, сыр моцарелла, обезжиренный творог или швейцарский сыр, 55-110 грамм за один прием пищи

Крахмал: 1/4 тарелки: Выберите цельнозерновые: овес, пшеница, овсяная каша, бурый рис, киноа, гречка, красная или белая фасоль, 2-3 порции, 1 чашка или 55-85 грамм за один прием пищи

Молоко: 1 порция = 1 чашка: Молоко: обезжиренное или 1% жирности; Йогурт: обезжиренный или нежирный (грецкий или обычный); Сливочное молоко: 2-3 чашки/день

Супы: 1 чашка/день: овощные супы, борщ, щи, куриная лапша, уха

Полезные жиры: подсолнечное или оливковое масло, 2-3 ч. ложки за прием; семечки, орехи, авокадо до 14 чашки за прием

Created by Svetlana Shepvalova, Tufts University California, PA student class of 2022. Based on Healthy Plate created by SFDPH SFGH Outpatient Nutrition.



We all talk about the power of diet and exercise--Andre's experience of the YMCA Diabetes Prevention Program is both empowering and life-changing. We hope this short video will inspire others.

Please submit via eConsult to Diabetes Prevention Services. Criteria: patients 18 yo or over who are overweight and are at high risk for developing diabetes, and are willing to commit to an intensive year-long program aimed at lifestyle changes. Participants who are actively engaged in DPP may be eligible for a YMCA SF gym membership to support their efforts to prevent diabetes.

Upcoming DPP classes:

English: (In-person at Stonestown YMCA) Tuesdays 5:30-6:30p, **starting 5/17/22**

Spanish: (Zoom) Wednesdays 6p-7pm, starting 5/25/22

Cantonese: (In-person at Stonestown YMCA) Saturdays 10a-11a, **starting 5/28/22**

We also partner with OMADA's online DPP program (via mobile app available in English and Spanish) which may allow for a more flexible schedule for your patient.

SPANISH IN-PERSON DIABETES EDUCATION GROUPS START 6/1

IN-PERSON diabetes education groups in Spanish are back! The 6-week Diabetes Education and Empowerment Program (DEEP) at OnLok will **start June 1, Wednesday from 2-4 p.m.** See [flyer](#). Patients can self-refer or you can send a secure email with their information to the coordinators with patient permission. Participants need proof of vaccination and at least 1 booster. Contact Marcia Molina at 415-550-2263, or at marcia.molina@onlok.org

DEEP is open to patients with diabetes, pre-diabetes and their caregivers, especially focusing on patients over 60 yo. Available in English, Spanish, Cantonese, contact Marcia Molina for schedule.

HSF FORMULARY UPDATE ON EMPAGLIFLOZIN (JARDIANCE)

You've probably seen growing use of SGLT-2 inhibitors outside of Diabetes Clinic, given the strength of data for cardiovascular and renal benefits independent of whether the person has diabetes, and independent of glucose control even with diabetes.

Healthy San Francisco has now approved empagliflozin (Jardiance) 10 mg tablets for the indication of heart failure (reduced or preserved), no PA needed.

- On-campus clinics: send prescription to ZSFG outpatient pharmacy
- Off-campus clinics: send prescription to retail pharmacy

In Diabetes Clinic, we continue to use SGLT-2 inhibitors for their indication for type 2 diabetes, dosed by eGFR. SGLT-2 inhibitors lower A1C modestly in the range of 0.5-0.7%. **For indication of type 2 diabetes, HSF still requires PA for empagliflozin, step therapy after metformin use.**



[sfghdiabetes.org](https://www.sfghdiabetes.org)