



# The Point

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

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## NEXT GROUPS

The next cycle of inperson "Living with Diabetes" education groups in English starts soon. Please send eConsult:

- **Tuesdays 2-4 p.m. on November 7 and 21, December 5 and 19**
- Topics include (1) diabetes overview, (2) complications, medications, (3) nutrition, (4) psychosocial aspects
- Patients and their caregivers welcome to attend

## WHEN AND WHY DO FINGERSTICK MONITORING?

Frequent fingerstick monitoring before meals and at bedtime, or CGM, is the standard of care for people with T1DM/T2DM on intensive insulin regimens. The evidence is less clear for people with T2DM who are diet controlled, on orals only or basal insulin only. **Yet targeted fingerstick monitoring 1-2x/day can be valuable**, especially when people with diabetes understand how the information provides feedback on the effect of food and exercise on their glucoses, and feel empowered to make actionable changes.

**So when do you recommend fingerstick glucose monitoring? And what do you do with the information? (more importantly, what does the *person living with diabetes* do with the information?)**

The A1C goal for most people is < 7%. What's the corresponding fingerstick target?

- Fasting and premeal glucose goal 80-130 mg/dL
- 2 hour postprandial goal under 180 mg/dL

- You can teach your patients these goals so they know how to interpret their home readings

Consider the medication's effect on the blood glucose:

- *In general*, basal insulin, metformin, TZDs like pioglitazone, and GLP1s can limit the liver output of glucose that cause fasting blood glucoses to be inappropriately high
- *In general*, sulfonylureas, DPP4s, GLP1s and prandial insulin target postprandial excursions
- *In general*, SGLT2s increase glucosuria—there could be a modest effect in both FBG and postprandial BG

Interested in more practical examples on using targeted/limited fingerstick monitoring? Click [here](#) for four case studies.



[sfghdiabetes.org](http://sfghdiabetes.org)

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