



The Point

June 2024

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

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COOKING CLASSES



Earlier this year we piloted a **novel cooking class series** in English and Spanish for people living with diabetes. In the words of one participant of the Spanish class (translated), *"The class helped me a lot because having diabetes is hard, accepting it is even worse. I learned that I don't have to be suffering to eat. I felt very encouraged to learn these things in class... It was a big change. I can continue enjoying the same foods but healthier."*

The interactive series is co-facilitated by a diabetes nurse practitioner and ZSFG nutritionist and focuses on healthy eating, learning about and sharing new recipes and

tasting new foods. Topics include:
Week 1: Increasing vegetable intake
Week 2: Whole grains
Week 3: Lean proteins

We are offering the cooking classes again! Please refer via Diabetes eConsult.

- English group: June 18, 25 and July 2 (Tuesdays, 2 - 3:30 p.m.)
- Spanish group: July 9, 16, 23 (Tuesdays, 2 - 3:30 p.m.)

PRE-OP ADJUSTMENT OF DIABETES MEDICATIONS

When your patient has a scheduled procedure that requires them to be NPO or do bowel prep, how should their diabetes medications be adjusted?

Recommendations differ by class of medication and mechanism of action. In general:

- Long-acting GLP1s injected once weekly are stopped 1 week prior to procedure due to the risk of delayed gastric emptying and aspiration
- SGLT2 inhibitors are stopped 3-4 days prior to procedure due to the risk of euglycemic DKA
- Short-acting GLP1s injected or taken orally once daily are held on the day of the procedure
- Basal insulin injected at night or the morning of the procedure is usually reduced, especially if patient is at risk of hypoglycemia when not eating
- While NPO, hold sulfonylureas or prandial insulin to avoid hypoglycemia

Anesthesiology or the Diabetes Clinic provider may have more specific recommendations depending on patient circumstances.

Another on-line resource is UCSF's interactive tool, "Preoperative Diabetes Management Online Program," which allows individualized assessment and guidance for your patient's diabetes medication regimen. Website is accessible at ucsf.logicnets.com

SUMMER DIABETES EDUCATION GROUPS

Summer is here!

Groups are a great way to build camaraderie, share common struggles and learn new ways of living with diabetes. The curriculum of the 4-part series covers: Type 2 Diabetes Overview, Diabetes Complications, Nutrition, and Stress Management. Our summer calendar:

English group: July 10, 17, 24, 31 (Wednesday mornings)
Cantonese group: August 7, 14, 21, 28 (Wednesday mornings)
Spanish group: August 20, September 3 and 17, Oct 1 (Tuesday afternoons)

Please refer via Diabetes eConsult.



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