



Greetings from the Education Recognition Program (ERP) team!

In this edition of our e-newsletter, we would like to announce several resources available for health care providers relating to foot care, eye health, and chronic kidney disease (CKD). We are also excited to spotlight Kalihi Palama Health Center (KPHC), located in Honolulu, Hawaii.

On behalf of everyone at the American Diabetes Association® (ADA), thank you to each and every one of you for all you do for people with diabetes.

What's New

ERP Updates

Education Recognition Program Symposiums

We are excited to announce that the ERP DSMES and Medicare Reimbursement Symposiums are now available on demand until December 31.

Both symposiums are accredited continuing education (CE) programs for physicians, physician assistants, nurses, dietitians, pharmacists, and certified diabetes care and education specialists.

[Learn More & Register](#)

ERP Spotlight-Kalihi Palama Health Center

Kalihi Palama Health Center (KPHC) is a federally qualified community health center that serves the Kalihi-Palama community in Honolulu, Hawaii. We provide health and social services to patients who typically face significant barriers when accessing health care. We serve more than 20,000 patients annually in all age groups and the majority are Asian, Native Hawaiian, and Pacific Island ethnic minorities. Many of our patients are burdened by diabetes, not only having it themselves, but seeing it amongst their family and community members. Their challenges are unique and can be complex, encouraging our health care team to offer comprehensive care in a culturally inclusive manner.

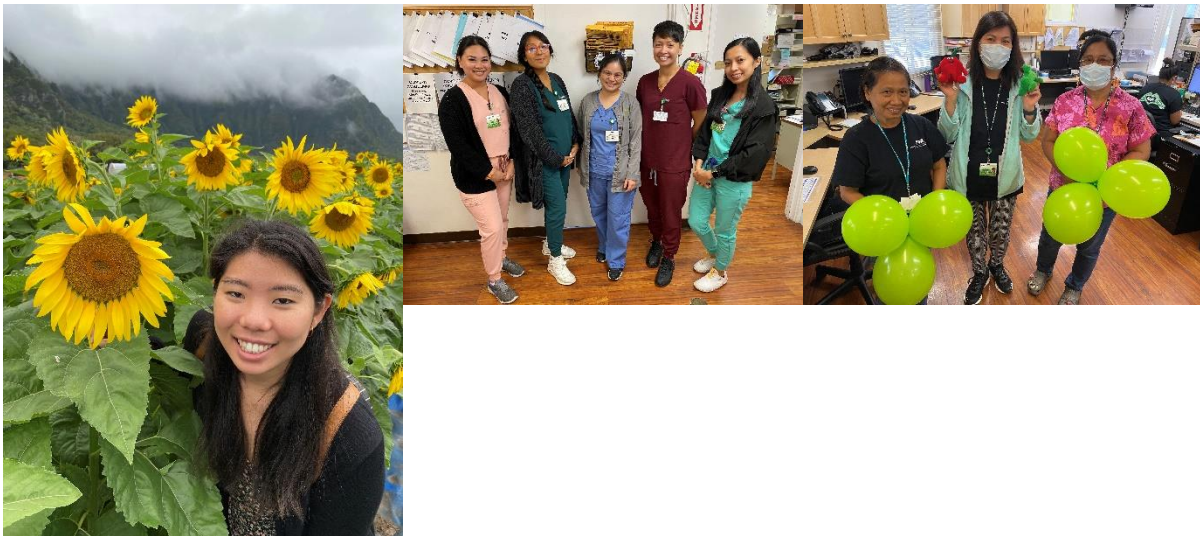
We have had the great privilege of being an ADA-recognized diabetes management program since May 2012. In the 2023–2024 cycle year, we had our highest amount of DSMES participants since 2012. We are a small program but we are consistently looking for ways to expand and be creative in our marketing approach of DSMES.

Unlike many other DSMES programs, we offer group classes in English, Filipino, Chuukese, and Marshallese languages. Group interactions have proved beneficial for our patients, as many of the cultures we serve make decisions and seek guidance as a group. Diabetes education is provided by registered nurses and a CDCES registered dietitian. We developed type 2 diabetes education handouts in different languages, ensuring we focus on health literacy. Services provided include medical nutrition therapy, continuous glucose monitor or glucose meter training, and behavioral health assessments/referrals.

Community health workers have been critical in motivating patients to join a diabetes class. With their cultural background and competency, they have unique knowledge and skills to help encourage and educate our patients in ways other people cannot. We are very grateful for all they do. Teko Gabriel, a Chuukese community health worker, has been working at

Kalihi Palama Health Center for 18 years and she says, “I know that KPHC tries to provide quality health care, but our own culture and mentality is affecting our health. For example, we eat a lot because if we don’t, we feel that it’s in some way disrespecting our culture or values.”

Every day we come to work motivated to make a difference in our community. We support our patients in living a fulfilling life with diabetes.



Advocacy Corner

Annual Foot Exams for Diabetes Care

For people living with diabetes, annual foot exams are a critical part of their diabetes care. If they have existing foot problems, exams should occur more frequently. [Download](#) our quick guide on conducting these exams and the necessary follow-up.



Ask the Experts Series

Our Ask the Experts series, designed to help people with diabetes tackle commonly faced issues, provides a space where people can ask questions of our experts and hear from others with similar experiences. Share these upcoming Ask the Expert events with the people you see to help support them on their health journey.

How to Have a Conversation About Obesity Care with Your Health Care Provider

- Thursday, September 19th at 8:00 p.m. ET

The Latest in Type 2 Diabetes and Technology

- Tuesday, October 8 at 2:00 p.m. ET

[**Learn More**](#)



Focus on Diabetes®

Diabetes and Eye Health: A Guide for Primary Care

Take this three-module course focusing on the current epidemiology of diabetes-related eye disease. Learn how to foster collaborative care with other health care professionals involved in the care of your patients with diabetes, as well as identify the clinical stages and features of diabetes-related retinopathy.

[Learn More](#)



DaVita Kidney

New Diabetes-Related CKD Resources

Visit the ADA's updated Kidney Journey and discover the latest clinical practice recommendations from our *Abridged Standards of Care*. Or, learn more about the

management of diabetes-related kidney disease with our new primary care professional resources in the “I’m Treating People at Risk” tab.

[Learn More](#)

Genentech Eye Health Equity

August Was National Eye Exam Month!

Did you encourage your patients to get their annual eye exam? Even though National Eye Exam Month has passed, now is still a great time to encourage eye care. As diabetes is the leading cause of blindness in people 18–64 years of age, the ADA strongly recommends regular dilated and comprehensive eye exams to detect problems early, greatly reducing the risk of severe vision loss. Make eye health a top priority by educating your patients with diabetes on the importance of getting their eyes checked.

[Learn More](#)

2024 State of Diabetes

You’re invited to attend the 2024 State of Diabetes by the American Diabetes Association® (ADA)! These exclusive no-cost events happening across the country bring together influential figures across various sectors to discuss the current landscape of diabetes and tangible outcomes to improve diabetes care, workplace wellness, and advocacy efforts.

[Learn More](#)

Don’t miss this opportunity to convene with fellow employers, industry leaders, health care providers, and influencers to forge partnerships to propel your diabetes initiatives to the

next level. Secure your spot today at no cost. We look forward to your presence at this impactful event!

[Reserve Your Spot](#)

Nutrition

New ADA Nutrition Resources

The ADA's new nutrition and wellness philosophy is: Informed food choices are essential to living well. Throughout the remainder of 2024, additional content and tools that leverage the Nutrition Consensus recommendations and the Diabetes Plate will be made available. Here are some useful resources that have already been added to our consumer and professional websites :

- The [Seven Recommended Meal Patterns for Diabetes Management](#) highlighted in the Nutrition Consensus report are now available on our website. Here, you will find evidence-based meal patterns that can help those living with diabetes eat well.
- The popular article, [The Diabetes Superstar Foods](#), has been updated with new information, breaking down superstar foods and their role in diabetes management.
- A new [Nutrition & Wellness page](#) has been added to DiabetesPro® to help health care professionals translate evidence-based diabetes nutrition standards into practical resources for diabetes.
- The Nutrition Consensus serves as our overall guide and key content can be found on professional.diabetes.org. This information can help health care professionals translate evidence-based diabetes nutrition standards into practical resources for people with diabetes.

Please share our virtual diabetes-friendly [cooking classes](#) with the people you see as fun and FREE resources. Every month, the ADA's Nutrition & Wellness team and a chef from Homemade conduct a live cooking class using recipes from our Diabetes Food Hub®.

Participants will learn interesting and delicious cooking tips from the Homemade chef and nutrition tips from our registered dietitian and diabetes educator. Come cook with us!

Haleon/Parodontax

Oral health is an important part of overall health, and people with diabetes are more likely to have gum disease. Check out this easy-to-follow at-home [oral health hygiene checklist](#) you can share with clients. Help your clients and patients get started on the path to healthier gums today!

DID YOU KNOW:

- Gum disease is the most common cause of tooth loss for adults¹
- If left untreated, gum disease can lead to conditions such as diabetes and heart disease^{2,3}
- Bleeding gums and bad breath can be signs of gum disease⁴
- There is some evidence that suggests gum disease found during pregnancy can be associated with preterm birth, low birth weight, and preeclampsia^{5,6}

The good news is that gum disease is reversible with the right care plan!

GET STARTED ON THE PATH TO HEALTHIER GUMS



parodontax Active Gum Repair Breath Freshener Toothpaste

Clinically proven to reduce bad breath and bleeding gums.*



parodontax Active Gum Health Daily Mouthwash

Targets bacteria where brushing alone can't reach. Helps reduce the early signs of gum disease.



parodontax Complete Protection Toothbrush

Tough on plaque, gentle on gums.

*with twice-daily brushing

References: 1. U.S. Department of Health and Human Services. (n.d.). Periodontal (gum) disease. National Institute of Dental and Craniofacial Research. <https://www.nidcr.nih.gov/research/data-statistics/periodontal-disease>
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6. Figuero E, Han YW, Furuichi Y. Periodontal diseases and adverse pregnancy outcomes: mechanisms. *Periodontol 2000*. 2020;83(1):175-188.

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Scan to Save!

HOME CARE PLAN

TOOTHPASTE

Brush teeth thoroughly with a soft bristle brush twice a day for 2 minutes.

parodontax Active Gum Repair Breath Freshener

Other: _____

MOUTHWASH

Vigorously swish 20 milliliters of the rinse between your teeth twice a day for 30 seconds and then spit out.

parodontax Active Gum Health Daily Mouthwash

Other: _____

TOOTHBRUSH

Use a soft bristle brush to clean along the gumline. Replace your toothbrush every 3 months.

parodontax Complete Protection

Other: _____

DON'T FORGET TO FLOSS!

Clean between teeth with floss or another interdental cleaner once a day. Always follow the directions given by your dental professional.

NEXT SCHEDULED APPOINTMENT

Date: _____

SPECIAL INSTRUCTIONS

Problem areas to concentrate on:

Care for braces:





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