

**Subject:** Re: Message from Care Manager

**From:** Hien Cao <[hcaosc@gmail.com](mailto:hcaosc@gmail.com)>

**Date:** 2/8/2023, 12:42 PM

**To:** Hanh Cao Yu <[hanh.cao.yu@stanfordalumni.org](mailto:hanh.cao.yu@stanfordalumni.org)>

**CC:** Huy Cao <[mark.cao@gmail.com](mailto:mark.cao@gmail.com)>

Since you know your availability, how about if you login to KP.org and message her directly?

On Wed, Feb 8, 2023 at 12:40 PM Hanh Cao Yu <[hanh.cao.yu@stanfordalumni.org](mailto:hanh.cao.yu@stanfordalumni.org)> wrote:

Thanks Hien. The timing of the metformin and evening testing has never been made clear in any of the written instructions.

I can call around 3:30 today to talk to Ms. Morris. Can you setup a time then to make sure she's available. I can give the blood pressure info. It's not been good.

H.

On Wed, Feb 8, 2023 at 12:09 PM Hien Cao <[hcaosc@gmail.com](mailto:hcaosc@gmail.com)> wrote:

Hanh,

See below:

Hi Ho and family:

I work in the diabetes office and received a referral to help with your diabetes care. The metformin medication is best taken at the very end of the meal with food still in the stomach to avoid upset stomach or loose stools.

I was reviewing your blood glucose results. It looks like the fasting blood glucose are nearly all in target range of 100-140 mg/dl. When you check the blood glucose in the evening, is this before dinner, two hours after dinner or at bedtime?

The goal for blood glucose:  
before dinner or any meal is 100-140 mg/dl.  
Two hours after dinner less than 200 mg/dl.  
At bedtime 100-200 mg/dl.

Eating the non-starchy vegetables first with meals does help to blunt the rise in blood glucose. Aiming for 1/2 the plate to be non-starchy vegetables also helps to limit the amount of rice or noodles consumed with the meals.

I noticed that his blood pressure was above target back in January. Are you checking his blood pressure at home? If so, what have you been getting for his results including the pulse?

It's important that we keep his blood pressure and blood glucose in range to keep his kidneys healthy.

Please call me when you have time to discuss his diabetes care. My direct number is

925-243-2718. You can also e-mail me and let me know a good day/time to call you.

Best Regards,  
Margie

Margie Morris, RD, CDCES

Registered Dietitian and Certified Diabetes Care and Education Specialist

The Permanente Medical Group

Med 2A

[3000 Las Positas Road](#)

[Livermore, CA 94551](#)

Office Phone: 925-243-2718

Office hours: 8:00 am - 4:30 pm Monday-Friday and 8:00 am to 12:00 noon on Thursdays.

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Hanh