



*Palo Alto Medical  
Foundation*

A Sutter Health Affiliate

## South Asians Resource Sheet

The information below will guide you to specific areas of PAMF's PRANA Web site ([www.pamf.org/prana](http://www.pamf.org/prana)) that address your condition and provide details about the additional resources PAMF to South Asians.

### High Cholesterol

- Use the PRANA Web site to improve your cholesterol. Follow the seven steps below.
  1. Go to [www.pamf.org/prana](http://www.pamf.org/prana) and listen to the lecture titled "Understanding Cholesterol."
  2. Choose lectures that discuss your individual problem such as "Lowering Triglycerides," "Lowering LDL" and/or "Raising HDL."
  3. Visit the link below to help further with lowering cholesterol:  
[www.pamf.org/southasian/healthy/screening/cholesterol.html](http://www.pamf.org/southasian/healthy/screening/cholesterol.html)
  4. Find out your **South Asian adjusted target weight** with the following calculator:  
[www.pamf.org/southasian/healthy/screening/bodysize.html](http://www.pamf.org/southasian/healthy/screening/bodysize.html)
  5. Visit the **South Asian nutrition page** for healthy eating tips and recipes located at [www.pamf.org/prana/nutrition](http://www.pamf.org/prana/nutrition)
  6. Get active! Losing body fat and adding muscle can significantly improve cholesterol levels. Visit the following link to calculate your target heart rate and for South Asian tips on exercising at [www.pamf.org/southasian/healthy/fitness.html](http://www.pamf.org/southasian/healthy/fitness.html)
  7. Follow up with regular physician visits and lab tests as recommended.
- **Nutritionist referral:** Talk to your physician to see if a referral to a nutritionist may help. PAMF has nutritionists who have an expertise in South Asian foods.

### Pre-Diabetes and Diabetes

- The following steps will guide you to important South Asian specific information on PAMF's PRANA Web site regarding pre-diabetes:
  1. Go to [www.pamf.org/prana](http://www.pamf.org/prana), and choose the lectures titled "Pre-diabetes" and "Diabetes."
  2. Go to the links below for important information on pre-diabetes and diabetes:

- Pre-diabetes:  
[www.pamf.org/southasian/risk/concerns/prediabetes.html](http://www.pamf.org/southasian/risk/concerns/prediabetes.html)
  - Diabetes:  
[www.pamf.org/southasian/risk/concerns/diabetes.html](http://www.pamf.org/southasian/risk/concerns/diabetes.html)
- 3. Follow steps 4-7 listed above in the "High Cholesterol" section.
- If you have diabetes, visit [www.pamf.org/diabetes](http://www.pamf.org/diabetes) for comprehensive information on diabetes.

## High Blood Pressure

- The following steps will guide you to South Asian specific information on high blood pressure:
  1. Go to  
[www.pamf.org/southasian/healthy/screening/bloodpressure.html](http://www.pamf.org/southasian/healthy/screening/bloodpressure.html).
  2. Be sure to purchase a home blood pressure monitor to track your numbers. Recommended monitors can be found at the above link.
  3. Follow steps 4-7 listed in the "High Cholesterol" section in this handout.

## Other South Asian Health Topics

- Go to [www.pamf.org/southasian/risk/concerns/](http://www.pamf.org/southasian/risk/concerns/) for a complete list of South Asian specific health topics such as children's health, cancer in South Asians, skin health, digestive health and more.
- Sign up for our PRANA newsletter to get up-to-date information on South Asian health topics. There is an online sign-in form at [www.pamf.org/prana](http://www.pamf.org/prana).

## PAMF Resources

### South Asian Consult

- Spend one hour with a physician expert in South Asian health who will work with your doctor to improve your care. Referrals must be made by your physician. Call 650-330-4523 to schedule an appointment.
  - Discuss your diabetes and heart disease risk.
  - Evaluate for other common conditions in South Asians such as tuberculosis (TB) and hepatitis.
  - Give specific nutrition and medication recommendations as indicated.
  - Order more advanced testing if necessary.

### Shared Medical Appointments

- These are medical appointments held in a group setting to encourage support and education from a physician and other patients. Call 650-565-4042 for more information.
  - ✓ Healthy Heart for South Asians (Fremont)

- ✓ Pre-Diabetes (Palo Alto)
- ✓ Cholesterol Disorders (Palo Alto)
- ✓ Weight Loss and Pre-Diabetes (Los Altos)

### **Health Education**

- Visit [www.pamf.org/health](http://www.pamf.org/health) for a schedule of **health education classes** and a listing of **PAMF Community Health Resource Centers** staffed by registered nurse health educators. Call 650-853-2961 for more information.

Visit [www.pamf.org/prana](http://www.pamf.org/prana) for more information on South Asian health.