

Diabetes Education Program

Diabetes Singapore is conducting diabetes education sessions to reach out to people affected with diabetes. Diabetes is a chronic condition and it is the eighth most common cause of death in Singapore.

Our Diabetes Education Program is designed to help you understand the disease, learn to manage and maintain good health despite your diabetes. Our nurse educators will guide and advise you during the sessions. Partners or support persons are welcome to attend the sessions with you.

新加坡糖尿病協會糖尿病患者自助課程

為了幫助糖尿病患者更有效的控制糖尿病，我們將開辦糖尿病自助課程提供正確的知識及護理技巧。內容包括：

- 糖尿病基本病理及危險因素
 - 病發症
 - 藥物須知
 - 運動須知
 - 飲食控制
 - 自我測驗血糖
- 完成課程後，您將能夠：
- 認識糖尿病的危害性
 - 飲食控制
 - 以及自我測驗血糖
 - 更有信心面對糖尿病

Sessions	糖尿病患者自助課程 課程項目
All about Diabetes – Have I learnt enough? • Causes • Risks Factors • Treatment Option Medical Nutrition Therapy - Can I eat rice? Healthy Diet Label Reading and Eating out	糖尿病患者自助課程 (一) 1. 什么是糖尿病? -糖尿病的种类 -糖尿病的症状 2. 誰會患上糖尿病? 3. 低血糖与高血糖症以及感覺不舒服時的處理方法
Medication and Insulin • Diabetic, High Blood Pressure and Cholesterol Medication • Alternative Therapy – Are there any safety issues? Insulin- A myth to be unveiled • What you need to know -Indications, Techniques and Handling insulin Be an expert to manage • Low and High Blood sugar • Sick Day management	糖尿病患者自助課程(二) 1. 如何控制糖尿病? 2. 有關治療糖尿病的药物与胰岛素 3. 糖尿病的健康饮食? -碳水化合 物如何影響你的血糖 -出外用餐時您因該做的选择 -認識食物標籤
Stop Giving Excuses - You can Exercise Stay Out of the Danger Zone • Diabetes Complications - • An Over - reaction? • Treatment Modality in the New Era • Can we prevent complications? • Truth or Dare - Latest Clinical Practice Monitoring of Blood Sugar Level • What is A1C? • Benefits of Self Blood Glucose monitoring	糖尿病患者自助課程(三) 1. 自我檢驗血糖水平以達到正確的目标 2. 什么是糖基血紅蛋白 (HBA1C)? 3. 怎样預防病發症-如何遠離糖尿病的危险区域 4. 保持活跃的生活-适当的运动可降底血糖
Diabetes Forgotten Issues – Who to Blame? • Foot Care • Oral Care • Diabetes and Sex • Travelling Diabetes in the eyes of a person with Diabetes – A Journey or a disaster? • Quality of Life	糖尿病患者自助課程(四) 1. 糖尿病患者的足部護理 2. 旅行 3. 皮肤的護理 4. 糖尿病患者与性 5. 如何與糖尿病共存