



# A GOOD START

New Year resolutions are commonly made at the start of a new year.

Whether they are kept or not is another matter! If you are a person living with diabetes, what is your New Year resolution? I hope that among the many you make, you would include 'improving my diabetes control' (if you are not there yet) or 'maintaining a good diabetes control' (if you have achieved this over the last year) in your list.

There is enough scientific evidence coming out from the last 10 years to confirm that the earlier you start and the longer you are able to maintain good diabetes control, the better chance you would have of preventing and delaying the onset of diabetes-related complications.

Despite this knowledge, the statistics are dismal – about a third of persons achieve the target goals for blood sugar control, less than half achieve cholesterol targets and less than a third achieve blood pressure goals from recent data coming out from the USA. The reasons vary. Sometimes doctors don't push for these targets or communicate them to patients. Other times, patients resist doctors' efforts to increase the medication dose in order to achieve these goals.

So, it is timely to be reminded and to set the course for the New Year. Of course, this may not come easy. You would need to be more careful over what you eat, watch more carefully your carbohydrate consumption, firm up the exercise schedule that has been planned but never instituted, shed some of that extra weight and cooperate with your doctor on the types and amount of medicine you need to take! It may even mean that you finally agree to start insulin after months of refusing to do so.

While it appears that you may be losing your freedom with all these restrictions and routines, you are in reality gaining a lot more than just diabetes control. With this food-for-thought, may you hop into the New Year with resolute determination to improve your diabetes care! Wishing all a diabetes-healthy 2011!

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