

Let's Take Control of Diabetes. Now.

World Diabetes Day 2010

By Rodiah Hashim



In response to the worldwide call to countries united in the fight against Diabetes to light up iconic landmarks and buildings in blue to mark World Diabetes Day, The Singapore Flyer became the first Singapore landmark to sparkle to commemorate this year's World Diabetes Day on 14 November.

And in line with Diabetic Society of Singapore's mission to reach out to the community, World Diabetes Day 2010 was held in the heartland at the Grassroots' Club, Ang Mo Kio Avenue 8. A 2-kilometre 'Walk for Diabetes' kicked off

the event with students and members of the Scouts Association leading the flock from and back to the nearby Yio Chu Kang Stadium.

Celebrated in conjunction with Singapore National Eye Centre's (SNEC) 11th National Eye Care Day, WDD has a pressing message for the local community and the world at large: "Let's Take Control of Diabetes. Now."

Guest-of-Honour Mr Masagos Zulkifli Bin Masagos Mohamad, Minister of State, Ministry of Education and Ministry of Home Affairs, mentioned in his opening speech that all around the world, the standard of



healthcare has improved, leading to more people living longer lives. Unfortunately, the fast-growing fast-food culture and prevalence of sedentary jobs are causing us to make unhealthy and dire lifestyle choices. People are not only exercising less but also eating less healthy food in larger quantities, resulting in a distressing increase in the total number of people in the world with diabetes. A whopping 7 million people are estimated to be suffering from the dreaded disease.

It is not surprising then that the critical messages for WDD 2010 and beyond focus on early diagnosis of diabetes, prevention of diabetes and proper control of diabetes to prevent complications. The urgency of getting the message across has prompted the launch of the 'Diabetes Awareness Badge', a collaboration between Diabetic Society of Singapore, The Scouts' Association and Girl Guides Singapore to raise awareness of the dangers associated with the disease and to educate the masses on managing the condition.

Activities that day created quite a buzz with health screenings - blood sugar checks, blood pressure checks, obesity checks, tests for diabetes control - plus eye checks by SNEC doctors and nurses and feet checks by the Podiatry Association of Singapore. Dietitians from the Temasek Polytechnic provided counselling on dietary matters and cholesterol control, while Diabetes Nurse Educators from the Association of Diabetes Educators, Singapore, used visually engaging conversational maps to educate on diabetic care and management. Doctors and nurses talked about Heart Health and Insulin use in one segment and the DSS booth was bustling with enquiries and a health quiz. Participants walked away with goodies, discounts and great deals offered by the exhibitors from pharmaceutical companies dealing with diabetes-related products.

Diabetic Society of Singapore would like to thank the following for their sponsorship and support:

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