

Little Emperors

No, I am not going to depress you about lost goals, faded hopes and broken resolutions.

After all 2011 has ended.

It is history. So if you had only a weak foothold in your battle for better discretionary dietary habits (watching what you eat in short) or is unable to hold on to your enthusiastic (2011) promise to get that little bit more of exercises each week, welcome to the human race. There is no need (and no point if I may add) kicking yourself twice over. After all, there is still 2012. So, no, don't remind yourself of missed targets and of not staying the course in 2011.

Take a leaf from the example of a public speaker I heard a few weeks ago. He is a recent addition to the well over 300,000 strong "Club Diabetes Singapore". He is not one to attempt to hide the fact that he now has diabetes. In fact, he announced it to all and sundry the first opportunity he had. And no, he wasn't fishing for empathy either. Here's one person who knew that the lifelong battle over diabetes is a battle that is better and best not fought alone. He also publicly stated that he was not going to go down without fighting the good fight against the potential ravages of diabetes including giving up his annual Lunar New Year indulgence of kueh lapis (layered butter cake). Yes, in 2012 you can! (If perchance you fail, try stretching that resolute resolution to 2013! Yes, in 2013 you still can!)

In this issue, we explore the "Little Emperor Syndrome". That modern scourge of childhood diabetes. For parents who have "inadvertently" allowed their 'little emperors' to blossom into a-tad-too-heavy "Little Emperors", some help is at hand between the pages. Embrace 2012 with a yes-you-can-even-when-you-think-you-can't spirit! Here's wishing all our readers a Happy and Diabetes-Friendly Year ahead.



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