

# Take Control, Fight Diabetes

## A Retreat for Adults with Type 2 Diabetes



by **Rodiah Hashim**

The hunt for a good location for the 2011 retreat for adults with type 2 diabetes started as early as May as we scoured all corners of the island. We ended up at Changi Village Hotel where service and atmosphere were excellent.

From 8 to 9 October 2011, diabetes nurse educators Chionh Lay Keng and Praveen Kaur Gosal led 22 adults with type 2 diabetes and their caregivers through two productive days of talks, workshops, exercises and games with only one goal in mind: Take Control, Fight Diabetes. They were armed with support from senior diabetes nurse educator Lai Yee Khim, podiatrist Jessie Phua, DSS vice president Consultant Endocrinologist Dr Kevin Tan, physiotherapists Stephanie Tan and Eliza, dietitians T C Won and For Wei Chek.

Participants learnt about blood sugar monitoring, foot care and healthy eating, meal planning and food label reading, safe exercises and the disease progression of diabetes. At the end of the retreat, each received a Certificate of Participation from Mr Yong Chiang Boon, the president of the Diabetic Society of Singapore who, with his wife, attended the camp.

Participant Tan Seow Cher gave us the thumbs up in her email to DSS: 'Greatly appreciate the efforts all facilitators put in to make the event run smoothly. Well done!' The positive feedback from satisfied participants was a clear indication that the camp made a difference to them and certainly made the organising team very happy and proud to be a part of this effort to help others take control and fight diabetes.



We wish to thank the following sponsors of education grants, cash, lucky draw prizes and goodie bag items:

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