



SURE'S UP!

New to diabetes? Or simply wondering what's new regarding diabetes treatments, products and research?

It's only a click away - the worldwide web, that is. It is a treasure trove of up-to-date and practical 'how-to' information on diabetes and its complications, diabetes-related products as well as d-blogs (diabetes bloggers).

But can you trust everything out there?

We ask our panel of regular contributors, DSS diabetes nurse educators and DSS committee members to recommend websites that will set you on the right wave. Just remember though that no matter how comprehensive these websites are, they cannot replace your regular check-ups and screening tests, as well as your healthcare professionals!



MUST CHECK OUT www.diabetes.org

Dr Kevin Tan:

The American Diabetes Association website is the definitive website for anyone with diabetes and healthcare professionals.

The website covers the A to Z of diabetes, all that the man-in-the-street needs to know - the different types, the chances of getting type 1 and 2 diabetes if one or both parents have it, recipes, new developments, research and advocacy matters. There is a risk assessment test to see how much a person is at risk for getting diabetes.

But the website isn't merely for the layman. It also contains significant information for healthcare professionals - from meetings to American Diabetes Association recommendations and the latest guidelines (updated every year). This is THE website that even your doctor regularly reads to update him or herself!

Praveen Kaur Gosal:

Apart from being chockfull of information on nutrition, fitness and diabetes in the workplace, there is a section specially for parents and kids.

This website also includes interesting sections like Recipe of the Day as well as Tip of the Day. You can even post any burning questions to the dietitian under "Ask the Dietitian".

Janie Chua:

Individuals with diabetes may have doubts on what food is suitable for them. Under the Nutrition section on All About Diabetes - "What Can I Eat", you will be able to get the answers to any doubts.

You will also find "My Food Advisor" very handy. Here, you can explore different foods by keying in the food item to find out their nutrient value and thus create a dish that will fit into your meal plan. This is most suitable for people who cook at home.



BUILDING BLOGS www.diabeteshealth.com

Yong Chiang Boon:

Whether you are newly diagnosed with diabetes or an experienced patient or a professional, the Diabetes Health website is bursting with impartial expert news and information on living with diabetes.

In each issue, you will encounter cutting-edge editorial coverage of new products, research, treatment options, and meaningful lifestyle issues such as dating, exercise, pregnancy, etc.

Sign up for their free weekly Diabetes Health E-Newsletter which delivers, via email, links to the very latest in news, reviews, blogs and videos from Diabetes Health.



BREAKING NEWS JUST A CLICK AWAY www.diabetesselfmanagement.com

Yong Chiang Boon:

This website, established in 1983 by Diabetes Self-Management, offers practical and current information on nutrition, exercise, new drugs, medical advances, self-help topics and other topics you need to know to stay healthy.

Check out The Diabetes Self-Management Blog which has a roundup of tips, knowledge, and insights about diabetes self-care written by health-care professionals and people with diabetes.

It also includes reports about late-breaking diabetes news. You can also sign up for their free e-mail newsletter and read a selection of articles from past issues of Diabetes Self-Management magazine.



CAN'T DO WITHOUT www.diabetes.org.sg

Dr Kevin Tan:

A person with diabetes needs just two websites - the best one, for general information on diabetes and a local national diabetes association website. In this case, the website by Diabetic Society of Singapore will point you in the right direction for local events, screenings, support groups and contacts.

Probably the best thing about this local website is the wealth of information obtained from past and current issues of Diabetes Singapore uploaded on the site!



HANDY TOOL www.diabetes.ca

Praveen Kaur Gosal:

The Canadian Diabetes Association's website not only explains what diabetes is all about and contains information for youth with diabetes, but also provides an excellent Diabetes Dictionary which defines medical terms and helps you decode diabetes jargon.

If you are unsure of your day to day management with diabetes, then this website will guide you with some of their tips. It even teaches you to use your hands as a useful tool in estimating appropriate portions when planning a meal.



INSPIRATIONAL NOTES www.diabetes.org.uk

Praveen Kaur Gosal:

Diabetes UK has a spanking new section for children and teens with diabetes called My Life – For Young People with Diabetes. It's colourful and attractive and littered with cartoons and games. You will enjoy reading true diabetes stories of people from all walks of life. Each story inspires and highlights different aspects of living with diabetes.

Diabetes UK also provides you with more than 300 healthy recipes. If you are catering for someone with diabetes, you won't be short of tips on how to make the best choices for your guests. There is a search engine which enables you to search for recipes during special occasions such as Christmas. It includes recipes such as baking, main meals, children's food, appetiser, etc. It also includes

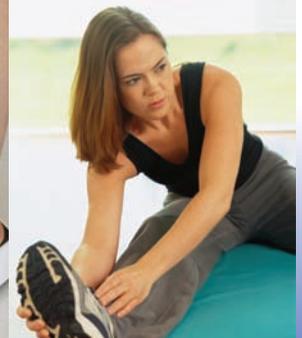
special diets such as dairy free, gluten free, vegetarian and dishes suitable for freezing.

Janie Chua:

Diabetes UK's website makes it easier for those new to diabetes to understand the condition through a video/animation on "Diabetes and the Body". It explains how the body works with diabetes.

This website also provides some common myths about diabetes that surfers can clarify.

And one of things that makes it so accessible to locals is that it is available in a number of different languages such as Mandarin and Hindu.





WORK IT OUT

By Cindy Ng

www.cdc.gov/physicalactivity/everyone/guidelines/index.html

This website by the US Centers for Disease Control and Prevention showcases a series of exercises for all ages - adults, older adults, children and even pregnant or postpartum women. User friendly and concise, its biggest draw are the videos on aerobic and strength training. Check out their related links to exercise and weight management.

www.diabetes.niddk.nih.gov/dm/pubs/physical_ez/

Run by The National Diabetes Information Clearinghouse (NDIC), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), this website provides clear and extensive information on the management of diabetes in Q & A format. There are also useful tips on how to prevent low blood glucose before or during exercise plus do's and don'ts of exercise and management of diabetes.



WEBSITES IN CHINESE

By Angie Tan

www.diabetes-hk.org/b5_home.asp

This Diabetes Hong Kong website not only provides useful information on diabetes, but also updates the newsletter (in Chinese) with the latest developments on diabetes.

www.cchrhealth.org/

The Chinese Community Health Resource Center (CCHRC) website covers general health issues and research among Chinese Americans. It also includes nutrient and health calculators, as well as Grocery Shopping and Restaurant Menu Selection programs which are useful tools in your journey to better health.

www.qualigenics.com/html/home_e.html

This website by the Qualigenics Diabetes Centre, a health promotion program supported by the Chinese University of Hong Kong (CUHK), provides a brief overview of diabetes, the types of diabetes, the complications and how to manage them.



Our Panel of Advisors:

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Mr Yong Chiang Boon, DSS president

Ms Angie Lee, DSS diabetes nurse educator

**Ms Praveen Kaur Gosal, DSS diabetes nurse
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**Ms Janie Chua, dietitian, NHG, editor and
contributor for Healthy Makan**

**Ms Cindy Ng, senior physiotherapist, SGH,
contributor for In Shape.**

