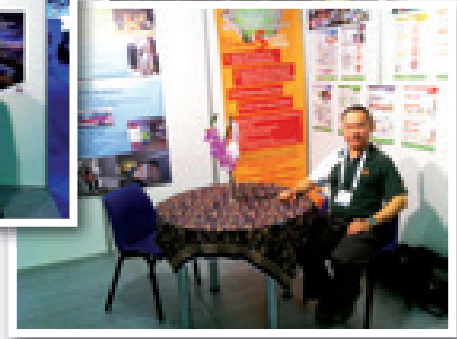
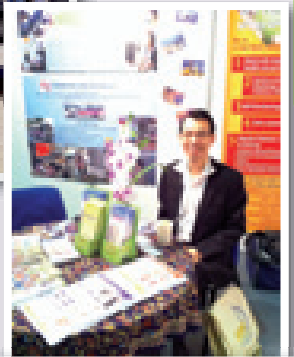


DSG Diary Secret Recipe to Healthy Living

by **Juliana Lim**

Our Diabetes Support Group (DSG) had a special time at Marina Bay Sands on Saturday, 25 February, starting with dinner at Secret Recipe restaurant. Mdm Lai Yee Kim, a volunteer with DSS, joined about twenty of us on our walk across the Helix bridge, and enjoyed the music and water display at the musical fountain at the Marina Bay plus some retail therapy and an eyeful of the project developments in the area. The hour-long walk was invigorating and satisfying, especially after a good meal and warm fellowship. We have a session every month so call Juliana at 9278 2084 or check out the DSS website for more details: www.diabetes.org.sg



International Diabetes Federation World Diabetes Congress 2011 in Dubai

by **Rodiah Hashim**

A record breaking total of 15,100 participants attended the World Diabetes Congress (WDC) 2011 in Dubai, making the Congress the largest in IDF history. Delegates from over 172 countries took part in numerous scientific sessions from 4 to 8 December and showcased their organisations at the Dubai International Exhibition and Convention Center. 328 diabetes associations – representatives from 164 countries participated and Congress speakers totalled 1,500, the highest number of speakers ever at an IDF Congress.

Delegates from the Diabetic Society of Singapore included Mr For Wei Chek, a dietitian at Mt Alvernia Hospital and Ms Rose Tan, a diabetes nurse educator, and, of course, our President Mr Yong Chiang Boon. Armed with posters of the society and its services along with Singapore souvenirs, they proudly did their part to represent the society.

Cherise Shockley, founder of Diabetes Social Media Advocacy (DSMA), shares her thoughts on the WDC 2011:

The World Diabetes Congress 2011 was motivational, inspiring and educational. I have never left a conference feeling so ready to take action and hungry for change for the global diabetes community. Prior to the Diabetes Congress, I knew diabetes was a global epidemic but to physically hear stories from Health Care Providers and patients was heartbreaking and a reality check. There are millions of men, women and children that do not have access to the care, insulin, oral medication, meters and education they deserve- this is not just a third world country issue, this is a global issue. Diabetes is a silent killer that tragically takes the lives of many people from around the world.

Source: www.idf.org/reflections-wdc-2011