

# ASKING THE RIGHT QUESTIONS



Over the last three years, I have had the opportunity to accompany friends and even acquaintances to hospitals for their consultations.

Most of the time, I am present because they feel better that someone is there to help them ask the doctors the right questions and understand the medical and financial issues at hand so that they can make the right choices regarding treatment.

When our regular contributor and psychologist Henry Lew suggested an article on how to prepare for the 'all too important but sometimes too short' meeting with the doctor, I took up his idea without hesitation. Henry writes not only as a healthcare professional who understands that time waits for no man, but also from first hand experience, having accompanied his mum on her many visits to the clinic.

And there are other questions we often ask, such as "When do I need a physiotherapist?" The answer is certainly not only when you have a backache. One of my friends suffered a ruptured cavernous hemangioma at the mere age of 37. It left her left side numb, her speech slurred, her vision blurred, and she could not walk for a few months. I attended some of the physiotherapy, occupational and speech therapy sessions with her and was inspired to give the therapists credit for their work and incredible patience. Hence, an article by another one of our regular contributors and physiotherapist Cindy Ng to help us understand what physiotherapy is and when we might need it.

We leave you with much food for thought, literally, with our dietitian's research on omega 3 and pumpkin and the many recipes we have included in this issue.

**Charlotte Lim**  
Managing Editor

The editorial team would like to thank Mrs Azizan Bte Duana, a Life Member of Diabetic Society of Singapore, for translating the article 'Memulakan Insulin: Menjana Kehidupan Baru' from English to Malay in the last issue. We apologise for the omission.

# Diabetes Singapore

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