

Fighting Diabetes

Time flies! We will soon be entering the last quarter of 2011. Far from winding down the year's activities, the staff of the Diabetic Society of Singapore will be busier than ever with the planning and preparation for two major events – the annual World Diabetes Day activities on 13 November (Sunday) and the Adult Diabetes Camp on 8 October.

World Diabetes Day is officially on 14 November, the birthday of Sir Frederick Banting who co-discovered insulin with Dr Charles Best in their laboratory at the University of Toronto in 1921. This won the pair the Nobel Prize in Medicine. We, in Singapore, for the past years have held our World Diabetes Day events on a Sunday usually in the month of November. It is a time when all who deal with diabetes – from persons with diabetes and their families, to those in the healthcare industry who treat diabetes or who are involved in diabetes care in one way or another, to come together in solidarity. It is also a time to heighten awareness of diabetes and to educate and improve on diabetes care.

This year's theme in Singapore is Diabetes, playing on the words Diabetes and Obesity. We know of the interplay between the two – it is because of obesity and being overweight that the numbers with diabetes increase year on year. Obesity is brought upon by not exercising enough and too much good food! We are all guilty of this, but those who are pre-disposed to diabetes are then tipped over to get it! Doctors and nurses will encourage those with diabetes to lose weight to improve their condition. But sometimes, some of the medication and insulin can work against the best of efforts.

So it is only right to once again focus on this conundrum. The Guest-of-Honour for our World Diabetes Day event is the new Minister for Health, Mr Gan Kim Yong. Come on down to learn about 'Diabetes', support the event and show solidarity with all who have diabetes!

Dr Kevin Tan
Vice-President
Diabetic Society of Singapore
Consultant in Diabetes, Endocrinology and Internal Medicine