



By Rodiah Hashim

## Health Talks Diabetes & Ramadan

To prepare people with diabetes for the fasting month of Ramadan, DSS held talks on Saturday, 15 and 29 June for them and their caregivers to help them manage their health through blood glucose monitoring and diet for diabetes and weight management.

Rohanah Pagi, senior nurse clinician with NHGP, together with Dr Radiah Salim, a family doctor, and Ms Siti Saifa, a lecturer with the School of Applied Science in Temasek Polytechnic, presented the talks in Malay at the Bedok DECC activity room. The event was sponsored by sanofi-aventis Singapore Pte Ltd while Almadrasah Mosque in Compassvale Bow collaborated with DSS for health talks for their beneficiaries.

## Public Forum Getting to know Insulin – Its Facts & Myths

Despite the slight haze, many turned up to hear Dr Ben Ng, Ms Aslena Hussain and Ms Lock Poh Leng dispel some of the myths about insulin and its treatment.

DSS would like to thank the speakers for their time and presence, main sponsors Novo Nordisk Singapore Pte Ltd and Medtronic International Ltd as well as goodie bag sponsors Gardenia Foods Singapore Pte Ltd and Soyjoy.



## Health Walks Kent Ridge Park Tour

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The Kent Ridge Tour, postponed from 29 June due to the haze, finally went ahead on Sunday, 8 September despite a cloudy morning.

Our tour guide, Mr Tham Pui San, also an avid nature artist, took us through the canopy walk, elevated 16 metres at the centre and which links the 47ha Kent Ridge Park to Reflections at Bukit

Chandu – once known as Opium Hill and the site of one of the last battles of Singapore in World War II – and Hortpark.

With the highest lookout point of 61m at the ridge, the park offered a superb view of the off-shore islands and a sanctuary one can retreat to. We also enjoyed free entry into the museum! What a treat!



by Kohila Govindaraju

On 20 July, DSG members gathered at Botanic Gardens MRT station while a nurse recorded their blood glucose level. Juliana, the DSG organiser, introduced us to many new faces, some of whom were polytechnic students who were there for project work.

We walked leisurely into the Botanic Gardens from Cluny Park gate. We chatted about healthy eating and the benefits of physical activities in controlling blood sugar levels. We made our way down the Palm Valley and reached Ginger Garden. Some members strolled

through the cave behind the waterfall and we caught them on camera! We continued our walking towards Swan Lake and reached Tanglin gate.

The students were very energetic and engaged everyone in their nutrition project and application through the walking activity.

Care to join us for our  
next DSG outing/meeting?  
Ring Juliana at 9278 2084  
for information.

Check out our  
DSG CALENDAR 2013  
[www.diabetes.org.sg](http://www.diabetes.org.sg)