



DSS thanks all nurses from Singhealth Polyclinics, Hindu Endowment Board and the Muslim Health Professionals for volunteering with us.

Health Screening

The following outreach health screening programs were conducted:

06 Jul	Malabar Muslim Jamaath Organization Family Day 2013 at Madrasah Aljunied at Jalan Kubor
07 Jul	Health Screening for Indian Muslim Social Service Association held at the Darul Makmur Mosque at Yishun Ave 2
21 Jul	Yew Tee Free Medical Screening Drive at the constituency office at open void deck Blk 674 Choa Chu Kang Crescent
09 Aug	KDS Health Day at Khalsa Darmak Sabha Sikh temple at 18 Niven Road
25 Aug	Medical Health Fair by Hindu Endowment Board at Sri Sivan Temple at Geylang East Ave 2
29 Sep	Public Health Screening at Thomson Shunfu RC at Blk 313 Shunfu Rd

A Good Life with Diabetes

Is diabetes getting you down?

Did you know that some emotions can actually get in your way of taking care of your own health?

Join our **DSS special education session** at our upcoming **World Diabetes Day 2013** event on **10 November** and learn to think more positively and develop practical ways to cope with the highs and lows of having diabetes.

Register your interest through
DSS hotline
6842 3382
before 5 November 2013
(limited seats)

Lee Foundation Diabetes Care Programme

This Financial Assistance (FA) programme was launched in 2005 to help needy people with diabetes manage their conditions to prevent complications. Beneficiaries are provided with free diabetes-related medical supplies.

To date, 1,787 people with diabetes have benefited from this programme. Supplies such as test strips, lancets, pen needles, syringes and swabs will be provided, subject to requests from their doctors.

During subsequent visits, patients will be given brief counselling sessions and their past blood sugars readings checked by nurse educators.

Please ring **6842 3382** for more information.

What some of our existing FA patients say:

"Very Grateful to DSS...much better control of diabetes... beneficial to those who cannot afford...FA patients should fully utilise the supplies given to control and monitor their sugar levels."
Mr Jayapabha, 65, type 2 diabetes.

"A cost-saver, and a good way to monitor sugar levels with the supplies given."
Mdm Noor Jahan, 62, type 2 diabetes, beneficiary since 2011.

"As a single parent, the FA programme has helped to ease my financial burden in terms of costs for DM consumables."
Mother of newly diagnosed type 1 diabetes patient, Jacky, 17.

"FA supplies are useful in self-monitoring of sugar levels for better control of diabetes."
Mr Lim Chin Huat, 42, type 1 diabetes amputee.

"FA supplies are by far the best way to control sugar levels through monitoring."
Susan, whose 7-year-old daughter has type 1 diabetes.