

Eat Right with Diabetes

Following the success of our Retreat for adult with Type 2 Diabetes last year, DSS was approached by Soyjoy to collaborate with them and organise a workshop on diet and low GI Index. 'Eat Right with Diabetes' was held on Saturday 26 January 2013 at Orchid Country Club (OCC) and was attended by both members and the public. Participants learnt how to read food labels, shop the right way and eat the right foods.

Senior dietitians Mr Won Tin Chiang and Mr For Wei Chek, from NHGP and Mt Alvernia Hospital respectively, gave talks and led the way to the nearby supermarket for the label reading sessions. Mr Derrick Ong, accredited dietitian and director of Eat Right Nutrition Consultancy, gave advice on choosing the right foods while Miss Kalpana Bhaskaran, section head of Nutrition Research in Temasek Polytechnic, delivered some interesting facts on managing diabetes with Glycaemic Index. The highlight of the session was the sharing on diabetes by DSS Vice-President Mr Hj P M Mohd Moideen. The interactive session with our panel of speakers was spiced with voluntary sharing, questions and answers.

DSS wishes to thank Soyjoy for their sponsorship of the event, NTUC Fairprice at OCC for graciously hosting our supermarket tours, the speakers and definitely the participants for the success of the workshop.



Travel Health Talk

What diseases am I exposed to when I travel? What steps can I take to prevent these diseases? My travel first-aid kit? What should I bring along? How do I travel with diabetes?

These questions were answered during the Travel Health Talks forum held at Bedok Diabetes Education & Care Centre Activity Room on Saturday, 2 March 2013. Supported by the Health Promotion Board, the talks were delivered by speakers from the Tsao Foundation and Singhealth Polyclinics. Participants were taken through two hours of comprehensive do's and don'ts.

Here are some of the general tips:

- Be safe and be well-prepared.
- Visit your doctor/travel clinic four weeks before travel.
- Be vigilant against infectious diseases when you travel.
- Practise good personal hygiene.
- Do not be complacent, even if you are travelling in a tour group.
- Provide details of your travel to your family.

For people with diabetes

- Carry and wear diabetes identification
- Have diabetes medical information available
- Follow usual meals, exercise & medications.
- Call airlines for travelling with syringe and lancet information



Health Screening

DSS kicked off this year's health screening events with its first event at Blk 313, Bishan on 20 January 2013. Booked as early as October 2012, the event was organised by the Active Ageing Committee of Thomson/Shunfu Residents' Committee to provide free health screening for residents in the constituency. With volunteer nurses from Singhealth Polyclinics, DSS aims to be able to support this community event throughout the year.

On Sunday, 10 Mar 2013, Tampines East Community Club held their Healthy Lifestyle@Tampines East Community Club. Organised by the Women's and Malay Activity Executive Committees, the event had residents screened for BMI, Blood Pressure, Faecal Occult and Breast Cancer. Residents were later invited to a mass aerobics exercise, followed by health talks in Mandarin. DSS wishes to thank nurses from Singhealth Polyclinics for giving up their day of rest to help us in our on-going campaign to raise diabetes awareness in the heartland.

DSG Diary by Kohila Govindaraju

Walking @ Punggol Waterway

Everyone looked eager to start our morning walk at Punggol Waterway. Juliana, the event organiser, introduced us to some new faces at Punggol MRT station where we gathered, and swiftly got us going with the exercise and conversation. A five to ten minute walk from the MRT station and bus terminal, the Punggol Waterway Park is so tranquil that it had such a calming effect on all of us. Although the sun was pretty harsh on our poor heads! These days, rain or shine, it makes sense to carry an umbrella everywhere you go.

We reached the adventure bridge that led us to the children's playground. It was a delight to see children playing with wild abandon in the water play area while their parents exercised in the fitness corner, an excellent place to work out with your family! We spent few minutes soaking in a panoramic view of the arc from the heart wave wall before we moved along the edge of the river. We shared our food experiences with Cantonese cuisine (no conversation seems ever complete in Singapore without talk of food!) while side-stepping some curious-looking yellow-spotted millipedes on our path. It looks like they were enjoying the walk just like we were, and we were careful not to spoil their fun!

We hope more can join us the next time round! The more, the merrier!

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

DSG CALENDAR 2013 OUT NOW ON www.diabetes.org.sg