

COMING  
SOON!**DSS DAY RETREAT****31 August**  
**9am to 5pm**For enquiries,  
please contact**6842 6019**or check our  
**DSS website for the**  
**latest details.**[www.diabetes.org.sg](http://www.diabetes.org.sg)

## Health Screening

DSS conducted three outreach health screening programs during the months of April and May. The Sikh Welfare Council had their yearly Vesakhi Mela at Khalsa Association on 28 April 2013 and invited DSS to participate by providing free health screening.

Thomson Shunfu RC carried out their second health screening exercise by DSS for their constituency on 19 May, the same day that Cheng San CC held their Healthy Lifestyle Fair 2013. DSS deployed a working team to each event.

DSS wishes to thank all our volunteers and the nurse volunteers from Singhealth polyclinics for spending their precious weekends helping to administer the screenings. We are deeply grateful for your partnership!



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## Diabetic Retinopathy 糖尿病视网膜病， 你对它了解吗？

by Tan Ling Ying, Diabetic Nurse Educator, Diabetic Society of Singapore

对于许多糖尿病患者来说，最普遍的并发症莫过于失明或截肢。是否真是如此？你又了解多少？又要如何预防呢？

糖尿病视网膜病是导致糖尿病患者失明的主要原因。由于长期患有糖尿病，患者的视网膜微血管会出现损坏。液体和脂肪会从受损的血管溢出，流到视网膜上。如果溢出情况发生在视网膜中央窝，便会形成黄斑性水肿。这也是成年发病型糖尿病患者失明的主要原因。除此之外，微血管也会变得细小，这也会造成流向视网膜的血液减少，而导致视网膜血管异常增生。血液流向眼球中央窝的玻璃体，使眼球产生异常的纤维组织，也因此造成视网膜脱离眼球。最终形成青光眼。青光眼是由于异常微血管的增生，阻碍了正常体液的排放系统，造成眼球内的压力足见升高，当眼内压过高时就会损害视神经。

血糖控制不佳（导致高血糖），高血压和吸烟都属于视网膜病的危险成因。

由于患者早期没有任何不适症状，所以一年一次的眼睛检查就显得格外重要。让专业人士或医生用特别仪器检查网膜和眼球内部。唯有定期检查才能在病情恶化前及时发现，并进行适当的治疗（例如激光或手术，因个人情况而定）。

许多患者都不以为然，眼睛和视线没出现异常或不舒适，就忽略了对眼睛的照顾。眼睛是我们的灵魂之窗，透过它看到了这美丽的世界，何不让它继续的指引我们，让我们更有信心的迎接未来的每一天？

预防胜于治疗。现在就到新加坡糖尿病协会进行眼睛检查，同时也可预约了解如何更妥善的控制你的糖尿病。



Diabetic retinopathy is the most common diabetic eye disease and the leading cause of blindness. Most diabetic patients ultimately develop abnormal changes of the blood vessel in the retina.

In some people with diabetic retinopathy, the damaged blood vessels may leak the fluid and fat onto the retina. When the leaks occur in the central part of the retina, macular edema develops. This leads to blindness. Besides that, there might be narrowing of blood vessels which can restrict the blood flow to the retina. Eventually, this leads to abnormal blood vessels growth and bleeding into the clear jelly in the centre of the eyeball and cause abnormal fibrous tissues to grow in the eye. The retina becomes separated from its attachment to the eyeball. Ultimately, glaucoma can develop. (Glaucoma occurs when there is increased pressure in the eyeball; fluid cannot normally flow out of the eye and builds up in the eye causing increased pressure.)

There are three main leading causes to diabetic retinopathy: smoking, poor control of blood sugar levels and high blood pressure. Often, there are no signs and symptoms in the early stages of the disease. Do not wait for symptoms to show or it will be too late. Life-long checks are therefore most essential! Make an effort to have your eye check once a year.

以下是新加坡糖尿病协会的联络地址与电话号码：

**DSS HQ @ Bedok Blk 141 Bedok Reservoir Road**  
#01-1529 Singapore 470141.  
电话号码：6842 3382 / 6842 6019

**Hong Kah Diabetes Education and Care Centre**  
Blk 528 Jurong West Street 52 #01-353  
Singapore 640528.  
电话号码：6564 9818 / 6564 9819

**Central Singapore Diabetes Education and Care Centre**  
Blk 22 Boon Keng Road #01-15  
Singapore 330022.  
电话号码：6398 0282