

Structured Exercise Program For Beginners

by Rodiah Hashim

Diabetic Society of Singapore, together with Tan Tock Seng Hospital, worked on an Exercise Program for Beginners. The three-month course ran from 15 September to 8 December 2012 and was conducted by Mr Ray Loh, a physiologist with the hospital.

The program included exercise precautions, techniques, correct intensity, home exercises, diets and exercise motivation, etc. Every session consisted of warm ups, exercises, cool downs and educational information.

Miss Ann Lim, a DSS member and participant, said, 'The program is good. My weight has improved and I hope there will be more of such programs next year'. From the enthusiastic response of the participants, we too hope to make this a regular DSS program. Give us a ring!



Those interested in starting a new class should contact DSS at 6842 3382.

Public Forum on Diabetes, Diabetic Retinopathy, Age-related Macular Degeneration (AMD), & Floaters & Flashes



Eye-ducation

A joint effort by DSS and SNEC, the forum was held at the SNEC Auditorium on 22 September 2012. Response was overwhelming with more than 200 participants filling the auditorium and the adjoining seminar room.

Chaired by Dr Gemmy Cheung, a consultant from Vitreo-Retina Service at SNEC, the event included an engaging panel of speakers - Dr Gavin Tan, Dr Lawrence Lim and Dr Elaine Huang, all from SNEC's Vitreo-Retina Service, and DSS' very own consultant, Mdm Lai Yee Khim. Topics such as 'Your eyes may not be fine even when you are seeing fine', 'Living with Diabetes', 'The aging eye - how the macula degenerates and the latest treatments' and 'Floaters & Flashes - Should you be concerned?' kept the audience rapt and full of questions.

We thank Singapore National Eye Centre for their kind collaboration in this event.

by Rodiah Hashim

DSG Diary

by Kohila Govindaraju

MacRitchie Reservoir Walk

We gathered at Marymount MRT station on 22 September 2012 at 8:30am, all revved up for this walking event. The weather was nice. It was great to see kayakers in the lake. Kayaking is a great way to lose body weight. We were all set to lose some weight ourselves, so we started walking to burn calories.

One member got really enthusiastic and started to run towards the tree top trail. The tree-top trail was so very pleasant to step on. And it was exhilarating to watch so many agile monkeys in action - moving, jumping, sliding down the ropes, reminding us that this is their territory! Wish we could be as energetic as they!

LUNCHTIME TALKS

by Esther Tan

In conjunction with World Diabetes Day 2012, DSS was privileged to be invited by the Pharmaceutical Company, Boehringer Ingelheim, to deliver two lunchtime talks to their employees.

1. Diabetes & Its Prevention
2. Diabetes Myths & Diabetes Resources

The two talks were a hit with the 30-odd employees who responded enthusiastically and came loaded with questions. A six-minute video clip featuring Stretching Exercises You Can Do in the Office got them on their feet for a stimulating workout. Needless to say, a healthy lunch with plenty of greens was served after that.

To walk the talk, Boehringer Ingelheim launched a weekly 4.5 km walk initiative to encourage their employees to adopt a physically active lifestyle.

DSS efforts to improve public awareness and education on diabetes are ongoing as we address the rising incidence of diabetes in Singapore. Ring DSS at 6842 3382 to arrange for health talks on diabetes prevention.



FOR THE LATEST ON DSS EVENTS, LOG ONTO www.diabetes.org.sg

Dinner @ Changi City Point

At 6:30pm on 24 November 2012, Juliana, the organiser of the DSG event, called me on my phone: "Hi, where are you? We're already here at the Expo MRT Station!" Such enthusiasm to get the event going. But I think everyone was hungry! I was there shortly and we all snaked our way to Changi City Point which was teeming with people because of the expo sale nearby.

We welcomed two new faces that day and they shared their experiences with us. We discussed the benefits of exercise, the best time to exercise for insulin dependent and non-insulin dependent patients. Each time we go out, we have the pleasure of having a nurse from Diabetic Society of Singapore and her professional advice.

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

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