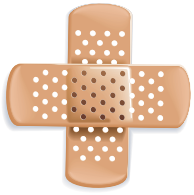


A WORD FROM THE PRESIDENT



HELP ALL AROUND

The recent budget 2013 debated in Parliament unveiled hope for all citizens and healthcare providers:

- Singaporeans may get a more flexible Medisave scheme.
- Insurance schemes such as MediShield and ElderShield play a greater role in their healthcare bill.
- The government's share of healthcare spending will increase from the current 30 per cent to 40 per cent " and even more in the future", in order to share the burden of healthcare cost increases.

Government subsidies which are primarily given to hospital care could extend to other areas of the healthcare system, such as specialist outpatient care, primary care, preventive healthcare, dialysis and long-term care.

We hope that more subsidies will eventually extend to Volunteer Welfare Organisations such as DSS. We certainly look forward to obtaining extra funding from Ministry of Health to provide better services and to upgrade our existing equipment.

On the human resource level, the society hopes to receive more training grants for our nurses to learn new skills and raise our service standard.

As we anticipate more requests for community outreach and activities in the coming years, we are in the midst of consolidating our operations to revamp our centre and mobile services. The society will also review the roles in the short and long-term to serve the community at large.

Within the society, we wish to help our diabetes support group grow by acquiring new knowledge and reinforcing self-care management. They will make excellent health ambassadors of DSS by helping us promote a healthy lifestyle to all in the community.

Once again, I would like to thank our board members who volunteer their time and effort, all our staff for their dedication, and all donors and well-wishers for their kindness and generosity. Thank you very much!

Mr Yong Chiang Boon
President
Diabetic Society of Singapore

Diabetic Society of Singapore is a non-profit organisation affiliated to the International Diabetes Federation and the National Council of Social Service. DSS gratefully accepts donations of any amount to help fight diabetes. All donations are tax exempt. Cash donations must be made in person at our HQ. Cheque donations should be made payable to Diabetic Society of Singapore. You may also make online donations via www.sggives.org/diabetes.

editorial team

Editor-in-chief
Dr Yeo Kim Teck

Managing Editor
Charlotte Lim

Editor (Dietetics)
Janie Chua

Editorial Consultants
DSS Mgmt Committee

Writers

Henry Lew (psychologist)
Kohila Govindaraju (nutritionist)
Cindy Ng (physiotherapist)
Rodiah Hashim

Contributors

Dr Warren Lee; Estonie Yuen Wing Ting, Pravin Rajwani; Clair Ong; Gusti Nyoman Kaler and Noldy Herling Bawiling.

Design

Charlotte's Web Communications

Photography

Dreamstime.com & sxu.hu

Printing

Stamford Press Pte Ltd

Advertising

George Neo
Esther Ng

Advertisement Bookings

T: 6842 3382 or E: editor@diabetes.org.sg

Feedback editor@diabetes.org.sg

Back Issues www.diabetes.org.sg

Diabetic Society of Singapore HQ

Blk 141 Bedok Reservoir Road #01-1529
Singapore 470141 T: (65) 6842 6019 /3382

Disclaimer

The views, opinions and recommendations given by the contributors of Diabetes Singapore or are merely for general reference. All materials in this newsletter are for informational purposes only. The individual reader should consult his own doctor or specialist for his personal treatment or other medical advice. DSS and Diabetes Singapore Editorial Board disclaim all responsibilities and liabilities for content expressed in this newsletter including advertisements herein. All contents of the newsletter are the copyright of the contributors and newsletter. Reproduction in any form is strictly prohibited unless with written permission.