

A WORD FROM THE EDITOR

QUIT PROCRASTINATING...

I stumbled upon an article in the online version of TIME magazine, aptly naming 10 apps to help you keep your New Year's resolutions. On that list is an app to help you to exercise more, an app to help you go on a diet and stick to it, an app to help you run a marathon and another app to help you to quit smoking - all well meaning apps to spur you on to keep to your goals in case you lose your resolve.

The last app had me choking somewhat. On my tears. It was only a few weeks ago that I lost a friend to lung cancer. He had been smoking for a good twenty years. In his youth, the cigarette was a comfort to him. However, in his last days, it was the cause of unbearable pain and suffering. My friend was very brave till the end of the race; he fought the good fight. But it was very hard for his wife and two children, his mum, colleagues and friends who loved and respected him, to see him suffer so. He was only 45.

In her article about lowering the risk of cancer, freelance nutritionist Kohila Govindaraju reports that **lung cancer is the leading cause of cancer death in both men and women. Smoking accounts for at least 30% of all cancer deaths and has been linked to various types of cancer, including the cancer of the lung, bladder, cervix and kidney.**

The fact is that many unfortunate things in life are preventable. In Happy Feet, vascular surgeon Dr Peter Robless talks about how foot problems can be prevented or detected early to avoid foot ulcers and amputation. And yet diabetic patients are more likely to be admitted to hospital with a foot ulcer than with any other complication of diabetes.

Psychologist Henry Lew writes that although neuropathy pain can be managed, many patients typically delay getting help, with some seeking help only after enduring seven years of pain.

It's a needlessly long time to suffer, especially when help is readily available. One of the many goals of the Diabetic Society of Singapore is to help you to manage your diabetes well. We hope this issue will help you take that first step.

Charlotte Lim
Managing Editor

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.

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