

A WORD FROM THE PRESIDENT

YOU ARE NOT ALONE

Hello to you readers, our new Diabetic Society of Singapore members and anyone new to diabetes.

In this issue, we cover the medical, psychological, physical and nutritional aspects of someone who has just been diagnosed with diabetes.

There are many others who face the same challenges but who have overcome. You can find strength and comfort in their experiences, especially if you join a support group that understands your medical condition and empathises with your situation.

Our DSS Diabetes Nurse Educators are also well trained to guide and counsel you on matters pertaining to your condition, so you will definitely be in good hands.

Our magazine has been around for more than ten years and it has been well circulated among our DSS members, family general practitioners, consultants, polyclinics and hospitals. Take time to go through our articles and make use of our recipes.

We also recommend that you visit our website, www.diabetes.org.sg, or 'LIKE' our Facebook page under "Diabetes Singapore" to get the latest news on diabetes and on our upcoming forums, conferences and health screening programmes.

We will be organising two major events towards the end of this year:

1. **World Diabetes Day to be held on Sunday, 9 Nov 2014**
2. **IDF-Western Pacific Region Congress to be held from 21 to 24 Nov 2014**

Both events will be held at Suntec Convention & Exhibition Centre and we want to invite you to the second event to join us as a volunteer to welcome our overseas delegates. Here you can learn so much more about diabetes and its latest treatments as well as meet with others in the same boat, and have the assurance that you are never alone on this journey.

We hope you will enjoy this magazine and that you will pass it around so that others can benefit from it as well.

Yong Chiang Boon, PBM
President of DSS

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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