

A WORD FROM THE PRESIDENT

NEW BLOOD, FRESH IDEAS...

During our AGM in April, I was re-elected President for another two years till April 2016. It is an honour indeed to be able to continue serving the community in this capacity and I am grateful to committee members and DSS members for their endorsement. I would like to thank outgoing committee members and welcome new committee members for stepping up and in to help us fight diabetes.

With new blood in the team, I hope they will inject new energy into DSS and initiate interesting ways to serve members better. We face many challenges ahead for us and the road has been a long and hard one but I am confident that together we can tackle the future.

I am pleased to share the good news that DSS has raised about \$150,000 for our Flag Day through street-to-street collection and individual and corporate donations. Special thanks to all school students, teachers, members, diabetes education centre staff, volunteers and corporations. The fund will enable DSS to carry out more diabetes awareness activities for the public and run educational workshops for our members to manage their diabetes.

We are also counting down the months to the next World Diabetes Day 2014 on 9 November 2014 at Suntec Convention and Exhibition Centre. We hope for your participation again in this annual event. Bring along friends with diabetes to sign up as members and, at the same time, take home attractive welcome gifts. Invite family members to learn more about diabetes and the role they can play in supporting and caring for the person with diabetes. This event is not to be missed by those who want what is best for themselves and their loved ones.

In the same month, from 21 to 24 November 2014, DSS will be welcoming delegates from International Diabetes Federation-Western Pacific Region to attend the congress which will also be held at Suntec Convention and Exhibition Centre. We are expecting more than 2,000 medical professionals, researchers and caretakers here to share their expertise and new findings. This congress will certainly give Singapore the opportunity to pick up new knowledge and develop better methods of treating and managing diabetes.

Look out for more information on these two events in the next issue of this magazine. In this issue, which is our 50th, we bring you a very special compilation of something that is so much a part of our local food culture and lifestyle—hawker food.

We hope you will be enlightened!

Yong Chiang Boon, PBM

President, Diabetic Society of Singapore

WHAT IT SHOULD HAVE BEEN

In issue 49 Apr-Jun 2014, in the article titled 'Pump Up on Antioxidants' by dietitian Lock Poh Leng, it was reported that 1 serving of vegetable equals 1 round plate (10 inches) of cooked vegetables. It should have been 1/4 round plate (10 inches plate) of cooked vegetables. We apologise for the typographical error.

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