

WORLD DIABETES DAY

World Diabetes Day (WDD) Singapore 2014 will be celebrated on **Sunday, 23 November 2014**, at **Suntec Singapore Convention and Exhibition Centre**, level 3, in conjunction with the **10th IDF-WPR Congress 2014** which will be held from 21-24 November 2014.

The theme for WDD Singapore 2014—**“MANAGING DIABETES MADE EASY”**—is in line with the overall WDD theme **“Healthy Living and Diabetes”** for the years 2014 to 2016.

Visitors can expect a public symposium on diabetes-related topics, activities that will include HbA1c testing, BP and BMI checks and, of course, an exhibition and sale of diabetes-related products by our partners.

SAVE THIS DATE!



Diabetes Self-Care Management Sharing Program for Community Hospitals & Nursing Homes

Time: 9.00am to 5.00pm

Please contact **DNE Crystal Tan at 6398 0282** or email **dss@diabetes.org.sg** for enquiries.

Oct to Dec 2014

Thursday 9 & 16 Oct

Tuesday 11 & 18 Nov

Thursday 4 & 11 Dec

Past Outreach Programs

HEALTH SCREENING PROGRAMS

17 Aug 2014

Health Screening at Radin Mas Community Centre

HEALTH TALKS

25 Jul 2014

'Diabetes Prevention and Management' Lunch Talk at Hewlett-Packard Singapore Pte Ltd

17 Aug 2014

'Diabetes Prevention and Management' in Tamil Radin Mas Community Centre

4 Sep 2014

'Diabetes Prevention and Management' Lunch Talk at CIMB Bank

5 Sep 2014

'Diabetes Prevention and Management' Lunch Talk at Seiko Instruments Singapore Pte Ltd



FOR THE LATEST ON DSS EVENTS, LOG ONTO www.diabetes.org.sg
For enquiries, please contact 6842 6019.

Public Forum **Rodiah Hashim**

Diabetes & Your Feet – Love Them or Lose Them!

Foot care and diabetic foot problems were on the top of everyone's mind during this public forum held at Health Promotion Board on Saturday, 30 August 2014. With support from the Novena Vascular and Varicose Vein Centre Mount Elizabeth Novena Hospital, Dr Tan Yih Kai, Consultant Surgeon, explained what we can do about diabetic foot complications. Dr Ben Ng, Consultant Endocrinologist with Arden Endocrinology Specialist Clinic Pte Ltd, and newly appointed DSS Vice-President, talked about the importance of glucose control. Miss Jessie Phua, a locum podiatrist with the Society offered advice on achieving healthy feet for life.



Something 'bazaar' happened... **Rodiah Hashim**

And, boy, was it fun fundraising!

The DSS Diabetic Support Group (DSG) tried its hand at public fundraising for the first time on 2 and 3 August (2-9pm) when it booked a booth at a bazaar organised by TGIF, in conjunction with Philanthropy month.

The opportunity was offered through National Council of Social Services. Led by our very sporting DSG chief, Ms Juliana Lim, the group enthusiastically gathered their wares—bangles, crocheted potholders and doll's gowns—each one lovingly and creatively handcrafted by the members themselves, as well as handicrafts by previous DSS volunteers such as quilts, bookmarks and crocheted coin purses, etc. All proceeds from the fundraising were donated to DSS.

Juliana mused after the event, "It was a tough and time-consuming two afternoons of engaging and enduring purchasing whims of customers but nevertheless a novel, enriching and valuable experience of teamwork and fundraising."

For their enduring efforts, hard work and unending support, a big 'thank you' to each of our volunteers—Juliana, Lai, Catherine, Christine, Glen, Kohila, Hwee Leng, Siddharth, Chandra, Kenji, Ling and Albert. To Sheila, thank you for sponsoring the booth fee.



DSG EVENTS

Care to join us for our next DSG outing/meeting? Ring Juliana at 9278 2084 for information.

DSG Calendar October to November 2014

ACTIVITY	DATE	MEETING POINT	TIME
WALK BUKIT BATOK NATURE PARK	Saturday, 18 October	Bukit Batok MRT	5pm
HEALTHY EATING CUM MEET N SHARE @ DSS BEDOK	Saturday, 08 November	DSS Bedok	11.30am
WALK SINGAPORE BOTANIC GARDENS	Saturday, 22 November	Botanic Gardens MRT	5pm