

A Tribute to Prof Arthur Lim Siew Ming

We at the Diabetic Society of Singapore (DSS) are deeply saddened at the demise of our distinguished Patron, Prof Arthur Lim, who passed away on 30 August 2014. It is indeed a huge loss to DSS. He was a visionary in the field of Ophthalmology, a man who saw beyond the ordinary.

The management committee of DSS, past and present, will treasure Prof Lim's contribution to raising diabetes awareness. He showed great concern for the increase in the number of people with diabetes, and pushed for diabetes education, especially in diabetic retinopathy. Together with the Singapore National Eye Centre, DSS organised talks and screenings during World Diabetes Day to raise greater awareness about diabetes and its complications.

We hope to uphold Prof Lim's tenet that "nobody should go blind" and continue his good work in diabetes education. Thank you, Prof Lim, for being such an inspiration to us all. We will miss your wise counsel.

"If you operate on one man, you restore vision to one man, but if you teach your colleagues how to perform quality cataract surgery, they will solve the problem of cataract blindness in the world."

Professor Arthur S.M. Lim

A WORD FROM THE PRESIDENT

MANAGING DIABETES MADE EASY

We celebrate **World Diabetes Day** on **23 November 2014** in conjunction with the **10th IDF-WPR Congress** at Suntec Singapore Convention and Exhibition Centre. The WDD Singapore theme for this year is "**MANAGING DIABETES MADE EASY**".

In this issue, we hope to highlight the importance of a healthy breakfast and how it can help people living with diabetes keep blood glucose levels stable. Hence, some wholesome breakfast recipe ideas and many interesting facts about the most important meal of the day.

The **Health Promotion Board (HPB)** recently launched the annual **National Healthy Lifestyle Campaign** to raise awareness among Singaporeans of the various healthy living options that are available within reach to kick start and sustain healthier lifestyles. Results survey show that more Singaporeans are also opting for healthier meals when they dine out. In June 2014, the launch of the **Healthier Dining Program (HDP)**, an integral part of HPB's Food Strategy, saw more than 700 food outlets and stalls island-wide pledging to serve 500-calorie meals. To date, 12 per cent of meals ordered at HDP partners' outlets are healthier meals.

*We hope to see this percentage go up over the next few years and we look forward to seeing you all at **World Diabetes Day 2014 on 23 November 2014**.*

Yong Chiang Boon, PBM

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