

WORLD DIABETES DAY

Managing Diabetes Made Easy

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World Diabetes Day of Singapore 2014, organised by Diabetic Society of Singapore (DSS), was held on 23 November 2014, Sunday at Suntec Singapore Convention and Exhibition Centre.

The WDD Singapore 2014 theme was "Managing Diabetes Made Easy," underscoring the importance of eating a healthy breakfast daily and regular physical activity. Today, unfortunately, many skip breakfast to their own detriment and more teens than ever before have type 2 diabetes. It is a trend DSS hopes to stop in its tracks.

Guest of Honour, Parliamentary Secretary Ministry of Health, Prof Muhammad Faishal Ibrahim, officiated the opening ceremony promptly at 9am to the applause of visitors who started queuing as early as 8.30am.

The event, planned and executed by DSS, took great pains to highlight the importance of physical activity and healthy eating to prevent type 2 diabetes and the serious complications of diabetes. People with diabetes, healthcare professionals, stakeholders and volunteers involved in diabetes care and prevention were mobilised across the country for this major annual event.

Starting the day with a healthy breakfast helps individuals manage their weight and keep blood glucose levels stable. Eating a healthy diet and being active for at least 30 minutes have shown to be effective in preventing the onset of type 2 diabetes.

The public talks started with two speakers on nutrition covering practical tips on 'How to Kick Start your Day with Healthy Low GI Breakfast for Better Sugar Blood Sugar Control' and 'Healthy Eating for Diabetes', followed by an interesting flow of topics by doctors such as 'Advances in the Treatment of Diabetic Eye Diseases', 'Individualising Treatment in Type 2 Diabetes', and 'Preventing Amputations in Diabetics, Charcot Foot'.

Participants had the opportunity to interact with both dietitians and nutritionists, and

the Singapore Nutrition and Dietetics Association, focusing on how to choose healthy local food choices if you have diabetes. Students from Temasek Polytechnic also provided guidance on the amount of sugar to use in local desserts and drinks.

What is healthy living without exercise? We got people moving by inviting them to zumba dance, work out with resistance bands and participate in quick exercise demo sessions.

People at risk were also encouraged to take blood glucose tests. DSS, working with participating partners, organised HbA1c and blood glucose monitoring initiatives. A series of activities organised by the exhibitors highlighted the importance of devices such as glucometers and the public had their blood glucose and blood pressure tested for free.

WDD Singapore closed on a high note—with the DSS New Membership Draw!





DSS wishes to thank all participating partners, sponsors and organisations for their support and contributions in making WDD 2014 a great success.

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