

44th AGM 2015

A bustling year...

Rodiah Hashim

The Society's 44th Annual General Meeting was held at the Drama Centre Function Room 2 of the National Library Building on 25 April 2015.

DSS President Mr Yong Chiang Boon called the meeting to order promptly at 2.30pm. The year 2014 proved to be an active and bustling one, with successful events such as the DSS Flag Day and our hosting of the 10th IDF-WPR Congress 2014/6th AASD Scientific Meeting 2014.

The financial report was discussed and confirmed by members. There being no other matters, the meeting ended at 3.30pm with a tea reception.

The 45th Annual General Meeting, which will also see new nominations to the management committee, will be held in April next year. Please save the date.

DSS would like to thank Gardenia Foods for their continuous support of our activities and sponsoring multi-grain loaves for this event.



Gardens By the Bay Excursion for DSS Members

Date: Friday 28 Aug 2015

Time: 9.00am to 1.00pm

Fee: \$3.00 (Includes transport and entry to Cloud Forest & Flower Dome)

(Meet at Eunos MRT Open Car Park)

Registration required.

Please ring to register: 6842 3382 / 6842 6019

FOR THE LATEST ON DSS EVENTS, LOG ONTO www.diabetes.org.sg

For enquiries, please contact 6842 6019.

LENDING A HAND

Stamford American International School Students Hold Charity Bake Sale

Helping people with diabetes—that was the objective of two big-hearted Grade 5 students of Stamford American International School when they did their school projects. Rahaf Alsanad (right) and Liv Rosenblum (left) both love baking but realise that cakes and cookies with their high sugar and fat content may not be all that healthy. Rahaf, whose family members have diabetes, wanted to look at how she could adjust the method of preparation while Liv cut the sugar in regular recipes to make the treats healthier but just as tasty. They then held a bake sale, selling an assortment of goodies—strawberry sorbet, blueberry crunch, carrot cookies and fruit kebabs.

The students visited DSS HQ on 26 May 2015, and donated the proceeds of S\$266 from their bake sale. We are most encouraged by their support and honoured to receive their gift. Their thoughtful act only confirms that one is never too young to start doing good.



PUBLIC FORUMS Rodiah Hashim

Penjagaan Diabetis Menjelang Ramadan 30 May 2015

In anticipation of the fasting month, a forum in Malay was held at the activity room in Bedok Reservoir. DSS Members and the public were given advice on important facts to note for people with diabetes who wish to fast during the month of Ramadan.

Dr Ben Ng, consultant endocrinologist with Arden Endocrinology & Specialist Clinic Pte Ltd, and DSS Vice-President, dispelled myths that insulin jabs and finger pricks will break a person's fast. Speaking in Malay, he advised that early consultations with medical doctors are crucial for patients to manage and monitor their diabetes better during the fasting month.

Sister Rohanah Pagi, a senior nurse clinician, talked about the importance of managing one's diet before and during the fasting month.

The event was kindly sponsored by MSD Pharma (Singapore) Pte Ltd with support from the Lions Foundation.

Establishing A Firm Foundation in Diabetes Care 13 Jun 2015

Dr Ben Ng presented, this time in English, a talk targeted at those new to diabetes. Titled 'Can early detection and treatment reduce the risk of complication in diabetes mellitus?', his presentation touched on the progression of diabetes and the actions to take to manage its control.

Diabetic retinopathy is a complication of diabetes mellitus. Stressing the importance of eye care for people with diabetes, Dr Nikolle Tan, ophthalmologist from Eye Max Centre at Mt Elizabeth Novena Specialist Centre, said that if not treated in time, diabetic retinopathy can cause irreversible blindness, which is preventable in most cases. Dr Tan went on to provide details of how diabetes affects the eye, the signs and symptoms of diabetic retinopathy and the treatments available.

Last but not least, Mr Henry Lew, a psychologist from a local hospital and a regular contributor to Diabetes Singapore, provided insights into managing stress and coping with chronic illnesses. Engaging the participants, he demonstrated simple stress relieving movements that can be done anywhere, any time.

DSS wishes to thank Dr Ben Ng, Dr Nikolle Tan and Mr Henry Lew for their invaluable support and speaking at the forum. Our thanks also to our participating partner Roche Diagnostics Asia Pte Ltd for their kind sponsorship and presence at the event.

PAST OUTREACH PROGRAM

11 Apr 2015	KTPH Diabetes & Metabolism Symposium 2015 at One Farrer Hotel Grand Ballroom
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DIABETES SUPPORT GROUP (DSG)

Healthy Baking & Vegetarian Cooking 16 May 2015

The support group and members came together to participate in a healthy baking and vegetarian cooking demonstration by Ms Juliana Lim and Ms Lakshmy Bhaskar. Contributing two yummy and healthy recipes each, both volunteers showed that healthy meals need not be bland and boring, a fact that the participants heartily concurred after the food tasting. Said Mdm Wong Heng Kew, a wheelchair-bound member who had diabetes since an accident in 1996 and a regular participant of DSS activities, "I like attending these cooking sessions and the talks very much. The speakers and doctors always give useful information and advice". Accompanied by her helper, Mdm Wong said that she will not hesitate to use public transport to attend the activities, adding that she is used to it.

DSG Park Connector Walk: Woodlands, Canberra, Yishun 25 April 2015

The 5.6km walk with about 20 DSG members started from Admiralty MRT and covered three park connectors—Woodlands Avenue 7 Park Connector, Canberra Park Connector and Yishun Park Connector, and ended at Yishun MRT.

Everyone had a really good walk, burning calories and posting healthy blood sugar readings. Everyone came in proper footwear and avoided any discomfort in the feet.

There was a 15-minute sharing on hyperglycaemia by Juliana to help everyone understand how to prevent high blood sugar as well as manage it if you experience spikes in blood sugar.

We were also privileged to have Dr Tan Hwee Huan with us for the third time, together with Madam Lai and Shu Jun, our trusty and ever faithful DSS diabetes nurse educators.

DIABETIC SUPPORT GROUP (DSG) CALENDAR (JULY TO OCTOBER 2015)

Date: 11 July 2015 Time: 11.30am
Healthy Eating cum Meet & Share
Bedok DSS Activity room

Date: 25 July 2015 Time: 4pm
Park Connector (PCN) Walk – Central Route 6 (5.3 km)
Tiong Bahru MRT Passenger Service

Date: 29 August 2015 Time: 4pm
Park Connector (PCN) Walk – Central Route 7 (4.5 km)
Bukit Gombak MRT Passenger Service

Date: 26 September 2015 Time: 4pm
Park Connector (PCN) Walk – Central Route 8 (4.2 km)
Choa Chu Kang MRT Passenger Service

Date: 31 October 2015 Time: 4pm
Park Connector (PCN) Walk – Central Route 9 (7 km)
Buangkok MRT Passenger Service

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

Bring an umbrella
and wear a good
pair of walking
shoes for outdoor
activities.

Please bring your
own blood glucose
meter for all DSG
activities.



Zest for Zumba! 6 June 2015

After having a taste of Zumba which combines Latin and International music during the World Diabetes Day celebrations in November last year and in response to requests from members, DSG organised a zesty Zumba Hour. Participants enjoyed an hour of fun fitness exercises customised for people with diabetes at DSS Bedok activity room.

