

## A WORD FROM THE PRESIDENT

# THE PRESSURE IS ON...

According to the statistics in the Health Promotion Board website ([www.hpb.gov.sg](http://www.hpb.gov.sg)), hypertension is a fairly common problem in Singapore. Slightly less than one in four Singapore residents aged between 30 and 69 suffer from hypertension. In the 60 to 69 years age group, more than one in two persons have hypertension.

Hypertension is one of the major risk factors for coronary artery disease and stroke. Furthermore, untreated hypertension can cause heart as well as kidney failure.

Indeed, the pressure is on for us to tackle this problem head on and to educate both young and old on the dangers of high blood pressure and the benefits of exercising, not smoking, and eating a healthy and balanced diet. Our articles this issue focus on the importance of keeping blood pressure under control through lifestyle changes, including stress management, weight management and exercise.

DSS conducts health checks and complications screening, as well as talks and forums. Give us a ring at 6842 6019 /3382 or check out our website at [www.diabetes.org.sg](http://www.diabetes.org.sg) to find out more.

The Diabetes Support Group provides an informal platform for people with diabetes to share their experiences and learn how to manage the condition, and avoid complications. Come join the fun and active DSG walks and exercise programmes and support one another!



We look forward to seeing you at our events! Till then, keep calm and read on.

### Yong Chiang Boon, PBM

President, Diabetic Society of Singapore

Diabetic Society of Singapore (DSS) was founded by Dr Frederick Tan Bock Yam on 25 September 1971 to help diabetes patients manage their condition.

DSS is a non-profit organisation affiliated to the International Diabetes Federation and the National Council of Social Service. DSS gratefully accepts donations of any amount to help fight diabetes. All donations are tax exempt. Cash donations must be made in person at our HQ. Cheque donations should be made payable to Diabetic Society of Singapore. You may also make online donations via [www.sggives.org/diabetes](http://www.sggives.org/diabetes).

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