

A WORD FROM THE VICE-PRESIDENT

THAT TIME OF THE YEAR AGAIN...



World Diabetes Day is round the corner once again. 14 November is commemorated worldwide on the birthday of Sir Frederick Banting who co-discovered insulin, the first medication for diabetes, which has saved millions of lives.

Our commemorations in Singapore will be on Sunday, 15 November as a full day public event at Suntec City Convention Centre, Level 3. The theme is centred on the connection between Diabetes and Overweight. The two are intricately linked and sometimes misunderstood.

In Type 2 diabetes, obesity hastens the onset of diabetes and accounts for the increasing prevalence of diabetes among younger people. Being overweight makes insulin action in the body less effective (insulin resistance) and makes diabetes harder to control.

Losing weight is, hence, an important facet of diabetes lifestyle management and losing weight is extremely difficult! In Type 1 diabetes, insulin use can sometimes contribute to excessive weight gain and this again compounds the problem of managing one's blood sugars well. Additionally, conventional medication for diabetes sometimes leads to weight gain working against a person's best efforts to lose it!

There is much to educate and be made aware of—preventing obesity can prevent Type 2 diabetes and lower its prevalence. Newer medication that have come into the market over the last five years or more for treating diabetes are now better for weight control and some even help in weight loss!

This year, a vital partner in the fight against obesity and diabetes is the Obesity and Metabolic Surgery Society of Singapore (OMSSS). Surgeons from the Society will be speaking on Bariatric or "Weight-loss" Surgery and how it can provide a "cure" for Type 2 diabetes. Look out for them at the public talks on World Diabetes Day.

As part of our side events, there will be a walk on Saturday morning at the Singapore Zoological Gardens (Mandai). Call our DSS hotline 6842 6019 / 6842 3382 for more information and if you are interested in participating in the walk.

See you on World Diabetes Day Singapore, 15 November!

DR KEVIN TAN ENG KIAT

Vice-President
Diabetic Society of Singapore (DSS)

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.

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