

GET ACTIVE!

This year, we are raring to go with a greater emphasis on being active, beating the bulge and eating well to manage diabetes. Do not wait till it is too late!

We would like to share two pieces of good news with you.

Firstly, we are currently upgrading our South West Diabetes Education and Care Centre at Jurong West Street 52. The Centre should be full operational to serve our patients by early February 2016. The new facilities will include a training room to conduct workshops and talks. It will also serve as a meeting place for our DSS Support Group which has been very active in the last few years and we are encouraged by the energy of the leaders and the positive response of members.

Secondly, we welcome Ms Melissa Chan on board our team as General Manager of the Diabetic Society of Singapore (DSS). She will oversee the operations of our three Centres and the mobile clinic, improve services and foster partnerships to initiate new projects and programs. Melissa will also be responsible for staff training as well as the publicity of our outreach and education programs and the promotion of diabetes awareness. We look forward to fresh ideas and a more active year ahead!

During my recent trip to the World Diabetes Congress 2015 which was held in Vancouver, I had the opportunity to learn from many healthcare professionals who shared about three factors that are key in helping us manage diabetes:

1. The right type of foods to eat.
2. Exercise and weight loss.
3. Checking blood pressure and glucose level.

Our DSS activities and the articles in this issue of Diabetes Singapore are geared towards teaching our members and the public all about good nutrition, appropriate exercise, weight control, self-care, etc. Check out our website www.diabetes.org.sg for the latest information on our workshops, health screening and forums. We hope to see you soon.

Be active. Stay healthy. And warmest, best wishes for the New Year!

MR YONG CHIANG BOON

President

Diabetic Society of Singapore

SAVE THIS DATE:

45th Annual General Meeting

Date: Saturday, 23 April 2016

Venue: Drama Centre Level 3 Function Room 2

100 Victoria Street

#05-01 National Library Building, Singapore 188064

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-deductible.** Please make **cash donations** in person at any of our centres. **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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