

## A WORD FROM THE PRESIDENT

# WAR ON DIABETES...BE ENGAGED!

"We need to tackle the diabetes challenge. Therefore, I am declaring war on diabetes," said Health Minister Gan Kim Yong in a recent announcement. It was a wake up call to fellow citizens to watch their health. This comes on the back of the growing problem of diabetes in Singapore, said Ministry of Health (MOH). The Ministry revealed that in 2014, around 440,000 residents aged 18 and above had diabetes. That same year, half of all heart attack cases had diabetes; two in three new kidney failure cases were due to diabetes; and two in five stroke cases had diabetes. MOH added that there are more than 1,500 amputations annually due to complications arising from diabetes. That's about four each day!

"We want to help Singaporeans live life free from diabetes, and for those with the disease, to help them control their condition to prevent deterioration," Minister Gan said. The ministry will in its bid to tackle diabetes begin with preventive measures, by encouraging healthy living to avert the onset and progression of diabetes.

We are expecting MOH to ramp up health promotion efforts through a twin food-and-exercise strategy. They hope to improve the dietary quality in schools, communities and workplaces, and learn from successful international regulatory strategies. To encourage more people to exercise, we will expand ongoing programs as well as introduce new programs, bringing them to schools, workplaces, and our community.

Secondly, MOH will promote early screening and intervention for individuals at risk or those unaware they have diabetes, while being careful not to neglect follow-up after screening.

The ministry will also improve disease management protocols to prevent or delay complications. "For those with diabetes, we need to do our best to help them have a good quality of life, at all stages, by having good control over their disease," Minister Gan explained.

MOH will also seek to raise public awareness on prevention and care for diabetes, with nationwide efforts to make supporting changes to the environment. "The key to winning the war on diabetes is for all Singaporeans to be engaged in the battle. We can also play a part in encouraging and helping others to do so," said Minister Gan.

Together, Diabetes Society of Singapore will strongly support MOH in the fight against diabetes, to improve the lives of Singaporeans and reduce the burden on their families.

We are working now with other partners and agencies for programs to promote diabetes awareness and care. We are looking forward to your support and participation.

### MR YONG CHIANG BOON

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-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](http://www.sggives.org/diabetes).

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