



Focus on Diabetes

A WORD FROM THE VICE-PRESIDENT

This issue highlights the approaching World Diabetes Day Singapore event at Suntec City on Sunday, 13 November. This year has been particularly eventful for diabetes in Singapore with the Minister for Health Mr Gan Kim Yong declaring 'War on Diabetes' and launching a number of initiatives in this battle—Healthy Eating and Living with NTUC Social Enterprises, National Diabetes Database to collect data and promote research, a public engagement exercise to listen to the ground on the difficulties and obstacles facing diabetes sufferers; and probably many more in the months ahead. We will hear more from the Minister on 13 November 2016.

Do make it down on that day. The theme is 'Focus on Diabetes', highlighting three areas for emphasis and education.

PREVENT diabetes! This is our best chance of success in dealing with diabetes—to educate on who is at risk for developing type 2 diabetes and targeting and reversing these risk factors where possible both with lifestyle changes and medication, so as to prevent future diabetes.

EARLY DETECT diabetes! This is the next important step—to go for regular screening with your doctor and detect diabetes early rather than later when complications have been given time to develop and control of diabetes becomes harder.

SCREEN for complications! Persons with diabetes need to understand and agree and cooperate with their doctors to have annual (or more often) screening for eyes, feet, kidney, blood pressure and cholesterol complications, so as to address these early and prevent them from developing to a more serious state.

You've heard it here but will learn more about these three areas on the day itself. So mark the date in your diary—Sunday, 13 November at Suntec City for World Diabetes Day Singapore 2016.

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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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