

editorial team

Editor-in-chief
Dr Yeo Kim Teck

Managing Editor
Charlotte Lim

Editor (Dietetics)
Janie Chua

Editorial Consultants
DSS Management Committee

Writers
Dr Yeo Kim Teck (ophthalmologist)
Henry Lew (psychologist)
Kohila Govindaraju (nutritionist)
Ray Loh (physiologist)

Contributors
Dr Warren Lee, Estonie Yuen,
Chan Sau Ling, Diana Lim

Concept & Design
Charlotte's Web Communications

Printing
Stamford Press Pte Ltd

Advertisement Bookings
T: 6842 3382 or E: editor@diabetes.org.sg

Back Issues
www.diabetes.org.sg

Diabetic Society of Singapore HQ
Blk 141 Bedok Reservoir Road #01-1529
Singapore 470141
T: (65) 6842 6019 /3382

Hong Kah Diabetes Education & Care Centre
Blk 528 Jurong West St 52
#01-353 Singapore 640528
Tel : (65) 6564 9818, (65) 6564 9819
Fax: (65) 6564 9861

Central Singapore Diabetes Education
& Care Centre
Blk 22 Boon Keng Road
#01-15 Singapore 330022
Tel : (65) 6398 0282
Fax : (65) 6398 0275

The fight continues...

International Diabetes Federation (IDF) in partnership with its member associations developed the first Global Diabetes Scorecard designed to track the progress that national governments are making on diabetes and other non-communicable diseases (NCDs). Data have been collected and countries measured on their actions in six critical areas:

1. National diabetes plans and policies;
2. Health systems and access to care;
3. Monitoring and surveillance systems;
4. Government budgeting and finance for diabetes;
5. Engagement and rights;
6. National adoption of the global monitoring framework for NCDs.

According to the score card, Singapore is performing strongly in its policies of health systems and access, while rights and empowerment is clearly an area where more efforts are needed. The response to the diabetes challenge will be strengthened with the introduction of a national diabetes plan and relevant preventive policies. Engagement with the Member Association would benefit people with diabetes. The good news is that a large proportion of diabetes-related deaths (25.4%) have been prevented due to the relatively high levels of investment in diabetes-related health expenditures.

Together with the Ministry of Health, DSS aims to continue our fight against diabetes, in the elderly as well as the young, and also those who have Gestational Diabetes (GDM). Our first *Diabetes Singapore* issue of the year looks at how teens can manage diabetes without feeling they are alone or helpless. You can take diabetes by the horns and fight it. We hope the teens, young adults and their caregivers will find our articles on teen nutrition, how to value yourself, and how diabetes management has progressed over the years, both useful and inspiring.

We want to thank those who attended World Diabetes Day last year and hope you all had a fruitful day. We invite you to join us again for our outreach programs, public forums as well as WDD 2017 and Diabetes Support Group (DSG) activities. We also thank all the regular volunteer writers and contributors who continue to serve on the editorial team so faithfully every issue, every year, these past many years.

May you all have a healthful new year and we look forward to sharing more good articles with you in the months ahead.

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.

Disclaimer

The views, opinions and recommendations given by the contributors of Diabetes Singapore or are merely for general reference. All materials in this newsletter are for informational purposes only. The individual reader should consult his own doctor or specialist for his personal treatment or other medical advice. DSS and Diabetes Singapore Editorial Board disclaim all responsibilities and liabilities for content expressed in this newsletter including advertisements herein. All contents of the newsletter are the copyright of the contributors and newsletter. Reproduction in any form is strictly prohibited unless with written permission.