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The previous World Wars 1 and 2 lasted four and six years respectively, the Iraq war eight years and the Vietnam war 20 years. The war declared on diabetes by the Minister for Health last year would likely take even longer. To win this war, habits and lifestyle which are sometimes already ingrained culturally need to be changed. And these changes need to start with the individual in order for social change to take place.

Despite this sombre truth, it is still appropriate and timely that the government harnesses all the resources under its control, co-ordinates all efforts within the country to fight this escalating epidemic. You could say that if anyone could get things done, it would be Singapore!

Singapore does not need the dubious honour of being the developed country with the second highest prevalence of diabetes. At one time, Singapore was also in the top 10 list of countries with the highest prevalence of diabetes in the world!

In a sense, the Diabetic Society of Singapore has been waging a quiet war against diabetes over the last 47 years. It is therefore timely to bring it to a higher and more visible level, on a national scale.

One event in which DSS has helmed over the years is World Diabetes Day. This year, WDD Singapore will be held on Sunday, 12 November, at Suntec City, once again as a full day, free-for-all event. The theme is in line with that adopted by the International Diabetes Federation—Women and Diabetes' with the tagline 'Act today to change tomorrow'. It sets you thinking about the important role women play in society even in the context of diabetes. Women are traditionally entrusted (though this is evolving in modern society) with care of children, nutrition of family and shaping of cultural values and these factors, if inappropriate, can influence the development of diabetes. Moreover, diabetes in pregnancy or gestational diabetes is increasingly prevalent in Singapore and this can influence the rates of diabetes in the next generation.

This year's commemoration of World Diabetes Day Singapore and its theme should therefore serve as an important focus point in the War on Diabetes. On behalf of the Management Committee of DSS and the WDD organising committee, we ask for your support in attending this event and spreading the news about it. See you on 12 November at Suntec City!

Dr Kevin Tan
Vice-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.

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