

Juliana Lim

DS MEMBERS RETREAT

Diabetes Singapore organised a day retreat on 17 March 2018 for members of the Society at Village Hotel Bugis from 9am to 5pm. The theme was: Managing Diabetes—Achieving Your Sweet Dream in 2018.

The opening address by DS vice-president Dr Kalpana Bhaskaran outlined the programme for the day and presented the new name, Diabetes Singapore, and new logo. Dr Kalpana also left us a profound message: Fight complications instead of only fighting diabetes!

At 10am, the emcee Ms Siti introduced our first speaker Dr Tan Hwee Huan, Senior Consultant, Diabetes Care at Admiralty Medical Centre. Dr Tan teased us by asking if we had heard of the “magic pill” and the stories of people with diabetes who were “cured”. Many were excited and eager to learn about this “magic pill”. Dr Tan then told us the story of her patient (Mr D) who had diabetes for 28 years but was not able to control his sugar level due to his lifestyle. He was urged to use the magic pill - “DESMM” (Diet, Exercise, Stressor/Support, Monitoring and Medication) to manage his sugar level. With persistence, he succeeded in reversing his high A1c levels to near normal even after his insulin was taken off. Dr Tan also emphasised that good control at the onset of diabetes will enable one to have better control in later life. She ended her talk by leaving us her magic numbers of <7% for A1c, 4-8mmol before food, and <10mmol two hours after food.

We then had a motivational talk by Dr Griva Konstadina from NTU – Lee Kong Chian School of Medicine. She had us in stitches as we played the “Fist” game. Many had difficulty in opening the clenched fist and only one pair of players played the game right. By asking for permission to open her fist, the player consented by opening her clenched fist. Dr Griva demonstrated that when we have problems with others, we have to soften our approach. Many agreed that “people are more willing to change when they know they are completely free NOT to change”.

Just before the sumptuous buffet lunch, we had a panel discussion led by Dr Tan Hwee Huan, Dr Griva Konstadina, Dr Kalpana Bhaskaran and Ms Loh Hooi Lee. The session ended at 12.30pm followed by participants recording their blood glucose levels. At 1.45pm, we gathered for a tough but fun “Word Search” game. We then had an invigorating workout session with a 15-minute Walking Exercise (1.0 Mile Happy Walk).

Ms Chan Yoke Ling, a Diabetes Nurse Educator, spoke on New Trends in Blood Glucose Monitoring and the interpretation of Glucose Reading. She also explained the different ways and types of continual monitoring available. Most hospitals offer this service which is a good measure of knowing why and how our glucose levels are affected by the food we eat and our moods.





Mr Pang Er Jun from CO Wealth Advisory Group spoke on their AIA Insurance Policy Plan for people with diabetes. Years ago, people with diabetes could not be insured at all, but now, AIA has not only become the “First to Score Against Diabetes” by insuring people with diabetes but also has included a Vitality Programme in which the insured is able to earn Vouchers from Cold Storage, Uber/Grab and Starbucks just by exercising to keep healthy.

Our tea-break at 3.10pm was followed by another round of blood glucose readings. To sweeten the deal, “no sugar” ice cream in cups were available to all.

A very bubbly Ms Hamida Binte Zam from Temasek Polytechnic talked about Goal Setting For A Better You. She explained that writing down our goals helps keep our subconscious mind active. Studies have shown that writing down our goals activates our left brain while only thinking about it works the right brain.

Ms Hamida revealed that in a 1979 study at Harvard, 87% of people did not write down their goals, 10% thought about

their goals and 3% actually wrote down their goals. After 10 years, the 10% had made twice as much money as those of the 87% group. However, the 3% who wrote down their goals had made ten times more money than the rest of the group.

Prizes in the form of NTUC Gift Vouchers were awarded to the participants of the team who found the 18 hidden words in the word search game as well as to three participants who contributed much during the retreat.

Mr Venkatesh Narasiah, Executive Director of DS, thanked everyone who came for the retreat and emphasised the long term strategic vision of DS, including clinical activities, partnerships and collaborations, attracting new members and encouraging each volunteer/member to be an ambassador for Diabetes Singapore.

The retreat ended promptly at 5pm. All participants benefitted with much knowledge gleaned from the esteemed speakers and had an enjoyable day with many looking forward to the next retreat.



Diabetes Support Group SG Meet & Share

Join us for our next support group event! Call Juliana at 9278 2084 for more details or to register.

28 April 2018 (Sat)
Walk @ Tampines Eco Green
Time: 3.30pm – 6.30pm
Meeting Point: Tampines MRT
Maximum number of pax: 40

12 May 2018 (Sat)
Visit to Kale Farm
Time: 3.30pm – 6.30pm
Meeting Point: To be confirmed
Maximum number of pax: 40

26 May 2018 (Sat)
Walk @ Dairy Farm Nature Farm – Wallace Trail
Time: 3.30pm – 6.30pm
Venue: Hillview MRT Station, Exit A
Maximum number of pax: 40

2 June 2018 (Sat)
DSG 2nd Quarterly Gathering with DSS Members
Time: 2.00pm – 5.30pm
Venue: TBA
Maximum number of pax: 100

30 June 2018 (Sat)
Walk in Ancient City Trail @ Fort Canning
Time: 3.30pm – 6.30pm
Meeting Point: Dhoby Ghaut MRT Passenger Service, Exit B
Maximum number of pax: 40

28 July 2018 (Sat)
Walk @ Changi Beach
Time: 3.30pm – 6.30pm
Meeting Point: Meet at Tampines East MRT Passenger Service, Exit B, take bus 9 and alight at 18th stop after boarding (27 min bus journey)
Maximum number of pax: 40

18 August 2018 (Sat)
Walk in Civil Trail
Time: 3.30pm – 6.30pm
Venue: Dhoby Ghaut MRT Passenger Service, Exit C
Maximum number of pax: 40

All meals at own expense unless otherwise stated