

Going Mobile

By Joan Choo



from left to right:

Mayor Teo Ser Luck, MP for Pasir Ris-Ponggol GRC, Ms Penny Low, MP for Pasir Ris-Ponggol GRC, Dr. Ahmad Mohd Magad, MP for Pasir Ris-Ponggol GRC, Deputy Prime Minister Teo Chee Hean, MP for Pasir Ris-Ponggol GRC, YONG Chiang Boon, PBM - President, DSS, District Governor Lion Anthony Tay, PBM, Zone Chairman Lion Ronald Chua, Mr. W B Chua, Council Member-North East CDC, Region Chairman Lion Richard Ng

If not for the Mobile Clinic, a service provided by Diabetic Society of Singapore (DSS), about 100 people would not have discovered that they were diabetic and had high blood sugar levels. About 330 others, already diagnosed with diabetes, would have remained in the dark about their deteriorating condition.

Diabetes is a chronic disease and if not managed properly, can lead to kidney failure, nerve damage, leg amputation, heart disease and blindness. Therefore early detection is essential to prevent any complications early. Currently, one in 11 people here aged between 18 and 69 suffers from diabetes.

The Mobile Clinic was officially launched by Deputy Prime Minister and Minister for Defence Teo Chee Hean on 20 December 2009 at an outreach fair held by the North East Community Development Council. Since the Mobile Clinic started its operations in April 2008, it has reached 873 people, especially the elderly who have ambulatory problems accessing the three DSS centres located at Jurong West, Boon Keng and Bedok, by bringing the services nearer to their homes. The Mobile Clinic also targets those with no known symptoms of diabetes by having their blood sugar, blood pressure and body mass index measured. Other services aboard the bus include:

1. Diabetes Retinal Photo
2. Diabetes Foot Screening
3. HbA1c – Average Blood Sugar test
4. Counselling

Jamie Lim, 55, a resident in the North-east district who has benefited from the service, admitted that if the screening location were not so convenient, she would not have bothered going; but since the mobile clinic had made its stop just across from her home, she decided to have her checks done. According to DSS President Mr Yong Chiang Boon, convenience is one of the key goals of the Mobile Clinic and a good way to spread the message that diabetes can be controlled and should be managed well. He said, "The mobile screening encourages residents to take tests that they might not have had the motivation to take, because screening is now done right at their doorstep."



Healthy Cooking for Chinese New Year

Date: 30 January 2010, Saturday
Time: 2.15-5pm
Venue: DSS Activity Room
 Blk 141 Bedok Reservoir Road, #01-1529,
 S(470141)

Programme

2.15pm Registration
2.30pm Dietary Management – "Eating during the Festive Season"
Speaker: Ms Chionh Lay Keng,
 Nurse Educator, DSS
3.15pm Questions & Answers
3.30pm Cooking Demonstration by Applied Science School, Temasek Polytechnic
5.00pm End

Sponsored by:



Registration Fee:
DSS Member \$5.00
Non-Member \$10.00

Name: _____
 Membership No/NRIC: _____
 Address: _____

 Contact No: _____
 (Home) _____
 (Mobile) _____
 No. of people attending: _____

Please make cheque payable to:
Diabetic Society of Singapore
 Attach payment to this form and send to:
Diabetic Society of Singapore
 Blk 141 Bedok Reservoir Road #01-1529
 Singapore 470141

For more information, please call us at
6842-6019 / 6842-3382