

DIABETES CAN FAIL YOUR KIDNEYS

by Rodiah Hashim

A public seminar on Chronic Kidney Disease (CKD) 'Diabetes Can Fail Your Kidneys!' was held at the HPB Auditorium on Saturday, 30 June, to help those with CKD manage their condition to prevent the development or slow down the progression of diabetic nephropathy.

Jointly organised by DSS and www.mykidneyplan.com with main sponsor Baxter Healthcare (Asia) Pte Ltd, the three-hour seminar featured talks by nephrologist Dr Grace Lee from Grace Lee Renal and Medical Clinic and endocrinologist Dr Stanley Liew from Raffles Medical Centre, as well as dietitian Ms Khor May Jiun from Singapore General Hospital.

Dr Lee warned that CKD is a silent disease with no early symptoms and patients with diabetes and hypertension are at risk. Early signs to look out for are blood and/or protein in the urine, high blood pressure and elevated serum creatinine. Dr Liew focused on the ABC Risk Factors of diabetes, i.e. A1C (sugar control), blood pressure and cholesterol before diving into the topic 'How Does Diabetes Affect Your Kidneys?' Ms Khor gave an overview of 'The Diet for Chronic Kidney Disease', touching on sodium and potassium intakes.



Manage Your Diabetes, Successfully!

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A Retreat for Adults with Type 2 Diabetes

Forty-five people with diabetes and their caregivers attended a DSS retreat on 28 July at Orchid Country Club. Mr Ray Loh, an exercise physiologist from Sports Medicine & Surgical Clinic, Tan Tock Seng Hospital, started the day with two workshops, 'Exercise for Weight Management' and 'Endocrine Response to Exercise'.

After a practical exercise session, participants received the good news that DSS will soon be working with Tan Tock Seng Hospital (TTSH) to start structured exercise classes for members.

A lively presentation on 'How do I know I have kidney disease?' by Dr Roger Tan, a nephrologist from Gleneagles Hospital, was followed by the highlight of the retreat, a tour of supermarket NTUC FairPrice which was conveniently located within the Club. Dietitians Mr T C Won and Mr For Wei Chek then let on about food label reading, smart shopping and healthy eating.



Ms Kalpana Bhaskaran, Section Head, Nutrition Research, Applied Food Science & Nutrition, Temasek Polytechnic and a newly minted DSS committee member, gave much insight into glycaemic index and carbohydrate counting.

It was a fruitful day of information gathering and sharing, thanks to our speakers and kind sponsors MSD, TOPCON,

AccuChek, Soyjoy, Abbott Nutrition, Toyogo, Medimex, PomeFresh Pte Ltd and Lions Foundation, plus NTUC FairPrice for their support and doorgifts.

COOKING DEMONSTRATION TOWARDS HEALTHY EATING: JUST DESSERTS!

Venue: Bedok Diabetes Education & Care Centre Activity Room
Date: Saturday, 13 October 2012
Time: 2 to 4pm
Fee: \$5 for member; \$10 for non-member
For enquiries and registration, please call 6842 3382.