

PROTECT OUR FUTURE

World Diabetes Day is upon us again. 14 November marks the occasion when the whole world unites against diabetes the condition, to heighten awareness about what diabetes is all about, how it can be prevented and how it should be controlled; so as to reduce the suffering that diabetes complications can bring.

The International Diabetes Federation has a theme each year. The focus is on **Diabetes Prevention and Education**. This year, the aim is to **Educate, Engage** and **Empower** youth and young persons, as well as the general public on diabetes. One of the key messages is relevant to us in Singapore, that “the way we live is putting our health at risk” for diabetes.

The slogan for the campaign – “**Diabetes: Protect Our Future**” – hopes to disseminate education and prevention messages to communities and make children and young people aware of the warning signs and risk factors for diabetes. In many cases, type 2 diabetes can be prevented through healthy eating, physical activity and the prevention of obesity. The plan is to galvanise action for the protection of the health of our future generations.

Our World Diabetes Day commemorative event in Singapore will be held on **Sunday, 11 November, at the NUSS-The Graduate Club at Kent Ridge Drive from 9am to 3pm**. The Minister for Health, Mr Gan Kim Yong, will be our Guest-of-Honour. Our partners in this cause are NUSS, who will also be raising funds for Diabetic Society of Singapore, and Singapore National Eye Centre for its combined **National Eye Care Day!**

We need your help to make this year’s World Diabetes Day a success, especially since the venue is not in a high-visibility location. Please come, bring your friends, spread the word around from now till November 11. Persons with or without diabetes can come to learn more, as well as have their regular checks and to buy diabetes-related products and enjoy the special offers on that day.

Let’s protect our future.
Together.

See all of you at
World Diabetes Day!

Dr Kevin Tan
Vice-President
Diabetic Society of Singapore



Diabetic Society of Singapore 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 exempt. Cash donations must be made in person at our HQ. 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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