

## Diabetes Care:

Understanding the Truth & Myths

Run 1 Dates

Run 2 Dates

### Module 1: What is Diabetes?

6 October 2018  
(Sat)

17 November 2018  
(Sat)

### Module 2: Clinical Aspects of Diabetes

13 October 2018  
(Sat)

24 November 2018  
(Sat)

### Module 3: Lifestyle and Exercise

20 October 2018  
(Sat)

1 December 2018  
(Sat)

### Module 4: Stress and Relaxation

27 October 2018  
(Sat)

8 December 2018  
(Sat)

### Module 5: Diet in Diabetes Management

10 November 2018  
(Sat)

15 December 2018  
(Sat)



**Timing** 5 Saturday sessions, 2 to 5pm

**Venue** LIFE Centre, SGH, Bowyer Block A (Clock Tower) Level 1

Please see No. 10 in map below



**Fees** \$70 (Public)  
\$14 (Singaporeans & PRs  
50 years old and above)

## To register

**Email:** [dss@diabetes.org.sg](mailto:dss@diabetes.org.sg)

**Phone:** 65649818

As part of:

**NATIONAL Silver ACADEMY**

## Attend Our Course

### Diabetes Care:

Understanding the Truth & Myths

As part of National Silver Academy (NSA)



#### Module 1: What is Diabetes?

▶ Can diabetes be cured? What happens if I over-manage my blood glucose level? We will help you clarify all these questions!

#### Module 2: Clinical Aspects of Diabetes

◀ You will know all about the chemistry, technology and science behind diabetes medication and screening!



#### Module 3: Lifestyle and Exercise

▶ How do you take diabetes "a step at a time"? This exercise-focused module will get you moving!



#### Module 4: Stress and Relaxation

◀ Diabetes can involve the mind? Yes, stress management is a great tool for managing diabetes, which you will find out here!



#### Module 5: Diet in Diabetes Management

▶ Diabetes doesn't mean no more good food. Reassure your taste buds at this module while staying healthy. It can be done!



To register, please email [dss@diabetes.org.sg](mailto:dss@diabetes.org.sg)

For more information on care for patients with diabetes, contact:

#### Diabetes Singapore HQ & Jurong West Diabetes Education & Care Centre

Blk 528, Jurong West Street 52  
#01-353, Singapore 640528  
Tel: (65) 65649818  
Fax: (65) 65649861

#### Central Singapore Diabetes Education & Care Centre

Blk 22, Boon Keng Road  
#01-15 Singapore 330022  
Tel: (65) 63980282  
Fax: (65) 63980275

Website: [www.diabetes.org.sg](http://www.diabetes.org.sg)



Become our member for only **\$55 for 3 years (plus one time joining fee of \$15)** and enjoy:

- ✓ Free quarterly newsletter and annual retreats
- ✓ Be part of our Diabetes Support Group
- ✓ Access to our 50+ merchandise items (glucometer, strips, syringe) at highly discounted prices
- ✓ Free Glucometer for new joiners taking up 3 years or more membership with us

▶ Prevention of **Diabetes**

▶ Continuing Care For People With **Diabetes and Caregivers**



# Understanding Diabetes

## What is Diabetes?

Diabetes is a condition in which the level of glucose (sugar) in the blood is higher than normal.

## What causes Diabetes?

- A lack of insulin OR
- Insulin not working as it should to lower blood glucose

The result is glucose building up in the body, hence increasing the risk of diabetes-related complications such as eye disease, kidney disease, foot disease, heart disease and nerve damage.

## Who's at risk?

Over 30 years of age with any of these risk factors:

- Overweight (BMI>23kg/m<sup>2</sup>)
- Family members with diabetes
- Diabetes during a previous pregnancy
- Big babies during previous pregnancy
- Co-existing high blood pressure, high cholesterol, or heart disease, impaired glucose tolerance
- Leading a sedentary lifestyle

## Do you know?

Landmark studies have proven that keeping diabetes under control can prevent or, delay major complications, enabling people with diabetes to lead a normal lifestyle.



# About Diabetes Singapore

**Our Mission** is to raise awareness and to provide education, counselling and support to people with diabetes, their families and the community in order to empower them to lead a healthy and productive life.

## Our Service:

### Diabetes Education & Care Programme

- Assists those with diabetes to manage their conditions to prevent kidney failure, stroke, blindness, amputation & cardiovascular disease
- Our services include DRP, DFCS, blood glucose, cholesterol, HbA1c, counselling, dietitian & podiatry services

### Diabetes Awareness & Outreach Programmes

- Promotes awareness of diabetes to the public and encourages the community to adopt a healthy lifestyle to prevent diabetes, by conducting outreach talks at institutions, schools, community clubs and community health fairs.

### Diabetes Support Group

- Platform for people with diabetes & their family members to share their experiences in dealing with diabetes
- Highly acclaimed and is open only to Diabetes Singapore members
- Organises frequent group walks, cooking classes and quarterly talks, all for free

# Diabetes Complications Screening



## Diabetic Retinal Photography

Diabetes can lead to blindness. Early screening through simple tests like Retinal Photography can save your sight.



## HbA1c

This is a blood test that gives an index of a person's average blood glucose level in the preceding three months, irrespective of one's prevailing blood glucose level. This is a useful measurement in monitoring diabetes.

## Cholesterol Panel Checks

Diabetes accompanied with high cholesterol raises the chance of heart attack and stroke. Monitoring of one's cholesterol level regularly is essential to reduce this risk.

## Microalbuminuria Test

Microalbuminuria is the earliest sign of diabetes-related kidney damage. This test allows for early detection and hence prevention of kidney failure and further complications.

## Foot Screening

People with diabetes are at risk of serious foot diseases and even amputation. With regular foot screening and checks, this risk will be reduced. When necessary, our experienced nurses will refer one to podiatrist for further management.



## Mobile Van Services

This service brings DRP, DFS and counselling services to your doorstep!

