



Diabetic Society of Singapore

ANNUAL REPORT 2010

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1. GENERAL INFORMATION

The Diabetic Society of Singapore was set up in 25.9.1971 as a society. It was registered under the Charities Act on 27.9.1983.

Charity Registration No.	:	0005
UEN No.	:	S71SS0043E
IPC No.	:	HEF0040/G
Effective Date of IPC	:	01/07/2009 – 30/06/2011
Registered Address	:	141 Bedok Reservoir Road #01-1529 Singapore 470141
Management Committee	:	The Management Committee was elected on 17 April 2010 at the 39 th Annual General Meeting. Mr. Yong Chiang Boon President Dr. Kevin Tan Vice President Hj P M Moideen Vice President Ms Esther Ng Hon Secretary Mdm Rohanah Bte Pagi Asst Hon Secretary Mr Stanley Lim Hon Treasurer Ms. Zann Lim Asst Hon Treasurer Dr. Yeo Kim Teck Member Mr. For Wei Chek Member Mr Greig Price Member Mr Dennis Tan Member (co-opted)
Auditor	:	Singapore Assurance PAC
Patrons	:	1. Minister for Health 2. Professor Arthur Lim

2. PRESIDENT'S MESSAGE

Dear members,

My warm greeting to all, I am delighted to present this year report as follow:

1. We won the bid to hold IDF Western Pacific Congress in 2014. We shall be expecting more than 2000 delegates coming to Singapore from over 20 countries to attend the scientific programs as well the exhibition on medical products and services.

The organising committee will work with government agencies, hospitals, medical professional bodies to show case our unique medical system and medical welfare structure.

It is the best occasion for Singapore, DSS & members to offer our guests the Singapore experience of multi-racial cultures and food.

2. We have extended our finance assistance to twice as many needy persons as compared in 2009 with the help from Lee Foundation. In order to serve effectively and wisely, we shall approach the Community Development Councils to assist residents in funding part of their basic medical needs.
3. The society will continue to promote outreach activities at the community. We have the responsibility to promote diabetes awareness to the general public and the prevention of complication for persons with diabetes.
4. With the increase in costs for running these services, activities and operations, we wish to appeal to Ministry of Health and our regular donors for more grants and donations respectively.

Once again, I wish to thank all management committee members, staffs, volunteers, members and advertisers and well wishes for your continue support and contribution.

Thank you very much !

Yours truly



Mr Yong Chiang Boon, PBM
President 2010 - 2012

3. Administration

Mission

To provide diabetes awareness, education and counselling to people with diabetes, their family members and the public. Through knowledge and discipline, the person with diabetes becomes better equipped to achieve a healthy and productive life.

Objectives

- To provide service to people with diabetes and to individuals interested in diabetes
- To undertake activities that promote the general well-being of people with diabetes
- To strive to remove prejudice and ignorance concerning diabetes.

Membership

The number of members with the Society as at 31 December 2010 stands as 4,404 members with 1,577 being Ordinary members, 2,812 Life members and 15 Associate members. The overall number has decreased by 2% as compared to 2009.

Management Committee

A total of six (6) committee meetings were held during the period of January to December 2010.

The current Management Committee was elected at the 39th AGM on 17 April 2010 for a period of 2 years. Mr Dennis Tan was co-opted as a Committee member at the 19 Aug 2010 meeting. Mr Dennis Tan was a Management Committee member from 2006 to 2008 before he left for overseas posting.

Staff

Currently the society has 10 full-time and 2 part-time staff. 6 nurse educators and 6 admin staff are deployed to the 3 centres and the mobile centre.

Financial Situation

With the tight labour market especially in the healthcare sector and high manpower costs, the society is facing the problem in recruiting staff. Most of the donations in 2010 were designated for certain programs. The society also needs funds for other recurrent expenses and activities.

Conflict of Interest Policy

The Society has a Conflict of Interest policy in place for Committee Members and staff.

Staff Remuneration

None of the staff was paid more \$50,000 per annum.

Future Plans

The obesity prevalence in Singapore has hit 11% and diabetes prevalence is 11%. With the society's mission to promote diabetes awareness, there is a need to focus on diabetes prevention. DSS will be looking in developing programs on diabetes education for the pre-diabetes, the high risk groups – those who are obese and the aging population, and the care-givers.

With the successful bidding for the hosting of the IDF Western Pacific Region Congress in 2014, the awareness of diabetes will be enhanced. The healthcare professionals will benefit from such an important event.

With some restructuring of the healthcare system, we hope to see more emphasis on diabetes care at the primary care level.

4 Programmes

4.1 Diabetes Education Programme

This programme aims to educate and update those with diabetes and the public on the complications related to diabetes and the prevention of diabetes through educational talks, seminars and workshops.

Date	Event	Venue
30 Jan 10	Cooking Demo: Healthy Cooking for Chinese New Year	DSS Bedok Activity Room
22 May 10	Forum: The Key to Diabetes Care & Self-Management	Suntec Convention Centre
17 Jul 10	Forum: Behavioural & Psycho Social Issues & Latest Developments on Diabetes	KK Women's & Children's Hospital
21 Aug 10	Cooking Demo: Eating & Preparing Healthy Hawker Fare	DSS Bedok Activity Room
18 Sep 10	Forum: These Feet are made for walking... Caring for your feet	Suntec Convention Centre

Continuing Medical Education

DSS has supported pharmaceutical companies in providing CME seminars and talks for doctors and other allied healthcare professionals in diabetes education.

Date	Event	Sponsors
6-Jan-10	New ADVANCEs in Diabetes	Servier
2-Mar-10	Managing Type II Diabetes : The evidence based approach	Servier
3-Mar-10	Practical Strategies in the Management of Type II Diabetes	MSD
19-Mar-10	Insulin Initiation - When & How	Novo Nordisk
24-Mar-10	Step Up to Better HbA1c Control	Novo Nordisk
9-Apr-10	Understanding and Managing Hypoglycemia, A Barrier to Better Diabetes Care	MSD
10-Apr-10	Insulin Initiation – When & How?	Novo Nordisk
13-Apr-10	Metformin - the miracle treatment for type 2 diabetes?	Merck
14-Apr-10	Step Up to better HbA1c Control	Novo Nordisk
20-Apr-10	Metformin - the miracle treatment for type 2 diabetes?	Merck
21-Apr-10	Discussion on Diabetes Management - Case Studies	Novo Nordisk
21-Apr-10	Understanding and Managing Hypoglycemia, A Barrier to Better Diabetes Care	MSD
28-Apr-10	Treating Type II Diabetes: The Evidence Based Approach	Servier
4-May-10	TREATING TYPE II Diabetes: The Evidence Based Approach	Servier
8-May-10	Meet the Experts Session	Novo Nordisk
11-May-10	Metformin - the miracle treatment for type 2 diabetes?	Merck
22-May-10	Simultaneous Management of Cardiometabolic Risks: HOW TO BEAT THE ODDS AND TREAT TO GOAL?	MSD
3-Jul-10	The Long and Short of Insulin Treatment	Novo Nordisk
10-Jul-10	Confronting Obstacles to Glycemic Control in Type 2 Diabetes	MSD
12-Jul-10	Classical vs Emergent therapies - Innovative solutions to improving Diabetes Care	Merck

13-Jul-10	Reducing Diabetes Complications: Where does the evidence lie?	Servier
18-Aug-10	Role Of Lipoproteins And Inflammation In The Progression/Regression Of Atherosclerosis	AstraZeneca
1-Sep-10	Managing Diabetes Mellitus in 2010	MSD
23-Sep-10	Understanding and Managing Hypoglycemia- A Barrier to Better Diabetes Care	MSD
29-Sep-10	Step Up to Better HbA1c Control	Novo Nordisk
29-Sep-10	Just Do It - for better A1c	Novo Nordisk
30-Oct-10	Optimising Diabetes Management Demystifying The Unknowns about Hba1c	Bio-Rad
10-Nov-10	New Directions in Managing Diabetes	MSD
13-Nov-10	Diabetic Hypertensive Patients: Challenges in Diabetes and Blood Pressure Management	Novartis
29-Nov-10	Feasibility of Comprehensive Glycemic Control in Diabetes	BMS
10-Dec-10	Being Creative with Insulin Therapy	Novo Nordisk
11-Dec-10	The role of inflammation in atherosclerosis—implications for risk assessment and treatment	AstraZeneca
21-Dec-10	Managing the Challenging Diabetes in the Primary Care Setting	MSD

4.2 Diabetes Support Groups Programme

There is an increase in number of members under this programme. As it is targeted at people with diabetes especially those newly diagnosed patients to learn from their peers on diabetes management and control through various outdoor activities.

Another support group interact online frequently to share information. They could be reached at dss-dsg-owner@yahoo.com .

4.3 Diabetes Awareness & Outreach Programme

The promotion of diabetes awareness to the public is part of the diabetes education that DSS has always been advocating. Our aim is to provide more outreach activities in the community through our health screenings and talks. With the increase in obesity among Singaporeans more people will be at risk of having diabetes.

Outreach Activities & Talks

The society strongly believes that providing diabetes education through talks and screenings will help the public be aware of diabetes in order to prevent or delay the disease.

Date	Event	Organisation
17 Jan 10	Health Screening	Punggol 21 Community Club
23 Jan 10	Diabetes Awareness	Eunos CC - Malay Carnival
24 Jan 10	Diabetes Awareness	Eunos Town Day
3 Mar 10	Talk – Diabetes Awareness	Active Ageing
14 Mar 10	Health Screening	1 Stop @ Paya Lebar – DSS Mobile Bus
5 May 10	Talk cum Tour	Gardenia Factory
27 Jun 10	Health Screening & Counseling	Youth Expedition Project

15 Jun 10	Talk - Prevention of Diabetes	Rotary Club
4 Jul 10	Health Screening	West Coast Community Club
7 Jul 10	Talk – Diabetes Awareness	Johnson & Johnson
18 Jul 10	Talk - High Cholesterol	Woodlands Community Club
31 Jul – 1 Aug 10	Adult Diabetes Retreat	Changi Village Hotel
14 Aug 10	Talk - Prevention of Diabetes	Jurong West Regional Library
15 Aug 10	Health Screening	Nee Soon South Community Club
4 Sep 10	Mx of Hypertension and Lipids	Bishan Public Library
6 Oct 10	Talk – Diabetes Awareness	Comcare Network Senior Activity Centre
23 & 24 Oct 10	Counseling for the public with abnormal results	NUS-PHS health screening

World Diabetes Day 2010

The society and Singapore National Eye Centre (SNEC) jointly organised the World Diabetes Day 2010 and Total Eye Care Day at The Grassroots' Club. The theme focused on the eye complications of diabetes and its prevention – Let's Take Control of Diabetes. Now.

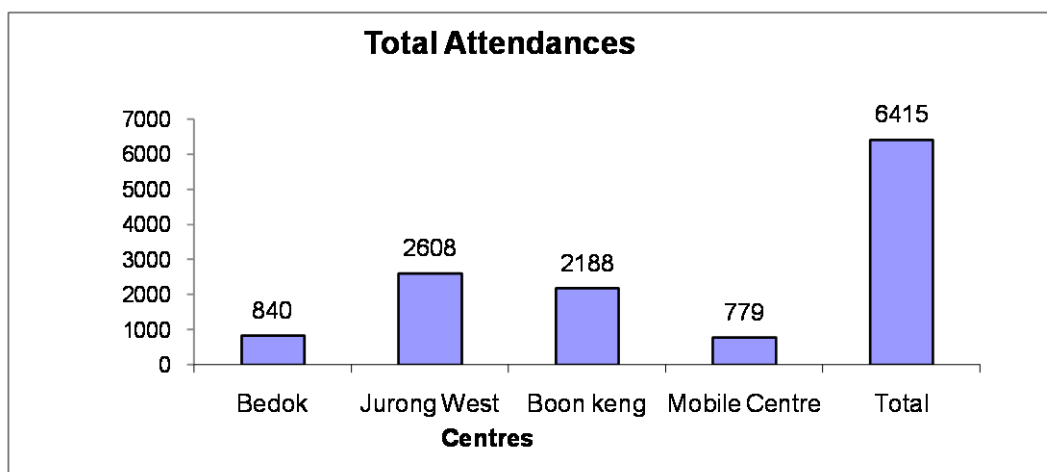
The event was graced by Mr Masagos Zulkifli Bin Masagos Mohamed, Minister of State for Education & Home affair who was our Guest-of-Honour.

The day started off with the Walk for Diabetes – a brisk walking exercise to promote healthy lifestyle. Some of the events besides the eye screening were blood sugar and cholesterol checks, blood pressure and body mass index checks. diabetes education by the Association of Diabetes Educators of Singapore and public talks by physiotherapist from Singapore Physiotherapists Association, dietitians from the Singapore Nutrition and Dietetics Association and foot screening by podiatrists from the Singapore Podiatry Association. There were also sales of diabetes-related products and exhibitions by pharmaceutical companies who have historically and loyally supported the Society all the past years.

The society in collaboration with the Scouts' Association and Girl Guides Singapore launched the "Diabetes Awareness Badge" to raise the awareness of the dangers associated with diabetes and to educate the masses on managing the condition.

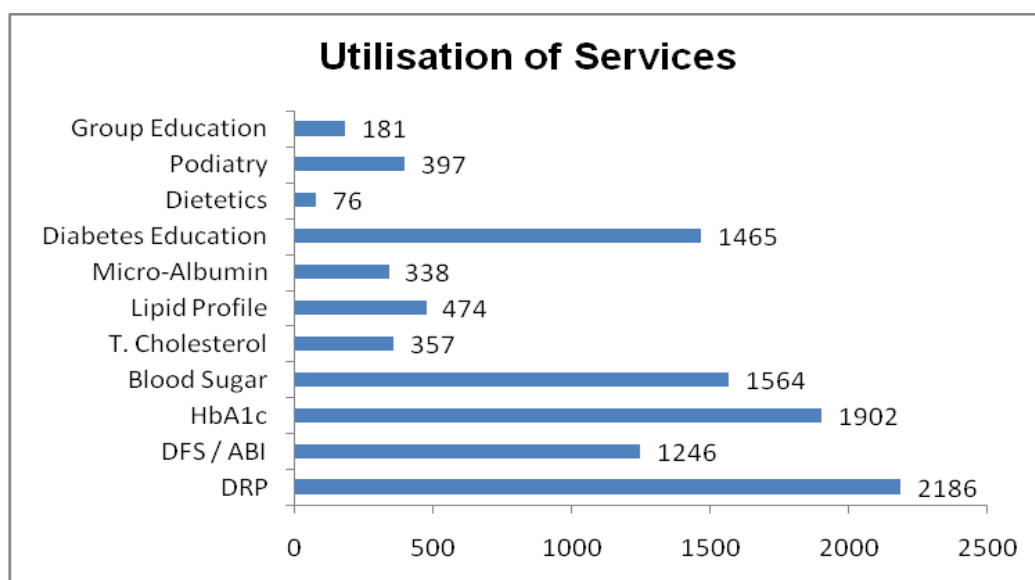
4.4 Diabetes Management & Care Programme

The programme is run by 4 full-time and 2 part-time nurse educators. The objective is to help those with diabetes to manage their conditions to control their blood sugar level and adopting a healthy lifestyle to prevent complications.



Services Provided in 2010

The following were services provided by all the centres in 2010

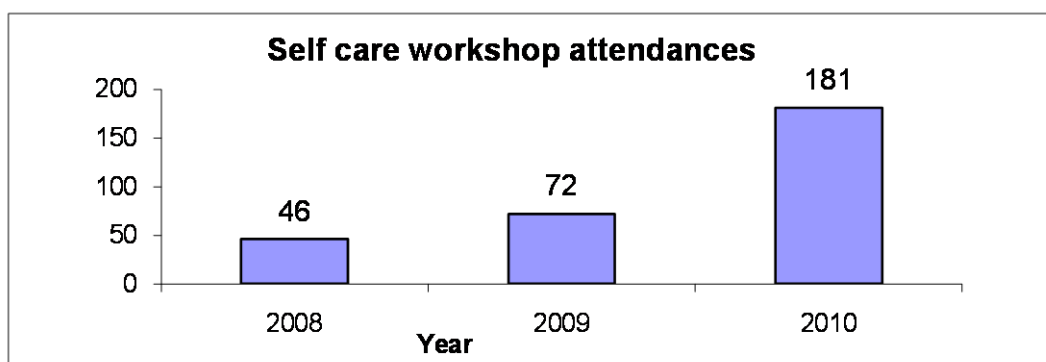


Diabetes Care Training Program for Pharmacists from Unity Pharmacy

50 pharmacists attended the 6 hours training program from June to August. The feedbacks from the participants were very encouraging and they wished to have more of such program in the future.

Self Care Workshop

An increasing number of people with Diabetes have joined us for our self care workshop. There has been an increase of 75% in the number of participants since 2008. The workshop empowers participants to make healthier lifestyle choices to better manage diabetes. Relationships among the participants are formed during the sessions and they are also motivated to manage their glycaemic control better.

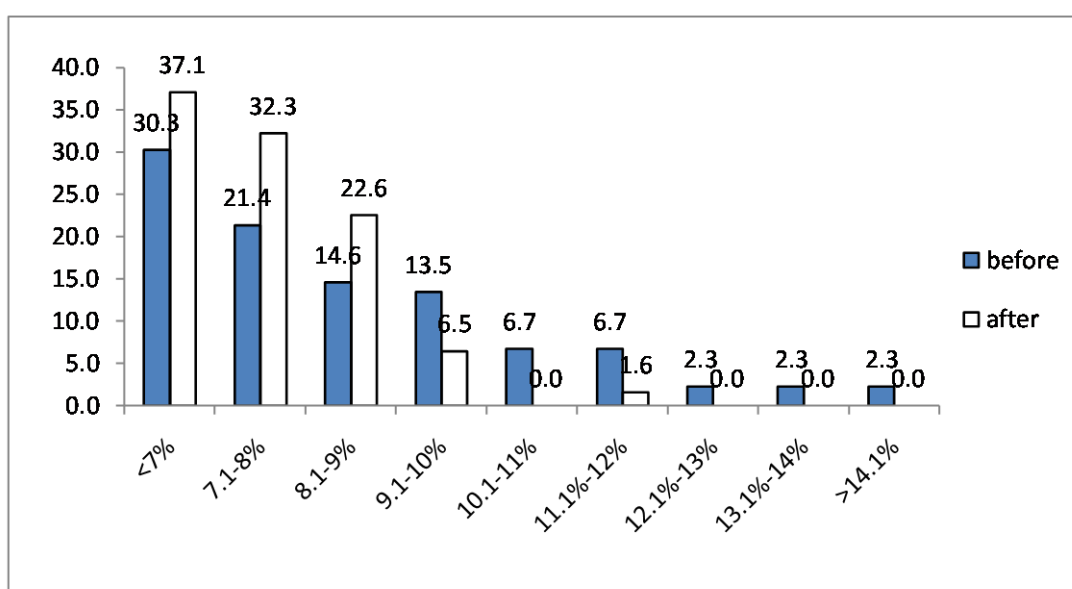


Delivery on Target (DOT) Programme

139 Patients are recruited into the program

The DOT programme which is funded by the Give2Asia Foundation is a partnership between DSS, Singahealth and Johnson and Johnson Medical Singapore. The objective is to empower GPs to better manage their patients in achieving their targets in diabetes management.

The percentage of patient's HbA1c <7% has increased from 30.3% to 37.1%
For patients whose HbA1c below 8%, it has increased from 51.7% to 69.4%.

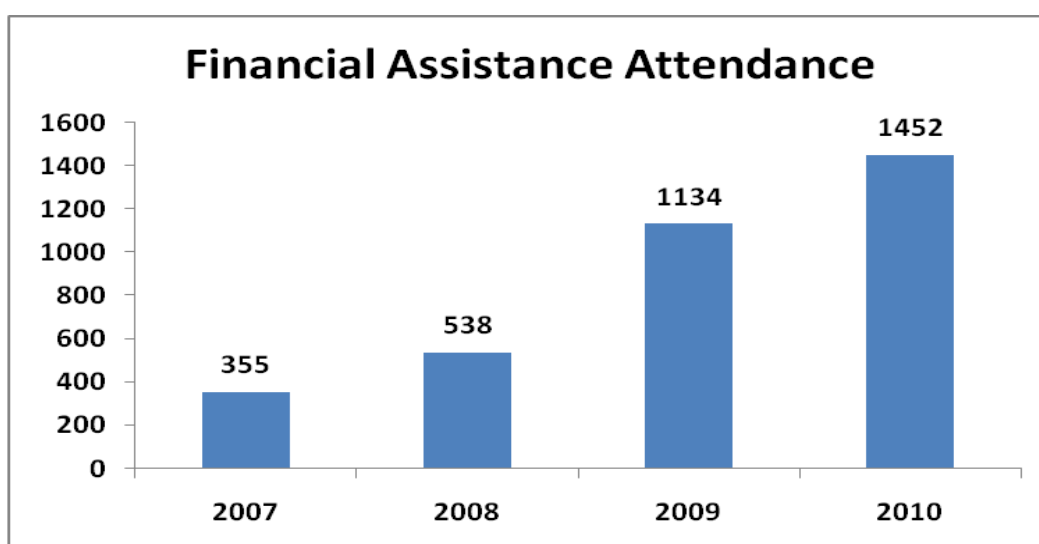


4.5 Financial Assistance Programme

Lee Foundation Diabetes Care Fund

More referrals for financial assistance were received in 2010 from hospitals and polyclinics by Medical social workers. The society has adopted a stringent approach in approving all applications to ensure that the limited fund is utilized effectively. The objective to ensure that these needy patients are not deprived of the diabetes care they required in order to lead a normal and productive life. Besides providing them with supplies like test strips, syringes, needles and swabs, the beneficiaries are also counselled and screened at the centres to prevent any diabetes complications.

295 beneficiaries received supplies and services from DSS under this Fund in 2010. The number is expected to increase with aging population in the near future.



4.6 Donors and Sponsors

We would like to thank all donors and sponsors for their generous contributions and support towards our programmes and activities.

5. MINUTES OF THE 39th ANNUAL GENERAL MEETING HELD ON SATURDAY, 17th APRIL 2010 AT BLK 141 BEDOK RESERVOIR ROAD #01-1529, SINGAPORE 470141

There were 29 members present.

There being no quorum, the meeting adjourned for half an hour after which it reconvened

- 5.1 The President of the Diabetic Society of Singapore, Mr. Yong Chiang Boon, called the meeting to order at 3:00 p.m. He welcomed all present to DSS 39th Annual General Meeting.

One minute silence was observed for our departed members.

- 5.2 In his opening message, Mr. Yong Chiang Boon briefly reported on:

- a. Programs and activities, namely diabetes education programs, continuing medical education, diabetes support group, healthy lifestyle workshops, community outreach and outings organized for our members and the public.
- b. Financial assistance for needy persons with diabetes.
- c. Mobile clinic which has been actively deployed in the community servicing the heartland residents.
- d. DSS will be celebrating its 40th Anniversary next year 2011 and will set up an organizing committee to look into the program.

Mr. Yong Chiang Boon thanked all Management Committee members who have given their invaluable time and support in serving on the DSS Management Committee. He also thanked all volunteers, sponsors, donors, namely Lee Foundation, Lions Club International and members of the society for their continued support of DSS programs and activities.

5.3 Minutes of the 38th Annual General Meeting held on 25th April, 2009

The minutes of the 38th Annual General Meeting were unanimously passed, proposed by Mr. Wijayaretnam s/o Karelapillai and seconded by Mr. Lim Mon Cheong.

5.4 To receive and adopt the Annual Report of the Management Committee and the Audited Accounts for the period 1st Jan. to 31st Dec. 2009

The Annual Report of the Management Committee was taken as read and accepted.

Ms Zann Lim, the Hon. Treasurer, informed that the preparation and fair presentation of DSS financial statements are in accordance with the provisions of the Singapore Financial Reporting Standards and Recommended Accounting Practice No. 6 (RAP 6). She briefly presented the accounts and informed members present that the Building Fund amounting to S\$14,695 would now be moved to the General Fund as no objection from the floor has been received. The audited accounts for the period January 1 to December 31, 2009 were unanimously accepted, proposed by Mr. Ong Eua Lay and seconded by Mr. Lim Mon Cheong.

5.5 To elect office-bearers for the 2010/2012 Management Committee

The following persons were elected to serve on the 2010/2012 Management Committee.

Position	Name	Proposer	Secunder
President	Yong Chiang Boon	Dr. Yeo Kim Teck	P.M. Moideen
Vice-President	Dr. Kevin Tan	P M Moideen	Yong Chiang Boon
Vice-President	P M. Moideen	Zann Lim	Esther Ng
Hon. Secretary	Esther Ng Y K	Rohanah Bte Pagi	Yong Chiang Boon

Asst. Hon. Secretary	Rohanah Bte Pagi	Esther Ng	Dr. Kevin Tan
Hon. Treasurer	Stanley Lim	Zann Lim	Rohanah Bte Pagi
Asst. Hon. Treasurer	Zann Lim	Rohanah Bte Pagi	Yong Chiang Boon
Committee members	Dr. Yeo Kim Teck	P M Moideen	Zann Lim
	Greig Price	Esther Ng	P M Moideen
	For Wei Chek	Yong Chiang Boon	P M Moideen
	Vacant		

It was agreed that the vacant position will be left to the decision of the Management Committee.

5.6 To appoint Internal Auditors as required under the Charities Code of Governance

Mr. Hong Bo was appointed as Internal Auditor of the Society, proposed by Hj P M Moideen and seconded by Mr. Soon Kin Ho.

5.7 To appoint auditors for the financial year ending December 31, 2010

It was unanimously agreed that Messrs Singapore Assurance PAC be re- appointed as auditors for the financial year ending 31st December, 2010.

5.8 To transact any other business for which due notice has been given in accordance with rule 7 of the Constitution

A letter was received from one of our members, Mr. Tan Chee Wat on the issue of change of Society's name. Unfortunately, he was not able to be present and no new name has been given by him for discussion. As such, the issue was not pursued and some members felt that there was no need to change the Society's name.

There being no other matters, the meeting ended at 4:00 p.m.

Certified correct:



Mr. Yong Chiang Boon
Chairman