



Resolving a Resolute Resolution

It is the time of the year, I suppose. A time for reflection. A time to take stock. A time to review what the year has been or hasn't been. Call it your annual review or your personal "Watchnight Service", if you will. We are talking about that "iron-clad" promise at the end or the beginning of the year. We resolve to forge a new beginning. We promise ourselves that we will do this and that.

We are (were!) unwavering in our determination but these "irrevocable" resolves may last a few months or just weeks! Sounds all too familiar? You are not alone. I have personally lost track of the number of little and big resolutions made and broken. Truth be told, I am pretty sure that those of you reading this would have done the same, too. Very few of us have the will power and fortitude to stay the whole course and finish the race.

What does this mean if you have diabetes? It is good to make resolutions about making renewed resolves to take care of your diabetes and yourselves. You aim to cut down on your salt intake until that next Teochew porridge with salted egg or salted fish dish, comes along. You promise your doctor (who is also probably indulging him or herself at some point, but hopefully not too frequently. I should know!) or dietitian that you will watch your cholesterol until the aroma of fried kway teow or Hokkien mee weakens your every resolve. The fact is: looking after your diabetes in a veritable 24/7 food paradise is difficult, if not near impossible. It is akin to asking a kid in a toy store for the first time not to get too excited.

The rest is always history. Do you give up because you just about break every promise you made to look after your diabetes better this year? No! Consider the statistics. For every 1% reduction in your HbA1c towards the normal level you will reduce your correspondent risk of eye and kidney complications by 18%. Yes, 18%. Not 1%. The similar risk reduction is 13% for every 10mm mercury pressure reduction in your high blood pressure towards the normal level. So make all those promises to yourself again. If you fail, you never fail alone!

Wishing all our readers a Happy and Healthy New Year!

Dr Yeo Kim Teck
Senior Consultant
Apple Eye Centre

Diabetes Singapore

Editorial Team

Editor :

Dr Yeo Kim Teck

Managing Editor :

Charlotte Lim

Editor (Medical) :

Dr Elaine Huang

Editor (Dietetics) :

Janie Chua

Editorial Consultants :

DSS Management Committee

Charlotte's Web Communications

Contributors :

Praveen Gosal Kaur, Chionh Lay Keng, Janie Chua, Ong Fangyi, Ong Li Jiuen, Joslin Diabetes Centre, Rodiah Hashim, Amy Tenderich, Marco Aizawa

Production/Advertising Manager :

George Neo

Advertising Coordinator :

Esther Ng

Publishing Services :

Stamford Press Pte Ltd

Booking for Advertisements :

Tel: 6842 3382

Email: editor@diabetes.org.sg

Address feedback to:

Managing Editor

Diabetes Singapore

Diabetic Society of Singapore

Blk 141 Bedok Reservoir Road

#01-1529 Singapore 470141

Fax: 68423118

Email: editor@diabetes.org.sg

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