

2011

Scoring Points

By Rodiah Hashim

Some 50 participants armed themselves with a good knowledge of what not to eat or prepare during the Lunar New Year when they attended a public forum titled "Managing My Diabetes: What is My Score?". Held at Suntec City Exhibition and Convention Centre, in collaboration with Johnson & Johnson Medical Singapore on 15 January 2011, the event began with a free glucose test for registered participants.

After a sumptuous but healthy lunch, Miss Angie Lee, a Diabetes Nurse Educator with the Diabetic Society of Singapore, discussed "Ways to Keep Diabetes Mellitus (DM) in Control". In the segment that followed, Dr Kevin Tan, Consultant Endocrinologist, reiterated the importance of medication in the management of DM.

With the Chinese New Year festivities approaching, participants were given tips to healthy eating by Mr For Wei Chek, Dietetics Manager at Mt Alvernia Hospital, and his team of dietitians. He gave the low down on the contents and nutritional value of our local festive goodies.

The evening closed with participants getting their post glucose checks before teabreak. All in all, it was a fruitful session for our One Touch Users who went home satiated and much the wiser.

