

MAP TO DIABETES CARE

By Joan Choo



There were some burning questions at the DSS Public Forum on 22 May - "What's so important about diabetes self-management education and support?", "What should I know about managing my diabetes?"

and "How can I adopt appropriate nutritional management in my lifestyle?" Thankfully, Rohanah Bte Pagi, CDE, and Sarah Shamila Sinaram, Dietitian, National Healthcare Group Polyclinics (NHGP), had all the right answers to these hot topics.

Nurses from the Association of Diabetes Education (Singapore) (ADES) also conducted an interactive session using the Diabetes Conversational Map, a tool to give diabetics many opportunities to clear their doubts by asking any diabetes-related question pertaining to diet, blood glucose monitoring and its interpretation, insulin – its action and side effects –

as well as signs and symptoms of hypoglycaemia and hyperglycaemia, foot care, etc.

Watch out for our next public forum in English on 17 July 2010 at KK Women's and Children's Hospital. It will be on "Behavioural & Psycho-Social Issues Related to Diabetes plus the Latest Developments in Diabetes".

*To find out more about the Diabetes Conversational Map, please ring any of DSS centre to speak to our Diabetes Nurse Educators.



Donations Made Easy

Online contributions to Diabetic Society of Singapore can now be made through a new charity donation portal called SG Gives (www.sggives.org)

Go to www.diabetes.org.sg and click on the link to donate today!

JOIN US FOR

World Diabetes Day 2010
14 November 2010
The Grassroots Club
(beside Yio Chu Kang MRT station)