

# MAKING TIME

© Ronald Hudson

I was introduced to Marco Aizawa by a mutual friend through Facebook. If you've been reading Marco's regular column introduced three issues ago called Diablogue, you would know by now that he is a sports enthusiast, and he has type 1 diabetes. He has only one good reason for writing the blog and that is good enough for him: he wants to tell people with diabetes you can lead a fulfilling and even extraordinary life, if you would only put your heart and mind to it.

Yet there are many others who do not have diabetes but who have stepped forward to champion this cause nevertheless. And so, each time they are called upon to contribute an article, they do it without complaint.

We pay tribute to all who help to put this entire magazine together every three months, from the editor-in-chief Dr Yeo Kim Teck to DSS president Mr Yong and vice-presidents, Dr Kevin Tan and Mr Mohideen, from the advertisers and advertising manager, George, to our very trusty team of volunteer writers and editors: new mum and highly efficient Janie Chua (dietetics editor) who in turn garners support from an amazing group of dietitians, Henry Lew (psychologist) whose creativity and insight are as clear as day and DSS staff Rodiah and DSS diabetes nurse educators Praveen, Lay Keng, Mdm Lai and Angie who provide much support for those with the disease and their caregivers. Then there are the doctors and specialists who make time for our readers because they care. Thank you.

We launch a new look this issue – a fresher, cleaner layout - to make reading more pleasurable, and to reflect DSS' desire to always stay relevant and accessible.

**Charlotte Lim**  
 Managing Editor  
 Diabetes Singapore

# Diabetes Singapore

Editorial Team

**Editor**

Dr Yeo Kim Teck

**Managing Editor**  
 Charlotte Lim

**Editor (Dietetics)**  
 Janie Chua

**Editorial Consultants**  
 DSS Management Committee  
 Charlotte's Web Communications

**Contributors**  
 Chionh Lay Keng, Lai Yee Khim,  
 Rodiah Hashim, Henry Lew, Derrick Ong,  
 Marco Aizawa, Art Young,  
 Estonie Yuen Wing Ting

**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  
 Email: editor@diabetes.org.sg

**For past issues of Diabetes Singapore, log onto**  
<http://www.diabetes.org.sg/publication.html>

Diabetic Society of Singapore HQ  
 Blk 141 Bedok Reservoir Road  
 #01-1529 Singapore 470141  
 Tel: (65) 6842 6019 /3382  
 DSS website: [www.diabetes.org.sg](http://www.diabetes.org.sg)

**Disclaimer**

The views, opinions and recommendations given by the contributors of Diabetes Singapore or are merely for general reference. All materials in this newsletter are for informational purposes only. The individual reader should consult his own doctor or specialist for his personal treatment or other medical advice. Diabetic Society of Singapore and Diabetes Singapore Editorial Board disclaim all responsibilities and liabilities for content expressed in this newsletter including advertisements herein. All contents of the newsletter are the copyright of the contributors and newsletter. Reproduction in any form is strictly prohibited unless with written permission.