

# HELPING THOSE IN NEED

by **Rodiah Hashim**

It was Mother's Day with a sweet little difference when families spent their day undergoing health screening and finding out about diabetes at the Darul Ghufuran mosque in Tampines on 8 May 2011.

DSS, in collaboration with the social development committee of the mosque, brought diabetes education to needy clients of mosques in the north-east district. With the help of Miss A'bidah, a social development officer of the Darul Ghufuran mosque, and volunteer

nurses from SingHealth and various medical institutions, 91 people from needy families and their caregivers were screened for BMI, blood pressure, sugar and cholesterol levels, with on-the-spot counselling for those who exceeded the normal range. Sister Rohanah Pagi presented the DSS message loud and clear, emphasising early detection to avoid complications such as stroke, kidney failure and heart attack, regular screening in addition to a healthy diet and lifestyle.



Society of Singapore

## MY DIABETES MY RESPONSIBILITY

Be in CONTROL with **5 EASY STEPS**

- 1 Work with my team of health care professionals
- 2 Enrol in a Self-Care Management Workshop or attend Individual Diabetes Management Counselling
- 3 Self-Monitoring Blood Sugar
- 4 Join a peer support group
- 5 Regular Diabetes Care & Complications Screening
  - Diabetic Retinal Photography
  - Diabetic Foot Screening
  - HbA1c
  - Full Cholesterol Screening
  - Screening for Micro-Albuminuria

Services are available at various locations. For more information, contact the Diabetes Singapore Helpline at 6842 3383.