

Contact Us!

# Knowledge is Power!

*Living with diabetes is a lifelong commitment. Without the accurate knowledge of managing diabetes, complications can arise and lead to unnecessary unemployment and emotional issues. Chionh Lay Keng, diabetes nurse educator from Diabetic Society of Singapore, shares about the self-care workshops she runs.*



During the month of April this year, we had four self-care workshops conducted in Mandarin.

During the sessions, patients learnt how to control their diabetes. One patient started on insulin after learning that insulin helps to control blood glucose better. She was delighted, and so were we, to discover that her glucose levels had improved tremendously.

Many people feel that they do not have time or sufficient knowledge of diabetes and that their blood glucose control is still poor.

As sufferers of diabetes, we are all in the same boat. It matters not if patients are unlettered or educated, as anyone can learn about their condition through

counselling or books and execute injections of insulin once they realise that insulin is the best therapy to improve their diabetes control.

I have personally initiated many unlettered patients and have seen the terrific progress they have made in controlling their blood glucose levels.

If your diabetes is poorly controlled, it is time to start attending either an individual education diabetes session with our experienced diabetes nurse educator or ring us to join our diabetes self-care management class, in any of the three languages - English, Malay and Mandarin.

Do you want to suffer from complications and live with it for the rest of your life or would you rather gain knowledge and start managing your diabetes now?

There is no cure for diabetes but with motivation, support, self-blood glucose monitoring, medication, insulin treatment, exercise and diet control, you can live a quality life!

Don't suffer alone or in silence. Help is always at hand. If you need further education on managing diabetes, the Diabetic Society Of Singapore is just a call away.

We want to help you so make the first move!

**Call DSS at 6842 3382 to find out more!**