

Health Day @ Hong Kah North CC

by Rodiah Hashim



DSS Outreach to the Heartlands went out to the West on 17 July 2011 in an event that was jointly organised by Hong Kah North MAEC, Persatuan Bawean Singapura & Persekutuan Jawa Al-Masakin Singapura.

Sponsored by Lions Club International Foundation and AccuChek, the health screening booths were manned by 24 health care professionals from various organisations. Crowds joined the queue at 8.30am and by 1.00pm, some 150 participants were screened for BMI, blood pressure, blood sugar and cholesterol levels. 16.2% were found to exceed the ideal blood sugar level of 7.8 mmol/L.

DSS President Mr Yong Chiang Boon was present to receive the token of appreciation from Guest-of-Honour, Dr Amy Khor, Minister of State for Ministry of Health and also Mayor of the South West District. She thanked DSS for the joint collaboration as well as the volunteers who gave up their Sunday in the interest of the community.



Love Your Heart

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Another successful DSS Public Forum on heart health was held at the YWCA Fort Canning Lodge on 30 July 2011. Expert speakers Dr Soon Puay Cheow, Senior Consultant Endocrinologist from Soon Diabetes Thyroid and Endocrinology Clinic, Dr Bernard Kwok, Consultant Cardiologist from Bernard Kwok Cardiology Clinic, Ms Michelle Shi, Programme Coordinator from Department of Respiratory & Critical Care Medicine, Singapore General Hospital and Mr For Wei Chek, Manager Dietitian from Mt Alvernia Hospital were invited



to highlight the importance of blood sugar, cholesterol and blood pressure, as well as other topics such as screening and preventing heart attacks, how to kick the habit of smoking and how to choose what, how much and when to eat.

Participants went home not only enlightened but also enriched with Glucerna goodie bags, courtesy of Abbott Nutrition. DSS would like to thank Glucerna for their kind sponsorship and our partners Pfizer Pte Ltd and Merck Sharp & Dohme IA Corp for their support in making this forum possible.

