

## PAYS TO BE PREPARED



I've been pretty 'flabbygusted' since the haze descended upon us. I had to give up my outdoor runs because I couldn't step out of the house without tearing in the eyes and feeling an itch crawl up my face. I'd never bothered about the haze, mainly because it never bothered me in any way. Until now. Needless to say, I was one of many scrambling to buy N95 masks and to book an air purifier which might just arrive after everything has blown over. But one thing is clear, I'd be well equipped for the worst next year when the haze hits again, come hail or shine.

It pays to be prepared, not just for the haze. When you suffer from a disease like diabetes, you need to arm yourself with knowledge. There is no dearth of information and research about insulin. Yet many still continue to be foggy about it and hold fast to age-old myths surrounding its use. We hope endocrinologist Dr Ben Ng's article (p.10-12) will clear the air and help you make an informed decision should the need for insulin arise.

In psychologist Henry Lew's article (p.14-15) which traces a man's denial then acceptance of his gradual loss of vision due to diabetic retinopathy, we are reminded that change is never easy but there are ways to prepare us for what lies ahead. Having said this, if we can prevent blindness and do what is necessary to keep other diabetic complications at bay, we wouldn't have to deal with such painful issues. As our DSS nurse Tan Ling Ying writes (p. 8), **life-long checks are most essential; don't wait for symptoms to show!**

On a more 'magical' note, nutritionist Kohila Govindaraju's article (p.18-19) about mushrooms will have you smiling and eager to turn to these fungi to lose weight. With the haze still looming over our heads, those mushrooms surely look like a great substitute for my night runs. Speaking of substitutes, Ong Li Jiuen goes all saccharine on artificial sweeteners (p. 22-23) so do read her article before your next cuppa. And if, like me, you work at the desk for long hours at a stretch, don't forget to sit up and stretch those tight as a fist muscles. Office work need not be such a pain if you follow the exercises recommended by physiotherapist Cindy Ng (p. 24-25).

Should you have a topic you would like us to cover or a story to share, drop us an email at [editor@diabetes.org.sg](mailto:editor@diabetes.org.sg).

**Stay safe and healthy.**

**Charlotte Lim**  
Managing Editor

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