



WORLD DIABETES DAY SINGAPORE 2013



HELPING YOU MANAGE YOUR DIABETES WELL

World Diabetes Day Singapore 2013, organised by Diabetic Society of Singapore (DSS), was held on Sunday, 10 November 2013, at Suntec Singapore International Convention and Exhibition Centre. Attendance at the event surpassed all expectations, thanks to the hard work and collaboration on the media coverage between Bayer (South East Asia) Pte Ltd and DSS.

Dr Kevin Tan, Vice President of the Society in his opening speech, urged the public to take advantage of the free HbA1c tests offered this year to find out their control level.

Our WDD theme this year 'How is your Control? Helping you manage your Diabetes well!' reflects the Diabetic Society of Singapore's deep interest in helping people manage their diabetes well.

Healthcare professionals - pharmacists, nutritionists, diabetes nurse educators, podiatrists, physiotherapists and eye care specialists - were available at the event to help members and the public to understand diabetes management and care, and encourage them to apply their knowledge.

Guest of Honour A/Prof Muhammad Faishal Ibrahim, Parliamentary Secretary, Ministry of Health, who graced the event, announced that he will be leading a task force to develop a **Healthy Living Master Plan**. In his speech, he said, "We are involving the community, grassroots organisations, healthcare providers and governmental agencies to chart out a road-map towards a healthier Singapore for Singaporeans to more conveniently and easily adopt and maintain a healthy lifestyle and keep themselves free from illness and disability for as long a time as possible."

By Rodiah Hashim



Early detection is the crucial initial step in the management of diabetes. In many patients, diabetes is not detected until the late complications of the disease arise.



Excerpts from A/Prof Muhammad Faishal Ibrahim's speech at WDD 2013...



We must encourage everyone, especially those who are overweight, or have a family history of diabetes, and are at higher risk, to go for regular screening for diabetes.

For example, we have the Integrated Screening Program (ISP) organised by the Health Promotion Board at Community Health Assist Scheme, or CHAS for short, General Practitioner (GP) clinics. To make screening more affordable and accessible, the CHAS has been enhanced to increase the coverage of subsidies for screening tests under the Integrated Screening Program. The recommended tests will be fully subsidised by the government for CHAS patients at CHAS GP clinics. From 1 January 2014, they will also enjoy subsidies for GP consultation charges of up to \$18.50 per visit, for their screening and subsequent follow-up consultations, up to two times a year.

For those who have diabetes, good control of glucose levels will enable one to have a normal and productive way of life and reduce complications of diabetes. Good control can be achieved by a combination of compliance to medications and regular checks, maintaining a healthy lifestyle, and mentally keeping a positive outlook in life.

Cost wise, diabetic patients are also able to tap on both government subsidy and Medisave for treatment of diabetes, whether in Specialist Outpatient Clinics or at your family doctor. The Chronic Disease Management Programme (CDMP) for chronic diseases, which includes diabetes and hypertension, allows patients to use their Medisave for outpatient treatment.

The CHAS scheme also provides middle- and lower- income citizens the convenience of seeking subsidised treatment for their chronic conditions near their homes at participating GP clinics.

Diabetes affects 1 in 9 adult Singaporeans, and as high as 1 in 3 for those over 60 years of age... In Singapore, about half of all people with diabetes are unaware of their condition. So we must encourage everyone, especially those who are overweight, or have a family history of diabetes, and are at higher risk, to go for regular screening for diabetes.



THE ROLE OF THE DIABETIC SOCIETY OF SINGAPORE

The Diabetic Society of Singapore is well placed to educate and increase awareness of the risks of developing diabetes, and prevent or delay this condition from occurring. The Diabetic Society of Singapore has always been helping diabetics to improve the management of their diabetes. It has made available free testing of Glycosylated haemoglobin, commonly called HbA1c, which is a measure of blood sugar control. In addition, you can avail yourself to the screening for eye complications and foot problems which are a perennial feature of World Diabetes Day events as well

as the counselling on how to manage your diabetes.

I am encouraged by the Diabetic Society of Singapore's service over the past 42 years for patients with diabetes and their families. The Society has strived to improve these patients' lives by imparting diabetes self-care skills, financial support to the needy with diabetes and subsidised counselling, testing, screening and purchase of glucometers and strips to help in control of their condition. The Society has grown to its current complement of three Diabetes Education and Care Centres and a mobile clinic to widen its outreach in Singapore. We hope that its outreach will continue to expand to enable more of us in Singapore to benefit.