

A WORD FROM THE PRESIDENT

LOOKING AHEAD —2015 & BEYOND...

It gives me much joy and pride to declare that the 10th International Diabetes Federation-Western Pacific Region Congress was a resounding success. More than 3,000 delegates from 20 countries gathered to exchange ideas in tackling the diabetes epidemic. There were 400 local medical workers and professionals registered for this four-day event. The congress received excellent feedback from delegates for a job well done. I would like to thank Dr. Kevin Tan and his organising committee for their tremendous contribution and unwavering commitment.

We have lined up a number of exciting projects, both software and hardware, which will be carried out over the next three to five years. We hope to announce it in next issue of Diabetes Singapore, so do watch this space for more initiatives to help you manage your diabetes. There are many challenges ahead but we are looking forward to partnering you on this journey to a healthier you.

At DSS, we always emphasise the need for regular examinations to detect complications. In this issue, our eye is on a disease of the retina that affects one third of patients with diabetes. Diabetic retinopathy is the major complication of the eye associated with diabetes and represents the leading cause of legal blindness especially in the working-age population of developed countries. Because patients usually do not display any symptoms, it is essential to do regular eye checks so that the disease can be treated in its early stage to prevent vision loss.

If you need advice on where to go for eye checks and how to manage your blood sugar, our well-trained staff at three of our DSS education centres will be able to assist you.

DSS HQ @ Bedok
Tel: 6842 6019/3382

Hong Kah Diabetes Education & Care Centre
Tel: 6564 9818, 6564 9819

Central Singapore Diabetes Education & Care Centre
Tel: 6398 0282

On this note, I wish all readers an active lifestyle and good health in 2015. Cheers!

Yong Chiang Boon, PBM
President, Diabetic Society of Singapore

Diabetic Society of Singapore is a non-profit organisation affiliated to the International Diabetes Federation and the National Council of Social Service. DSS gratefully accepts donations of any amount to help fight diabetes. All donations are tax exempt. Cash donations must be made in person at our HQ. Cheque donations should be made payable to Diabetic Society of Singapore. You may also make online donations via www.sggives.org/diabetes.

editorial team

Editor-in-chief
Dr Yeo Kim Teck

Managing Editor
Charlotte Lim

Editor (Dietetics)
Janie Chua

Editorial Consultants
DSS Mgmt Committee

Writers

Henry Lew (psychologist)
Kohila Govindaraju (nutritionist)
Ray Loh (physiologist)
Rodiah Hashim (DSS)

Contributors

Dr Loh Boon Kwang, Foo Jia Min,
Cindy Ng Li Whye, Agnes Wong.

Concept & Design

Charlotte's Web Communications

Photography

Dreamstime.com, Shutterstock & sxu.hu

Printing

Stamford Press Pte Ltd

Advertising

George Neo
Esther Ng

Advertisement Bookings

T: 6842 3382 or E: editor@diabetes.org.sg

Feedback editor@diabetes.org.sg

Back Issues www.diabetes.org.sg

Diabetic Society of Singapore HQ

Blk 141 Bedok Reservoir Road #01-1529
Singapore 470141
T: (65) 6842 6019 / 3382

Disclaimer

The views, opinions and recommendations given by the contributors of Diabetes Singapore or are merely for general reference. All materials in this newsletter are for informational purposes only. The individual reader should consult his own doctor or specialist for his personal treatment or other medical advice. DSS and Diabetes Singapore Editorial Board disclaim all responsibilities and liabilities for content expressed in this newsletter including advertisements herein. All contents of the newsletter are the copyright of the contributors and newsletter. Reproduction in any form is strictly prohibited unless with written permission.