

MEDIACORP 'LIVE 'RADIO PROGRAM 'PARADIGMA' INTERVIEW OF DSS MEMBER/PATIENT ON MEDIACORP RADIO 94.2

Rodiah Hashim

The government's concern that its citizens remain healthy is evidenced by the unceasing health campaigns organised, the subsidised or free services and facilities available as well as medical progress that has been achieved.

DSS, working with Mediacorp Radio 94.2, participated in a program to highlight the concern in the percentage rise in diabetes among the Malays.

Seventy-six year-old member of Diabetic Society of Singapore, Mdm Sauda Abd Karim, gamely agreed to be interviewed 'live' at the studio on 25 February, and displayed no signs of nervousness as she shared her experience of being a diabetic patient for 26 years.

An active and cheerful mother of eight children, 30 grandchildren and a great-grandmother of 25, she spends her days with her retired husband looking after her large family. Mdm Sauda is also a member of a senior citizens group and is actively participating in their organised outings, in addition to her twice-weekly knitting classes.



No one meeting her for the first time would suspect that she is suffering from a chronic disease. Her secret to good health? Never do without medication, seek proper and regular advice from doctors, maintain a healthy diet and be positive! To her, nothing is impossible in this life as long as there is a will, unceasing effort and prayers and, most importantly, the loving support of her husband and family.

PUBLIC FORUM MANAGING YOUR BLOOD SUGAR LEVELS

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In line with World Diabetes Day 2014's theme of Healthy Living, our Society's first public forum this year was on 'Managing Your Blood Sugar Levels'. Held at Tan Tock Seng Multi-purpose Hall on Saturday, 28 March 2015, the event was sponsored by Soyjoy Singapore and supported by Tan Tock Seng Hospital.

Popular speakers Ms Kalpana Bhaskaran, Head of Glycaemic Index Research Unit, Temasek Polytechnic and Mr Ray Loh, Exercise Physiologist from Sports Medicine and Surgery Clinic, Tan Tock Seng Hospital, delivered talks on 'Low Glycaemic Index Diet for Better Blood Sugar Control' and 'Exercise to Lower Blood Sugar Levels' respectively. Apart from learning about exercise theories, participants got a bit of practice with half an hour of low impact seven-minute exercises.

Do watch out for more upcoming forums on our website.: www.diabetes.org.sg

