

A WORD FROM THE VICE-PRESIDENT

Safe Travels

It gives me great pleasure to deliver the Vice-President's address for this issue of Diabetes Singapore. Even as the mid-year holidays approach, and families and individuals are busy planning for their holidays, it is important to remember to look after oneself when travelling to different places. People with diabetes have to be especially careful with potential changes in weather, different foods and changes in waking hours in different countries.

This issue will focus on travelling with diabetes and contains many interesting and relevant articles which are aimed at helping people with diabetes cope and enjoy themselves during their holidays. Having diabetes should by no means be a deterrent to people to have a good break, savour the sights and sounds of other cultures and spend family time abroad.

I urge all people with diabetes who are keen on travelling to continue doing so. That being said, it is important that simple additional preparations are made that will make your trip much less stressful and more enjoyable.

At DSS, our aim is to support and work alongside you or your loved ones in your walk with diabetes. If you have diabetes, we recommend that you get yourself screened for diabetes complications and review your treatment before starting off on your trip.

If you require assistance in your management of your diabetes or have a question or two, give us a ring and our friendly, trained staff at any of our DSS centres will be more than happy to help you.

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I wish all our readers a good mid-year and happy, healthy holidays to those who are now busy planning their trips!

Dr Ben Ng Jen Min
Vice-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.

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