

BE HEART STRONG



It is my pleasure to write the message for this issue of Diabetes Singapore. As we close the first quarter of 2016, let us continue to strive towards better and healthier living!

The issue this quarter is looking at the heart and diabetes. Heart disease is amongst the commonest cause of death in people with diabetes in Singapore. Therefore it is important to look after your heart well. It is never too early to start, Simple things like exercise and a better diet can really help to being 'heart strong'. In this issue of Diabetes Singapore, we hope to share with you simple and effective tips on how to become more heart healthy. Remember that it is not simply enough to know that you heart is in good shape, the real challenge is to never rest on your laurels but to always strive continually to stay healthy.

In Singapore, we often forget how fortunate we are to have access to healthcare. On a recent trip to Dhaka, Bangladesh, a few weeks back, I was touched by the people and their passion for diabetes. Despite a lack of healthcare facilities and up-to-date equipment such as glucose strips to help them monitor their blood sugars, there were many people who had diabetes who were keen on learning and adopting better and healthier lifestyles.

In Singapore, where there is greater access to clean and healthy food , we should try and work hard and support one another towards better care of diabetes. A better diet, an active lifestyle and regular monitoring of glucose, blood pressure and cholesterol are keys to successful living with diabetes.

We have many exciting DSS activities lined up over the next few months, so please feel free to look over the many articles in this magazine and do check out our website in www.diabetes.org.sg for more information.

Best wishes and I look forward to seeing you all in one of our future DSS activities.

DR BEN NG

Vice-President
Diabetic Society of Singapore

Diabetic Society of Singapore (DSS) was founded by Dr Frederick Tan Bock Yam on 25 September 1971 to help diabetes patients manage their condition.

DSS 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-deductible.** Please make **cash donations** in person at any of our centres. **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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