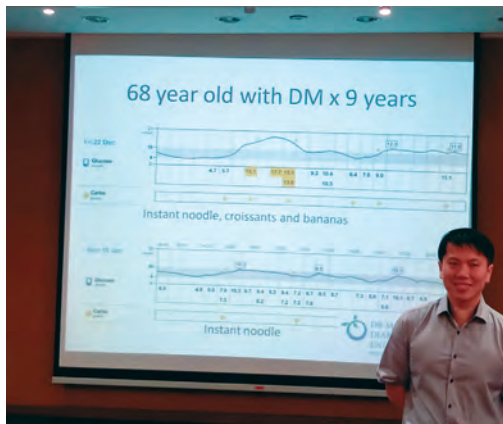


3 MARCH 2018 First Quarter DS-DSG Members Gathering

Our first DS DSG Gathering was held on 3 March 2018 at Toa Payoh Community Club's Mini Theatre, Level 3. The program consisted of a talk by Dr Matthew Tan, Consultant Endocrinologist from Diabetes and Endocrine Care, speaking on "Controlling Diabetes and Self-Coping Strategies" and a talk on "Oral Hygiene" by Ms Annie Joseph, representative of DentYucral.

Most participants had assembled at the Toa Payoh Community Centre's Mini Theatre at about 8.30am. Dr Matthew Tan started his talk on Controlling Diabetes and Self-Coping Strategies by going through the various symptoms of diabetes and its complications. He also showed how to make healthier food choices.



Dr Tan, speaking from his own medical experience, spoke of how one of his patients (a diabetic of more than 20 years, consuming three types of diabetes medication and who was also on insulin), had a high HbA1c of 19%, when he first consulted Dr Tan. After some time, through sheer will power (by exercising) the patient brought down his HbA1c reading to about 6.5%. His medication was reduced and he was taken off insulin.

Dr Tan emphasised the need to have a good working relationship with one's doctor to enable the doctor and patient to control one's condition. This success story was followed by queries on diagnosis, management of diabetes and medication.

The next talk was presented by Ms Annie Joseph from DentYucral on "Oral Hygiene". Ms Annie started off by asking the audience how often they visited the Dentist and was pleasantly surprised that most participants visited their dentist every four to six months. She also proclaimed that one's "mouth is the window to one's health" as dentists are able to see signs of diseases before they are manifested.

Ms Annie also touched on the importance of Dental Health for Diabetics and the various health problems related to diabetes—gum disease, cavities, mouth ulcers, impaired salivary glands function, delayed wound healing and a greater tendency to infection.



Some tell-tale signs of Periodontal Disease are bad breath, bad taste in the mouth, loose teeth and tender,

bleeding or red gums. Ms Annie then introduced to us "DentYucral", the toothpaste made for diabetics. Compared with other toothpaste it has five extra ingredients that helps in wound healing, tissue regeneration, stimulates blood circulation, contains emollient/moisturiser and is anti-bacterial/anti-inflammatory too.

Participants were then invited to take part in a survey whereby they were given a full-sized tube of DentYucral to use for two weeks. They will then be interviewed to give feedback on the product. The event wrapped up with a broadcast of DSG events for the next three months by DS DSG Team Leader, Juliana Lim.