



18 MAY 2018
SAF MANDAI HILL CAMP TALK

Diabetes Singapore held her inaugural talk for almost 350 participants from Singapore Armed Forces (SAF) at Mandai Hill Camp. Our speaker Mdm Lai Yee Khim was warmly received by her first military audience. After the success of the earlier Ramadan Talk (*article below*), DS corporate partner Gardenia continued to generously sponsor free samples of their latest low GI bread products. Mdm Lai also made some references to the benefits of eating low GI foods for those with diabetes. At the end of the talk, Diabetes Singapore was delighted to be presented a certificate of appreciation from SAF.

5 MAY 2018
RAMADAN TALK

With less than two weeks to the month of fasting, Diabetes Singapore held its annual Ramadan Talk to assist and guide the Muslim community in managing their health during *puasa*, especially if they have diabetes or pre-diabetes.

We were privileged to have many esteemed Muslim professionals getting involved in our event. Dr Shakoor of Tan Tock Seng Hospital brought up numerous case studies to get the audience to think about applying the various situations during fasting. This was followed by National Heart Centre Ms Dahliana Idris' explanation of how one's glycaemia would be prone to drastic changes without food and water.

Finally, Ms Filzah Abdul Rahim of Ng Teng Fong Hospital gave practical advice on management of food intake between fasts. Renowned artiste and comedian Alias Kadir, who hosted the talk, also shared his personal life experiences.

DS was honoured this year to be supported by Health Promotion Board who provided the venue, healthy refreshments for the participants, as well as their team of health ambassadors who interacted well with our attendees. Our corporate partner Gardenia contributed free samples of their latest low GI breads, which was a hit with the participants. DS would like to thank our speakers and all the organisations for their partnership.

