

Diabetes Education Program

"Knowledge is the key to managing your diabetes".

Diabetic Society of Singapore is conducting diabetes education sessions to reach out to people affected with diabetes. Diabetes is a chronic condition and it is the eighth most common cause of death in Singapore.

Our Diabetes Education Program is designed to help you understand the disease, learn to manage and maintain good health despite your diabetes. Our nurse educators will guide and advise you during the sessions.

Cost of sessions:

- \$10 - per session
- \$30 - 4 sessions
- \$5 - per session (only applicable to your partner/friend whom you bring along)
- \$15- 4 Sessions (only applicable to your partner/friend whom you bring along)
- Light refreshments

Participants will also be entitled to a free blood sugar test, blood pressure test and BMI. Partners or support persons are welcome to attend the sessions with you.

Sessions	South West DECC Blk 528 Jurong West, Street 52, #01-353 (S) 640528 Tel: 65649818 Every Tuesday Time: 6-8pm	Central Singapore DECC Blk 22 Boon Keng Road, #01-15 (S) 330022 Tel: 63980282 Every Wednesday Time: 6-8pm
All about Diabetes – Have I learnt enough? • Causes • Risks Factors • Treatment Option	8 Apr 6 May 3 Jun 8 Jul 5 Aug	9 Apr 7 May 4 Jun 9 Jul 6 Aug
Medical Nutrition Therapy - Can I eat rice? Healthy Diet Label Reading and Eating out		
Medication and Insulin • Diabetic, High Blood Pressure and Cholesterol Medication • Alternative Therapy – Are there any safety issues?	15 Apr 13 May 10 Jun 15 Jul 12 Aug	16 Apr 14 May 11 Jun 16 Jul 13 Aug
Insulin- A myth to be unveiled • What you need to know - Indications, Techniques and Handling insulin		
Be an expert to manage • Low and High Blood sugar • Sick Day management		
Stop Giving Excuses - You can Exercise Stay Out of the Danger Zone • Diabetes Complications - An Over - reaction? • Treatment Modality in the New Era • Can we prevent complications? • Truth or Dare - Latest Clinical Practice	22 Apr 20 May 17 Jun 22 Jul 19 Aug	23 Apr 21 May 18 Jun 23 Jul 20 Aug
Monitoring of Blood Sugar Level • What is A1C? • Benefits of Self Blood Glucose monitoring		
Diabetes Forgotten Issues – Who to Blame? • Foot Care • Oral Care • Diabetes and Sex • Travelling	29 Apr 27 May 24 Jun 29 Jul 26 Aug	30 Apr 28 May 25 Jun 30 Jul 27 Aug
Diabetes in the eyes of a person with Diabetes – A Journey or a disaster? • Quality of Life		

新加坡糖尿病協會 糖尿病患者自助課程

為了幫助糖尿病患者更有效的控制糖尿病，我們將開辦糖尿病自助課程提供正確的知識及護理技巧。

內容包括:

- 糖尿病基本病理及危險因素
- 病發症
- 藥物須知
- 運動須知
- 飲食控制
- 自我測驗血糖

費用:

每位患者全期收費\$30

完成課程後，您將能夠:

- 認識糖尿病的危害性
- 飲食控制
- 以及自我測驗血糖
- 更有信心面對糖尿病

如何取得更多詳情?

歡迎致電新加坡糖尿病協會報名:

South West DECC, Blk 528 Jurong West, Street 52, #01-353 (S) 640528
請致電: 65649818

糖尿病患者自助課程 課程項目	South West DECC, Blk 528 Jurong West, Street 52, #01-353 (Singapore) 640528 下午三點至四點半 請致電: 65649818	
糖尿病患者自助課程 (一) 1. 什么是糖尿病? - 糖尿病的种类 - 糖尿病的症状 2. 誰會患上糖尿病? 3. 低血糖与高血糖症 以及感覺不舒服時的處理 方法	2008 五月二日	2008 六月六日
糖尿病患者自助課程 (二) 1. 如何控制糖尿病? 2. 有關治療糖尿病的藥物与胰 島素 3. 糖尿病的健康飲食? - 碳水化合物 物如何影響你的血糖 - 出外用餐時您應該做的選擇 - 認識食物標籤	五月九日	六月十三日
糖尿病患者自助課程 (三) 1. 自我檢驗血糖水平以達到正確 的目標 2. 什么是糖基血紅蛋白 (HBA1C)? 3. 怎样預防病發症- 如何遠離糖尿病的危險區域 4. 保持活躍的生活 - 适当的運動可降底血糖	五月十六日	六月二十日
糖尿病患者自助課程 (四) 1. 糖尿病患者的足部護理 2. 旅行 3. 皮膚的護理 4. 糖尿病患者与性 5. 如何與糖尿病共存	五月二十三日	六月二十七日