



# EMPOWERMENT THROUGH ACTIVE LEARNING

Knowledge of diabetes is key to empowerment. Arm yourself now by attending a self-care workshop, advises Ms Rathi d/o Jayabalan, Diabetes Nurse Educator, Diabetic Society of Singapore

Diabetes management does not stop after diagnosis and drug prescription. Unlike most diseases, diabetes does not normalise only with medication. Diabetes management strongly depends on one's attitude and behaviour. Knowledge is needed to understand and to change behaviour and attitude towards diabetes in order to minimise the risks of complications.

Knowledge of diabetes can be acquired in several ways such as talks, the Internet and workshops. The Diabetic Society of Singapore has been conducting workshops since May. These workshops help participants to make wise and informed decisions towards physical and emotional health. They also aim to dispel misconceptions and myths about diabetes.

Ms Helen Koh, who attended the Self-Care Workshop in Boon Keng Diabetes Education and Care Centre (DECC), previously thought that sweet foods were completely out of bounds because of her condition. Through the workshop, she discovered that she could, within limits. It was the portion and frequency which needed monitoring. She also learned that self-blood glucose monitoring also played a crucial role in her diabetes self-management.

Mr Soon, who attended the workshop in Sembawang Hong Kah DECC, feels he has a better understanding of the plethora of blood tests and the desired results. After the Self-Care Workshop, he is now able to reach his blood sugar level target and his Hba1c has improved from 7% to 6%!

Diabetes education is not the only key to empowerment for healthy management. Motivation is equally important. Without motivation, diabetes patients may lack the spirit to use the knowledge gained. During the workshop sessions, participants are also given opportunities to share their good and bad experiences openly.

A topic on 'Quality of Life' is also included in the last session. During this session, participants can express their frustrations and share their success stories in their diabetes control with fellow participants. A participant shared that he was forced to give up eating rice and ate only wholemeal bread as a replacement. He soon became frustrated with the lack of variety. The sessions cleared his misconceptions about his dietary habits and he has since realised that he is able to eat what he likes, in moderation of course, and still enjoy some variety again.

The Self-Care Workshop helps participants reflect on what they have learnt and aims to empower them to take charge of their condition. It also motivates them to use the knowledge gained to modify their lifestyle and change their attitude towards diabetes.

## Diabetes Education Program

"Knowledge is the key to managing your diabetes".

The Diabetic Society of Singapore is conducting Diabetes education sessions to reach out to people with diabetes. Diabetes is a chronic condition and 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 in spite of it. Our nurse educators will guide and advise you during the sessions.

Cost of sessions:

- ✓ \$10 per session
- ✓ \$30 for 4 sessions
- ✓ \$5 per session (only applicable to your accompanying partner/friend)
- ✓ \$15 for 4 sessions (only applicable to your accompanying partner/friend)
- ✓ Light refreshments will be served during the sessions.

Participants will also be entitled to a free blood sugar test, blood pressure test and BMI. Your partner or support person is also invited to attend the session with you.

Sessions	South West DECC Blk 528 Jurong West, Street 52 #01-353 (S) 640528 Tel: 65649818 Every Tuesday Time: 6.00 - 8.00pm			Central Singapore DECC Blk 22 Boon Keng Road #01-15 (S) 330022 Tel: 63980282 Every Wednesday Time: 6.00 - 8.00pm		
	October	November	December	October	November	December
<b>All About Diabetes – Have I Learnt Enough?</b> • Causes • Risk Factors • Treatment Options	2 Oct	6 Nov	4 Dec	3 Oct	7 Nov	5 Dec
<b>Medical Nutrition Therapy - Can I eat rice?</b> <b>Healthy Diet Label Reading and Eating out</b>						
<b>Medication and Insulin</b> • Diabetic, High Blood Pressure and Cholesterol Medication • Alternative Therapy – Are There Any Safety Issues?	9 Oct	13 Nov	11 Dec	10 Oct	14 Nov	12 Dec
<b>Insulin- A Myth to be Unveiled</b> • What you need to know - Indications, Techniques and Handling insulin						
<b>Be an Expert to Manage</b> • Low and High Blood sugar • Sick Day management						
<b>Stop Giving Excuses - You can Exercise</b>						
<b>Stay Out of the Danger Zone</b> • Diabetes Complications - An Over-reaction? • Treatment Modality in the New Era • Can we prevent complications? • Truth or Dare - Latest Clinical Practice	16 Oct	20 Nov	18 Dec	17 Oct	21 Nov	19 Dec
<b>Monitoring of Blood Sugar Level</b> • What is A1C? • Benefits of Self Blood Glucose monitoring						
<b>Diabetes Forgotten Issues – Who is to Blame?</b> • Foot Care • Oral Care • Diabetes and Sex • Travelling	23 Oct	27 Nov	Due to PH 27 Dec Thurs	24 Oct	28 Nov	26 Dec
<b>Diabetes Through the Eyes of a Person with Diabetes – A Journey or A Disaster?</b> • Quality of Life						

### Join Us!

For more information about Diabetes management programmes, please call: Central DECC @ 63980282 South West ECC @ 65649818



Organised by the Diabetic Society of Singapore