


options and 52% had access to healthy eating options, within 1 kilometre of their home after the HPB efforts. HPB partnered with Regional Health Systems to run Community Health Posts across Singapore. Between September 2016 to December 2017, 851 residents were screened at the health posts and 828 residents went for at least one health coaching session. Ms Fock ended the session with an encouraging real-life story of a resident, Madam A (real name not disclosed). Madam A was detected to have pre-diabetes last year. Through the community programme, Madam A had successfully lost 6 kilograms and achieved normal fasting venous glucose result this year. A written message of gratitude from Madam A had brought joy and reassurance that a system is in place in our community to fight diabetes.

Diet and Pre-diabetes by Senior Dietitian Ms Koh Pei Ling, from Admiralty Diabetes Medical Centre, Yishun Health.

Ms Koh highlighted that persons with pre-diabetes have two to three fold increased risk of developing diabetes and have association with obesity, dyslipidaemia (high triglycerides and/or low HDL-cholesterol) and hypertension. Dietary and exercise interventions could prevent the progress of pre-diabetes to Type 2 Diabetes Mellitus. Ms Koh gave an overview of adult calories requirement for energy balance to achieve and maintain healthy body weight. She also shared interesting tips on healthy food choices.

ADES 21st Annual General Meeting

Recommendation for Best Practice in Injection Technique




Date : 29th September 2018

Time : 12.30 noon to 5.30pm

Venue : Sheraton Towers Singapore Hotel
Topaz All, Level 2
39 Scotts Road, Singapore 228230

Program


- 12.30pm : Registration, Lunch and Fun Activities
- 1.45pm : Welcome by Ms Lim Pei Kwee, ADES President
- 1.50pm : Sharing of FIT-Singapore Injection Technique Recommendation by Ms Brenda Lim, ADES ,Vice-President (Special Projects)
- 2.00pm : FIT-SG launch and ADES 21st Anniversary celebration
- 2.10pm : Sharing FIT Philippines - Updates on Injection Technique and advances on injection practices by Dr Florence Amorado-Santos
- 2.55pm : Anytime, Anywhere – e-learning in Healthcare by Mr Cavy Chin, URCHINIZ, Creative Consultant
- 3.40pm : Tea Refreshment
- 3.55pm : Certified Diabetes Educator (CDE) Certificate Ceremony
- 4.15pm : ADES Annual General Meeting
- 5.30pm : End of Program




Come early and celebrate ADES 21st Anniversary with lots of fun activities and win attractive prizes !


RSVP by 17th September 2018 (Limited seats available , please register early)

Email your interest to admin@ades.org.sg
(State your Name, SNB no, Institution and Member/Non Member)





Supported By



ADES trains layperson health volunteers

by Agnes Ngoh and Brenda Lim

The training on the use of medical devices and consumables were supported by Terumo Singapore Pte Ltd.

“It is a pleasant surprise to my husband and myself who are senior citizens and were given this opportunity to learn from the trained nurses. We are inspired by the compassion from the nurses in reaching out to the community to support the frail and the elderly, and we hope to provide a helping hand to support our community”, said Mrs. Edna Quek.

Upcoming ADES Outreach Program:

20th October 2018
Migrant Workers Health Screening

4th November 2018
WDD Celebration

Do visit www.ades.org.sg for further details.