

FREE HEALTH TALK ON

DIABETES

DATE: SUNDAY, 28 SEPTEMBER 2014
TIME: 10: 00 AM TO 1: 00 PM (with QUESTION & ANSWER SESSION)
VENUE: SINGAPORE INDIAN DEVELOPMENT ASSOCIATION (SINDA)
AUDITORIUM - THIRD FLOOR, 1 BEATTY ROAD, SINGAPORE

SPEAKER:

DR S K ABDUL SHAKOOR

MBBS, MD (General Medicine, India), MRCP (UK),
MD (Newcastle University, UK)
CONSULTANT
TAN TOCK SENG HOSPITAL, SINGAPORE
Clinical Interests: Diabetes Mellitus,
General Endocrinology, Thyroidology & Pituitary Disorders



HOW TO REGISTER?

TEL : 93868031
Email: contact@jmcalumni.org.sg
Admission: FREE

(Limited Seats on First Come First Served Basis)



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OUTLINE OF THE TALK:

DIABETES Mellitus is a chronic condition in which the Body produces too little or ineffective insulin resulting in high amounts of glucose (sugar) in the Blood. Its incidence is increasing rapidly, and by 2030, this number is estimated to almost double.

According to the International Diabetes Foundation, India has more Diabetic Patients than any other Country in the World (more than 62 million Indians, which is more than 7.1% of India's Adult Population).

In the National Health Survey done in 2010, 17% of Indian Adults had Diabetes in Singapore.

Besides being a cause of premature death, Diabetes can also cause an earlier onset of Cardiovascular Diseases (such as Heart Attack and Stroke), Kidney Disease, Limb Amputations and Loss of Vision. In Singapore, Diabetes remains one of the top 10 leading causes of death.

However, Proper Treatment including Controlling Blood Glucose, High Blood Pressure, High Cholesterol, Healthy Life Style, Regular Check-up can prevent or reduce these complications.

This FREE HEALTH TALK will cover the following Topics related to DIABETES:

- **Common Myths about Diabetes**
- **How to lower risk of having Diabetes?**
- **How to live with Diabetes?**
- **Treatment including latest Drugs of Diabetes**
- **How to avoid Diabetes-related Complications?**
- **Questions & Answers Session**

“HEALTH IS WEALTH”