

# A SIMPLE GUIDE



Eastern Community Health Outreach  
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## DOCTOR'S SHARING

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The war on Diabetes is still raging on! Let us understand type 2 diabetes better by busting myths and learning how to BEAT diabetes. We will tackle 2 common myths in diabetes: "I'm so young, so my risk is low" and, "I can't do anything about Diabetes, it's all inherited"...

Even in the midst of the COVID-19, the war on Diabetes is still raging on! Studies have shown that diabetes and chronic diseases such as high blood pressure may predict poor outcome in a person infected with COVID 19.

There are many myths surrounding Diabetes, here we discuss 2 of the most common misconceptions.

## *A New Beginning!*



"Dear Readers,

Welcome back to our ECHO e-newsletter!

COVID-19 has disrupted our lives in many ways, but it has also taught us the importance of health, relationships and family.

As we learn to live in this new normal, let us affirm the importance of supporting and engaging one another.

We have launched **ECHO Connect!** — a new series of afternoon health talks, in hope to support all of you in your daily lives through health care tips and healthy lifestyle reminders.

In this edition, we highlight the importance of Diabetes, on how to know if you are at risk and the steps taken to prevent this.

Let's continue sowing the seeds to healthier living!"

*Dr Linsey Utami Gani,  
ECHO Programme Director*

## Myth 1: "I'm so young, my risk is low..."

Although majority were diagnosed with diabetes after the age of 60, the percentages of Singaporeans diagnosed between the age of 40 to 49 years old are rising.

Understanding your risk of diabetes is important!

- For those age 18-39 years old, the Diabetes Risk Assessment (DRA) offered by Ministry of Health will assess your risk of getting diabetes and suggest further screening based on your results.
- Visit the link below to access DRA: [https://www.healthhub.sg/programmes/dra?utm\\_source=LBDHH](https://www.healthhub.sg/programmes/dra?utm_source=LBDHH)
- 40 years old and above: You are eligible for Health Promotion Board (HPB) Screen-For-Life (SFL) program which is conducted once every 3 years.

What are some of the risk factors for getting diabetes?

- Having a parent or sibling with diabetes
- Having a BMI of 23.0 kg/m<sup>2</sup> or higher
- Leading an inactive or sedentary lifestyle
- Have concurrent diagnosis of high blood pressure
- Have a history of gestational diabetes (Diabetes in pregnancy)
- Have high cholesterol levels
- Aged 40 years and above
- Have impaired glucose tolerance or impaired fasting glucose



## Myth 2: "I can't do anything about my risk, it's all inherited..."

- Be aware of your risk and attend regular health screening.
- Eating right will reduce your risk of getting diabetes. Understand the concept of a healthy plate; a meal that is well balanced with the right amounts of grains, protein, fruits and vegetables.
- An active lifestyle reduces your risk too. It is recommended to engage in 150 minutes of moderate intensity aerobic exercise per week or 20 minutes of vigorous intensity, 3 or more days a week. Exercising with friends or family will increase motivation and participation.
- Taking control of your lifestyle habits and emotional health will ensure your overall wellbeing. Quitting smoking reduces your overall risk of cardiovascular diseases. Manage your emotional well-being and stress levels by practicing mindfulness.

*Dispel these myths and remember, you can **BEAT DIABETES!***

### CONTACT ECHO

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(excluding eve & public holidays)

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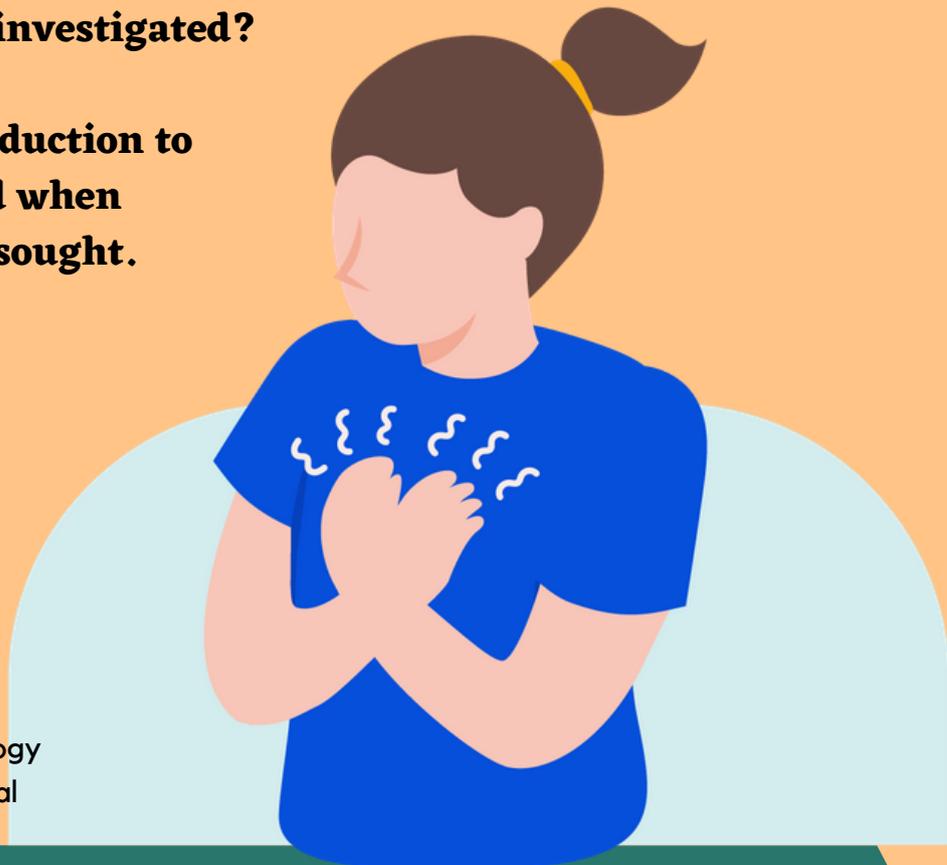


## MY CHEST IS IN PAIN! WHAT CAN I EXPECT?



**Chest pain is the most common reason for presentation to the Cardiology department. However, what does having chest pain mean and how is chest pain usually investigated?**

**This talk aims to give an introduction to chest pain, possible causes and when emergent attention should be sought.**



**Speaker:**  
**Dr. Oh Ying Zi**  
Consultant  
Department of Cardiology  
Changi General Hospital



**21st July 2021, Wed**



**1:00pm - 2:00pm**



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Please note that the talk is conducted using Zoom. You are required to have Zoom application on your laptop or handphone, More details of the health talk will be sent to you through email upon registration.