

A SIMPLE GUIDE

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HARNESSING THE POWER OF
EXERCISE & HEALTH COACHING

Our Health
is in
*Our
Hands!*

KEEP WELL | GET WELL | LIVE WELL

This newsletter is jointly brought to you by:

Health Up!
Keep Well, Get Well and Live Well
A SingHealth community programme

ECHO
Eastern Community Health Outreach

Dear readers,

With the durian season ending and year-end festivities coming up, we must keep our health in check! In this issue, we have Dr Ian Phoon and Dr Sun Jingfeng of SingHealth Polyclinics advising us on the risk factors for diabetes, and preventing pre-diabetes from progressing to diabetes by eating right, exercising and maintaining a healthy weight.

Active Health Coach Vye Rern also shares research to LEAD us to Learn Exercises Against Diabetes, and how to use exercise to prevent and manage diabetes. Wishing everyone a great finish to 2023!

Clinical Associate Professor Joan Khoo
Chief, Department of Endocrinology,
Changi General Hospital



Understanding pre-diabetes

Diabetes Mellitus and its Risk Factors

Diabetes mellitus is prevalent, affecting 1 in 11 adults in Singapore. Many more have pre-diabetes, a state before developing diabetes. Diabetes is associated with many health complications like heart and kidney disease. Many patients with diabetes probably have pre-diabetes for many years prior. There are usually no symptoms, often going undetected until it is advanced. A blood test is needed to determine if one has diabetes or pre-diabetes.

Risk factors for these are:



Being overweight or obese. Assess this using the body mass index (BMI).

$$\text{BMI} = \frac{\text{Weight(Kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

If your BMI is > 23 kg/m², you are overweight.

If your BMI is > 27.5 kg/m², then you are obese.



You have parent(s) or sibling(s) with diabetes



You have high blood pressure



You had diabetes when pregnant



You have Polycystic Ovarian Syndrome (PCOS). This is when your menses is irregular and is associated with weight gain



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Dr Phoon is a Family Physician Senior Consultant at SingHealth Polyclinics (SHP). He obtained his MMED (Family Medicine, Singapore) in 2007. He has been the Clinical Lead for the Cardiovascular Workgroup for SHP since 2011, and has a keen interest in improving the care for Diabetes, Hypertension, and Hyperlipidemia.

Dr Sun graduated from Duke-NUS Medical School in 2016 with M.D. degree and obtained MRCP (UK) in 2019. She received her Master of Medicine in Family Medicine in 2022, and is currently practicing as a Family Physician at SingHealth Polyclinics.

DIABETES RISK ASSESSMENT

⇒ Click Here! ⇐

Take the Diabetes Risk Assessment (DRA) to find out your risk of developing diabetes (18 -39 years old)



Testing for Diabetes

Testing for diabetes can be fasting or non-fasting. If you are fasting, the test will be a fasting blood sugar. If you are not fasting, the test will be the HbA1c (glycated haemoglobin), which measures the average blood sugar over the last 2 to 3 months. If either test value is more than 6, then a glucose tolerance test needs to be done. This involves doing 2 tests, one fasted, and another 2 hours after drinking 75g of glucose (sugar).

The following table illustrates the interpretation of the results:

	Fasting plasma glucose (mmol/L)		2 hour plasma glucose during OGTT (mmol/L)
Impaired fasting glycaemia (IFG)	6.1-6.9	AND	<7.8
Impaired glucose tolerance (IGT)	<6.1	AND	7.8-11.0
Both IFG and IGT	6.1-6.9	AND	7.8-11.0
Diabetes	≥7.0	OR	≥11.1

What does it mean to have pre-diabetes?

Pre-diabetes is when you have either or both of impaired fasting glucose and/or impaired glucose tolerance. If you have pre-diabetes, it is potentially reversible with lifestyle changes as follows:



Know the "Healthy Plate". Avoid sugary food or drinks. Limit your carbohydrates like rice, noodle, bread to only 25% of your food intake. Another 25% of your food should come from lean meats (no fat), and 50% should come from fruits and leafy vegetables. Take less snacks, limit salt, sauces and use healthy oils.



Aim for 150 minutes of moderate intensity exercise a week. If you are sedentary, start slow, and gradually increase the frequency and intensity.



Keep a healthy weight by controlling your diet and regular exercise.



If you smoke, consider quitting.

Even if you do not have pre-diabetes, a healthy lifestyle is suitable for everyone.

In summary, diabetes and pre-diabetes are common and can cause many health complications. Use the Diabetes Risk Assessment online to assess your own risk. If you do have a risk for diabetes, see your doctor. Whether or not you have pre-diabetes or diabetes, you should adopt the "Healthy Plate", stay active, keep a healthy weight, and avoid smoking.



Keep Well & Stay Fit!



AUTHOR
CHIA VYE RERN
Active Health Coach

Vye Rern is an Active Health Coach with Sport Singapore and is Exercise is Medicine certified. Previously a Physical Education and Mathematics teacher and being in the frontlines of the War on Diabetes, he understands the importance of physical activity deeply. Today, he has turned his skillsets towards adults and strives to empower the community to adopt a healthier and physically active lifestyle.

Learn Exercises Against Diabetes (LEADS) Research by Active Health

According to an estimate by the International Diabetes Federation, more than 700,000 Singaporeans lived with diabetes in 2011. The Ministry of Health has further estimated this number to reach 1 million by 2050. Aside to more commonly known Type 1 and Type 2 Diabetes,

many more others are prediabetic where they have high blood glucose levels but still below the levels of Type 2 Diabetes.

While diabetes is not currently curable, regular physical activity can help manage the condition and even reverse the effects of prediabetes by facilitating glucose uptake and improving glucose sensitivity.

Recognising the importance of tackling the pervasive issue upstream, Active Health embarked on a research study involving individuals at-risk of Type 2 Diabetes to examine if (1) health coaching increased autonomous motivation, and (2) the extent and ways health coaching promoted greater adherence to physical activity and reduced risks of diabetic factors.

Participants were randomly allocated into control or intervention group. Anthropometric measurements were taken and functional assessments were conducted on weeks 1, 6 and 12 to provide participants with an objective understanding of their progress and inculcated the importance of measuring up regularly.

→ Continued on pg 4



While both groups experienced the same physical activities, participants in the intervention group underwent weekly group health coaching dialogues as they worked towards their wellness vision. A wellness vision is a compelling statement of who an individual is and what health-promoting, life giving behaviours they would want to do consistently. By verbally sharing their experiences, challenges and motivators, participants were able to reinforce their actions with a deeper sense of meaning and purpose.

After Week 6, participants were given the autonomy to decide what activities they would like to engage in before returning to the Active Health Lab to measure up on Week 12.

By the end of the study, both groups reflected that they had enjoyed themselves, realising that physical activity need not be monotonous. Importantly, the mindset shifts and improvements to daily routines were self-evident, especially with the intervention group.

The Value of Health Coaching

It has been established that regular physical activity is beneficial, and even more so useful for prediabetic individuals to reverse their condition. However, change will only happen with the motivation to act. Health coaching addresses this by getting them to consider their motivators and goals. With a clearer vision in mind, this forms an important anchor to which individuals can find greater meaning in the goals they set and achieve for themselves.

Where can I learn more?

If you wish to learn more about how you can craft your own health and wellness vision and harness the power of exercise to help you fight diabetes, join us for our 6-week Manage Diabetes with Exercise programme guided by our Active Health Coaches who will support you in your Health Plan at your nearest Active Health Lab! (\$60 with a Promotional Rate of \$48* for 6 sessions.)



*Terms and conditions apply, find out more about the programme and booking details above



... knowing that the coaches understand our lifestyles and also try to frame (the) exercises in such a non-scary way, it's assuring to reduce chances of getting diabetes.

*Muhammad Aqmar Naqib, 25,
Participant of Active Health
LEAD Research*



Having an Active Health Coach helped me start a new habit of doing an exercise every week.

*Kaiyisah Binte Hashim, 33,
Participant of Active Health
LEAD Research*



Practically effortless to make, this delicious, lactose-free custard can be prepared under 30 minutes! Feel free to substitute the fruit toppings with other fruits 😊



Live Well by Eating Right!

Soy Milk Custard

Preparation Time: 30 minutes
Serves 4

PER SERVING

Calories	23 kcal	Cholesterol	0 mg
Carbohydrate	0.5 g	Fibre	0 g
Fat	0.8 g		

This recipe is brought to you by the Dietetics and Food Services Department, Changi General Hospital.

METHOD:

- ① In a mixing bowl, combine egg whites and soy milk. Mix well and strain through a fine wire sieve.
- ② Pour mixture into prepared serving glasses and steam over high heat for 8 minutes, or until custard is set.
- ③ Garnish with toppings and serve hot.

INGREDIENTS:

Egg whites – 100ml (3 $\frac{1}{3}$ fl oz or $\frac{2}{5}$ cup)
Unsweetened soy milk – 200ml (6 $\frac{1}{2}$ fl oz or $\frac{4}{5}$ cup)

TOPPINGS

Tinned peaches – 5-6 slices, drained
Pomegranate seeds – a handful
White dragon fruit – $\frac{1}{2}$ peeled and finely diced
Water chestnuts – 5-6 peeled and finely diced
Almonds – a handful, roasted
Sunflower seeds – a handful



Eastern Community Health Outreach

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CONTACT US!

SEND IN YOUR INQUIRIES TO:

- ECHO Programme: echo@cgh.com.sg
Visit ECHO website: <https://www.singhealth.com.sg/rhs/keep-well/Health-Screening-in-the-East>
- Health Up! Programme: health.up@singhealth.com.sg
Visit Health Up! website: <https://www.singhealth.com.sg/rhs/health-up>



ALWAYS WANTED TO GET HEALTHIER
BUT TOO BUSY TO ACT?

Health Up!TM

Keep Well, Get Well and Live Well
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IS THE PROGRAMME FOR YOU!

Health Up! is a SingHealth initiative that aims to encourage individuals to adopt healthy lifestyle habits and complete age-appropriate health screenings.

Kickstart your journey to better health now!

- **Complete the Onboarding Survey** to help us understand your health status and lifestyle habits
- **Receive a H e a l t h A c t i o n P l a n P e r s o n a l i s e d f o r Y o (H.A.P.P.Y)** based on your current health and fitness levels
- **Be recommended to selected health screening(s)*** if you are eligible
- **Get connected to various fitness activities** and pick up health and wellness tips from trained professionals



Register [now!](#)

Only open to:
Singapore Citizens & PRs
Aged 40 and above
Living in the East



*Obesity, Diabetes, Hypertension, High Cholesterol, Selected Cancer Screenings (i.e. Colon, Cervical and Breast) based on recommendation and eligibility. Subsidised fees applicable.
For more enquiries, visit <https://www.singhealth.com.sg/rhs/health-up>

SingHealth

Defining Tomorrow's Medicine

Mild to Moderate Medical Conditions?

Your GP can **treat it!**



The GPFirst Programme is an initiative by Changi General Hospital's A&E Department in partnership with over 170 participating GP clinics in eastern Singapore.

Patients with mild to moderate symptoms are encouraged to seek treatment at the GP clinics first instead of going to the A&E.

Should the patient be given an A&E referral from the GPFirst GP, he or she will:

- ✓ Be accorded higher priority over non-emergency cases
- ✓ Receive a \$50 subsidy* on the prevailing attendance fee at CGH A&E

For more information, visit www.GPFirst.sg

Like us on Facebook at  [gpfirst.sg](https://www.facebook.com/gpfirst.sg)

*Terms and Conditions apply

GPFIRST
YOUR FAMILY DOCTOR, YOUR FIRST STOP

