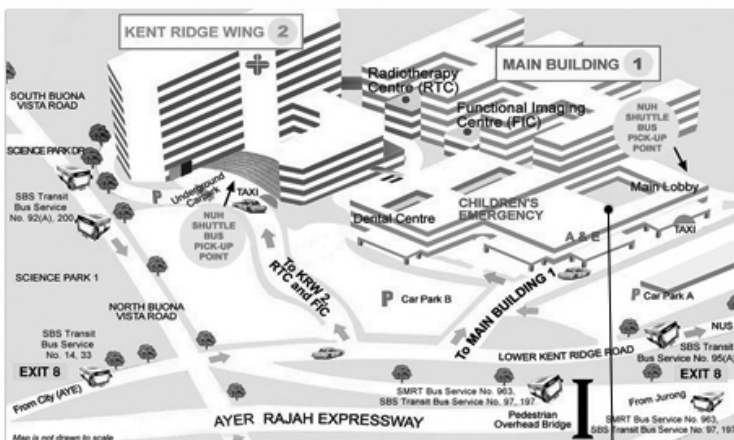


Location



Health Education Hub

Operating Hours
Mondays – Fridays: 8.30am – 5.30pm
Closed on Saturdays, Sundays &
Public Holidays

Contact Us

Health Education Hub
National University Hospital
Main Building, Level 1, Main Lobby
5 Lower Kent Ridge Road,
Singapore 119074
Tel: (65) 6772 2184
Website: www.nuh.com.sg/keh.html

Diabetes Control Programme



Health Education Hub

A place where you
Discover More about Health Matters

Location :

National University Hospital
Main Building 1, Level 1, Main Lobby

Schedule of Programme :

2nd and 3rd Thursday of the month, 2pm to 5.15pm
Registration is required.
For more information and enquiries, please call
(65) 6772 2184

Diabetes Control Programme

Diabetes Mellitus is a lifelong condition which may result in complications to the kidney, eye, heart and foot if it is not well controlled.

Diabetes Control Programme offers a series of workshops* that are carefully planned to help you control your diabetes.

What is the Programme about?

Diabetic patients would often need medication and insulin to control their diabetes. But we know that maintaining a healthy lifestyle and well-controlled diet, as well as doing regular exercise are crucial in managing diabetes.

In this programme, the Diabetes Nurse, Dietitian and Physiotherapist will empower you to manage your lifestyle with the aim of achieving a better blood sugar level.

Who is this Programme for?

If you have diabetes, this programme is for you! This programme is suitable for individuals suffering from Non-Insulin Dependent Diabetes or Type 2 Diabetes.

* These workshops are not medical consults. Patients are advised to consult their doctors if they have any questions related to their health, medical condition or medication.

Outline of the Programme

The programme comprises **2 workshops** held on the 2nd and 3rd Thursday of the month.

Workshop 1 (2nd Week Thursday)

2pm – 3 pm: What is Diabetes?
Diabetes Medication
Diabetes complications – prevention and screening

3pm – 3.15pm: Break

3.15pm – 4.15pm: Healthy Eating for Diabetes
What kind of foods affect my sugar level
Keeping a food diary
Meal planning (interactive)
Long term and short term goals

4.15pm - 5.15 pm: Diabetes tools and monitoring
Advantages and frequency of blood sugar monitoring
Community support resources

Workshop 2 (3rd Week Thursday)

2pm to 3pm: Review of food diary (interactive)
Reading food labels (interactive)
Recipe modification
Behavioral modification

3pm - 3.15 pm: Break

3.15pm – 4.15pm: Prevention and management of low blood sugar
Diabetes care on sick days and special occasions
Management of high blood sugar (hyperglycaemia)

4.15pm -5.15 pm: A good and sustainable exercise programme for Diabetes

Register for this programme at :

Health Education Hub

National University Hospital, Main Building 1, Level 1

This programme is chargeable. For more information and enquiries, please call (65) 6772 2184.