



Association of
Diabetes Educators
Singapore

Newsletter July 2026

President Message

Greetings from The Association of Diabetes Educators (Singapore) (ADES). More than half a year has passed, and we are pleased to present to you the activities ADES has organised thus far.

ADES organised multiple educational events to advance evidence-based, patient-centred diabetes care among healthcare professionals and a community outreach event at the mosque.

Notable was the involvement in the Asia Pacific Nurses Convention (ASPAN) 2026 masterclass where ADES has the opportunity to present the FITTER guide updates. Through discussions, demonstrations, small-group activities and four interactive learning stations, participants strengthened their practical skills and confidence in safe insulin delivery.

Together, these events reaffirmed ADES' commitment to professional education, collaboration and clinical excellence, equipping healthcare professionals to improve outcomes for people living with diabetes across diverse care settings in Singapore.

On behalf of all our committee members, we thank you and we are grateful for your support for the events organised. We hope to get the same support from you for our future events.

~ Chan Yoke Ling~

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Empowering Health Together:

Diabetes & Skincare Education Session

Building a Healthier Community Through Knowledge and Prevention



Diabetes Management During the Fasting Month

7th February 2026, Muhajirin Mosque welcomed community members for an engaging and educational health outreach programme focused on diabetes awareness, skincare education, and preventive health screening.

One of the key highlights of the programme was the talk on "Diabetes Management During the Fasting Month", delivered in Malay by Ms Fadillah Bte Dollah, Certified Diabetes Educator (ADES). Participants learned how to recognise and respond to symptoms of hypoglycaemia and hyperglycaemia during the fasting period. The interactive session encouraged active participation, and attendees appreciated the practical advice and valuable insights that supported safe and effective diabetes self-management during fasting.



The session provided participants with practical guidance on fasting safely while living with diabetes, including the importance of regular blood glucose monitoring, appropriate medication adjustments, and maintaining healthy eating habits during Suhoor and Iftar.

Capillary blood glucose screening was conducted to help participants better understand their current blood sugar levels and assess their risk of diabetes.

A total of 22 screenings were completed during the programme in preventive health and early detection. Participants received tailored health education based on their screening results and were encouraged to seek appropriate follow-up care where necessary to support timely intervention and better health outcomes.



Diabetes Innovation and Safe Care for People with Diabetes

The Association of Diabetes Educators (Singapore) (ADES) recently on 7th March 2026, an engaging workshop focused on advancing diabetes care through innovation and context-specific management strategies. This workshop brought together 55 healthcare professionals to explore emerging technologies and practical approaches for diverse patient needs.

◆ Diabetes Innovation Showcase: New Tools & Techniques

Speaker: Dr Wang Fang
(The Third Xiangya Hospital of Central South University, Visiting Research Fellow, Agency for Science, Technology and Research (A*STAR)).

Participants were introduced to emerging innovations in diabetes care, including:

- New technologies supporting glucose monitoring and management
- Advancements in digital health and data-driven care
- Practical applications to enhance patient outcomes.



◆ Managing Diabetes during Pilgrimage: A Journey of Faith and Health

Speaker: CDE / APN Mariana Mahadi (KTPH)

This session explored managing diabetes in unique and challenging environments such as pilgrimage:

- Importance of pre-travel assessment and education
- Medication adjustment and monitoring during travel
- Cultural sensitivity and patient-centred counselling
- Ensuring safety while supporting spiritual journeys.

This workshop reinforced the need to integrate **innovation with safe, culturally sensitive care** in diabetes management. As patient needs become more diverse, healthcare professionals must adapt with evidence-based strategies and collaborative approaches.

From Mouth to Digestion:

The Dental-Diet in Diabetes Care

The Association of Diabetes Educators (Singapore) (ADES) successfully conducted its educational event, "From Mouth to Digestion: The Dental-Diet in Diabetes Care", on 18 April 2026 at PSB Academy City Campus. The session welcomed 50 healthcare professionals from various healthcare institutions and disciplines, highlighting the growing interest in multidisciplinary approaches to diabetes management.

Understanding the Link Between Oral Health and Diabetes

Dr Chee Hoe Kit, Senior Consultant from the National Dental Centre shared valuable insights the relationship between diabetes and periodontal disease, emphasizing how effective oral health management can contribute to improved glycaemic control and overall patient outcomes. Healthcare professionals gained a deeper appreciation of the importance of incorporating oral health assessments and patient education into routine diabetes care.



Healthier Beverage Choices

Ms Gladys Wong, Dietitian, presented "Beyond Sugar-Sweetened Beverages (SSBs): Cracking the Code on Sodium & Saturated Fats."

The session explored the nutritional considerations beyond sugar content, helping healthcare professionals better understand food labels, the Nutri-Grade system, and the impact of sodium and saturated fats on long-term health. Practical examples and case discussions equipped attendees with evidence-based strategies to support patients in making informed dietary choices.

A collaborative, multidisciplinary approach remains essential in delivering comprehensive patient care. ADES looks forward to continuing its mission in advancing diabetes education and fostering meaningful clinical collaborations. Together, we move towards more holistic and impactful diabetes care.



Empowering Diabetes Care, From Vision to Mobility, Through Education

The Association of Diabetes Educators (Singapore) (ADES) successfully conducted its educational seminar, “Empowering Diabetes Care, From Vision to Mobility, Through Education,” on 23rd May 2026 at PSB Academy.

The seminar brought together 51 healthcare professionals, demonstrating the continued commitment of diabetes educators and clinicians towards advancing patient-centred diabetes care through lifelong learning.

Event Highlights

Dr Mohamad Rosman, as Senior Consultant Ophthalmologist from Advanced Eye Clinic and Surgery, Mount Elizabeth Medical Centre.

Dr Mohamad Rosman essential updates on diabetic eye care, emphasising early screening and intervention to prevent vision loss. Participants gained valuable insights into diabetic eye disease, early detection, referral pathways, and the important role of diabetes educators in preventing vision loss.

Ms Jo Ann Lim, Head of Podiatry, Woodlands Hospital, presented “Diabetes Foot Care: Strategies for Limb Protection and Life Preservation.”

The session reinforced evidence-based approaches to foot assessment, patient education, risk stratification, and multidisciplinary management aimed at reducing diabetic foot complications and lower-limb amputations. The seminar concluded with an engaging Question & Answer session, allowing participants to interact directly with the speakers and discuss practical challenges encountered in clinical practice.

Participants gained valuable updates from Dr Mohamad Rosman on diabetic eye care and Ms Jo Ann Lim on diabetic foot care, highlighting best practices in preventing vision loss, protecting limb health, and improving outcomes for people living with diabetes.

ADES Community Outreach at the Sugar Smart Festival 2026



The Association Diabetes Educators Singapore (ADES) team was delighted to participate in the **Sugar Smart Festival 2026** held in Toa Payoh HDB Hub Atrium on 13th June 2026 connecting with members of the community to share practical knowledge on blood sugar management and healthy living.

Through interactive activities, educational games, and practical discussions, participants gained valuable insights into making sustainable lifestyle choices that support long-term health and wellbeing. The outreach emphasized a simple yet powerful message: **progress over perfection**. Small, consistent changes can make a significant difference in achieving better health outcomes.





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FITTER Masterclass 2026: Advancing Best Practices in Injection Therapy



27 June 2026 | National Skin Centre, Singapore

In conjunction with the Asian Pacific Society of Atherosclerosis and Vascular Diseases Nurses Convention (ASPAN) 2026, the Association of Diabetes Educators (Singapore) (ADES) successfully conducted the **Forum for Injection Technique and Therapy Expert Recommendation (FITTER): An Update on Best Practice**.

The programme brought together 53 healthcare professionals to enhance their knowledge and skills in evidence-based insulin injection therapy. Through case discussions, practical demonstrations, and interactive group activities, participants gained valuable insights into current best practices and strengthened their confidence in delivering safe, patient-centred diabetes care.



ADES continues to support safe, evidence-based insulin injection practices by equipping healthcare professionals with current knowledge and practical competencies. Through its commitment to advancing professional education, ADES promotes excellence in diabetes care and enhances health outcomes for people living with diabetes.

Empowering Diabetes Care Through Exercise and Mental Well-being

The Association of Diabetes Educators (Singapore) (ADES) successfully conducted an educational session on 18 July 2026 focusing on exercise prescription and psychological well-being in diabetes care, bringing together 58 healthcare professionals to strengthen their knowledge and clinical practice in holistic diabetes management.



Ms Serena Tong, Principal Physiotherapist from Sengkang General Hospital, presented *“From Clinic to Home: Practical Exercise Prescription in Diabetes Care.”*

The session emphasised evidence-based exercise recommendations, practical approaches to prescribing physical activity, and strategies to support patients in adopting sustainable exercise habits beyond the clinical setting.

Ms Joan Rouen, Behavioural Therapist, delivered a presentation titled *“Reframing Negative Thoughts.”* Participants gained valuable insights into recognising negative thought patterns, applying cognitive reframing techniques, and supporting the psychological well-being of individuals living with diabetes. The session reinforced the importance of integrating behavioural health into diabetes education and patient-centred care.



The educational session was well received, with active participation and meaningful discussions throughout the programme. It provided participants with practical knowledge and skills that can be incorporated into routine diabetes care, while reinforcing the importance of combining exercise prescription and psychological support to optimise patient outcomes.

ADES remains committed to provide continuous professional development opportunities that promote evidence-based, holistic diabetes education.