

D'Centers is a **NOT-FOR PROFIT Resource Centre** providing services for people with diabetes and associated conditions

Current Services/Facilities – At Subsidised Rate

CONSULTATIONS

Diabetologist/Endocrinologist, Medical Specialist Consultation

- Diabetes and other hormone problems
- Other cardiovascular risk factors
- Diabetic foot care

Eye Assessment

- Fundus camera & interpretation

Diabetic Foot Care

- Assessment of diabetic foot
- Treatment of simple diabetic foot problems

Diet Advice

- Dietitian to help develop a diet plan to keep your blood glucose in control

Diabetes Advice

- Diabetes Educator to help you better manage your diabetes

TESTS

- **Blood Glucose Test** to screen if you have diabetes

- **HbA1c** to assess how good your diabetes control is
- **OGTT** to check if you have diabetes or prone to having diabetes (IGT)

- **Microalbuminuria Test** to check if you have kidney complication

- **Blood Lipid (Fat) Test** to check your cholesterol level and risk to heart disease

- **ECG** to check if you have ischaemic heart disease and heartbeat abnormally

- **Kidney Function Test** to check if your kidney function is affected

- **Urine Test** to check if you have urine infection or kidney damage

- **General Blood Test** including haemoglobin, full blood picture, liver function

- **Special Blood Test** including assessment of vit-D level, cardiovascular risk and inflammation status

TREATMENTS

- **Anodyne Therapy** to help treat nerve damage* in the feet
*common complication of diabetes

OPERATING HOURS

Monday to Friday
 9.00am – 5.00pm

Lunch Hour
 1.00pm – 2.00pm

Saturday
 by appointment only

T-1 CLUB

Calling all young people with type 1 diabetes and caregivers.

Come and join our **T-1 Club**

to share experience. Outing activities and expert counselling will be organised.

FREE MEMBERSHIP for T-1 Club

DIABETIC FOOT CARE

Services Provided

Nail trimming

Corns & Callus Reduction

Simple Wound & Ulcer Management

Diabetic Foot Care Counselling

FREE TALKS ON MANAGING DIABETES

There will be regular Free Talks on diabetes at **D'Centers** (Diabetes Resource Centre)

YOU ARE INVITED

For more information please contact us



PRODUCTS FOR SALE AT AFFORDABLE PRICES



● Blood Glucose Monitoring System

Contour Plus Blood Glucose Monitoring System
 Edge Check 3C Blood Glucose Monitoring System
 Fora 6 Plus for Glucose, Ketone, Uric Acid & Cholesterol Test

● Insulin Pen Needles

Insupen 3.5MM x 34G, 4MM x 33G, 5MM x 31G, 6MM x 32G

● Blood Pressure Monitoring Kits

Rossmax BP Set, Beurer BP Set, Miivio BP Set

● Health Footwear (suitable for diabetics)

Footlink Shoes, Seamless Socks, Medifeet

● Medical Nutrition

Diabetasol Vanilla, Diabetasol Chocolate, Diabetasol Cappuccino, Diabetasol Sweetener

● Health Drink

Gymnema Herbal Tea

● Skincare

Footlink Moisturizer Cream

For further enquiries and appointment please contact