

# Fun dating ideas for people with diabetes

By Lyka Mae P. Chiang

**L**iving with diabetes requires a lot of dos and don'ts. And that's why when going out with your special person, you better have a healthy option in mind. Here, we listed some of the most unique and fun dating ideas that will let you have the best time of your life.



Ace Water Spa

Ace Water Spa has two branches located in Pasig and Quezon City.

## Face Adventure and Hike

Hiking is a good idea for a killer date because there will be just the two of you for the entire trip and that means no space for distractions. You'll also get to see a lot of beautiful scenery and even watch the sunset once you reach the mountain peak.

Mt. Manalmon and Mt. Gola, also known as "The Twin Peaks," in San Miguel, Bulacan are the perfect hiking spots for beginners. Surely, you and your partner will enjoy walking the trail, and you can even go for a quick dip in Madlum River while you're at it.

## Pamper with your Partner

You can never go wrong with spa. Not only does it give you relaxation but it also provides a lot of health benefits. Ace Water Spa introduces a different taste of spa to its customers. They offer hydrotherapy facilities that you and your loved one will surely enjoy. This includes soft, moderate, and hard massages—bubble bed, jet air, waterfalls, and more—to match your preferences. They also have steam, sauna, and hot herbal pools that will not only supply refreshment to your body and mind but will also bring out the passion between you and your partner.



Nicole Boral



San Rafael River Adventure

shot! Located in Parañaque City, Azure Urban Resort Residences is perfect for couples who just want to talk over a glass of wine in a nice and cozy bed. They have rooms overlooking the iconic man-made beach with fine white sand and undulating waves. You can choose to stay in, but if you want to make the most out of your time, then you should go dip or swim in one of their pools or the beach and just feel the rural vibes right there in the heart of Metro Manila. [D](#)

Azure Urban Resort Residences

**Go Glamping**

Gone are the days when camping is only for the outdoor junkies. Today, we have what is called “glamping,” and even indoor people will definitely want to pack their bags just for the sake of experience.

Located in San Rafael, Bulacan, San Rafael River Adventure provides the perfect romantic scenery for couples. They offer glamping packages where you can stay at a floating raft with a bonfire by the river. Here, you can experience boating, horseback riding, wake boarding, and many more. They also have river cruise to give you a relaxing tour of the nearby islet, and if you’re up for an all-nighter, top up your date with stargazing.

**Have a Staycation**

Wanna bring back the heat and have a hot date with your partner but can’t bother to leave the city? This one is your best





# You're not alone in this cancer battle

By Lyka Mae P. Chiang



Photo courtesy of PCS Facebook page

**C**ancer is a global disease threatening the lives of millions of people. Its incidence has continuously risen over time, and affects not only the patient but the whole family as well. Dealing with cancer can drain a person mentally, physically, emotionally, and financially.

In this treacherous and lethal war, you don't have to fight alone. In the Philippines, there are numerous organizations that take a stand with people who are battling cancer. These offer different kinds of support to patients and their families to bring them hope and make this battle worth fighting.



Photo courtesy of PCS Facebook page

The **Philippine Cancer Society, Inc.** (PCSI) is a private corporation that aims to help Filipinos cope with cancer by preventing it and diminishing death caused by it, especially among the disadvantaged, through information, education, advocacy and focused services.

They provide Cancer Control Lectures to inform their audiences on different cancer-related topics. They also offer free medical screening for breast, cervical and prostate cancers. Every year, they hold a Relay for Life event, a fundraiser where communities across the globe join as one to honor cancer survivors. The funds raised are used to support the fight against cancer.

**Cancer Warriors Foundation** (CWF) is a patient support organization for families of children battling cancer, with a vision that no child should suffer a diminished quality of life because of the disease.

CWF helps increase awareness about childhood cancer and provide medical and treatment assistance. It also fights for the betterment of the medical and health sectors and has been successful in including childhood cancer drugs in the Universally Accessible Cheaper and Quality Medicines Act of 2008, which made cancer medications and treatments for kids less expensive. CWF also supports families by offering scholarship programs for survivors who would like to pursue higher education.

**Louie Jacinto Foundation, Inc.** is known for providing medical assistance to less privileged families and patients with malignant diseases, particularly cancer. It offers free medical assistance and movement

against cancer programs. These programs involve medical treatment, surgery, livelihood training, and income-generating projects.

The foundation covers the financial cost from the time a patient is admitted to the hospital up to the day he/she is discharged. Help will also be extended if the patient needs post-treatment care at home.

One of the leading sites of cancer among Filipinos is the breast. This cancer type has the highest rates among women in the country. **The Philippine Foundation for Breast Care, Inc.** (PFBCI) is the only advocate and support group in the country that operates and manages a breast care center in a public hospital.

PFBCI aims to empower women and men by raising awareness and giving knowledge and skills about early breast cancer detection. It also offers a helping hand to breast cancer patients with free breast screening, mammography, stereotactic biopsy, financial assistance, counseling, surveillance, home visits, and social events.

The **Cancer Resource and Wellness** (Carewell) Community is a nonprofit foundation that provides support, education, and hope to persons with cancer and their loved ones. Incorporated in 2005, Carewell was envisioned by the late Jessica 'Jackie' Fernandez-Suntay, and her husband, Robert 'Bobbit' Suntay. Their commitment to establishing Carewell was inspired by their experiences at The Wellness Community (TWC), an international, community-based psychosocial support organization



Cancer Warriors  
Foundation, Inc.



that provides free resources and services to persons living with cancer headquartered in the US.

In 2007, Carewell became TWC's first and only International Affiliate in Southeast Asia. In November 2009, Carewell became the Cancer Support Community's (CSC) partner in Asia. CSC is a merger of TWC and the Gilda's Clubs Worldwide. **D**



## Broccoli extract could help combat type 2 diabetes

**S**cientists from the University of Gothenburg in Sweden say that a compound called sulforaphane found in broccoli sprouts lowered blood glucose levels in patients with type 2 diabetes.

In a study recently published in the *Science Translational Medicine* journal, researchers randomized 97 individuals diagnosed with type 2 diabetes and gave them a daily dose of broccoli sprout extract containing sulforaphane for three months. All except for three participants continued taking metformin, a standard medication for diabetes.

The results showed that glucose production was decreased among patients taking the concentration. Those who didn't take metformin were also able to control their blood sugar levels.

According to the researchers, the sulforaphane concentration was equivalent to a 500 kg consumption of broccoli everyday. They also found that the extract was particularly effective among obese individuals whose

glucose levels were at peak in the beginning of the study.

"We're very excited about the effects we've seen and are eager to bring the extract to patients," said lead author Anders Rosengren.

Rosengren added that the reduction of blood sugar levels, which is about 10%, could also have a significant effect on the reduction of eye, kidney, and blood complications.

"Sulforaphane targets a central mechanism in type 2 diabetes and has a mild side-effect profile. As functional food, it can reach the patients faster than a medication, and it is also an interesting concept from a diabetes perspective where diet is central," Rosengren explained.

He believes that the extract is an ideal substitute for people who can't take metformin.

The researchers are now planning to have a supplement available by 2019. **Lyka Mae P. Chiang with an SBS and Diabetes.co.uk reports. D**



## Delaying meals affects glucose level and body clock

University of Surrey researchers have found that mealtime delay has a significant effect on the natural rhythm of blood sugar.

The findings of the study published in the journal *Current Biology* suggest that having a regular meal time can help synchronize the body clock which controls the natural pattern of blood sugar level.

This indicates that people who work different shift patterns or regularly take long haul travel flights may improve their sugar metabolism by eating regularly scheduled meals.

A total of 10 volunteers were used for the study. Participants were

provided with three meals daily. During the first phase of the trial, the first meal, breakfast, was given 30 minutes after waking up. The two other meals, lunch and dinner, were given at a 5-hour interval. In the second phase, the meals were delayed by five hours after waking.

The researchers took blood and fat samples of the participants to measure their circadian rhythms, which are the approximate 24-hour changes governed by the body's internal clock.

The research team discovered that the 5-hour mealtime delay resulted in a similar delay in blood sugar rhythms.

"It has been shown that regular jet lag and shift work have adverse

effects on the body, including metabolic disturbances," Dr. Jonathan Johnston, lead author of the study said.

"Altering meal times can reset the body clocks regulating sugar metabolism in a drug free way. This will help us design feeding regimes to reduce the risk of developing health problems such as obesity and cardiovascular disease in people with disturbed circadian rhythms," he added.

Surprisingly, researchers also uncovered that mealtime delay has no impact on the insulin and fat levels in the blood. **Lyka Mae P. Chiang with a University of Surrey PR and Diabetes.co.uk reports. D**



cdh2.momjunction.com

## Insulin-Producing Cell Transplant Gives Hope to Type 1 Diabetes Patients

**R**esearchers from the University of Miami have reported new findings on the study that would create an artificial pancreas, offering hope for people with type 1 diabetes.

The study, which was published in the *New England Journal of Medicine*, used a 43-year old single mother with acute diabetes and transplanted insulin-producing islet cells into her omentum, a fatty membrane in the stomach.

According to the researchers, the cells began producing insulin quicker than expected, and a year after the experiment, the participant is in good condition and doesn't need insulin injections.

"We're exploring a way to optimize islet cell therapy to a larger population. This study gives us hope for a different

transplant approach," said lead author Dr. David Baidal.

Type 1 diabetes is an autoimmune disease that damages the islet cells found in the pancreas. This condition requires a patient to take multiple daily insulin injections or use a pump to deliver insulin by inserting a tube underneath the skin that must be changed every few days.

This new research is believed to be the first step towards developing a mini-organ called the BioHub. The plan is to imitate the human pancreas and act as a home for transplanted islet cells and provide them with oxygen until they are able to produce their own blood supply.

BioHub also hopes to tackle the autoimmune attack that causes type 1 diabetes.

The woman in the study

has been diagnosed with type 1 diabetes for 25 years. She also suffered from severe hypoglycemia unawareness.

The research team said that the surgery was minimally invasive, and the islet cells were placed on a "scaffold" that dissolved after some time. No complications arose during the process.

"We were happily surprised when her glucose profile improved quite dramatically," Baidal said.

He also added that they were able to stop insulin injections sooner than expected, because the blood sugar levels were very stable.

The researchers now wish to see a longer post-treatment effect duration and are planning to conduct the test on five more patients. **Lyka Mae P. Chiang with a WebMD report** [D](#)



## Untreated obstructive sleep apnea may worsen heart health and diabetes

**R**esearchers from the Johns Hopkins University in Baltimore have found that proper treatment of obstructive sleep apnea (OSA) may be good for the heart and blood sugar.

OSA is a sleeping disorder usually experienced by patients with obesity, diabetes, and cardiovascular diseases. People with OSA often suffer difficulty in breathing as a result of blocked airways during sleep.

Researchers say if patients do not use continuous positive airway pressure (CPAP) machines, which help keep airways open, in their sleep, they are more likely to encounter worse heart health and glucose level.

Lead author Dr. Jonathan Jun said that it has been a debate among researchers for a long time whether sleep apnea is

really a cause of cardiovascular diseases and diabetes or if they're just associated. That's why in this study, the researchers used patients who were known to regularly use a CPAP machine and assessed its effects on their health.

A total of 31 people with moderate to severe OSA were involved. The participants spent two nights in the laboratory, using their CPAP on only one of the nights. The researchers obtained blood samples while the participants slept.

The results showed that on the night without CPAP, patients experienced decreased levels of oxygen in their blood, sleep deprivation, and a rapid heart rate. Their blood samples showed elevation in fatty acids, sugar, and the stress hormone cortisol,

while increases in blood pressure and arterial stiffness were also observed, indicating risk for cardiovascular diseases.

"These were obese patients and patients with relatively severe sleep apnea. They also had other medical problems," said Jun, who added that such individuals who do not use CPAP machines in their sleep may be experiencing a similar situation.

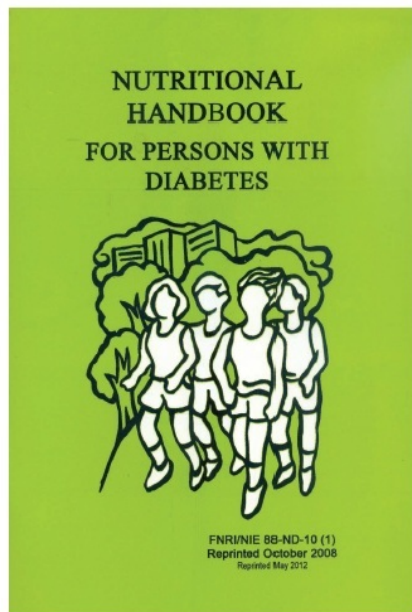
He also added that while glucose and fatty acids inflated among participants without the CPAP machines, those with diabetes may be more vulnerable to glucose elevation.

Jun concluded that the new study "advances that idea that other conditions and not obesity itself are driver of those levels." **Lyka Mae P. Chiang with a Medscape and Diabetes.co.uk reports. D**



# Know more about healthy meal planning

By Lyka Mae P. Chiang



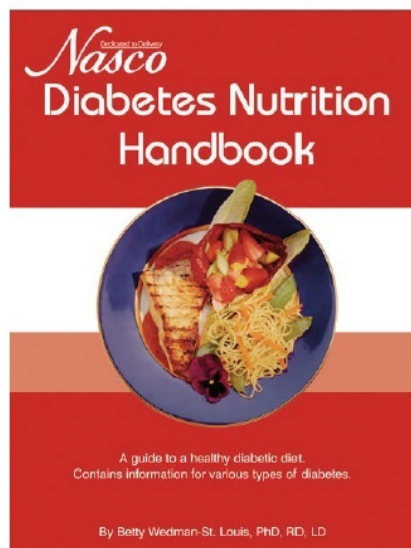
There are a lot of dos and don'ts when it comes to taking care of your health. But, one of the most important things you must consider, especially if you have diabetes, is your food intake. Nutrition handbooks are essential in giving you the guide that you need for a healthy, balanced diet. However, if you want something that would be really helpful and educational, then you should opt for those that are pertinent to your condition.

**Nutritional Handbook for Persons with Diabetes** by Food and Nutrition Research Institute-Department of Science and Technology

Evidently, this handbook was made primarily for people with diabetes. It contains general information about diabetes, such as its nature, treatment,

and management. But more importantly, it has everything you need to know about food: complex nutrients—their benefits and disadvantages, measuring and weighing foods, and meal plan—what and what not to avoid.

The manual can be purchased directly from DOST-FNRI headquarters in English, Filipino,



Cebuano, Ilocano, Hiligaynon, and Bicolano languages for P80.

**Nasco's Diabetes Nutrition Handbook** by Betty Wedman-St Louis, PhD, RD, LD

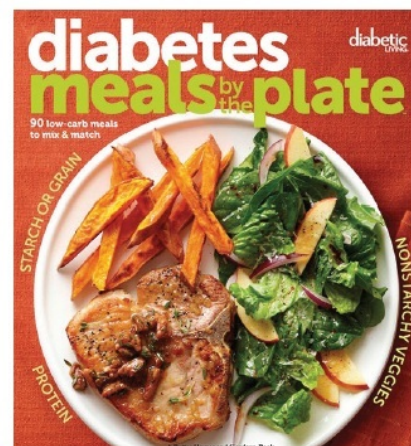
Nasco is a global brand which supplies educational resources in different fields such as health, art, and agriculture. The Diabetes Nutrition Handbook contains 30 pages of diabetes-related information including menu guides, exercise suggestions, and blackline masters.

This handbook is particularly useful for diabetes patients who aim to form better dietary habits. It can be purchased from Science Gear Enterprises, the official distributor of Nasco products in the Philippines.

**Diabetes Meals by the Plate** by Diabetic Living Editors

This paperback diabetes-friendly graphic food guide is a #1 Amazon bestseller under the Diabetic & Sugar-Free Cooking category. It consists of 90 low-carb meals that you can mix and match based on your preference. All meals have no more than 500 calories. The recipes follow the Plate Method—a simple approach to a balanced diet by having a proper amount of healthy meals in your plate: one-half non-starchy vegetables, one-quarter protein, and one-quarter starch.

The resource book also includes two chapters that can help you add in simple sides and desserts. It is available at Science Gear Enterprises and Amazon. **D**



# Food and sports against diabetes

By Lyka Mae P. Chiang



It has been 17 years since Michelle was diagnosed with diabetes. At a young age of 15, she found out she had the condition as her blood sugar level shot up to 440 mg/dL. The normal fasting glucose level is within the range of 70-100 mg/dL. For a child, having such an elevated number is undoubtedly frightening.

Michelle was devastated when she heard the news. She felt suicidal and thought that having diabetes was “the end” for her. Fortunately, it was an early diagnosis and no complication had arisen yet. Since then, she has been on insulin treatment along with metformin.

## The Fun of Eating

When you have diabetes, meals need to be planned. All persons with diabetes ought to know this—aside from insulin and medications, proper diet is key in maintaining blood sugar levels.

Of course, Michelle is no exception. According to her, “Everything I eat is measured and timed, repeated every single day.” She makes sure that she eats healthy by doing HFLC (high fat, low carbohydrates) + high protein diet and usually eats in small portions but frequent intakes. One of her diet essentials is green tea.

“I always drink hot green tea. It is like washing away impurities from all the food you’ve ingested,” she said.

In addition to this, she always brings packets of tree nuts—walnuts, almonds, and pine nuts—with her so that she has something to munch on in case she feels hungry. Sugary, highly processed, and carbohydrate-rich foods are a big no for her though she manages to have some cheat days because even with diabetes, “you shouldn’t miss the fun of eating.”

## Running for the Better

In 2013, Michelle engaged herself in running. It is no secret that foot amputation is quite common among people with diabetes. That year, she was slowly developing neuropathy, a nerve disorder that affects the feeling and movement in the arms and legs, that’s why she used running to save both her legs from possible complications that could lead to amputation.

“It saved my life, literally!” she exclaimed. “It reversed the incoming complications I was about to have.”

Starting out as an individual runner, Michelle subsequently worked with her boss, Poch Bermudez (also an athlete with diabetes) and associated with like individuals. Poch spread this positivity with his colleagues, and eventually, their community has grown vastly. Thereafter, Triabetics came into the world.

Triabetics is “a team of diabetic endurance athletes, who educate, inspire and give others hope to overcome diabetes through sports.” It aims to raise awareness about





Michelle is part of Triabetics, a group of people with diabetes who are active marathoners

the detection, prevention, and management of the complications of diabetes, as well as give inspiration and encouragement to diabetes patients through multisport and related activities.

### Long Rides

Like any normal person, Michelle splits her time between her work and family. On weekdays, she is preoccupied with her job, so she only sees her husband and son during weekends. In those times, they spend quality time together by doing long bike rides and watching movies together.

Ever since she acquired diabetes, her family has been very supportive. When going out to eat, they make sure the restaurant they choose caters food that is good for Michelle's health.

Aside from running and biking,

she also participates in swimming. Such activities have helped Michelle in the long run in keeping her health stable despite her condition.

### Coping and Living Normal

At first, she felt restricted as if she was being chained to routines that she had to do over and over again. However, as the years passed, she learned how to live with it.

"Acceptance is the key to living a good life despite diabetes. It is a hard process but without acceptance, you can never live in harmony with it," she advises.

Living with diabetes has also taught her discipline which she now applies to her work and everyday life.

Now, Michelle is a 32-year old mom of an 11-year old son, aspiring to stay healthy and live a long life enough to meet her future grandchildren.

She encourages diabetes patients to seek help and advice from physicians and join diabetes advocacy groups to help them gain learn from amazing stories of winning over diabetes.

"Diabetes is not a disease, it's a condition. It is not a death sentence rather, a chance to live your life better than before. I can't say that it will not be tough, but it'll definitely bring out the stronger and better you." **D**



# The Urban Conquerors

By Lyka Mae P. Chiang



The Sibol Dance Crew emerges as the Hataw Galaw 2017 Grand Champion

**S**weet Escape, a yearly activity conducted by the DiabetEASE magazine geared towards the promotion of diabetes awareness among Filipinos, has again presented the Hataw Na! Urban Dance Competition—a street dance competition for university and college students in and outside of Metro Manila. It aims to encourage diabetes patients to engage in physical activity and live a healthy lifestyle amidst their condition.

This year, a total of 10 dance groups showed off their laudable talents, and while everyone tried

to own the dance floor as they aimed for the crown, it was Sibol Dance Crew from ICCT Colleges Cainta that snatched the hearts of the board of judges.

Originally built in 2004 as the Sibol Theatrical Group, Sibol Dance Crew was established when it rebuilt the former as a dance group in 2008. As one of the soaring dance organizations in their college, Sibol Dance Crew makes sure to represent their school as well-mannered as they compete in various competitions on- and off-campus by striving to get better each day.

“We conduct training everyday

in our school to make sure that all my members are well-prepared for every competition,” said Jay-ar Palermo, head coach of Sibol Dance Crew.

## Triumph Amidst Trials

Like any other dance groups that are brawling their way to get to the top and make a name in the urban dancing industry, the group also encounters difficulties that challenge their potential as dancers. One of these is financial instability.

Sustained financial support plays a vital role for a concrete organization to work like it’s

“Just beat their limits, have a burning desire, and think that every performance would be their last dance. And, always glorify the name of our Almighty God.”

supposed to. But, as students who still depend on the shoulders of their parents and families, it can be tough to get all the support they need especially when there is so much that this world demands.

That’s why as a good mentor and leader, Jay-ar makes sure to do his part and help them ease the burden of these hardships. He extends a helping hand to his members and encourages them so that they can overcome every hitch that comes their way.

And of course, amidst trials comes triumph. In every step they have taken, it is unsurprising that the Lord has blessed them with His Grace. Just after they were named as the grand champion during this year’s Hataw Na! Dance Competition, they also prevailed as the titlist in the Campus Dance Drive 2017. And the main reason for their success? Offering it to the Lord.

“We dance not to impress everyone but because we want to glorify the name of our Almighty God,” he added.

### Health is Wealth

Good health is more valuable than wealth for dancers as their bodies need stamina to perform well. And they achieve it by warming up before practicing their dance routines to prep the body and reduce the chance of injury.

It also wasn’t difficult for them to incorporate the competition’s theme, “*Hataw Galaw Para sa Kalusugan*” in their routine. In

fact, it showed that these hoofers do not possess just the rhythm but also the wit.

During their performance, everyone was awed as the music slashed the event hall. It was a remix of every health-related Philippine commercial soundtrack—just exactly what was needed to get the attention of all the viewers and get a booming cheer from the crowd.

It was indeed a thrilling experience for the group to perform in front of hundreds of strange faces and get support from people they have never met and probably never will. But what matters the most is how their victory made an impact on them not just as a group but also as individuals.

“We felt very happy, so happy.

Because all of our sacrifices, our pains, and the trials that we faced in every training were fulfilled by that championship,” he explained.

Jay-ar and the rest of the group would also like to encourage the people who are also passionate about dancing and are just starting to soar high.

“Just beat their limits, have a burning desire, and think that every performance would be their last dance. And, always glorify the name of our Almighty God,” he advised.

As the new face of the Hataw Na! Competition, the group is eager to promote healthy lifestyle among their peers and supporters by coming up with healthy exercise ideas that they can perform on a daily basis. **D**



# The Great Comeback

By Lyka Mae P. Chiang



The CEU Street Squad, who was last year's grand champion, is this year's 1st runner-up

**C**EU Street Squad, otherwise known as God's Powerful Champion, was crowned as last year's Hataw Na! Urban Dance Competition grand champion. For this year's comeback, the group had prepared another spectacular routine that once again set them roaring on the battlefield. They may not have achieved a back-to-back championship, but there is no doubt that they left a remarkable impression on the audience and board of judges with their performance.

Having competed twice in a row, you would think that it would be easy for these dancers to snatch the crown once

again. But of course, in every event, there will be unforeseen circumstances, hence facing new challenges. For the group, one of the biggest challenges they encountered this year is establishing a good line-up of dancers.

"Because of the K-12, we have no enrollees for college. At the same time, some of our senior members have already graduated and some had to quit and leave the team," said Vincent Manarang, head coach of CEU Street Squad.

He added that due to the hectic schedule that most team members had to follow, they couldn't keep up with the

organization's and school's demands simultaneously thus were forced to stop performing, leaving the group with a limited number of members.

Fortunately, it was just a hiccup they had eventually overcome. Once they gathered the team's lineup, they got back on track and worked hard to produce a delicate outcome.

### It's not just about winning

In line with the competition's theme, "Hataw Galaw para sa Kalusugan," Vincent and his crew made sure to capture the audience and convey a vivid message to them.

"Last year, we showed how to

avoid having diabetes by not eating too many sweets and by exercising. This year, we made sure that it will not be focused only on avoiding diabetes but also on how to be healthy holistically," he explained.

The group's witty concept showed the two sides of today's lifestyle—the good and the bad. They smoothly portrayed it with an act of a person being caught up between choosing either a healthy—in a form of an angel—or an unhealthy—in a form of a demon—lifestyle.

Although they didn't get the top prize, the group expressed nothing but a good sport. As any competitor would feel, they indeed felt sad when they weren't able to hit their goal of being the

back-to-back champion. But for the same reason, they also felt satisfied.

"For us, the point of competing is not just about winning, but it's about what you learn and the experience in the process of trying to win. We are after on what we learn and not only on what we earn. The CEU Street Squad focuses on the process and not on the price," he noted.

With such an optimistic attitude, the group shall continue to spread joy and inspiration in the next Hataw Na! competitions to promote healthy lifestyle among the audiences and their peers.

"We will promote healthy lifestyle by being good examples. The team was actually formed through the same cheerleading

team of our university since 2013, and we all know that cheerleading is not an easy sport because athletes should really be healthy," Vincent explained. "That's why it's not new to us on how to promote health because we already have rules and regulations about avoiding vices like smoking and drinking alcohol and maintain the appropriate weight for each member," he added.

And as always, in order to achieve the goal and live by the name, "God's Powerful Champion," the team continues to rely on one motto—DAB: Dream big, Act on those dreams, and Believe! **D**

## The Art of Thriving

By Lyka Mae P. Chiang

**N**ot being the first doesn't mean you're a failure. It just shows that you have so much potential in store that still requires embellishment. For AMA Makati Dance Crew (AMDC), such is the case. They may not have gotten the grand champion title during the 2017 Hataw Na! Urban Dance Competition, but they definitely showed how it is to be competent and bang-up urban dancers.



AMA Makati Dance Crew wins 2nd runner-up

Established in 2015, AMDC is the official dance crew of AMA Makati Computer College. The group is a collaboration of college and senior high school students of the campus.

As the face of their college when it comes to dancing and being full-time students simultaneously, it can be hard to keep up with training and academics. But the group



apparently handles both well.

“The AMDC members are required to be responsible enough to manage their school works while training for a competition outside the school,” says Andrew Simpson, secretary of AMDC.

Due to the time and attention that school demands, Andrew and the rest of the crew have come up with a training schedule that favors each member and allows them to study with adequate time. They also make sure to monitor and encourage their people so that they can give their best in every performance while still maintaining their health.

“We are not tolerating any habits that could affect their health physically and mentally. We give words of encouragement before every performance to sink into every member of our group that our sacrifices have to be worth it,” he adds.

Because of such good leadership and discipline, even when they were still just newbies, the group had already triumphed in their first ever competition—the AMA Back to Back—a competition for AMA students from different branches. Ironically, the rookie group had a back-to-back championship at the time.

Aside from this, they also bagged the second place in the Dance Supremacy competition, which they consider as their biggest achievement so far.

A good dancer requires a healthy body. And the AMDC doesn’t let anyone slip away from this rule.

“We promote healthy lifestyle inside our group by giving a strict set of rules when it comes to what we eat and what we drink. By doing this, we get stronger and better when it comes to dancing, and it gives us power and stamina in training,” explains Andrew.

Having engraved healthy lifestyle on their hearts, it has been a smooth process for them to come up with the routine they used during the Hataw Na! Competition.

“We came up with our routine by giving the classic hip-hop moves a twist and a quick overview of health awareness when it comes to dancing. We wanted to send the message that when it comes to dancing, it is not only the skill and choreographies that matter but also the overall health of all the dancers of the group,” he adds.

The group couldn’t be more thankful for the place they have earned during the competition. It has allowed them to showcase their talents in front of many people and given them an experience that costs more than anything—an experience that inspires them to continue striving until they become the best version of themselves as dancers. **D**





# Experience effortless testing with Accu-Chek instant

By Lyka Mae P. Chiang

**R**oche Diabetes Care, the country's leading provider of innovative biopharmaceutical solutions for diabetes care, launched its latest technology in diabetes management during the 34th Diabetes Philippines Annual Convention held on November 23, 2017 at Edsa Shangri-La Hotel, Mandaluyong City.

The new Accu-Chek® Instant blood glucose monitoring system has a top-notch, user-friendly design to give accurate blood glucose testing results in an instant, allowing patients to monitor their glucose levels effortlessly.

The system has intuitive target range indicators which provide visual reassurance whether the blood glucose values are above, below, or within the normal range. It requires zero setup time and only takes four seconds to witness the results, unlike that of a standard glucose meter which is complicated to operate and demands longer time.

During the launch, Roche Diabetes Care asked doctors and healthcare professionals to test the system in order to obtain feedback and prove its "effortless" claim, which will lead the patients into deciding if the system is a worthy addition to their diabetes kit.

All doctors who participated in the trial were impressed with the ease the system provides. They stated that the innovative and canny structure of the system indeed delivers an effortless blood glucose testing to patients, which will allow them to use it anywhere they go.

Fulfilling its promise to provide a convenient glucose testing, the Accu-Chek® Instant system delivers easy-edge dosing in which the strips allocate a wide blood application area, a feature other leading brands do not carry. It also utilizes a one-button navigation, which shows the results in just one click and can be viewed via the exclusive cloud-based solution by Roche, the Accu-Chek Connect App and Accu-Chek Connect Online Portal, with the use of wireless technology.

It also fulfills the ISO 15197:2013 and EN ISO 15197:2015, which means it surpasses international accuracy standards for self-testing blood glucose monitoring systems and delivers the most accurate results.

ACCUCHEK® Instant

Roche

Clever ideas can be so simple

new



Above range



In range



Below range

The Accu-Chek® Instant meter:  
Your effortless choice<sup>1-2</sup>

- No set up required<sup>1</sup>
- Instant Clarity through intuitive target range indicator<sup>2</sup>
- Effortless synchronization

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# DOH advocates healthy diet amidst emergencies

By Lyka Mae Chiang

In support of the whole nation's 43rd nutrition month celebration, the Department of Health (DOH), together with the National Nutrition Council (NNC), highlights the importance of keeping a healthy diet even in times of disasters or emergencies.

In a statement during the forum held on July 13, DOH Spokesperson Dr. Enrique Tayag said that during emergencies, aside from an adequate amount of food or calories, proper nutrition must also be ensured in order to meet the dietary energy requirements of an individual.

"Energy needs can be met by providing a range of commodities, while protein needs could be satisfied with mixtures of animal and plant-based food," Dr. Tayag stated.

NNC Deputy Executive Director Dr. Azucena Dayanghirang said that every person's diet must be composed of a variety of foods and reminded everyone to follow the "Pinggang Pinoy," a healthy food plate for Filipino adults, which is made up of go, grow, and glow foods. These include fruits and vegetables, whole grain cereals, fat-free or low-fat milk, and lean meats, especially poultry, fish, and eggs.

In a country where poverty-stricken families are not an unusual sight, the government is taking into account to address the issue on poor access to healthy food of

poor Filipino households. Through the Philippine Plan of Action for Nutrition (PPAN) 2017-2022, the NNC carries out various activities implemented throughout the barrios and barangays, such as supplementary feeding program which focuses on 36 provinces with the highest rates of stunted children.

Based on the 2015 National Nutrition Survey of the Food and Nutrition Research Institute (FNRI), 3.8 million children or 33% are stunted, 807,057 or 7.1% are malnourished, and more than 3% of the children population is obese. While for adults aged 19 and above, the number of overweight individuals alarmingly reached 18 million.

In cases such as the Marawi City incident, there are considerations to ensure that the right nutritional levels are being provided to those in need. Dr. Tayag reiterated that the DOH must create balance by recommending intake of non-perishable food since it is difficult to secure fresh food in such situations.

"Ready-to-eat meals, such as high-energy or protein biscuits, healthy packed or canned protein sources rationed daily may be useful as an immediate response to emergencies when no other foods or no cooking facilities are available," Dr. Tayag divulged.

Additionally, Dr. Dayanghirang pronounced that community kitchens have been set up in

evacuation centers in Marawi, that's why the foods being served to evacuees are guaranteed safe and sanitized and that vegetables are being added into these meals.

She also brought into consideration the significance of breastfeeding, because even at such unfortunate times, breast milk is still the best choice for babies. Meanwhile, she assured that breastfeeding mothers in Marawi are being taken care of and that they have deployed nutritionists and health personnel to make sure that all DOH and NNC programs are being delivered.

A healthy diet is essential to keep oneself from acquiring many diseases. The risks of not getting enough nutrition include overweight, stunting, underweight, micronutrient deficiency, iodine deficiency, and non-communicable diseases, such as cancer, hypertension, stroke, and diabetes.

