When Should You See Diabetes Care Team?
何时该来进行糖尿病照护咨询？

You are encouraged to see our diabetes care team when you:

您可以在以下情况下前来咨询我们的糖尿病护理团队：

- **Have been recently diagnosed with diabetes and need guidance on where to begin.**
  刚确诊糖尿病，希望了解如何开始正确的日常照护与管理。
- **Find it challenging to keep your blood sugar levels stable.**
  血糖控制不稳定，难以维持在理想范围内
- **Are unsure about your medications or insulin regimen.**
  对药物或胰岛素的使用方式感到困惑，想获得更清楚的指导
- **Experience stress, anxiety, or emotional fatigue related to diabetes.**
  因糖尿病而感到心理压力、焦虑或情绪上的疲惫
- **Wish to improve your diet, physical activity, and lifestyle habits.**
  希望改善饮食习惯、增加运动量及调整生活作息，让血糖控制更稳定。
- **Are a caregiver or family member who wants to learn how to provide better support.**
  作为家属或照护者，希望了解如何在日常生活中给予更好的协助与关怀。

Operating Hours 营业时间:

Monday – Friday 星期一至星期五	9.00am – 5.00pm
Saturday 星期六	9.00am – 1.00pm
Sunday & Public Holiday 星期日 & 公共假期	Closed

Contact Us:

Diabetes Care Counselling Services
糖尿病护理辅导服务

1-19, 1st Floor, Specialist Clinic, Western Medical Block, Tung Shin Hospital
1-19, 1楼, 专科门诊, 西医部, 同善医院

Contact Number : +603-2037 2322
联系号码 +603-2030 2656

同善医院 Tung Shin Hospital

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Website : www.tungshin.com.my
Facebook : www.facebook.com/TungShinHosp/

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since 1881

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COMPREHENSIVE DIABETES CARE COUNSELLING
综合糖尿病护理及咨询

PATIENT BROCHURE
病人指南

Managing diabetes can be overwhelming. However, with the right care and support, you can take charge of your health and live a full, balanced life.

Tung Shin Hospital's dedicated Diabetes Care Team is here to guide, support, and walk alongside you on your journey to better health.

管理糖尿病可能会让人感到压力重重，但只要有正确的照护，您依然可以掌控健康，过上充实而平衡的生活。

同善医院专业的糖尿病护理团队将陪伴您一路同行，为您提供客制化、全方位的健康管理服务，帮助您在生活中重拾自信与活力。

Diabetes Care Services Include
糖尿病护理服务包括

- One-on-one counselling sessions
  1对1辅导
- Group education workshops
  团体健康讲座与工作坊
- Medication and insulin management
  药物与胰岛素管理
- Nutrition and lifestyle planning
  营养与生活方式规划
- Emotional wellness support
  情绪健康与心理支持
- Family involvement and coaching
  家庭参与和照护指导



Meet Diabetes Care Team
糖尿病护理服务团队

Our multidisciplinary team works together to provide you with holistic and personalised care.

我们的众多学科的专家团队携手合作，为您提供全方位且个性化的照护。

Dietitian 饮食治疗师

Creates tailored meal plans and offers nutrition guidance to help stabilise blood sugar and promote overall well-being.

根据您的健康状况与生活习惯，制定均衡饮食计划，帮助稳定血糖与改善整体健康。

Pharmacist 药剂师

Provides medication reviews, insulin management advice, and answers to your prescription-related questions.

提供用药检视与胰岛素管理指导，确保您的药物使用安全有效，并为您解答所有药物相关疑问。





Registered Counsellor 注册心理辅导师

Provides emotional support and practical coping strategies to manage stress, build resilience, and stay motivated.

协助您调适情绪，提供心理支持与应对策略，帮助您缓解压力、保持积极心态。

Diabetes Educator 糖尿病教育师

Delivers hands-on education, self-care training, and practical tips to empower your daily diabetes management.

提供实用的自我照护训练、生活管理技巧与健康知识，协助您在日常生活中有效控糖

