



**Happy Valley**

Hong Kong Sanatorium & Hospital  
10/F, Li Shu Pui Block  
2 Village Road, Happy Valley, Hong Kong  
Tel: (852) 2835 8683  
Fax: (852) 2892 7513  
endocrine@hksh-hospital.com  
www.hksh-hospital.com

**Service Hours**

Monday to Friday: 8:00 am – 5:00 pm  
Saturday: 8:00 am – 1:00 pm  
Closed on Sundays and Public Holidays  
by Appointment

**Central**

HKSH Healthcare  
2/F, Chuang's Tower,  
Nos.30-32 Connaught Road Central, Hong Kong  
Tel: (852) 2523 7807  
Fax: (852) 2892 7594  
endocrine@hksh-healthcare.com  
www.hksh-healthcare.com  
by Appointment

For enquiries and appointments,  
please contact us

# HKSH Diabetes Club



## Endocrine & Diabetes Centre

With a team of medical professionals and advanced medical technologies, HKSH Endocrine & Diabetes Centre aims to provide excellent quality diabetes care and education services to those who have diabetes, as well as their families, in order to achieve good blood glucose control, prevent complications and enhance quality of life.

Established in 2005, the Diabetes Club is a special patient group for people with diabetes with the aim to build a support network for people with diabetes and share their experiences through various activities.

## Our Objectives

- To provide diabetes-related information regularly to people with diabetes and their families to enhance their understanding of this specific condition
- To create a better environment through various activities to enhance patient-patient, and patient-healthcare team communication
- To achieve the goal of “Stay Healthy with Diabetes, Be Smart, Take Charge!” through mutual help and continuing education

## Healthcare Team

Endocrinologist	Physiotherapist
Diabetes Nurse	Podiatrist
Registered Dietitian	Pharmacist
Clinical Health Psychologist	

## Membership Benefits

- New member can choose one of the following offers which is valid within three months from enrollment:
  - One free Glucometer or
  - One free DM Dietary Advisory Service or
  - One free DM Nursing Advisory Service or
  - One free test for HbA1c and Urine for Microalbumin
- Regular newsletters and email alerts providing diabetes-related news and information
- Regular diabetes-related talks and activities

## Activities of Diabetes Club

- Diabetes and health talks  
(Delivered by Endocrinologist and other specialists e.g. Cardiologist and Ophthalmologist, Clinical Health Psychologist, Diabetes Nurse and Registered Dietitian)
- Diabetes cooking class
- Dine out gathering
- Exercise class

Entrance and Lifetime Membership	HK\$830
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