



LEG UP

Issue 3 • May 2022

For Distribution to Members of Lions Clubs in Singapore



Message from PDG William Kwok

Vice-Chairman,
Lions Protheses Centre (Singapore)

Dear Fellow Lions,

Many people who have lost their limbs struggle to carry on with their daily lives. Mobility is challenging, and they face obstacles looking for regular employment. As a result, they have difficulty supporting themselves and their families.

Prosthetics can help but not everyone can afford them. Replacements are also needed after a few years, or the prosthetics may break and repairs need to be done. These all add to the costs and increase the amputees' financial burden.

Help has not always been readily available to them. With that in mind, a group of Lions got together to form an entity called Lions Protheses Centre (LPC). We will be two years old this coming May 2022.

I am proud to announce that, up to this point in time, we have 43 Lions Clubs as Member Clubs of LPC, with a total membership of more than 1000 Lions.

LPC's objective is to provide free or subsidised prosthetic legs to low-income

amputees so that they don't have to be dependent on wheelchairs or crutches. Hopefully, they will be able to find employment and make a living wherever possible.

We have since helped more than 20 amputees, enabling them to enjoy a better quality of life.

Fellow Lions, we should be proud of ourselves as our association's motto has always been "WE SERVE". While we have had to face many challenges over the past couple of years due to the pandemic, we must move forward as Lions, and continue to engage in meaningful "SERVICE".

I hope more Lions Clubs will come forward to join LPC as we need more dedicated and committed Lions to help make the lives of these beneficiaries better.

My Best Wishes to all Lions, Stay Healthy and Stay Safe.

With warmest regards

Past District Governor William Kwok

LIONS PROTHESES CENTRE congratulates the following Lions leaders:

- PDG Singa Retnam for being endorsed by District 308-A1 as a candidate for the position of International Director for year 2024-2026
- 1st VDG SK Ho for being endorsed as District Governor for 2022/2023
- 2nd VDG Yeo Siew Yam for being endorsed as 1st Vice District Governor for 2022/2023
- PP Lion Shirley Lee for being successfully elected as 2nd Vice District Governor for 2022/2023.

LPC Management Board wishes them success in their new positions.

Losing a limb to diabetes is painful but not the end of the road

Singapore has one of the world's highest proportion of diabetics in the world and this number is not set to ease anytime soon. One of the most visible and painful outcomes of this disease is when a patient has to lose a limb, say Tan Tock Seng Hospital's experts.

For many diabetic amputees, the fateful day may begin very much like any other - a bump against the door, a small blister from walking a little too long or an ill-fitting pair of new shoes.

This unexpected occurrence soon leads to a fever, swelling and pain that won't go away or a wound that refuses to heal. And before the patient knows it, his doctor has bad news: The limb must be amputated.

In Singapore, diabetes mellitus is on the rise. From 2019 to 2020, the crude prevalence of diabetes was 9.5 per cent, an increase from 8.8 per cent in 2017 (despite a five-year "War on Diabetes").

According to the International Diabetes Federation's 2021 report, Singapore continues to have a high prevalence of diabetes mellitus at 11.6 per cent, compared to the global average of 9.8 per cent, the American average of 10.7 per cent and Australian average of 6.4 per cent.

Commonly referred to as a "lifestyle disease", diabetes can worsen if the patient doesn't change their diet, doesn't do regular exercise, has poor compliance with treatment

or continues to smoke and drink. When the disease is not managed well, foot ulcers may develop and this can progress to lower limb amputations (defined as below knee or more proximal amputation).

Singapore has a fairly high rate of amputation – according to data, up to four lower limb amputations were done in a day between 2015 and 2016.

At Tan Tock Seng Hospital (TTSH), 80 per cent of our patients who need amputation have significant comorbidities – like high blood pressure or heart disease. Add to that, a significant proportion lack awareness about how damaging untreated foot ulcers can be.

In 2017, TTSH had about 90 major lower limb amputations. Thankfully though, the incidence of lower limb amputation is coming down with early intervention by vascular surgery and a multi-disciplinary approach.

Amputation is a last resort accepted only when life is at stake or when a prolonged course of conservative treatments fails. It is never easy to agree on amputation even if it is to save lives, because life after an amputation can be daunting.

DAUNTING PROSPECT OF LIFE AFTER LOSING A LIMB

The surgical removal of a limb and its impact can be devastating news. The announcement strikes fear in every patient –

fear of pain and suffering and of uncertainty over what the future may hold.

Questions on the social front hit especially hard: Will I be able to hold a job? How will I support my family? What will happen to my housing mortgage and other loans on top of paying all these medical bills?

But unlike the old days, patients today have better outcomes to look forward to. As in most public hospitals in Singapore, TTSH has a multi-disciplinary team which cares for amputees. This team comprises therapists, prosthetists, podiatrists, social workers and specialty nurses working with the doctors.

Importantly, volunteers from the Amputee Support Group (ASG), of whom many are amputee patients themselves, will connect with the patients and their caregivers.

Once a patient has completed surgery, the team takes over and the first step is to educate them about their rehabilitation journey.

They are given information on how they can walk with the help of a prosthesis, the choice and cost of prosthesis fabrication, the duration required to be trained to walk and how to be independent again – all these help patients find hope and courage to face life after amputation.

It is important that the patients and their families hear from both the healthcare providers and ex-patients to get a sense on how the rehabilitation journey will look like.

In the last 10 years, more financial assistance has been introduced and available for patients who require prosthetics, mobility devices and help in their homes. The priority is for patients to be fitted with prosthesis and enable them to walk again.

Any delay in obtaining prosthesis can delay their rehabilitation treatment and lead to increase in anxiety and depression. An expanded list of subsidised prosthetics with more financial assistance options also help our patients get to work quicker.

BACK TO FULL LIVES - EVEN WORK AND SPORTS

One little known part of the work we do is that patients can eventually go on to live full lives – they can resume work and even take part in sports.

Our team of doctors, physiotherapists, occupational therapists, prosthetists and medical social workers work to set out customised treatment goals. A patient who wishes to return to adaptive sports such as bowling will be prescribed suitable prosthesis.

Another patient who wishes to return to driving after an amputation will also be recommended treatment programmes to help him achieve this. For some, this is also their livelihoods and it is important they get back to being able to work when possible.

A multi-disciplinary approach is needed to help amputees who desire to return to work access their options, perform job specific training on top of gait training and job counseling. Collaboration between hospital practitioners and community partners (e.g. ABLE in Toa Payoh) as well as befriending support from ASG can help in this aspect.

We find that patients benefit greatly from the ASG. Launched in 2010, its active members are trained to be befrienders giving advice to amputee patients. ASG programmes have reached out to more than 200 patients, family members and caregivers of amputees.

While we may see lesser amputations from better care of diabetes mellitus and advances in revascularisation surgeries (an operation to open up blocked blood vessels), diabetic amputation remains a challenge in Singapore as our amputees are often older, and they are at risk of further amputations after the first amputation.

But better public awareness on the plight of this group of patients, early intervention and support for their care and inclusion in the society can further improve the quality of life for them.

Chit chat with President Lion Peter Lee, Lions Club of Singapore Vista



President Lion Peter Lee, 68, has been living with a prosthetic limb since he was 20 years old, after an industrial accident.

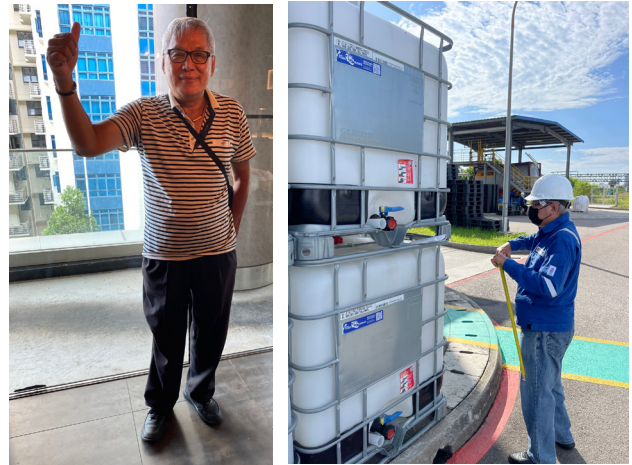
Most prosthetic limbs will typically last about 4 years, but Peter has been able to utilize it for an average of 8 years. With technology improvements, each new limb fits better and

lasts longer but progressive adjustments are still necessary regularly. However, the third set has been adjusted beyond repair and was giving Peter severe discomfort and pain. It was long overdue for a replacement. Although Peter is still working as a Project Coordinator on a smart construction project, to replace the prosthetic leg is still a significant financial burden.

Where there's a need, there's a Lion

Peter has been a Lion for 32 years, starting as a member of LCS West. Since then, after several moves to other Lions clubs, he is now with LCS Vista. We may call it serendipity, but at a Lions event, Peter heard about Lions Protheses Centre (LPC) and was encouraged to seek sponsorship from LPC for a replacement prosthetic leg. After several rounds of intense assessments, the Sponsorship and Assessment Sub-Committee recommended to LPC's Executive Committee and Management Board that Peter meets the criteria for LPC's sponsorship. Moreover, "Charity begins at Home" and LPC's Management Board approved and sponsored Peter's fourth prosthetic limb.

Peter's prosthetic limb was fitted a few weeks ago, and although it will take some time for Peter to be totally comfortable with his new leg, Peter is already moving about and walking confidently. On average, he walks 12,000 steps each day, no mean



feat for someone who had gone through much pain and suffering after the industrial accident.

Giving back to LPC and to the community

Peter shared with us that he is currently a member of LPC's Program and Services Sub-Committee and he is keen to share his experiences with other LPC beneficiaries. He opined that, among other hardships, one of the challenges faced by new amputees is the limited psychosocial support and rejection from the community. This is perhaps an area for LPC to explore further in the future.

It was a pleasure to chat with Peter and we were enthused by his determination and confidence in leading an independent and fulfilling life.

Thank you, Peter, for sharing your life-changing event with us and we wish you many healthy and happy years ahead!

Sponsorship for Protheses

For queries on sponsorship for protheses or if you spot someone who may benefit from our sponsorship, please contact Lions Protheses Centre (Singapore) for assistance.

Contact Person:

Michelle Fong, Assistant Operations Manager
michellefong@lpc.org.sg
Mobile: 88287033

LPC Quiz

1. This quiz is open to all Lions except members of the LPC Management Board and their immediate families. Please do read the Quiz Rules and Regulations.
2. All answers to this quiz can be found in current and past issues of LEG UP.

Questions

1. What are the 3 key objectives of LPC?
2. What is the amount raised and how many hours and steps did Lion Dan Tinsley of LCS Clarke Quay walk to raise funds for LPC?
3. What is the date of LPC's 3rd Annual General Meeting?

Quiz Rules and Regulations

Eligibility

1. This quiz is open to all Lions except for LPC's Management Board members and their families.
2. Answers to the quiz are to be submitted via Email to: quiz@lpc.org.sg
3. All entries must reach LPC by 11.59 pm on 30 June 2022.
4. LPC will not accept entries after the closing date and time, or through any other channels.
5. All entries must include:
 - a. Your full name (as indicated in My LCI)
 - b. Your Club Name
 - c. Your Email address
 - d. Your Contact Number
6. Each Lion may only submit one entry
7. LPC accepts no responsibility for electronic transmission errors resulting in entries lost or delayed
8. Incomplete entries will be immediately disqualified.

Judging and results:

1. Winners will be randomly selected (through a draw) from the pool of entries with all accurate answers.
2. LPC will award three winners for this quiz.
3. LPC's decision on the quiz winners is final and no correspondence will be entered into in relation to such decisions.
4. The names of the quiz winners and the correct answers will be published in the following issue of LEG UP



What are the Prizes?

- 2 winners will receive one (1) bottle of wine each. The wines are sponsored by PDG David Lee and DGE Ho Sum Kwong.
- 1 winner will receive a T2 Tea Set sponsored by Lion Serene Yong, LCS Ladyhill.

5. LPC reserves the right to disqualify any entry or entrant that violates the quiz rules or that adversely affect the fairness or the legitimate operation of the quiz.

Prizes

1. LPC will contact all winners via email within three weeks after the closing date for submissions.
2. Winners will be required to arrange for collection of their prizes from LPC's Administrator.
3. Winners will be required to acknowledge the receipt of their prizes by signing a form at the point of collection.
4. Prizes are non-transferable and non-exchangeable for cash or in kind.
5. LPC reserves the right to substitute prize(s) of an equivalent value should the prizes become unavailable for any reason.
6. Winners must collect their prizes within three weeks after they have been notified.
7. If there are unclaimed prizes, the prizes will be carried forward to future quizzes.

Acceptance of Rules and Regulations

1. LPC reserves the right as its sole discretion to cancel, terminate, modify, or suspend the quiz, without prior notice.
2. By submitting an entry, the participant, will be regarded as having accepted and agreed to be bound by the above contest rules and regulations.



Lions Protheses Centre 3rd Annual General Meeting

The 3rd Annual General Meeting (AGM) of Lions Protheses Centre (Singapore) will be on 16 August 2022. Details of the venue and time will be announced at a later date.

This AGM will involve the election of office bearers for the period 1 October 2022 to 30 September 2024. The positions for which nominations will be invited from LPC Member-clubs are as follows:

1. Chairman
2. Vice-Chairman
3. Secretary
4. Assistant Secretary
5. Treasurer
6. Assistant Treasurer
7. Up to ten (10) Directors
8. Two (2) Internal Auditors (who will not be members of the Management Board).

Each LPC Member-club can have up to two (2) elected members on the Management Board

Qualifications for the above positions are detailed in LPC's Constitution. This information will also be included in the invitation to LPC Member-clubs for nominations.

During the AGM, in addition to the above, the current Chairman will give his report on behalf of the Management Board, and present the following for approval:

- the previous financial years audited accounts
- the yearly operating and capital budget
- appointment of external auditors
- other business matters, including amendments to LPC's Constitution, if any.

As per LPC's Constitution, each LPC Member-club is entitled to one (1) vote. Request for submission of voting/alternate delegates will be sent to all LPC Member-clubs in due course. We look forward to all LPC Member-club's active participation.

Lions Protheses Centre (Singapore) Vision, Mission, Tagline & Objectives

■ Vision

To enhance the mobility of amputees

■ Mission

To sponsor needy amputees with prosthetic limbs

■ Tagline

Walk Again



LPC's vision is to enhance the mobility of amputees and we achieve it through our mission to raise funds to sponsor needy amputees with prosthetic limbs to enable them to Walk Again.

The ultimate Objectives are for them to:

1. Enjoy a better of quality of life
2. Be independent of wheelchairs, crutches or other mobility aids
3. Have a life not hampered by limited mobility
4. Make a living wherever possible

Membership

All Lions Clubs in Singapore are encouraged to join as a member of Lions Protheses Centre (Singapore) to support low income amputees to give them independence to make a living and have a higher quality of life.

Membership is open to all operating chartered Lions Clubs of Singapore which are registered under the Societies Act (Cap 311) Singapore.

There are no entrance fees and no subscriptions.

All that is required is the willingness, compassion and commitment to serve the disadvantaged and less privileged in our community.

Members can volunteer in various ways:

- Create awareness of diabetes prevention program to reduce the prevalence of diabetes
- Participate in service programs, events and fund raising projects
- Assist in operations by serving as Board members and committee members.

For more information on membership, please contact:
Michelle Fong, Asst. Operations Manager
michellefong@lpc.org.sg • Mobile: 8828 7033

Sponsorship & Assessment

Referrals for sponsorship of prosthetic limbs from amputees reach LPC from several sources. We get referrals from hospitals, from our prosthetic vendors, fellow Lions, our website (<https://lpc.org.sg>) and Facebook.

The Sponsorship & Assessment (S&A) Sub-Committee aims to conduct the application and assessment process expeditiously.

Every application will include details of the applicant's family financial status, medical reports and reports from social worker(s). In addition, members of the S&A team will meet and interview the applicant.

Once the assessment is completed, the S&A team will recommend to LPC's Exco and

Management Board if the applicant meets LPC's criteria for sponsorship.

Upon approval by the Exco and Management Board, the applicant is now the beneficiary, and the S&A team will liaise with the limb fabricator or hospital to arrange for measurement and fitting of the prosthetic device, followed by regular reviews and physiotherapy for about six (6) months. If all's well, the case will be closed based on a mutually pre-determined period, and one more amputee would have benefited from LPC's sponsorship.

This article is contributed by Sponsorship & Assessment Sub Committee Chairman, CP Lion Henry Liang.

Outreach

As our team's name implies, we are the Team to reach out, publicise and promote LPC to fellow Lions, public and private organisations.

One of the first tasks of the team has been in setting up LPC's website (<https://lpc.org.sg>), Facebook page and LEG UP newsletters.

The team also produces materials for presentations, brochures and other collaterals that support and aid in publicising LPC's cause.

In addition, the team will organise and participate in relevant events to create awareness of LPC's mission to improve lives of amputees.

I hope to encourage all Lions to support our Outreach initiatives by contributing articles to our social media, volunteering and supporting our events and sharing the good cause of LPC to our fellow Lions and to the public.

This article is contributed by Outreach Sub-Committee Chairman, PP Lion Jenny Liang.

List of Lions Prostheses Centre (Singapore) Members as at 1 May 2022

1	Lions Club of Singapore 101	16	Lions Club of Singapore Henderson	31	Lions Club of Singapore Oscar
2	Lions Club of Singapore Alliances	17	Lions Club of Singapore Island	32	Lions Club of Singapore Oxley
3	Lions Club of Singapore Amber	18	Lions Club of Singapore Ji Siang	33	Lions Club of Singapore Paterson
4	Lions Club of Singapore Ascension	19	Lions Club of Singapore Ji Yang	34	Lions Club of Singapore Ru Yi
5	Lions Club of Singapore Broadway	20	Lions Club of Singapore Kaizen	35	Lions Club of Singapore Seletar
6	Lions Club of Singapore Central	21	Lions Club of Singapore Katong	36	Lions Club of Singapore Serangoon Gardens
7	Lions Club of Singapore Central Jewel	22	Lions Club of Singapore Katong Vision	37	Lions Club of Singapore Stamford
8	Lions Club of Singapore Cherish	23	Lions Club of Singapore Ladyhill	38	Lions Club of Singapore Vanda
9	Lions Club of Singapore City	24	Lions Club of Singapore Lavender	39	Lions Club of Singapore Vista
10	Lions Club of Singapore Chong Pang	25	Lions Club of Singapore Meyer	40	Lions Club of Singapore West
11	Lions Club of Singapore Clarke Quay	26	Lions Club of Singapore Metropolitan	41	Lions Club of Singapore Westlake
12	Lions Club of Singapore Clover	27	Lions Club of Singapore Midpoint	42	Lions Club of Singapore Whampoa
13	Lions Club of Singapore Eunus	28	Lions Club of Singapore Millennium	43	Lions Club of Singapore YiXin
14	Lions Club of Singapore Forest	29	Lions Club of Singapore Nee Soon		
15	Lions Club of Singapore Galaxy	30	Lions Club of Singapore Oriental		

Lions Protheses Centre (Singapore) Management Board

8 Jul 2020 to 30 Sep 2022

*Chairman

PDG David Lee
Lions Club of Singapore Amber

*Vice-Chairman

PDG William Kwok
Lions Club of Singapore Clarke Quay

*Secretary

PP Goh Boo Han PBM
Lions Club of Singapore Nee Soon

Assistant Secretary

PP Jenny Tan
Lions Club of Singapore Galaxy

*Treasurer

PP Eng Chen Lian
Lions Club of Singapore Katong

Assistant Treasurer

PP Tan Eng Siong
Lions Club of Singapore Henderson

Advisors:

PCC Dr Winston Koh
Lions Club of Singapore Central

PDG Bobby Eng
Lions Club of Singapore Katong

PDG Jeffrey Yang
Lions Club of Singapore Vista

Directors:

PP Linda Tan
Lions Club of Singapore Amber

SVDGE Shirley Lee
Lions Club of Singapore Central

PDG Nancy Lim
Lions Club of Singapore Chong Pang

PP Chia Lai Soon
Lions Club of Singapore Chong Pang

DGE Ho Sum Kwong
Lions Club of Singapore Clarke Quay

CP Henry Liang
Lions Club of Singapore Galaxy

CP Elsie Lim
Lions Club of Singapore Island

PP Mary Ong
Lions Club of Singapore Ladyhill

Lion Serene Yong
Lions Club of Singapore Ladyhill

PP Elaine Ng
Lions Club of Singapore Meyer

Internal Auditors:

PP Vincent Lim
Lions Club of Singapore Central

Lion Yang Kun
Lions Club of Singapore Meyer



Lions Protheses Centre (Singapore) Sub Committee Members

Fund Raising Sub Committee 2022

*Chairman Lion Steven Ong

Co-Chairman DGE S K Ho (till 30 Jun 2022)

Member CP Michael Wong

Member PP Zen Sim

Member President Yang Zhou

Member PP Kenny Tan

LCS Yixin

LCS Clarke Quay

LCS Ji Siang

LCS Metropolitan

LCS Cherish

LCS 101

Outreach Sub Committee 2022

*Chairman PP Jenny Tan

Member CP Elsie Lim

Member Lion Helen Lee

Member PP Joseph Lui

Member PP Lily Tan

Member PP Linda Tan

Member PP Mary Ong

Member PP Sherwin Seow

LCS Galaxy

LCS Island

LCS Galaxy

LCS Katong

LCS Ladyhill

LCS Amber

LCS Ladyhill

LCS West

Programme & Services Sub Committee 2022

*Chairman President Jeremy Lim

Member President Peter Lee

LCS Forest

LCS Vista

Sponsorship & Assessment Sub Committee 2022

*Chairman CP Henry Liang

Vice-Chairman PP Lim Eng Heng

Member PP Peter Chua

Member CP Belinda Yap

Member SVDGE Shirley Lee

LCS Galaxy

LCS West

LCS Ji Yang

LCS Clover

LCS Central

Advisory Council

Chairman PDG Bobby Eng

Member PCC Dr Winston Koh

Member PDG Jeffrey Yang

LCS Katong

LCS Central

LCS Vista

* Executive Committee Member