



Youth Diabetes
Action
兒童糖尿協會

YDA today



Diabetes Education Starts With You 關注糖尿，由你開始

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編輯的話

From the Editor



兒童糖尿病在香港並不常見，往往導致誤解甚至誤診。最常見的誤解，是一型和二型糖尿病的混淆。一型糖尿病是自身免疫性疾病，而二型糖尿病是代謝紊亂。簡而言之，一型糖尿病患者不能分泌胰島素，必須依靠注射人工胰島素。二型糖尿病患者自己可以分泌胰島素，但份量不足或患有胰島素不敏感。由於這兩種類型需要不同的治療方案，因此將兩者混為一談會產生反效果，並可能危及糖尿病兒童的生命。其他誤解，例如糖尿病患者絕對不能吃甜食的概念，可能會因此延誤處理低血糖而導致休克甚至死亡。公共教育對於有效管理極為重要，也能提高預防二型糖尿病的機會。

Diabetes in children is not very common in Hong Kong, leading to misconceptions and even misdiagnosis. One of the most common misconceptions is that there is only one type of diabetes, when in fact there is more than one type, the most common being Type 1 diabetes (T1D) and Type 2 diabetes (T2D). T1D is an autoimmune disorder, while T2D is a metabolic disorder. In short, T1D patients cannot produce insulin and must rely on artificial insulin injections, while T2D patients can produce their own insulin but at an insufficient rate or suffer from insulin insensitivity. As the two types require different treatment plans, conflating the two is counter-productive and may endanger the lives of children with diabetes. Other misconceptions, such as the notion that people with diabetes cannot have sweets under any circumstances, could lead to hypoglycemic shock and even death because of delay in proper treatment. Public education is essential to the effective management and, in the case of T2D, prevention of diabetes!

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醫生，唔打針得唔得？



近年，兒童糖尿病發病率有上升的趨勢，預防和治療兒童糖尿病，已成為備受關注的問題。然而，圍繞糖尿病存在許多誤解，這可能導致誤診。



糖尿病常見的誤解：



糖尿病會傳染嗎？

糖尿病被歸類為非傳染性疾病，不會在人與人之間傳播。雖然遺傳可能是引致糖尿病的因素，但病情本身並非由父母傳給孩子。

一型糖尿病

糖尿病是老人病，小朋友不會有糖尿病的！

大多數一型糖尿病患者都是在兒童或青少年期確診的。

你有糖尿病？但你身形很瘦啲…你吃得太多糖果才有糖尿病吧…

一型糖尿病屬於自體免疫性疾病，與飲食習慣、身形及體重無關。

一型糖尿病比二型糖尿病嚴重嗎？

一型和二型糖尿病不同，需要不同的治療方法。一型糖尿病由自身免疫性衰竭引起，導致胰腺細胞的破壞，患者不能分泌胰島素。二型糖尿病人可以分泌胰島素，但是不夠供給身體需要或者他們的身體缺乏胰島素敏感性，或兩者兼而有之。

糖尿病人不用打針，用口服藥物就可以了！

目前一型糖尿病沒有口服藥物。患有一型糖尿病的人不能分泌胰島素，需要依靠注射人工胰島素入體內。二型糖尿病可通過口服藥物來增加體內胰島素敏感度和胰島素分泌，以及減少肝臟產生葡萄糖。

二型糖尿病

改變生活方式，可徹底根治二型糖尿病！

糖尿病沒有根治方法。一旦被診斷，便終生患有糖尿病。然而，健康的生活方式和良好的管理可以減輕病情。

只有胖子才會患上二型糖尿病。

雖然二型糖尿病通常與肥胖症有關，但體重正常或過輕的人也可患上二型糖尿病。

只有一型糖尿病患者需要注射胰島素，二型糖尿病永遠不需要。

雖然大多數二型糖尿病人使用口服藥物，但也有二型糖尿病人需要注射胰島素來控制病情。請與你的醫護團隊合作，找出最佳的治療方案！

無論兒童患的是哪一種類型的糖尿病，其最終的治療目標，都是利用合適的藥物和健康的生活習慣，令血糖能夠控制在理想的範圍內。



Hey doc, can I skip my shots?



In recent years, there has been a noticeable increase of diabetes in children. Prevention and treatment of diabetes is more important than ever. However, there are many misconceptions surrounding diabetes, which could lead to misdiagnosis.



Common misconceptions of diabetes



T1D

Is diabetes contagious?

Diabetes is categorised as a non-communicable condition, meaning it cannot be passed on from person to person. While genetics might factor into the likelihood of having diabetes, the condition itself is not passed from parent to child.

No way! Diabetes is for old people!

Most people with T1D are diagnosed in childhood or adolescence. In fact, T1D was known as "juvenile diabetes" until fairly recently!

You have diabetes? But you're so thin... Did you eat too many sweets?

T1D is caused by autoimmune failure, and has nothing to do with dietary habits, physique, or body weight.

Is T1D the critical stage of T2D?

T1D and T2D are different and need different treatment. T1D is caused by autoimmune failure leading to the destruction of cells in the pancreas which produces insulin, meaning that people with the condition cannot produce insulin naturally. People with T2D can produce insulin naturally, but either at an insufficient rate or their body lacks insulin sensitivity, or both.

Why can't you take tablets?

As of this moment, there is no oral medication for people with T1D. People with T1D cannot produce insulin naturally and need to rely on artificial insulin injected into the body. Oral medication may be used to manage T2D by increasing insulin sensitivity and production of insulin in the body, as well as decreasing glucose production in the liver.

T2D

T2D is curable if you change your lifestyle!

There is no 'cure' for diabetes -- once someone is diagnosed, they have diabetes for life. However, a healthy lifestyle and good management of T2D can lessen the effects of the condition.


Only fat people get T2D.

While T2D is commonly associated with obesity, people who are a normal weight or even underweight can also develop T2D.

People with T2D don't need insulin injections.

While most T2D medications are ingested orally, some people with T2D need insulin injection treatment to manage their diabetes effectively. Work with your medical care provider to find the best treatment for you!

Regardless of the type of diabetes that a child has, the ultimate goal is to use appropriate medication and a healthy lifestyle to achieve optimal blood sugar control.



今天我們請黃醫生解釋一下兩個和低血糖有關的情況吧！

We have invited Dr Wong to share some tips about two phenomena surrounding hypoglycemia!

黃醫生，我的孩子有一型糖尿病，是否適合做運動？

大部份人以為一型糖尿病兒童身體機能有嚴重問題，要禁止孩子的所有體育活動。但其實每天進行最少半小時的運動，不單可促進身心健康，還可以令血糖控制得更穩定。運動亦可增加身體細胞對胰島素的敏感度。

請留意，一型糖尿病兒童應避免選擇運動肢體部分（如手、腳）來注射胰島素，以免加速胰島素的吸收，而引致低血糖。可根據運動量及運動時間的長短來減少相應時段的胰島素劑量10%-30%。

在長時間運動或劇烈運動後（例如踏單車、爬山），血糖水平可能持續下降達20小時之久，所以建議增加血糖測試的次數。

Dr Wong, is it safe for my child with T1D to do exercise?

While there is a common misconception that children with T1D should avoid physical activity, regular exercise is actually very beneficial for good diabetes management and to increase insulin sensitivity.

When injecting insulin before or after exercising, avoid injection sites on the limbs as physical activity will accelerate the absorption rate, which can lead to hypoglycemia. Insulin dosage in the corresponding period can be reduced by 10%-30% according to the amount and length of exercise.

After prolonged strenuous exercise (such as cycling or climbing), blood sugar levels may continue to drop for up to 20 hours after exercise, so it is recommended to increase the frequency of blood glucose tests.

黃醫生，為何我早上醒來時的血糖總是飄忽不定、時高時低？

經常發生這個情況，有可能是“反彈現象”（Somogyi Phenomenon）作怪。“反彈現象”是指低血糖過後出現高血糖的情況，並可維持數小時。譬如有些病人，半夜裡曾有輕微的低血糖症，卻由於當時睡著了而沒有察覺，唯一的線索可能就是翌日早晨的高血糖值。

“反彈現象”的出現是因為身體為了維持一定的血糖水平，在血糖過低時，大量分泌了一些與胰島素相抗衡的激素。這些激素不僅能使血糖上升（“反彈”），還會影響脂肪的新陳代謝，產生酮酸體。

因此，若出現以下的情況，就應該測試一下凌晨2-3時的血糖值：

- 早餐前的血糖值常常時高時低
- 多夢，惡夢，多汗，早上頭痛等症狀

若凌晨2-3時的血糖值偏低，便應把相應的胰島素劑量減少十分之一。當清楚知道何謂“反彈”現象時，便可在適當的時候考慮“反彈”的可能性，從而更有效地控制血糖。

請記住，你的醫療團隊在你身邊，我們樂意回答任何有關糖尿病的疑問！

黃偉進醫生
雅麗氏何妙齡那打素醫院
兒童及青少年科
兒科專科醫生

Dr Wong, how come my blood sugar often fluctuates a lot in the early morning?

Sometimes blood sugar will 'rebound' and be high for several hours after hypoglycemia, which is known as the Somogyi phenomenon. For example, someone might have low blood sugar in the middle of the night, but they were unaware of hypoglycemia while asleep and woke up with abnormally high blood sugar the next morning.

The Somogyi phenomenon occurs because the body secretes a number of hormones counteracting the effects of insulin in order to maintain a certain blood sugar level. These hormones not only increase blood sugar ('rebound'), but also affect the metabolism of fat and produce ketoacids.

You should test your blood glucose at 2-3 am if any of the following occur:

- Blood sugar fluctuations before breakfast
- Excessive dreams, nightmares, sweating, morning headaches, etc.

If blood glucose level is low at 2-3am, the corresponding insulin dose should be reduced by one-tenth. Knowing about the Somogyi phenomenon helps you consider appropriate treatment plans, leading to more effective treatment strategies.

Remember, your medical team is on your side, and we are happy to answer any questions you have about your diabetes!

Dr Sammy Wong
Specialist in Paediatrics
Department of Paediatrics and Adolescent Medicine
Alice Ho Miu Ling Nethersole Hospital

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藍莓乳酪布甸

4人份量

11月14日是聯合國世界糖尿病日，本會將推廣「藍月·十一」，以提高對糖尿病的認識。為了配合這項活動，我們邀請了註冊營養師張翠芬小姐及林思為小姐為我們介紹一道美味低糖的藍色甜點，與家人好友一齊享受！

材料

新鮮藍莓	60 克
低脂原味乳酪	150 克
無糖啫喱粉	½ 盒 (8.5 克)
藍色食用色素 (可選)	2-3 滴
熱水	1 杯
凍開水	1 杯



製作方法

將藍莓洗淨備用。

1

啫喱粉加入熱水中溶解，再加凍開水拌勻，可加藍色食用色素。待冷。

2

將乳酪及藍莓加入啫喱水內拌勻，置容器內，放入雪櫃冷藏至凝固即成。

3

每份

熱量	碳水化合物	蛋白質	脂肪	纖維素
45.8 Kcal	6.7克	3.2克	0.7克	1.0克

小貼士

1. 選用不加糖的希臘乳酪可以增加蛋白質和減低碳水化合物。
2. 可隨意用其他水果代替藍莓！但不同的水果醣質含量會不一樣，會影響布甸的總碳水化合物含量。
3. 藍莓含有豐富的維他命C，有助增強免疫力，維持眼睛健康。

你可以在《金牌營養師的糖尿病甜美食譜》找到更多不同款式的低醣食譜！

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香港營養師協會會長

Blueberry Yogurt Pudding

recipe for 4

November 14th is UN World Diabetes Day, and YDA will launch [Blue November](#) to raise awareness of diabetes. To commemorate the occasion, here is a delicious healthy [blue](#) dessert from dieticians Ms Lorena Cheung and Ms Sylvia Lam for you to enjoy with family and friends!

Ingredients

Fresh blueberries	60g
Low-fat plain yogurt	150g
Sugar-free jelly powder	½ box (approx 8.5g)
Blue food colouring (optional)	2-3 drops
Hot water	1 cup
Cold water	1 cup



Method

1. Wash and drain blueberries. Set aside.

2. Dissolve jelly powder in hot water. Add 1 cup cold water and blue food colouring (optional) and mix well. Wait for it to cool.

3. Add yogurt and blueberries to mixture. Mix well. Pour mixture into mould and put into fridge until pudding is set.

Per serving

Energy	Carbohydrate	Protein	Fat	Fibre
45.8 Kcal	6.7g	3.2g	0.7g	1.0g

Tips

1. You can use low-fat unsweetened Greek yogurt for a higher protein count and cut further down on carbs.
2. Feel free to substitute the blueberries for other fruits! Depending on the fruits it might result in a different carbohydrate count.
3. Blueberries are rich in vitamin C and can help enhance immunity and maintain ocular health.

Lorena Cheung
Registered Dietitian (USA)

Sylvia Lam
Registered Dietitian (Australia)
Chairperson of HKDA

兩岸四地兒童健康夏令營 2018

Greater China Youth Camp



7月27日至29日，本會舉辦了香港首個兩岸四地兒童健康夏令營，將來自香港，北京，上海和台灣的兒童及青年糖尿病患者，其父母以及醫護人員聯繫起來。

On July 27-29, YDA hosted Hong Kong's first Greater China Diabetes Youth Camp, connecting young people with diabetes, their parents, and medical professionals from Hong Kong, Beijing, Shanghai, and Taiwan.





由於兒童糖尿病在香港相對不常見，因此夏令營是糖尿病兒童學習自我管理以增強信心的好機會，更讓他們知道他們並不孤單，整個地區都有人面對著同樣的挑戰。

As diabetes in children is relatively uncommon in Hong Kong, the camp was an excellent opportunity for children with diabetes to learn self-management to bolster their confidence. More importantly, it also let them know that they are not alone, as there are others facing the same challenges all over the region.



非常感謝來自香港，北京，上海和台灣的所有支持機構，義工和醫護人員，付出寶貴時間和精力，讓所有參加者都能夠安全和快樂地參與是次活動。

Huge thanks to all supporting organisations, volunteers, and medical staff from Hong Kong, Beijing, Shanghai, and Taiwan involved. By volunteering precious time and effort, all participants were able to attend the camp in safety and happiness.



除了兩岸四地健康夏令營之外，我們還舉辦了各種青年及家庭活動，以實踐糖尿病不再是孩子的障礙的宗旨。
Aside from our Greater China Youth Camp, we also provide a variety of youth and family activities for our members to enjoy as part of our mission to ensure no child will be held back because of diabetes.!



拼油彩繪樂 Paint Collage Mash-up

我們的會員與義工們一起用顏色繽紛的水彩完成了一幅可愛的拼貼畫！感謝香港Clinique安排是次活動。

Working with colourful paint, our members completed a lovely collage together as a group! Many thanks to Clinique Hong Kong for organising this activity.



屯門綠悠遊 Tuen Mun Eco-Trip

在T-Park體驗過何謂「轉廢為能，煥然一新」後，我們的會員與熱心的高盛義工們在屯門公眾騎術學校與可愛的小馬近距離接觸！

Aside from learning how to live green at T-Park, our members and the dedicated volunteers from Goldman Sachs got up close and personal with adorable ponies at the Tuen Mun Public Riding School!

高爾夫同樂日 Golf Experience Day

由離島扶輪社贊助，超過20個家庭參加了是次活動。在美麗的濶西洲公共高爾夫球場，除了鍛鍊高爾夫球技外，我們還享用了豐富的自助餐和有趣的遊戲。

Sponsored by the Rotary Club of Channel Islands, more than 20 families joined us at the beautiful Kau Sai Chau public golf course. Aside from honing some awesome golfing skills, we also had our fill of delicious buffet food and fun games.



「藍月·十一」 Blue November

請一起參與「藍月·十一」！

每年的11月14日是世界糖尿病日，目的是要引起全球對糖尿病的警覺和醒悟。為響應世界糖尿病日，兒童糖尿協會將於11月舉辦一系列活動，提高社會大眾對兒童糖尿病的關注。

Get involved with Blue November !

World Diabetes Day takes place on November 14th, with the goal of raising global awareness of diabetes.

YDA will prepare a number of special events in November to commemorate World Diabetes Day.

童行有您2018

第四屆「童行有您」親子行山活動將會在11月11日舉行。是次活動為呼籲社會關注糖尿病，是「藍月·十一」的重點活動。享受大潭水塘及陽明山莊一帶風景之餘，又可為有意義的事出一分力！

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Hike for Youth Diabetes 2018

The 4th annual charity hike is on 11 November! Enrol, enlist your friends and family, and enjoy a pleasant hike through Tai Tam Country Park for a good cause.

Date : 11 November
Registration time : 9:00am
Route : Hong Kong International School to Hong Kong Parkview

藍飾自拍

日期：11月14日

請大家於世界糖尿病日當日穿上藍色的服飾支持糖尿病兒童，自拍並放上Instagram或Facebook，一起實踐「你並不孤單」，讓更多人一同關注糖尿病！ #BlueNovember

Dress Blue selfie

Date: 14 November

Wear blue to support children with diabetes on World Diabetes Day! Take a selfie and post it on Facebook and Instagram with #BlueNovember to show that people with diabetes are not alone.

聖誕聯歡會 Christmas Party 2018

又到一年一度的聖誕聯歡會了！除了讓會員家庭互相認識外，更是一個學習醣質換算的好機會，食自助餐都有有怕！吃過美食之餘，我們還預備了各種遊戲和抽獎環節，請大家踴躍參與！

Come join us for a festive day at our annual Christmas Party! This is a great opportunity for you to meet new friends, reconnect with old ones, and practise smart carb counting. On top of the delicious buffet, there's also tons of fun and games to be had!



日期：12月15日
時間：上午11時45分至下午2時30分
場地：悅來酒店3樓Panda Café
Date：15 December
Time：11:45am to 2:30pm
Venue：Panda Café, 3/F Panda Hotel

家有一型糖尿病人工作坊 Diabetes Conversation Map

透過看圖對話的小組討論，參與者可與其他朋輩分享故事及探討問題，從而啟發他們建立自我管理糖尿病的計劃，並讓家長認知小朋友在學校和家庭生活上的心理、個人及社會問題。

A conversation map session creates a forum for people to engage with other participants to share stories, ask questions, and empower themselves in developing action plans in diabetes management.

日期：12月/1月某周六（待定）
時間：下午2時30分至4時30分
場地：兒童糖尿協會中心
對象：本會會員
活動以廣東話為主進行

Date：Saturday in December/January (TBC)
Time：2:30-4:30 pm
Venue：YDA Centre of Excellence
Target：YDA members
Language：Cantonese

樂園同樂日 Magical Disney Trip

一起出發到迪士尼夢幻王國吧！各會員家庭聚首一堂，彼此交流。既可聚聚舊，又可認識新朋友！

Get ready for a trip to the Magic Kingdom! Come join us to explore Disneyland with other YDA families, reconnect with old friends, and make some new ones!



日期：1月27日
對象：本會會員及家庭成員
Date：27 January
Target：YDA members and family members

請捐款支持我們！Every single dollar counts!

捐款種類 Donation Type

本人願意支持兒童糖尿協會

I would like to make a donation in support of Youth Diabetes Action (YDA):

- 每月港幣200，可資助1名糖尿病兒童購買1個月的採血針費用
Monthly HK\$200 – help a child with diabetes for a month's worth of blood test lancets
- 每月港幣300，可資助1名糖尿病兒童購買1個月的採血針及針頭費用
Monthly HK\$300 – help a child with diabetes for a month's worth of lancets and insulin pen needles
- 每月港幣600，可資助1名糖尿病兒童購買1個月的血糖試紙費用
Monthly HK\$600 – help a child for one month of blood glucose test strips
- 港幣8,000 (助養兒童計劃)，可資助1名糖尿病兒童購買1年的醫療消耗品費用，以改善其家庭生活
HK\$8,000 (Sponsor a Child) - sponsor the life of a child with diabetes and purchase diabetes medical supplies for one year
- 其他金額 Other amount HK\$ _____

捐款方法 Donation Method

- 劃線支票 By Cheque**
劃線支票，抬頭請寫「兒童糖尿協會」By crossed cheque made payable to "Youth Diabetes Action"
支票號碼 Cheque no.: _____
請把支票郵寄至：九龍土瓜灣土瓜灣道94號美華工業中心B座9樓B17室
Please send the cheque to: B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, To Kwa Wan, Kowloon
- 信用卡 By Credit Card** VISA MasterCard
- 信用卡號碼 Credit Card No.:
- 發卡銀行 Issuing Bank: _____ 有效日期 Expiry Date: 月 MM 年 YY
- 持卡人姓名 Cardholder's Name: _____ 持卡人簽署 Cardholder's Signature: _____
- 本人授權兒童糖尿協會於本人之信用卡賬戶內一次過 / 每月 / 每年定期扣除上述之金額。若以信用卡每月 / 每年捐款，有關授權在信用卡有效期內繼續生效，直至另行通知為止。我可以在任何時候以書面形式通知兒童糖尿協會取消有關捐款。
I hereby authorize YDA to charge the above specified amount once/ monthly/ yearly from my credit card account. The authorisation of monthly / yearly donation will continue in effect from the above valid date until further notice. I may cancel my regular donation at any time in writing to the YDA office.

捐款者資料 Donor's Information

捐款港幣100或以上可憑捐款收據申請扣稅。

Donations of HK\$100 or above are tax deductible with a donation receipt.

收據抬頭 (如與捐款者不同) Recipient name (if different from the above). _____

姓名 Name: _____

地址 Address: _____

電郵 E-mail: _____ 聯絡電話 Contact No.: _____

鳴謝

Acknowledgements

兒童糖尿協會衷心感謝下列機構、團體及人士於2018年7月至9月的捐款及鼎力支持，使我們能夠為各會員提供更多服務。

Thanks to the generous support of the following companies, organizations, and individuals during July to September 2018, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, thank you!

贊助及捐款 Sponsors & Donors

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Hong Kong Dietitians Association
MD Foot Care Centre
The Hong Kong University of Science And Technology

義工 Volunteers

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Antonie Cheung
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照顧一型糖尿病兒童的醫護人員表示

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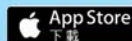
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1. Data on file. 95 % of individual glucose results from 3 test strip lots fall within ± 0.56 mmol/L of the results of the manufacturer's reference method at glucose concentrations < 5.55 mmol/L and within ± 10 % at ≥ 5.55 mmol/L.

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