



Youth Diabetes  
Action  
兒童糖尿協會

# YDA today



2018



news  
letter

issue  
51



Change the life of children with diabetes  
糖尿生活新轉機

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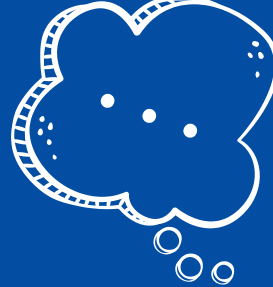
1. Data on file. 95 % of individual glucose results from 3 test strip lots fall within  $\pm 0.56$  mmol/L of the results of the manufacturer's reference method at glucose concentrations  $< 5.55$  mmol/L and within  $\pm 10$  % at  $\geq 5.55$  mmol/L.

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## 編輯的話 From the Editor



As patients with type 1 Diabetes (T1D) are a small population in Hong Kong, the families of many with the condition often feel isolated and helpless. Diabetes management has its own challenges; blood glucose can fluctuate wildly due to a myriad of factors including emotional states. The only way to lower chances of developing diabetes-related complications is by monitoring the condition through intensive blood glucose tests and insulin injections, numbering on average 5-8 times each day.

There is no subsidy for medical equipment for diabetes management under Hong Kong's medical system, which places a heavy financial burden on families in need. To alleviate this burden, many children with T1D skimp on the number of blood sugar tests needed to monitor their condition and reuse medical equipment intended for one use only. To ensure these children receive necessary basic care for their diabetes, our Sponsor a Child Programme reimburses families in need for actual medical expenses after thorough vetting.

Please consider to Sponsor a Child today to ensure all children with diabetes can receive the medical and emotional support they need.

一型糖尿病在香港並不普遍，病童及其家長往往感到孤單及無助。要管理糖尿病實在是一件非常艱難的事，就算依照醫生指示注射胰島素，但各種心理和生理因素都會令血糖不穩定。要減低併發症，患者必需要頻密地檢測血糖及注射胰島素，每日5-8次不等。

在香港的醫療體制下，糖尿病的醫療用品都是自費的，這筆開支對於基層家庭來可說是足襟見肘。為節省開支，重用針頭或減少檢測血糖的情況，屢見不鮮。為確保孩子們得到適切的基本照顧，我們設有“助養兒童計劃”，資助合資格家庭以實報實銷的方式，購買醫療必需品。

請慷慨解囊，捐款支持“助養兒童計劃”，讓病童可獲得足夠的糖尿病用品及情緒支援。

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#### Contributions are welcome

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會員小檔案 Member Profile

千雁

3歲時確診，現年6歲，就讀小學一年級。

家裡有爸爸，媽媽和妹妹。

每日注射胰島素：4次

每日平均檢查血糖：6次

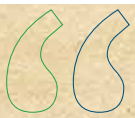
**Chin Ngan**

Diagnosed at 3, currently 6 years old in P1.

Family members: dad, mum, and little sister.

No. of daily insulin injections: 4

Average no. of daily blood glucose tests: 6



千雁的話 Chin Ngan says



「我三歲時病了很久，爸爸帶我去看醫生。在醫院時，身上附著很多儀器，我非常害怕，不知道發生了什麼事！」

"I got very sick for a long time when I was 3, so my dad took me to the hospital. It's very scary with all the equipment attached to me, I didn't know what's happening!"

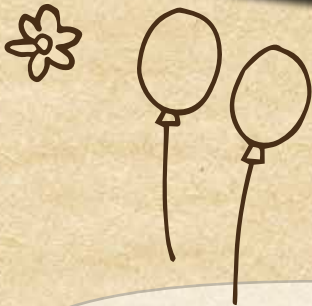


「我每年都參加兒童糖尿協會的聖誕聯歡會。既開心好玩，也認識了其他跟我有同樣經歷的小朋友！」

"I go to the YDA Christmas buffet party every year. It's fun and I meet lots of other kids with diabetes too!"





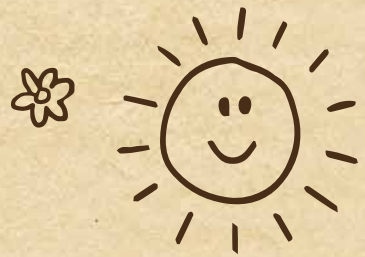


「有Angela姨姨\*和我們分享經驗真好。我知道爸爸在我確診後初期，每當遇上緊急情況都會第一時間打電話給她，問她意見。」

"Auntie Angela\* helped our family a lot by sharing her experiences. I know my dad called her a lot to ask for advice after my diagnosis."

「爸爸辭退了工作來照顧我和妹妹，每天午飯時間都會來學校幫我打針。」

"Dad had to quit his job to take care of me and my sister. He goes to my school to give me an injection before lunch every day."



千雁爸爸說：「只有我的妻子在工作，所以收入很緊張，但我們沒有其他選擇。非常感謝所有”助養兒童計劃”的善長仁翁，減輕我們購買醫療用品的經濟負擔。」

Dad says: "My wife is the only breadwinner so income is tight, but we don't have a choice. We're really grateful for the generous donors who make the Sponsor a Child programme possible to relieve some of our financial pressure to buy medical supplies."



\* Angela是本會朋輩大使之一，幫助新確診家庭解答各種疑難。  
\* Angela is a YDA peer mentor to support newly diagnosed members.



目前沒有徹底治療一型糖尿病的方法。對患者來說，監察血糖和注射胰島素是日常生活的重要一環，不妥善處理病情可以導致生命危險。然而，檢查血糖和注射胰島素所需的用品都不能重覆使用。

千雁的家人面臨著沉重的財務負擔，需要長期購買監測病情和維持生命的基本醫療用品。通過”助養兒童計劃”，您的捐款可以幫助有經濟困難的家庭每月節省高達60%的醫療費用，以及聯繫面臨相同困難的家庭。

It is a lifelong commitment to manage type 1 diabetes. Keeping track of blood sugars and taking insulin injections are a vital part of daily life for people with T1D, and insufficient management can be life threatening. All equipment needed for blood tests and insulin injections are one-use only.

Chin Ngan's family faces a heavy financial burden to purchase the basic medical supplies needed to keep her alive and monitor her condition. Through our Sponsor a Child Programme and the aid of donations from sponsors, children from families with limited income like Chin Ngan can save up to 60% on monthly medical expenses and connect with other families facing the same challenges!







## 且力養兒童計劃

### Sponsor a Child appeal



每年8,000元（即每天22元），便可以支持像千雁一樣的孩子獲得必需的醫療用品，及改善其生活。

For only \$8,000/year (\$22/day), you can ensure a child like Chin Ngan receives the necessary medical equipment and emotional support to manage her diabetes.

.....

每月只需200元，即可支持 1 位確診糖尿病的孩子 1 個月的採血針費用。

For \$200/month, you can support a child with type I diabetes for a month's worth of blood test lancets.

.....

每月只需300元，即可支持 1 位確診糖尿病的孩子 1 個月的採血針及針頭費用。

For \$300/month, you can ensure a child with type I diabetes receives a month's worth of blood lancets and insulin pen needles.

.....

每月只需600元，即可支持 1 位確診糖尿病的孩子 1 個月的血糖試紙費用。

For \$600/month, you can ensure a child with type I diabetes receives a month's worth of blood glucose test strips.



# 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

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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 authorization 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.: \_\_\_\_\_





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FREESTYLE LIBRE供應\*



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1. A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose level may not accurately reflect blood glucose levels or if hypoglycaemia or impending hypoglycaemia is reported by the System or when symptoms do not match the system readings.

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1. Caswell et al. Diabetes Technol Ther 2015; Vol.17, No.3  
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# 確診那刻的反應



## 一些家長曾遇過或經常面對的疑難

常遇到疑難	可參考處理方案
疑惑、孤單及徬徨無助	與同路人傾談、分享經驗及互相扶持
不懂準備合適小食	<ul style="list-style-type: none"> <li>- 參與營養講座，學習閱讀食物營養標籤，為孩子準備不同種類食物</li> <li>- 坊間也有很多可選擇食物，家長們可互相交換「飲食情報」，在當中選擇合適自己孩子的小食</li> </ul>
不懂如何向學校老師交代孩子的病情及在校需要	<ul style="list-style-type: none"> <li>- 透過糖尿病學校教育手冊，讓教職員知悉孩子的病情並於緊急時懂得如何協助及處理</li> <li>- 如有需要，可聯絡醫護專業或本會為教職員提供工作坊或講座，以釋除疑慮</li> </ul>
為孩子自備午餐盒還是在校訂購午餐?	糖尿病孩子都需要定時並且有充足用餐時間，亦需留意注射胰島素劑量並按營養師建議攝取碳水化合物分量
孩子可以參加學校舉辦的校外活動嗎?	可以，只要於活動前跟校方商議校外活動期間的照顧及護理方案，並留意活動中孩子遇有緊急狀況的處理

帶著樂觀展望及積極態度，與糖尿病同行絕不會難倒你！



王佩珊  
註冊社工

# First reaction to diagnosis



Some common challenges faced by T1D families

Challenges	Solutions supported by YDA
Overwhelming sense of confusion and helplessness	Peer support network for sharing experiences
Preparing suitable snacks	<ul style="list-style-type: none"> <li>- Join talks and parent gatherings to learn more about carbohydrate counting and how to utilize nutritional labels</li> <li>- Parents can exchange tips about various foods through peer networks</li> </ul>
Communicating with the school	<ul style="list-style-type: none"> <li>- Let school staff know about T1D and how to handle emergencies through toolkits to inform about diabetes in schools</li> <li>- If necessary, contact healthcare professionals or YDA to hold a workshop/seminar for school staff</li> </ul>
Lunchtime at school	Follow the carbohydrate intake and insulin dosage recommended by healthcare professionals, and make sure mealtimes are stable
Extra-curricular activities	Discuss treatment plans with the school or other organization beforehand, and keep an eye on the child in case of emergencies

With a positive attitude and the willingness to learn, you too can lead a happy and fulfilling life with diabetes!



Jenny Wong  
Social Worker (RSW)



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### 材料

奇亞籽	60克
水	150毫升
牛油(已溶)	60克
蛋(已攪拌)	6隻

### 材料 A

杏仁粉	210克
洋車前子纖維粉	30克
肉桂粉	5克
肉荳蔻(碎或粉)	5克
葡萄乾	2湯匙
發粉	10克
鹽	5克

### 蛋汁材料：

蛋黃 1 個	忌廉 1 湯匙
--------	---------

## 低糖十字包

熱騰騰的十字包是傳統春季最受歡迎的食物之一，但不要小看小小的一個十字包，它碳水化合物含量是很高的。因此，麵包師傅改良了一個低碳水化合物食譜。

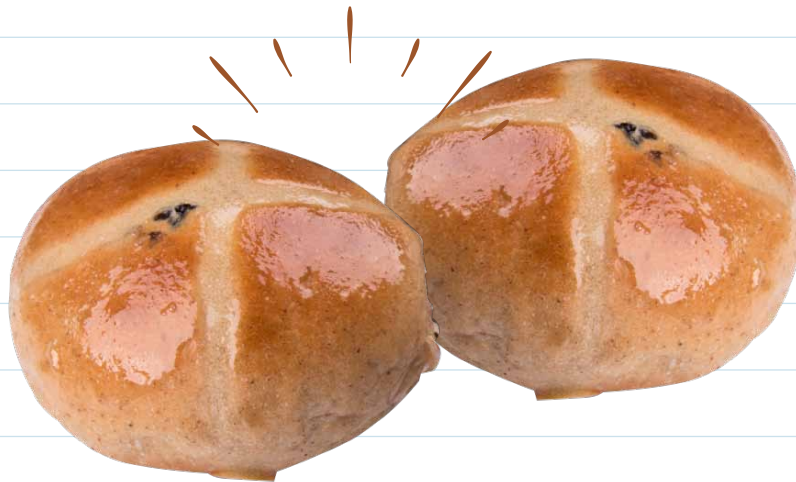
### 製作方法

- 焗爐預熱至170°C。
- 將奇亞籽加入水中浸泡10分鐘，發漲成糊狀。
- 將材料A混合。
- 將已溶化的牛油加入雞蛋中及奇亞籽拌勻。
- 再加入葡萄乾及材料A拌勻，靜置15分鐘讓洋車前子纖維粉充份吸收水分。
- 將麵團分為8等分，用手將麵團搓成圓形。
- 將蛋汁材料混合，然後用一個刷輕輕地塗在麵包上，這會使麵包變得金黃色。
- 將餘下的的麵團搓成長條，並將其拼成十字交叉放在麵團頂部。
- 最後，把你的麵包緊密地放在烤盤，放到幾乎碰在一起，完成時，麵包就會受貼在一起，又可以容易地將其撕成單個的麵包。
- 焗12-15分鐘，取出冷卻即可食用。





# Low Carb Hot Cross Buns



Hot cross buns are a Spring seasonal favourite, but even a single bun is quite dense in carbohydrates, so bakers around the world are coming up with lower carb alternatives.



## Ingredients

Chia seeds	60g
Water	150ml
Butter, melted	60g
Eggs, whisked	6

## Ingredients A

Almond Flour	210g
Psyllium husk	30g
Ground cinnamon	5g
Ground or grated nutmeg	5g
Raisins	2 tbsp
Baking powder	10g
Salt	5g

## For brushing on the buns:

Egg yolk, 1      Cream, 1 tbsp

## Method

- Preheat oven to 170°C.
- Soak the chia seeds in the water for 10 minutes until they become gelatinous.
- Mix ingredients A together.
- Add the butter to the whisked eggs; then whisk in the chia seeds with their liquid.
- Pour the wet ingredients into ingredients A and mix together well. Allow the psyllium husks to absorb the moisture for 15 mins to make the dough pliable.
- Separate the dough into 8 and roll into rounds.
- Mix 1 egg yolk and a tablespoon of cream together. Brush this mix over the buns to give them a golden finish.
- Roll leftover dough into a long thin length and cut it into pieces to the size of the buns to criss-cross on the top.
- Lastly, place the buns almost touching together so they bake into one batch that you can tear easily into individual buns.
- Bake for 12-15 mins and cool on a cooling wire.

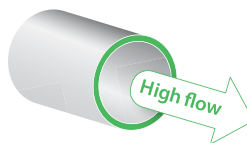


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胰島素專用針

33G  
4 mm



針管直徑 0.2mm，4mm長度  
更幼更短，能減輕痛楚！



• 針頭纖細能減輕注射時的痛楚

• 高流量薄壁加快注射速度

另外可選擇：  
31G 5 mm 32G 6 mm

訂購表格

訂購 / 索取試用裝 (請刪除不適用)

<input type="checkbox"/>	33G 4 mm	QTY: <input type="text"/>	<input type="checkbox"/>	31G 5 mm	QTY: <input type="text"/>	<input type="checkbox"/>	32G 6 mm	QTY: <input type="text"/>
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聯絡人：

聯絡電話：

送貨地址：

- \* 歡迎索取試用裝，送完即止！
- \* 試用裝(5粒裝)，每人每次限取一盒。
- \* 若需注射混合型胰島素，建議使用32G針頭
- \* 適用於不同體重指標(BMI)患者

• 兼容市面上不同注射筆裝備	
Sanofi	ClikStar, SoloStar, Lyxumia Pen, JuniorStar, AllStar
Lilly	KwikPen, HumaPen Memoir, HumaPen Savvio, HumaPen Luxura, HumaPen Luxura HD
Novo Nordisk	FlexPen, Novopen 3, Novopen 4, Novopen Echo, Novopen Junior, Victoza Pen, InnoLet
Amylin Pharmaceutical	Byetta 5 mcg, Byetta 10mcg

查詢電話：3996 8970





## 兩岸四地兒童健康夏令營

日期 : 2018年7月27-29日  
地點 : 香港科技大學  
主要語言 : 普通話及廣東話

今個暑假7月27至29日，來自香港，台灣，北京和上海的一型糖尿病兒童和家長將會於“兩岸四地兒童健康夏令營”聚首一堂。除了參與各種遊戲和小組活動之外，也是一個絕佳機會去了解以不同方法應付糖尿病。快來參與這一連三日的活動去結交新朋友吧，約定你到時見！



你也想出一分力？請來報名加入成為夏令營領袖！我們正在尋找：

- 活動搞手
- 組長
- 攝影師
- 攝錄師和剪接師
- 司儀（必須能說流利的普通話）



如欲報名成為夏令營領袖，請電郵至[event@yda.org.hk](mailto:event@yda.org.hk)或致電2544 3263與我們聯絡。

盡我們所能，讓來自兩岸四地的新朋友來到香港賓至如歸！



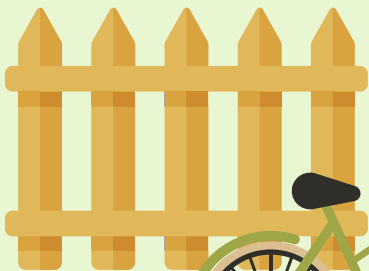
## Greater China Youth Diabetes Camp 2018

Dates : 27-29 July 2018  
Venue : Hong Kong University of Science and Technology  
Language : Mandarin and Cantonese

Save the date! T1D kids and parents from Hong Kong, Taiwan, Beijing, and Shanghai will come together in our Youth Camp 2018 on July 27-29. Let's make new friends over three fun days! Apart from enjoying the exciting game sessions and group activities, this will also be a great chance to learn about different ways to handle our various needs with diabetes.

Want to do your part to support YDA? Sign up to become a Camp Leader! We're looking for:

- Activity facilitators
- Group leaders
- Photographers
- Camera operators and/or video editors
- MC (must be fluent in Mandarin)



To sign up for Camp Leader, please contact us at [event@yda.org.hk](mailto:event@yda.org.hk) or telephone 2544 3263.

Let's do our best to make our new friends feel welcome in Hong Kong!

## 迪士尼親子夢幻之旅 Magic Kingdom Family Fun

感謝香港迪士尼樂園的贊助，讓40多個家庭在星級家庭的陪伴下度過了美好的一天。孩子們從星戰絕地武士廟穿梭到反斗奇兵大本營，真是一個夢幻之旅！

With generous sponsorship from Hong Kong Disneyland, more than 40 families spent a wonderful day visiting the Magic Kingdom under the guidance of YDA mentor families. From the Jedi temple to Andy's Toy Box and everything in-between, our members had the time of their lives!



## 鷹巢樂優遊 Family Hike – Eagle's Nest

Raymond叔叔又帶我們去行山了！今次去了鷹巢山，過了一個開心健康的早上！大家有沒有認識新的行山好夥伴呢？

YDA members and their families had a great time on the Eagle's Nest Nature Trail with volunteer Uncle Raymond! Do you have a new hiking buddy after this wonderful trip?





## 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1月至3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 January to March 2018, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, thank you!

#### 一般捐款 General Donations

公司或團體 Companies/Organisations  
Zetland Lodge No 525 EC

#### 個人 Individuals

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Chang Shou Chung  
Cheng Man Yan  
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Yue Chung Yan Agnes

迪士尼親子夢幻之旅 Magic Kingdom Family Fun  
香港迪士尼樂園 Hong Kong Disneyland

鷹巢樂優遊 Family Hike – Eagle's Nest  
Raymond Ng

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Kuk Ka Lai  
Lau Yee Ching  
Lee Hoi Ching  
Luk Chun Lok  
Ng Tsz Lam  
Ruhi Kumar  
Tung Long Sang  
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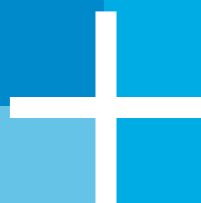
低血糖事件發生而沒有明顯增加高血糖的情況

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