



Youth Diabetes  
Action  
兒童糖尿協會

# YDA today



2018



news  
letter



issue  
52

Embrace School Life  
迎接新學年

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輝健 FIFTY50



適合關注糖尿病及減重人士食用

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## 編輯的話 From the Editor



每當悠長的暑假結束時，學生和家長都要收拾心情開始新學年。當患有糖尿病的學生及他們的父母與學校教職員談及病情的特殊需要時，可能會遇到困難。患糖尿病的孩子重返校園，最重要的是學校能夠提供適切的幫助和支援來協助他們。

通過**個人化護理計劃**，我們希望讓學校教職員對糖尿病有基本了解，幫助他們掌握患糖尿病學生的特別需要以及發生緊急情況時的處理方案，讓患糖尿病的學生在學校可以得到照顧，與其他學生平等共融。

Students and parents alike have to get ready for school when summer vacation inevitably draws to a close. But for students with diabetes and their parents, it can be hard to communicate specific needs with school staff. Whether your child is starting school or going back to school after being diagnosed with diabetes, it is important that their school provides the help and support they need to manage their condition.

With our **Individualised Care Plan**, we hope to equip school staff with basic knowledge of diabetes, help them understand specific needs of students with diabetes and how to handle emergency situations. Children with diabetes should get the care and the same opportunities at school like other children.

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Advertisement fees are used to subsidize the production of this magazine. If you would like to place an advertisement to support YDA, please email: project@yda.org.hk

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#### Contributions are welcome

如欲投稿，請把稿件(不多於150字)電郵至 project@yda.org.hk。

If you would like to submit an article (not more than 150 words), please email: project@yda.org.hk.

承蒙Pressroom Printers & Designer 為本會義務印刷今期會訊，本會謹此致謝。

With special thanks to Pressroom Printers & Designer for sponsoring the printing of this magazine.

#### 免責聲明 Disclaimer

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The information in this magazine is for general information only, and should not be construed as medical advice or recommendation. The content presented in these pages are not intended to replace the care of your own doctor, whom you must consult before making any changes in the diabetes management plan. Contributions from members are based on personal experience only. Advertisement shall not be deemed to endorse, recommend, approve, guarantee or introduce services and products.

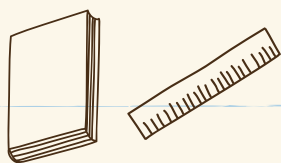


會員小檔案  
Member Profile

希彤 Tova

2014年確診，現時10歲，於新學年就讀小學五年級。

Diagnosed in 2014, currently 10 years old. Attending P5 in the coming school year



我們一起來看看希彤及媽媽如何與學校合作，為希彤營造更好的學習環境。

Let's hear from Tova and her mum about how they work with her school to make it a better environment for Tova.



與學校制定管理計劃  
Individualised care plan



希彤媽媽：最重要能相互尊重，學校管理層樂意聆聽並與我們溝通，他們都很認真看待希彤的情況。

Mum: It's important that the school administration is willing to listen and communicate with us; it shows there is mutual respect when we talk about Tova's diabetes.



## 同學的相處 Relationship with classmates

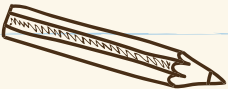


希彤：老師會幫我向同學解釋，令他們明白我有時需要於課堂上喝果汁或吃葡萄糖來治療低血糖，而不是貪玩，可以減輕我擔心同學對我的看法而帶來的壓力。

我可以留在課室處理低血糖，不必到醫療室，避免於頭暈時走動而構成危險。

Tova: My teachers help me tell my classmates too. I think it's better, since it takes the pressure off when I have to drink juice or eat glucose tablets to treat my low blood sugar in class - they know I'm not doing it for fun.

I can treat my low blood sugar in the classroom instead of having to go to the school infirmary, which can be dangerous when I'm feeling dizzy.





### 在學校檢查血糖/打胰島素的安排 Blood glucose and insulin at school



希彤媽媽：希彤的老師十分體貼及支持，安排她的座位於課室一側，讓她檢查血糖及調校胰島素泵時可以多一點私隱。

Mum: Tova's teacher is supportive and offers her a seat on the side of the classroom for privacy.



### 體育課及學校旅行 PE class and school trips



希彤：老師都一視同仁，沒有任何不同的待遇。老師信任我可以照顧自己。上游泳課時，他們會給我額外時間重新裝上胰島素泵，如果我運動完血糖低的話亦會讓我喝果汁。

Tova: I'm not treated any differently. My teachers trust me to take care of myself. They also give me extra time in swimming class to reattach my pump and let me drink juice if I'm low afterwards.



如果想知道更多有關如何與學校就您孩子的糖尿病進行溝通，歡迎查閱我們的個人化糖尿病護理計劃，或通過 [support@yda.org.hk](mailto:support@yda.org.hk) 與我們聯繫！

For more information on how to communicate with school staff regarding your child's diabetes, feel free to check out our Individualised Diabetes Care Plan or contact us at [support@yda.org.hk](mailto:support@yda.org.hk) for more resources!



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## 童醫生的來信



親愛的孩子和父母：

我們鼓勵患有糖尿病的孩子勇於嘗試和敢於表達自己的需要，學校亦應把他們和其他學生一樣看待。糖尿病孩子的能力絕不遜色於其他孩子。用平常心看待情況，不需杞人憂天，否則只會將問題複雜化並使孩子與其他人疏離。他們應該像普通孩子一樣擁有快樂無憂的童年。

### 溝通

瑪麗醫院為每位新確診糖尿病的孩子派發一份上學錦囊。包括一封有關糖尿病詳細資料的信，給老師參考的IDF小冊子以及醫院的聯繫方法。我們初步會通過電話與學校聯繫，並在必要時探訪學校。

大部分學校都很樂意合作。由於一型糖尿病並不常見，學校的不合作往往是源於無知。我們必須了解學校的顧慮，才可以消除校方對這個疾病的誤解，確保糖尿病學童在學校得到適當的護理。

### 糖尿病童在校護理計劃

根據我的經驗，小學升上中學是最關鍵的過渡期。孩子正值青春期的，又要適應一個全新的學校環境，學校瞭解糖尿病病童的需要並作出相應措施是很重要的。

一份低血糖資料的文件非常有用，能給予學校教職員一個快捷可靠的參考：包括低血糖的定義、症狀和治療，父母的緊急聯絡方法以及醫院糖尿病熱線。

請記住，你並不是孤軍作戰。如果有任何疑問，醫療專業團隊一直伴你左右。

最好的祝福，

童月玲醫生  
瑪麗醫院兒科專科醫生  
兒科和青少年科學系  
香港大學



# Letter from Dr Joanna Tung



Dear Children and Parents,

We encourage children with diabetes to be open with their experiences and needs, and for school staff to treat them as just another student under their care. Children with diabetes are just as capable as other children. Normalise the condition and don't treat it as a big deal; doing so will only complicate the matter and alienate the child. They deserve a normal happy childhood like everyone else.

## Communication

Queen Mary Hospital provides a school pack for newly diagnosed patients before they are discharged. The school pack includes a letter with information about diabetes, an IDF booklet for teachers, and contact information of the hospital. We touch base with schools over the phone, and arrange school visits if necessary.

Most schools are happy to cooperate. Since Type 1 diabetes is relatively uncommon, initial reluctance from the school often stems from ignorance. It is important to understand where their worries lie in order to clear up misconceptions early and ensure children with diabetes receive the necessary care at school.

## Diabetes school care plans

In my experience, moving from primary to secondary schooling is the most critical stage. Not only are students most likely attending a brand new school, they are also going through puberty. It is important that the school knows the child's needs and can handle them.

A physical document explaining hypo is very useful, since school staff can reference it easily. The definition of hypo, hypo symptoms and treatment, as well as parents' contact information and hospital diabetes hotline should be included.

Remember you are not alone in this battle. Always check with your medical professional team if you have any doubts!

With best wishes,

Dr Joanna YL Tung  
Paediatrician

Department of Paediatrics and Adolescent Medicine  
The University of Hong Kong / Queen Mary Hospital

# 個人化糖尿病照顧計劃

## Individualised Diabetes Care Plan

為孩子創造一個安全的學習環境，家長與學校建立良好的合作關係非常重要。讓老師及教職員知道患有一型糖尿病學童的具體狀況，並在需要時為患病學童提供適切支援，確保他們的安全。

- 老師是否知道什麼是一型糖尿病？
- 老師懂得如何協助你的孩子處理出現低血糖及高血糖的狀況嗎？
- 孩子在有需要時，能否馬上於課室或操場取得含糖份的食物或飲品？

兒童糖尿病協會能作為您與學校之間的橋樑，並為學校提供個人化的糖尿病照顧計劃，讓教職員可具體掌握一型糖尿病的相關處理方法。

It is very important to establish a partnership with your school to create a supportive environment for your child. Here are some key points:

- Do all teachers know what Type 1 diabetes is?
- Do all teachers know what to do when your child has low and high blood sugars?
- Does your child have easy access to juice in the classroom and playground?

YDA can help you tailor an Individualised Diabetes Care Plan to be shared between parents, school and child.



如需協助或正遇到與學校溝通問題，請聯絡本會社工忻姑娘，電話：2544 3362 或電郵至[support@yda.org.hk](mailto:support@yda.org.hk)。

If you have any questions regarding diabetes and school, please contact our coordinator Ms May Hsing at 2544 3362 or email [support@yda.org.hk](mailto:support@yda.org.hk) for assistance.



# 春日慈善音樂會

## Music for the Family Charity Concert



香港愛樂樂團及Kids' Gallery攜手合作，和我們共渡了一個美好又有意義的音樂之夜。音樂會以小提琴和大提琴奏出勃拉姆斯協奏曲揭開序幕，然後孩子們重新演繹普羅科菲耶夫的彼得與狼以及聖桑的動物嘉年華，巧妙地將木偶戲和管弦樂音樂完美融合。

本次音樂會所籌得款項將用作幫助糖尿病兒童及其家庭，為貧困家庭提供醫療補助，輔導服務及其他護理支援計劃。非常感謝各贊助商和捐款人的慷慨支持！

Joining forces with the SAR Philharmonic Orchestra and Kids' Gallery, we invited our supporters for a wonderful day of music and all for a meaningful cause. The concert opened with the melodic harmony of *Brahms Concerto for Violin and Cello*, followed by a masterful mixture of puppetry and orchestral music as children reenacted the tale of *Peter and the Wolf* by Prokofiev and *The Carnival of the Animals* by Saint-Saëns.

The funds raised in this concert will go towards supporting children with diabetes and their family members through medical subsidies to financially-needy families, counselling services, and other Care Support programmes. A huge thank you for all the generous support from our sponsors and donors!

# 希望之火

## Flame of Hope

希望之火獎學金的成立是希望可以表揚成功控制糖尿病的青少年在學術，社區參與，課外活動或倡導糖尿病方面的成就。讓我們聽聽2017年得獎者的感言！

The Flame of Hope Scholarship serves as a recognition of young people with diabetes who successfully manage their disease and excel in academic performance, community involvement, extracurricular activities or diabetes advocacy. Let's hear from our 2017 Flame of Hope awardees!

### 文智樂 Louie

20歲，大學二年級 / 確診年齡：8歲 / 嗜好：攝錄

20 years old, Year 2 at university / Age of diagnosis: 8 / Hobby: Videography

雖然糖尿病會帶來大大小小的挑戰，但應該以自己的才能和成就感到自豪。即使實現相同的目標，但你比不必克服這個障礙的人更強大。

Though diabetes brings its own challenges, be proud of your ability and achievements. You are stronger than those who didn't have to overcome personal obstacles to achieve the same things.



### 張曉懿 Antonie

19歲，大學一年級 / 確診年齡：10歲 / 嗜好：攝影，行山

19 years old, Year 1 at university / Age of diagnosis: 10 / Hobbies: Photo taking and hiking



不要因為患上糖尿病而感到羞愧。每個人都有不同缺陷，你可以將這個病看作是一個重大的缺陷或者一個小小的不便。

Don't be ashamed. Most people have flaws in their lives - you can either see this as a major flaw or a minor inconvenience.





### Ruhi Kumar

20歲，大學二年級 / 確診年齡：9歲 /

嗜好：閱讀，看電影，旅遊

20 years old, Year 2 at university / Age of diagnosis: 9 /

Hobbies: Reading, watching movies and travelling

健康是你生命中最重要資產。你要有健康的體格才可以完成夢想，所以重要的是要好好照顧身體，密切監測糖尿病病情。

Your health is one of the most important things in your life. You need to be healthy to accomplish your dreams, so it's important to take care of yourself and monitor your diabetes.



### Divija Virmani

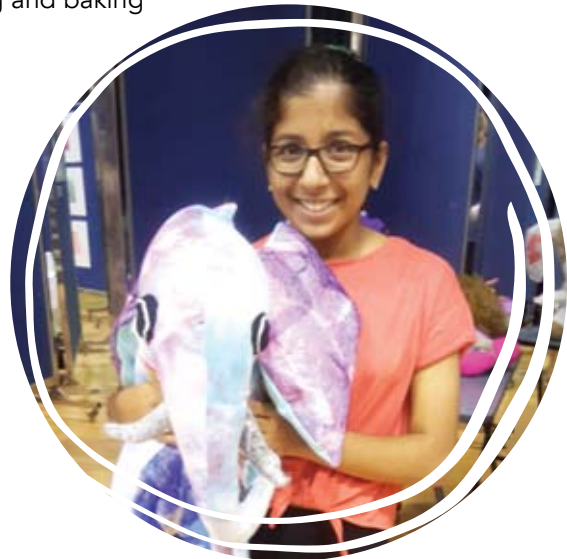
13歲，中學二年級 / 確診年齡：9歲 / 嗜好：羽毛球，游泳，畫畫，塗顏色，烹飪，烘焙

13 years old, Year 8 in secondary school / Age of diagnosis: 9 /

Hobbies: Badminton, swimming, drawing, painting, cooking and baking

做些你真正熱愛的事！當你做你享受的事時，它就自然會成為你最大的動力。

Do something you really enjoy! It will keep you motivated since you enjoy doing it.



# 自家製 士多啤梨乳酪雪葩

炎炎夏日，想來一客清涼的小食？只要用攪拌器，便可以把喜愛的水果製成冰凍的水果乳酪雪葩，而且還可以創造出千變萬化的味道！



## 材料

4杯（約944克）新鮮或急凍士多啤梨  
1/2杯（約118毫升）原味希臘乳酪  
1湯匙 青檸汁  
3湯匙 蜂蜜

### 每100克

熱量	48千卡
碳水化合物	11克
纖維	1.3克
蛋白質	1.7克

## 製作方法

將所有材料放入攪拌機中。

1

開啟攪拌機，攪碎材料直到變得光滑。

2

倒入容器中，蓋上蓋子並放進冰格冷凍成雪葩。

3

舀成一球球享用。

4

## 小貼士

1. 使用不同種類的水果和不同品牌的乳酪都會影響雪葩的碳水化合物含量。不同品牌的乳酪，其蛋白質含量也有所不同。
2. 選用不加糖的希臘乳酪可以做出高蛋白質和低糖的雪葩。
3. 把材料放入雪條模具雪凍會更有趣呢！







# Homemade Strawberry Frozen Yogurt

Looking for a cool refreshing treat to beat the summer heat? You can easily make your own frozen yogurt using a blender and your favourite fruits; the combinations are endless!



## Ingredients

4 cups (approx. 944g) fresh or frozen strawberries  
1/2 cup (approx. 118ml) plain Greek yogurt  
1 tbsp lime juice  
3 tbsps honey

Per 100g

Energy	48 kcal
Carbohydrates	11 g
Fibre	1.3 g
Protein	1.7 g

## Method

Put all ingredients into your blender.

1

Pulse and then blend until smooth.

2

Pour into a container with a lid and freeze.

3

Scoop and enjoy!

4

### Tip

1. Different fruits and yogurt brands will result in different carbohydrate counts. Protein count will also be affected by yogurt brand.
2. Look for unsweetened Greek yogurt to keep the protein high and sugar low!
3. Pour the mixture into popsicle moulds before freezing for a fun treat!

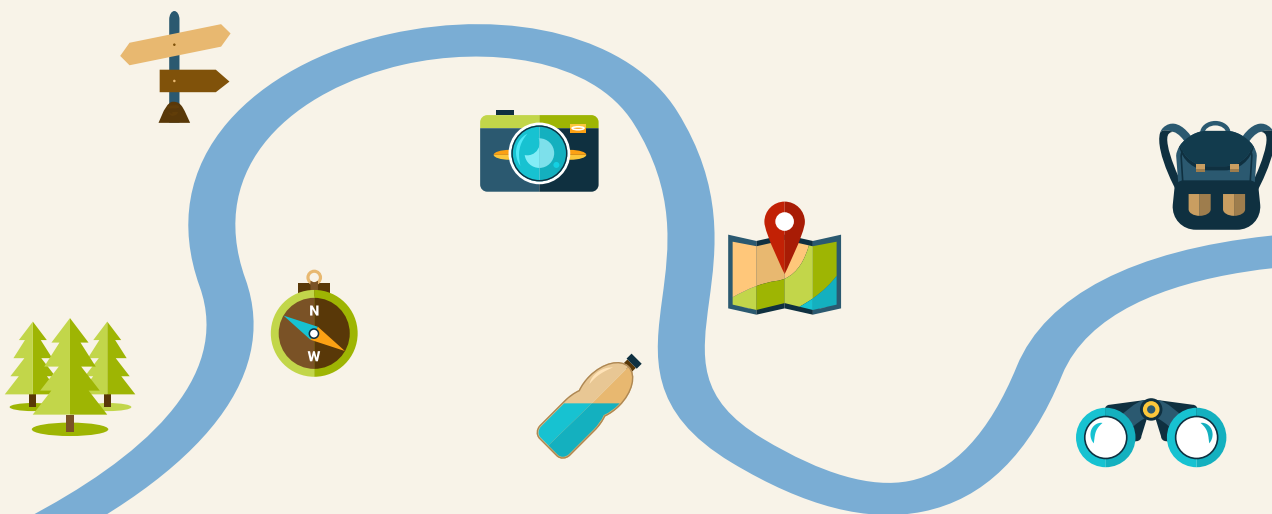


## 屯門綠悠遊 Tuen Mun Eco-Trip

齊來學習和體驗香港綠色文化吧！先到「源·區」看看如何實踐轉廢為能，煥然一新，然後再到騎術學校探望小馬！

Come join us for an environmentally-friendly day of fun! Participants will learn and engage in green living at T-Park, Hong Kong's first waste-to-energy facility, followed by a pony visit at the Tuen Mun Public Riding School.

日期：9月8日  
時間：上午9時30分至下午4時15分  
對象：本會8至17歲青年會員  
Date：8 September  
Time：9:30 am - 4:15 pm  
Target：YDA members aged 8-17



## 藍月 · 十一 Blue November

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2018年11月舉辦一系列活動，提高社會大眾對兒童糖尿病患者的關注。

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. Stay tuned!

### 童行有您2018

日期：11月11日  
路線：香港國際學校至陽明山莊

### Hike for Youth Diabetes 2018

Date：11 November  
Route：Hong Kong International School to Parkview

## 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.: 

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發卡銀行 Issuing Bank: \_\_\_\_\_ 有效日期 Expiry Date: 

--	--

 月 MM    

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 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4月至6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, organisations and individuals during April to June 2018, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, thank you!

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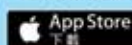
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