



Youth Diabetes
Action
兒童糖尿協會

YDA today



news
letter



2014
April



issue
36



Diabetes Conference Highlights 糖尿病研討會焦點

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主席的話 ■ FROM THE CHAIR



今年二月，我們香港兒童糖尿協會舉行了糖尿病研討會。在那裡，我們非常高興地見到了很多的會員，使我們的會員有機會聽到寶貴的演講並與演講者進行了交流溝通。我衷心感謝每位當日的參與。是你們令研討會如此成功！

這是我最後一期以香港兒童糖尿協會(現稱為兒童糖尿協會)主席的身份出版的會訊。我會把主席的“接力棒”交給非常值得讚許的鄭馮亮琪女士。這些年來，能和香港兒童糖尿協會的每個人尤其是與會員的合作，一直是我的榮幸。我相信，在協會的員工和會員支持下，鄭女士將會繼續兒童糖尿協會這份有意義的工作。

香港兒童糖尿協會主席
何苗春暉

Our Diabetes Conference was held in February this year, where we were delighted to see so many of our members attend and get the chance to hear and interact with an amazing group of valued speakers. I would like to extend my heartfelt thanks to everyone involved on the day to make the conference the success it was.

This will be my last issue as Chairperson of HKJDA – now Youth Diabetes Action (YDA) – as I pass the torch onto my very praiseworthy successor, Fina Cheng. It has truly been an honour to work so closely with everyone at YDA and especially its members. I am confident that Fina will continue the good work of YDA with the support of our fantastic staff and members.

Joanna Hotung
Chairperson, HKJDA

我們的新名字 ■ INTRODUCING OUR NEW NAME

我們在此榮幸地介紹本會新名字—「兒童糖尿協會」。這新名字代表着我們這個年輕、充滿活力和希望、積極進取的組織。

“We proudly introduce Youth Diabetes Action as the new representation of our youthful, energetic and proactive organisation.”

本會自2001年由何苗春暉女士創立以來，一直以香港兒童糖尿協會服務有需要人士為大眾所知。在過去13年，本會一直努力地為香港糖尿病患者兒童及其家庭提供支援。如今我們為它命以新名，創造了新的形象來給病患者提供更高層次的協助和支持。本會的宗旨是為全香港糖尿病患兒童、青少年及其家庭提供支援，為他們在遇到困難時提供一個“避風塘”，以關懷與支持來引導這些青少年去面對糖尿病。

Since its founding in 2001 by Joanna Hotung, our organisation has been known as the Hong Kong Juvenile Diabetes Association, an organisation that has worked tirelessly to help the youth of Hong Kong living with diabetes. Now 14 years on, we have launched a new look and name that we feel carries the organisation into the next level of help and support we believe we can provide. Our mission is to support every youth with diabetes in Hong Kong, offering a port of call in difficult times, and guiding the youth and teens living with diabetes in Hong Kong with support and care.



Youth Diabetes
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兒童糖尿協會



Youth Diabetes
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兒童糖尿協會

專訪 ■ INTERVIEW

認識本會的新主席 - 鄭馮亮琪女士

Meet our new Chairperson

— Fina Cheng

鄭馮亮琪女士闡述她在兒童糖尿協會的角色以及她接受成為新主席的挑戰和動力
Fina Cheng explains her involvement in Youth Diabetes Action and her motivation for taking on the challenge of Chairperson.



1. 這已經是我與一型糖尿病並肩作戰的第20個年頭，那時候我的兒子9歲，被確診患上一型糖尿病。像所有糖尿病患兒童的媽媽一樣，我們也在孩子發病住院時陪伴左右，同時我用了兩周的時間認真學習胰島素的注射、碳水化合物計算、理解對糖尿病病人生活規律的管理。（那些資料上的胰臟、對胰島素的圖表解釋讓我想起了高中時的生物課。）

那時候我讀了一篇振奮人心的文章，一個在1920年代，12歲時被確診為一型糖尿病的人活到了80歲。照片中那位老爺爺滿臉笑容地站在摩托車旁邊，周圍站著他的孩子和孫子。這故事確實讓我看到了希望，我的孩子也可以做到這一切，更不用說，老爺爺那個時代胰島素技術還沒有如今這麼發達。

我意識到了能夠得到同伴的支持和用類似經歷做參照是莫大的幫助。當關醫生建議成立一個家長組織時，我和其他幾位媽媽未加思索就答應了，我們非常高興地成立了「甜豆園 (Sweet Peas)」，也就是今天「兒童糖尿協會」的雛形。

2. 在何苗春暉女士帶領下，在過去的13年中，兒童糖尿協會由最初的家長組織已經演變成今天這個具規模的非牟利組織。本會一年都會舉辦超過40多個會員

活動，其中包括青少年營、研討會、外出聚會，為有需要會員家庭提供醫療用品資助及為會員向醫療用品公司爭取訂購優惠。我也想借此機會感謝我們的贊助商，醫療公司，當然還有本會的委員會及員工，是他們讓這些活動順利完成。

3. 雖然要應對糖尿病帶來的許多問題，但我們大部分人還是生活幸福、工作成功的。你們每個階段所面對有關糖尿病的挑戰其實不斷激勵著新確診會員及其家人。讓他們知道糖尿病不會阻礙追求有義意的人生。你將會給新確診的會員帶來很大影響。

快來吧，給我們幫助和支持。新家長、新會員：我們會一直支持你。

4. 兒童糖尿協會可以繼續為會員提供治療一型糖尿病的最新資訊；為會員提供朋輩的支援，增加會員間的交流，推廣健康的生活方式，讓更多社會上的人去理解一型糖尿病。我希望本會能給每會員信心，讓他們可以更好的管理他們的糖尿病。

像我們的抱負：「所有孩子的前途不會因糖尿病而受阻礙」。沒有任何事情可以阻礙孩子們成長，並成為社會的棟樑。



1. What brought you to the Council?
2. How do you compare the organisation of the past with the present?
3. Is there anything you would like to say to the members of the newly named YDA?
4. What are your hopes for YDA?

1. This is the 20th year that our lives have been tied with type 1 diabetes as my son was first diagnosed when he was almost nine. Like all moms of young children with type 1, I spent an intense two weeks learning to administer insulin jabs, count carbs and understand the tight diabetic management regime. (Those diagrams of insulin onset and the pancreas on handouts reminded me of the biology classes in high school.)

At that time I read an inspiring article about an 80-year-old man who had been diagnosed with type 1 in the 1920s when he was 12-years old. In the photo the old grandpa was next to his motorbike with a big smiling face, and he was surrounded

by his children and grandchildren. The story actually brought me hopes that my son could do the same, not to mention that the grandpa had achieved this at a time when insulin technology was considerably less advanced.

I realised that having peer support and someone to look up to who had gone through the same was a great help. When Dr. Elaine Kwan proposed setting up a parent support group, I and few other moms had no second thoughts and happily set up the "Sweet Peas", which was the beginning of Youth Diabetes Action.

2. Under the great leadership of Mrs. Joanna Hotung, YDA has grown from a small organisation to a more structured NGO over the past 13 years. We organise over 40 member activities a year, including youth camps, seminars, outdoor gatherings and parties as well as enabling a significant number of families to benefit directly from a financial subsidy to purchase medical supplies. I would like to use this chance to thank our sponsors, the medical professionals, and of course our tireless Council members and YDA staff who carry out the events so seamlessly.

3. Despite the hiccups of dealing with diabetes, most of us fortunately are living happily and working successfully. Your knowledge of dealing with the day-to-day diabetic challenges through different stages of life actually inspires the junior members that diabetes will not stop them from leading a meaningful life. You will be a great influence to our younger members. Please do come and support us.

For new parents and members, we are here for you.

4. I hope that YDA will continue to be a pipeline for members for the latest medical information and technology for the treatment of type 1 diabetes, to offer peer support, to enhance member interaction, to promote a healthy lifestyle, and to enhance the understanding of type 1 diabetes to the greater society. We want to empower our members so that they can manage their diabetes well.

Like our vision, "no child will be held back because of diabetes", nothing can stop our children from growing up to become valuable members of the community.

鳴謝 ■ ACKNOWLEDGEMENTS

兒童糖尿協會衷心感謝下列機構、團體及人士於2013年12月至2014年2月的捐款及鼎力支持，使我們能夠為各會員提供更多服務。(排名不分先後)

Thanks to the generous support of these companies, organisations and individuals from December 2013 to February 2014, we were able to continue our services to our members. On behalf of all the kids at YDA, thank you! (In no specified order)

PARENTS SUPPORT GROUP WORKSHOP-DIABETES AND SPORTS 家長互助小組工作坊-糖尿病與運動
American Women's Association

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Department of Paediatrics & Adolescent Medicine

Caritas Medical Centre- Department of Paediatrics & Adolescent Medicine
Goldman Sachs Gives

Pamela Youde Nethersole Eastern Hospital- Diabetes Centre

Prince of Wales Hospital- Diabetes Mellitus and Endocrine Centre
Princess Margaret Hospital- Department of Paediatrics & Adolescent Medicine

Queen Elizabeth Hospital- Adolescent Medicine Centre

Queen Mary Hospital- Department of Paediatrics and Adolescent Medicine
Queens Café
United Christian Hospital- Pediatrics and Adolescent Clinic

Individuals 個人
Carmen Yeung
Sarah Hui

FAMILY WAR GAMES 親子獵人
Goldman Sachs Gives

DIABETES CONFERENCE 糖尿病研討會 2014

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Dr Pik To Cheung
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Wong Ka Wing
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研討會焦點 ■ CONFERENCE HIGHLIGHTS

糖尿病研討會

Diabetes Conference



今年，我們很高興有更多人參加糖尿病研討會。我們曾一度認為新會議地點可能有些偏僻，但我們有150位參加者。證明了我們對於地點的選擇是正確的，新會議場所不僅為大家提供了更大的空間，而且交通便利，坐落在地鐵站附近。

是次研討會旨在邀請本地糖尿病專家為參加者提供日常糖尿病管理資訊及建議。是次研討會也為參加者提供了一個互動的平台，讓他們互相交流，彼此分享一些控糖技巧。

We were delighted to welcome even more guests to the conference this year with 150 attendees passing through the doors, even though the new venue might be considered a little out of the way for some. The venue proved to be popular, providing more break-out rooms for seminars and exhibitions, and was conveniently located for the MTR.

The focus for this year was to bring together local diabetes experts to provide practical advice and information for our members. As always, the conference also provided a wonderful opportunity for attendees to meet and interact with other members, who also provided valuable and practical advice and tips.



糖尿病童生病時的處理

Sick Days Management

童月玲醫生
瑪麗醫院駐院專科醫生
Dr. Joanna Tung
Resident Specialist
Queen Mary Hospital

患有糖尿病的孩子，只要血糖控制得宜，生病之機會不應高於其他小朋友。可是在他們生病時，假如不小心處理，一般小毛病都可能引發血糖不穩，甚至酮酸中毒等嚴重併發症。童醫生在研討會上教授了參加者如何照顧生病時的糖尿病兒童。

While a child with a well-managed diabetes plan isn't at any higher a risk of developing a common childhood illness than a child without diabetes, they are more vulnerable to complications if they do fall ill. Complications can be relatively minor, or as serious as ketoacidosis. Dr Joanna Tung provided attendees with practical tips to care for children with diabetes when they are sick.



自強不息和社交媒體

Patient Empowerment and Social Media

Ms. Elizabeth Snouffer
醫療保健通訊專家，作家，記者
Healthcare Communications
Specialist, Author, Journalist

你會否主動地照料你的糖尿病？如果是會的，你應已經在使用社交媒體工具、社交網站及網絡上不同形式的數據資料，以提升你獲取糖尿病相關的資訊，並透過互動平台結識朋友，彼此支持。講者展示出了電子媒體如何能讓糖尿病患者得到教育、賦權及啟迪的機會。

One way to be proactive in your diabetes care is to take full advantage of the social media tools, social networking sites and other forms of data online to improve your access to information and provide you with an interactive community for friendship and support. Ms. Elizabeth Snouffer showed attendees how to be educated, empowered and enlightened "e-patients".



認識你的胰島素

Know Your Insulin

唐俊業醫生
內分泌及糖尿病專科醫生
Dr. Peter Chun-Yip Tong
Specialist in Endocrinology
Diabetes & Metabolism

在過去的二十年，仿胰島素在設計與合成方面有著顯著的發展，並產生了一些新的仿胰島素。這些新的仿胰島素有不同的時效和持續作用時間。因此，現有不同的胰島素治療方案以配合不同的生活方式。今次的講座討論了飲食習慣和運動的影響對選擇合適胰島素劑的重要，透過了解合適病者的胰島素來有效地管理糖尿病。

Over the past two decades there have been significant developments in the design and synthesis of recombinant human insulin which has given us a number of new insulin analogue preparations. These new insulin analogues have different onset and duration of action so different insulin treatment regimes have now been developed to match individual lifestyles. Dr. Peter Chun-Yip Tong explained the impact of eating habits and physical activity on selecting the right preparations of insulin.



一型糖尿病患的校內照顧

School Care for Type 1 Diabetes

莫碧虹註冊護士
香港糖尿病護士協會會長
Ms. Maisy Mok
President, Association of Hong Kong
Diabetes Nurses

患上一型糖尿病的兒童，每天都需要在學校注射胰島素及測試血糖。與學校保持密切溝通，校方既可提供適當的協助，讓孩子又可重拾自信及享受快樂的校園生活。莫姑娘向參加者講解了學校和醫護人員的溝通可以如何幫助糖尿病兒童在學校得到支援。

Ms. Maisy Mok talked about the importance of open communication between healthcare professionals and schools to provide support for children with type 1 diabetes. Without understanding and support, children with type 1 are often made to feel uncomfortable when they have to monitor their blood glucose and administer their insulin injections. With understanding and support the children can enjoy a happy school life with confidence.



飲食管理工具與技巧

- 升糖指數

Tools and Techniques for Dietary Management – Glycaemic Index

林思為小姐
澳洲註冊營養師
Ms. Sylvia Lam
Senior Registered Dietician

科學研究指明，糖尿病患者多選低升糖指數食物可以幫助改善血糖控制。本次研討會講解了一些日常低升糖指數食物，並掌握如何將其納入你的日常飲食中。此外，並非所有低升糖指數的食物都是健康的，林小姐幫助了參加者識別一些飲食陷阱。

Ms. Sylvia Lam explained how scientific studies have shown that incorporating low-glycaemic index (GI) foods into a diabetic diet can help improve blood sugar control. In the seminar she helped attendees learn how to identify the healthy low glycaemic index foods (not all low GI foods are good for you), and provided tips on how to incorporate low glycaemic index foods into a daily diet.



住院糖尿管理與懷孕 Inpatient Management and Pregnancy

周榮新醫生
內分泌及糖尿專科醫生
Dr. Chow Wing Sun
Specialist in Endocrinology,
Diabetes and Metabolism

糖尿病患者相比於一般非患者的醫院入住率較高。而高血糖亦較為普遍，主要由於疾病相關的反調節荷爾蒙之提升或注射含葡萄糖的靜脈液所引致的。由於高血糖可減弱吞噬細胞功能和細胞免疫力，血糖控制不佳的糖尿病患者會增加感染的風險。研討會亦探討了血糖控制指標和胰島素治療的方案。此外，亦對糖尿病患者作出於懷孕時如何控制血糖的建議。

Hyperglycaemia is common because of illness-related elevations in counter-regulatory hormones, or intravenous infusion of dextrose-containing solutions. As hyperglycaemia is known to have detrimental effects on phagocyte function and cellular immunity, poor glycaemic control in diabetic inpatients may increase their risk of infection. The glycaemic targets and the routes of insulin administration were discussed. In addition, recommendations for managing diabetes complicating pregnancy were presented.



開開心心去旅遊 Happy Travelling

張淑敏姑娘
糖尿病專科護士
Ms. Marina Cheung
Diabetes Nurse Specialist

香港的生活節奏緊張，成人及小孩平日要應付各種的壓力，例如：考試、功課及工作等。在忙碌的生活過後，每週假期，許多人會選擇出外旅遊，既可以調劑身心，又可減壓充電，但對許多糖尿病患者來說，卻因種種心理上的恐懼而對旅遊卻步。張姑娘解釋糖尿病患者也可以與普通人一樣，享受旅行的愉悅，只要出發前仔細地規劃及準備，在旅途中注意飲食及生活細節，即使需要每天注射胰島素來控制血糖，也絕對可以毫無顧慮地外出。

Hong Kong is a stressful place to live and taking a holiday to relax and recharge your batteries is often a good idea but for people with diabetes, just the thought of taking a holiday abroad can be very stressful. Ms. Marina Cheung explained that, as long as care was taken to plan and prepare well before departure, people with diabetes can and should get to enjoy the benefits of a holiday, just like everyone else.



立刻捐款

如果您有意以捐助形式支持本會，請瀏覽我們的網站 www.youthdiabetesaction.org，並下載捐款表格。您可以選擇一次過捐款、助養兒童或安排每月捐款。

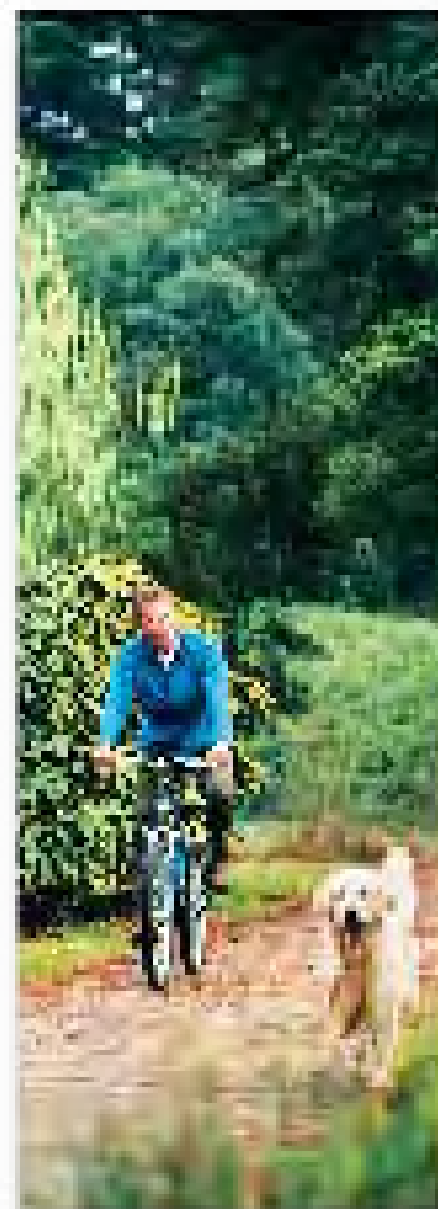
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研討會論壇 ■ CONFERENCE FORUMS



控糖達人小貼士

分享者：李映慧小姐、陳嘉誠先生、王程俊先生

「控制血糖於理想水平」無可否認是一型糖尿病患者在日常生活中的首要任務。這短短的九個字看似簡單，付諸實踐卻是萬分艱難，當中的挑戰相信患者最清楚不過。

論壇的三位分享者 — 李映慧小姐、陳嘉誠先生和王程俊先生皆確診患上一型糖尿病十數年。他們毫無保留地分享了自身真實面對糖尿病的生活經驗及十個控糖小貼士，它們分別為日常隨身寶、旅行、運動、食物、覆診準備、社交生活、器材、拍拖、自我定位及提醒自己。他們以輕鬆有趣的互動分享，希望令更多患者不受病情影響，盡情地享受多姿多彩的生活。

分享者最後寄語患者「Think Big, Act Big, Be Big」以作勉勵，並叮囑會員積極面對糖尿病。

與子女相處之道：傾聽、學習、引領、愛

主持：Elizabeth Snouffer 討論小組：Kavita Singh女士, Kim Enns女士, 丁南僑博士

丁南僑博士說道，他們與許多中國家庭處理患病態度的方式不同。他們是直接地告訴其他人有關女兒April患有糖尿病。由於April被確診時年紀還很小，她是從父母的眼神知道自己的病情。她小小的年紀就能做到坦誠面對自己的病，她甚至允許她的同學看著她打針。

家長就應否公開自己孩子患有糖尿病作出了討論。他們均認為應該要公開病情及子女的情緒間取得平衡。

大部份家長都認同公開自己孩子患有一型糖尿病是重要的。因為如果照顧孩子的人不僅知道孩子是糖尿病患兒童，而且了解孩童出現某些症狀時的處理方法，這樣對孩子來說會相當安全。

Kim Enns女士分享了她們一家如何為兒子Evan的病作出努力。Evan每個學年都會給他所有的同學做一個解說，讓同學、老師明白什麼是一型糖尿病，以及他怎樣管理糖尿病。

另有一位家長分享了一段艱辛的經歷。她的女兒「否認」患有糖尿病。雖然有專家的幫助，但亦未能改善女兒對病情的認知度。她深信女兒始終還是會走出這個十幾歲的青春期。

家長認同有一個大問題就是人們通常會對一型和二型糖尿病產生混淆和誤解。具體來說，就是大家對病症的假設和無知，誤認為一型糖尿病就是由於過多食用甜食所致。

顧孩子之憂，聽父母之聲

主持：楊海明姑娘、莫碧虹姑娘

討論小組：鄭馮亮琪女士、林陳焯瑜女士、陳自祺先生

一型糖尿病發之時，看著孩子受盡煎熬，甚至被送進深切治療病房，我們很徬徨及害怕。這是不會痊癒的病，任何人都難以接受，我們感到既焦慮又擔憂。家長每天費盡心力照顧孩子，但外人對一型糖尿病的不理解，孩子病情的反覆，令我們感到委屈及失敗。作為母親，一定流過不少眼淚，作為父親，感情不好表達，內心更是充滿掙扎。

三位資深過來人：鄭馮亮琪女士、林陳焯瑜女士及陳Sir，他們20年來一直為孩子的健康和成長默默耕耘。今日，孩子經

已長大成人並學有所成，有的已成家立室，過著與常人無異的生活，多年的辛酸和經驗成就了今日輕鬆的分享，殊不容易。

一型糖尿病是一場沒有終點的馬拉松，當中有多疲累，只有這班跑手才明白。讓我們互相支持，陪著孩子繼續他們的人生旅程吧！

(由周艷華女士撰寫)

10 Tips for A+ Better Life

Speakers: Ms. Phyllis Lee, Mr. Vincent Chan, Mr. Ricky Wong

“Controlling blood sugar at an optimal level” is undeniably the primary task for people with type 1 diabetes and while it is simple to say these words, it is extremely difficult to put words into practice, as people with type 1 know only too well.

The focus of the forum was to help people enjoy a more vibrant life and not to let diabetes hold them back. Three people who have each been diagnosed with type 1 for more than a decade led the forum. In the forum they openly shared their own experience of managing their blood sugar with reference to such aspects as travel, sports, eating, social life and dating, preparing for consultations, the different kinds of equipment and keeping a schedule. The forum was fun, relaxed, interactive and very helpful.

Finally, as encouragement for patients to face diabetes with a positive attitude, Ms. Lee, Mr. Chan and Mr. Wong encouraged everyone to “Think big, Act big, Be big”.

Parenting Children with Diabetes: Listening, Learning, Leading and Loving

Facilitator: Mrs. Elizabeth Snouffer. Panelists: Mrs. Kavita Singh, Mrs. Kim Enns and Dr. Tsing Nam Kiu.

Dr. Tsing explained how, in contrast to the way many Chinese families might handle a similar situation, they were very up front telling people that their daughter April had diabetes. As April was so young when she was diagnosed, she simply looked at her disease through her parents' eyes and was very open about it, even allowing her classmates to watch her take her injections.

This led to a discussion amongst the parents and panelists as to whether it was a good thing to be open about the child's disease, in particular balancing this with the child's feelings about being open about having type 1.

Most parents agreed that openness was very important from a safety perspective; if the people who spend time with the child not only know that the child has diabetes, but also understand what they must do if they see certain signs, then the child is infinitely safer.

Mrs. Kim Enns explained how her family had taken this a step further with Evan making a presentation to his classmates each new school year, helping them to understand what type 1 diabetes was, and how he had to manage it.

大多家長都認同就安全角度來說開誠布公很重要。

Most parents agreed that openness was very important from a safety perspective.

Another parent shared a difficult phase she went through when her daughter went into denial about having diabetes and despite seeking professional help, she believed that in the end her child simply grew out of this teen phase.

Parents agreed that a big frustration was the common misconception and misunderstanding about the difference between type 1 and type 2 diabetes and in particular, people's ignorance and assumption that type 1 was a result of diet.

Parent Voice: Love You to Pieces

Facilitators: Ms. Theresa Yeung, Ms. Maily Mok

Panelists: Mrs. Fina Cheng, Ms. Vivian Lam, Mr. Chan Chi Key

As parents we are very scared and feel lost when we see our child being tormented by the symptoms of type 1 diabetes, and fear turns to terror when our child has to be admitted to the intensive care unit. It is easy to feel disheartened because of the burdens: the fact that the illness cannot be cured (yet), that many people do not understand the complications and implications, and the care and energy we devote to caring for our child. As a mother, I have certainly shed many tears and it's a struggle for a father who had not been brought up (culturally) to express feelings; his inner world is going through a tremendous turmoil. We can feel as if we are losing this battle.

In the forum Mrs. Fina Cheng, Mrs. Vivian Lam and Mr. Chan — parents of a now grown-up type 1 diabetics — shared their experiences of quietly working hard to keep their children in the best health over the past twenty years. Their children have been able to enjoy a good education, which has enabled them to build a career of their own. Some have already started their own family, and are living a life no different from other people. It was remarkable that these three parents were so relaxed and positive as they talked about their years of difficult and bitter experiences.

Type 1 diabetes is a marathon without an end, only we, this group of runners, know how tiring it is. Let us support each other, to accompany our children to continue their life journey!

(Provided by Angela Chow)

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香港大學兒童及青少年科學系副教授

Dr. Pik-To Cheung
Associate Professor
Department of Paediatrics & Adolescent
美國糖尿病協會為糖尿病兒童推薦糖尿病
自我照護教育(DSME)和糖尿病自我照護
之支援(DSMS)計劃。到目前為止，這些
計劃對糖尿病兒童的自我照護和提高生活
質素有顯著的成效。

糖尿病照護教育計劃採納了眾多的技巧 /
技術，如賦能、激勵式面談，問題為本學
習方式等。另外，儘管以家庭為中心是相
對有效的方針，然而當孩子步入青少年階
段時，其他替代策略如朋輩領導方案可能
更為有效。

應對技能培訓(CST)計劃包攬了不同的策
略去解決因糖尿病而引起的社交問題和衝
突，幫助孩子和家長協調做好自我照護，
解說適合糖尿病兒童年齡的一些自我照護
管理責任，針對壓力管理及篩查孕婦與兒
童抑鬱症。

1998年的一項研究顯示，那些接受了
的青少年（年齡在12.5-20歲之間）在完
成了一個六個月的課程後，表現出糖尿病
對他們生活質素的負面影響較小，亦對糖
尿病有較少的憂慮。

另一項研究為一群正步入青春期的糖尿
病兒童（8-12歲）作出了觀測。這段時期
是小孩特別容易受到心靈創傷的人生階段。
此項研究不同於上述糖尿病一型CST研
究的地方是增加了家長的干預及家長與學
齡兒童的培訓是分組進行的。

除此之外，此項研究還對受過一般糖尿
病照護兒童和受過干預方案應對技能訓練
的兒童做了比較。事實證明兩者都隨著歲
月對自己糖尿病的處理越來越好，減少了
糖尿病對自己的影響，越來越適應與糖尿
病共存，更會自我有效地對待糖尿病，減
少了抑鬱症狀與家長幫助的需要。研究結
果同時顯示，小組環境下實施的干預方案
可能有利於這一群年齡組的兒童。

專家建議 ■ EXPERT ADVICE

兒科糖尿病教育的新發展 Paediatric Diabetes Education – An Update

許多病人往往因受到時間的限制而不能
夠充分地理解課程內容，他們不妨可以考
慮參加網絡心理教育課程。

在2013年，有關方面專為進入青春期的
糖尿病一型兒童作了關於網絡心理教育課
程的研究，比較兩種不同類別的網絡課程：
分別是TEENCOPE（應對技能培訓）課
程與管理糖尿病（糖尿病教育）課程。前
者著重於調整心理及用積極的態度來面
對糖尿病，而後者則著重於多分享處理糖
尿病方面的知識來進行培訓。

報告顯示，兒童在同時完成這兩個不同
課程後，在處理一些糖尿病相關的事情上
的效果比單單完成其中一個課程的效果更
為理想。所以，糖尿病兒童可能同時需要
有關糖尿病應對技能培訓及照護教育課程，
那才能達到最佳控制糖尿病的效果。此項
研究亦讓我們意識到，利用互聯網可以更
有效地接觸青少年及改善他們的病情。

The American Diabetes Association recom
mends self-management education (DSME)
and support (DSMS) programmes for child
ren with diabetes as they do result in effec
tive diabetes self management and improved
quality of life.

Numerous skills/techniques have been
adopted by diabetes education programmes –
empowerment, motivational interviews, prob
lem based learning etc. As expected, a fam
ily focused approach is relevant – yet when
children turn adolescent, alternate strategies
such as peer leader involvement may prove
more agreeable.

Coping skills training (CST) programmes
include strategies for social problem solving
and conflict resolution, collaborative child
and family self management, age-appropri
ate responsibility for self management, stre
ss management and screening for maternal
and child depression.

A 1998 study showed that after a 6-month
programme, those adolescents (aged 12.5-
20 years) who received

CST reported less negative impact of diabe
tes on their quality of life and had fewer wor
ries about diabetes.

Another study looked at a younger age
group (8-12 years old) who were entering
adolescence and are known to be particu
larly at risk for negative psychosocial and
physiological outcomes.

In previous research with CST in type 1
diabetes, intervention was only provided to
the child. In this study, CST was provided,
as a family intervention, to both parents
and children in a group setting.

As a control, the study compared child
ren receiving coping skills training interven
tion with those receiving general diabetes
education and in fact both groups improved
over time, reporting lower impact of diabe
tes, better coping with diabetes, better diabe
tes self-efficacy, fewer depressive symp
toms, and less parental control. Findings
suggest that group-based interventions may
be beneficial for this age group.

As time is often a threat to the effective
ness of educational programmes, patients
may consider internet psycho-education
programmes.

A 2013 study compared two internet-based
psycho-educational programmes designed
for type 1 children transitioning to adoles
cence. One programme, TEENCOPE, had
a more behavioral focus while the other,
Managing Diabetes, focused on diabetes
management education.

The study showed that children complet
ing both programmes had a better outcome
than children who completed only one pro
gramme, suggesting that youths with diabe
tes need both diabetes management educa
tion and behavioral interventions, and that
the internet is an effective way to reach the
young, and improve outcomes.

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現代科技的進步已經徹底改變了糖尿病的治療。當中包括更有效的胰島素，更先進的輸送胰島素方法，更多幫助病人自我照顧的工具，以及促使患者與醫療保健人員之間溝通的工具。

胰島素注射筆

雖然注射筆已經發明了一段時間，但到了最近才做出了具體的改善：現在的注射筆比舊款帶來疼痛的感覺少了，而且它更準確。你亦能選擇用更有效的胰島素。並且，新式注射筆更容易使用及被人接受。這些優點使患者能更完善地照顧和管理自身的糖尿病。

持續皮下胰島素輸注

持續皮下胰島素輸注(CSII)設備或泵並不是容易被人接受，但它一般能有效地改善血糖控制；提供精確的胰島素注入並能改善生活方式，讓生活過得更自如。

連續血糖監察儀

連續血糖監察儀具有以下優點：
幫助檢測血糖的起伏變化及低血糖的情況、為患者病情的特性提供更深入的了解、提供患者的實時血糖報告、提高患者對糖尿病的理解、為糖尿病患者提供一個有用的照護教育工具、幫助選擇最合適的胰島素治療方案、用指血來監控血糖含量只有一半的參考價值。

智能手機的連繫

智能手機應用程式提供的先進自我監察是新興的治療方法之一；如“glooko”(www.glooko.com)可以允許血糖的讀數從血糖計上傳到手機，患者不需再動手做日誌了，並醫療保健人員提供關於你血糖較為準確的描述。

胰島細胞移植

胰島細胞同種異體移植仍然在實驗階段中，胰島細胞從捐贈者的胰腺（死者器

專家建議 ■ EXPERT ADVICE

糖尿病的最新醫學技術發展 Recent technology advances in diabetes

官) 抽取，經處理後被注入到病人的肝門靜脈所在處，胰島細胞由此入住病人胰臟，開始分泌胰島素。但是這種治療方法也有局限性，包括缺乏捐贈者，需要長期的免疫抑制，胰島功能的減弱及病人仍可能在稍後階段需要注射胰島素。

幹細胞治療

幹細胞療法可能是一個比較帶有希望的治療方案。幹細胞具有生長成任何人體細胞類型的功能，包括產生胰島素的β細胞的能力。但我們面對的挑戰是要找到合適的幹細胞和正確的信號才能使幹細胞分化為β細胞，為人體所用。

最為人所知的幹細胞類型是胚胎，但這在醫療領域始終是個具爭議的話題。最近，科學家們發現成熟的細胞可以被重新編程。這些誘導性多能幹細胞(iPS)有可能在將來為我們提供治療糖尿病的解決方案。

Advances in research and development have revolutionised the treatment of diabetes including better insulins, new methods of delivering insulin, as well as tools to help empower patients and facilitate communication with healthcare providers.

Insulin Injection pens

Pens are really popular as there is less perception of pain, they are more accurate, you can use a superior type of insulin, there is better social acceptance and they are easier to use. Together these factors can result in better diabetes management overall.

CSII Pumps

Continuous Subcutaneous Insulin Infusion (CSII) devices (pumps) are not as popular as pens, but they can also result in improved glycaemic control, provide precise insulin delivery, and improve lifestyle flexibility.

Continuous Glucose Monitors (CGM)

The CGM improves detection of shifts in glucose levels of hypoglycaemia, provides real-time reporting of

blood glucose for patients, provides a better understanding of patient characteristics, provides a useful tool for patient education and helps select the most suitable insulin regimen.

Smartphone linkups

Smartphone apps such as glooko (www.glooko.com) allow the upload of blood glucose readings from a meter to the device therefore doing away with manual log books. It also provides healthcare professionals with a more accurate picture of your glucose patterns and advances self monitoring.

Islet transplantation

Pancreatic islet transplantation is an experimental procedure in which the islet from a deceased organ donor's pancreas are transplanted in to another person's body. These islets begin producing insulin which helps regulate the glucose in the blood. However, there are limitations including a lack of donors, a need to long-term immunosuppression, declining islet functions and the patient may still need insulin at a later stage.

Stem Cell therapy

A more promising development may be stem cell therapy. Stem cells have the capacity to grow into any of the body's cell types, including insulin producing beta cells. The challenge has been to find the right kind of stem cells and the right signal that will result in stem cell differentiation into beta cells.

The most well known type of stem cells are embryonic, but these are controversial. Scientists have recently discovered that mature cells can be reprogrammed. These “Induced Pluripotent Stem Cells” (iPS) may provide the solution.



會員活動 ■ MEMBERS' ACTIVITIES



聖誕聯歡會

Christmas party

2013

在剛過去的12月，本會舉行了一年一度的聖誕聯歡會暨會員週年大會。為讓會員可以感受更濃厚的聖誕氣氛，本會特地把會場佈置一番。當天共有200多人參與，是本會歷年來參與人數最多的聖誕聯歡會。今年，分別有6位青少年會員為我們表演，當中包括有：芭蕾舞、爵士舞、小提琴、二胡、唱歌和魔術。為鼓勵會員能控制血糖指數達良好水平，一如以往，本會於當日頒發良好血糖控制證書給各會員。在聯歡會尾聲，聖誕老人聯同本會委員向各參加者派發小禮品並祝賀大家聖誕快樂。

Our annual Christmas Party and Annual General Meeting, held last December, was attended by a record 200 people. Organisers created a wonderful Christmassy atmosphere with special decorations, and an entertainment highlight was a performance by six young members that included ballet, jazz, violin, erhu, singing and magic. As in past years, to encourage members to control and maintain good blood glucose levels, each member was awarded a certificate recognising their achievements. At the end of the party, Santa Claus and our committee members gave away small gifts to each participant and wished everyone a "Merry Christmas".



親子燒烤樂

為讓各會員家庭有更多接觸及聯繫的機會，本會在11月舉辦了親子燒烤樂，當天有近100人參加。在一個輕鬆的環境下，參加者一邊燒烤，一邊互相認識以建立他們的朋輩網絡。家長們互相分享照顧子女的經驗，孩子則在跟旁玩耍並互相認識。另外，家長和孩子在燒烤的過程中能將學習到的醣質換算應用出來。當天參與活動的孩子和家長均認識了很多新朋友，並樂在其中。

BBQ get-together

Last November the Association organised a family-get-together BBQ so that families could connect with other families living with type 1 diabetes to provide a network of mutual support. Nearly 100 people attended and while the children played and made friends, parents chatted in a relaxed environment, sharing their experiences and tips for caring for their children with type 1 diabetes. Besides networking and having fun, parents and children also learned how to apply carbohydrates counting. It was a meaningful and entertaining event for both parents and children.



親子獵人 Family war games

本會於1月份舉行了「親子獵人」活動，讓青少年會員及其家庭會員可以一嘗打靶戰。活動剛開始時，參加者都充滿好奇並細心聆聽導師的講解。當他們體驗過第一場「槍戰」後，參加者並沒有因為怕痛而放棄，反之他們都表現得十分興奮並迫不及待地欲繼續下一場比賽。最終，青少年會員通過溝通合作及互相掩護，成功擊敗了家長隊，獲得最終的勝利。

We held a "Family War Games" activity for our younger members and their families to give them a taste of real "fighting". After the first "shoot-out" round, and despite a little pain from the "bullets", our members were excited to carry on and "fight" into the next round. Our young members defeated the parent team with their excellent communication and cooperation skills, winning them the final victory.

Individualised Diabetes Care Plan for Youth Diabetes Action Young Members at School

為本會青少年會員制訂在校的個人化糖尿病照顧計劃



你已跟學校的老師談及孩子的情況嗎？
HAVE YOU TALKED TO YOUR CHILD'S TEACHERS YET?

- ▶ 老師是否知道甚麼是一型糖尿病？
- ▶ 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？

以上僅是部份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。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尤其重要。

兒童糖尿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。

如需協助或正遇到與學校溝通問題，請聯絡本會協調員王小姐。

support@youthdiabetesaction.org。
電話：2543 0555

- ▶ 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?
- ▶ Is juice quickly accessible to your child in classrooms and the playground?

These are only some key points that teachers and school staff should know about your child's diabetes in order to keep them safe at school. It is very important to establish a partnership with your school to create a supportive environment for your child.

Youth Diabetes Action can help you tailor an individualised DIABETES CARE Plan that can be

shared between the parents, school and child.

Please contact Jenny Wong, our coordinator, for help with this or any other school issues you may be experiencing.

support@youthdiabetesaction.org
Tel: 2543 0555

活動預告 ■ UPCOMING EVENTS

家庭同「畫」日 Family Art Jamming

日期 Date: 待定 TBC
對象: 外籍會員家庭
地點: 九龍
Attendees: English-speaking families.
Location: Kowloon

透過是次活動，會員可以培養耐性，藉此機會互相認識，建立屬於他們的朋輩網絡。 This activity will help members enhance their patience and give them the opportunity to meet other members and build useful networks.

春日愛心樂悠悠 2014大都會 Spring Fling 2014 Metropolis

日期 Date: 30/05/2014
對象: 捐款者
地點: 金鐘
Attendees: The general public.
Location: Admiralty

春日愛心樂悠悠是本會一年一度的大型籌款晚會，為本會籌募經費。本年度的主題為大都會。 The annual Spring Fling ball will be held this year to raise funds for YDA. The theme for this year is "Metropolis".

健胰騎士夢環台2014 Ride for Youth Diabetes 2014

日期 Date: 20-30/08/2014
對象: 一型糖尿病患者或其家庭成員、醫護人員、贊助商、單車世代義工、公眾人士
地點: 台灣
Attendees: Type 1 diabetes patients and their families, medical professionals, sponsors, volunteers from Generation C and the general public. Location: Taiwan

是次活動除了激勵一型糖尿病患者的參與，達至突破自己及「我做得好！」的信心，亦希望提高公眾對一型糖尿病的認識及理解。另外是次活動亦為本會籌募服務發展經費。 Besides encouraging type 1 diabetes patients to participate, this event will hopefully also encourage a personal "can do" attitude in all our members. We hope the event will also help raise public awareness of type 1 diabetes, and raise funds for YDA service development.

小小農夫 Little Farmer

日期 Date: 10/05/2014
對象: 8-16歲青少年會員
地點: 上水
Attendees: 8-16 year old members.
Location: Sheung Shui

是次活動目的是希望會員可以嘗試農耕體驗，藉此機會互相認識，建立屬於他們的朋輩網絡。 This event aims to give members a taste of the farming life while making new friends and meeting other members.

青少年營2014

日期 Date: 08-10/08/2014
對象: 11-17歲青少年會員
地點: 長洲白普理營
Attendees: 11-17 year old teenage members. Location: The Salvation Army Bradbury Camp

每一年我們都會舉辦青少年營讓會員在營中學習如何獨立管理日常的糖尿病護理，從而建立他們的自信心和團隊合作精神。 The annual youth camp for our young members to learn how to independently manage their diabetes and build their self-confidence and team spirit.

Magazine fast facts

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

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**Youth Diabetes
Action**
兒童糖尿協會

連續血糖監測儀六天體驗計劃

連續血糖監測系統是嶄新的醫療科技，全天候嚴格監察血糖水平，讓醫護人員及病者可了解血糖的高低變化，從而制定一個更適切的治療來控制糖尿。Continuous glucose monitoring system (CGMS) is a new medical technology to provide a stream of interstitial glucose measurements. These measurements help medical professionals and patients to have better understanding of the blood glucose patterns, thus a better therapy can be devised to achieve better control.



查詢 Enquiries:

請電2544 3881

與何小姐聯絡

Please contact
Ms. Anty Ho
on 2544 3881

連續血糖監測儀體驗計劃

- ▶ 聯絡你的主診醫生/ 糖尿科姑娘，邀請他們提供意見及於監測後分析血糖監測數據

- ▶ 填妥登記表格及連同劃線支票交回本會
- ▶ 本會將通知體驗計劃日期
- ▶ 前往美敦力國際有限公司配載連續血糖監測儀
- ▶ 進行計劃期間，按美敦力國際有限公司產品使用指導，每天記錄飲食份量、胰島素劑量和運動量等資料
- ▶ 完成計劃後，交還連續血糖監測儀
- ▶ 於下次覆診時，將血糖監測數據及個人記錄交予主診醫生/ 糖尿科姑娘進行分析

費用

- ▶ 每次監測均需使用新的感應器，參加者需自行支付每個感應器港幣700元 (所有接受本會醫療用品資助計劃或領取綜合社會保障援助計劃會員可獲豁免)
- ▶ 參加者需繳付按金港幣1,000元，連續血糖監測儀交還後，將獲全數退回。如交還後發現有任何損毀，本會將扣除按金及收取因損毀之額外費用

CGM device on-loan programme

- ▶ Seek your Paediatrician's or Nurse educator's agreement and support in interpreting the graph after the report is generated
- ▶ Submit the completed enrolment form together with crossed cheque to Youth Diabetes Action
- ▶ YDA will notify the date to collect the device/ set up the sensor
- ▶ Set up the CGM device at Medtronic International (Hong Kong) Ltd
- ▶ Record the daily meals consumption, insulin taken and exercise engaged with reference to the product guidelines of Medtronic
- ▶ Return the CGM device to Medtronic
- ▶ Submit the CGM report together with the personal record to your Paediatrician or Nurse educator at your next medical appointment for review

Fee

- ▶ A new sensor is required for each trial. Each participant has to pay \$700 for each sensor. (Waived for YDA members under CSSA or YDA Financial Assistance Programme)
- ▶ A \$1,000 deposit is required, which will be fully refunded with the return of the CGM device. If any damage is found, the deposit will be deducted and additional fees will be charged for maintenance