



Youth Diabetes
Action
兒童糖尿協會

YDA today



Travelling with Diabetes 糖尿病之快樂去旅遊

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Continuous Glucose Monitoring Device (6 days) On-loan Programme

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2332 9056
與潘小姐聯絡
Please contact
Ms. Penny Poon
on 2332 9056

連續血糖監測儀體驗計劃

- ▶ 聯絡你的主診醫生/ 糖尿病科姑娘，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/ 糖尿病科姑娘進行分析

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

主席的話 ■ FROM THE CHAIR



很高興能夠接任兒童糖尿病協會主席一職，並初次執筆撰寫「主席的話」。能夠為協會出力是我的榮幸。我熱切期待透過本通訊，以及日後的連串活動與各位見面。

雖然糖尿病令我們無法隨心所欲地生活，但只要好好地計劃和準備，我們一樣能夠享受旅遊之樂。猶記得兒子確診後，第一次在酷熱的夏天帶他出門，事

前我小心翼翼地將胰島素放進冷凍箱，怕胰島素受高溫影響；後來我們學會了一個更經濟的解決方法，那便是以濕毛巾包裹胰島素。但更重要的是隨身帶備多一點小吃，以防血糖驟降。誰知道旅途上何時會被突如其來的大塞車害得寸步難行，又或者碰上其他延誤？

今期有不少一型糖尿病的過來人與讀者分享如何應對旅途上的各種挑戰，萬勿錯過。

兒童糖尿病協會主席
鄭馮亮琪

I am excited to take up the role as the Chairperson and to be writing my first note. It is my honour to work for the association and I look forward to meeting you, through the magazine as well as at forthcoming YDA activities.

Although we cannot be as carefree as we would like when living with

diabetes, with advanced planning and preparation there is nothing to stop us from enjoying the pleasure of travel. I still remember our first outing on a hot summer day after my son was diagnosed; we carefully put the insulin in an icy cooler to keep it cool, but since then we have learnt that, in fact, there are more economical solutions like wrapping the insulin in a damp towel. But more importantly, good advice is to always carry extra snacks with you to avoid hypos. Who knows when you might be trapped in unpredictable traffic congestion or face other delays when travelling?

In this issue you will hear from others on how they deal with the challenges of travelling with type 1.

Fina Cheng
Chairperson, YDA

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

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！」的信念，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.

日期 Date: 20-30/09/2014

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

Attendees: Type 1 diabetes patients and their families, medical professionals, sponsors, volunteers from Generation C and the general public.

地點: 台灣
Location: Taiwan



專訪 ■ INTERVIEW

我做不到！ Yes! We can!

兒童糖尿協會副主席 蔡浩澎先生



「一型糖尿病」對我來說一直是個非常陌生的醫學名詞，在華人之間也十分罕見。直至16年前，家中有人患上這個病，我才真正感受這個病為全家人帶來的壓力，甚至煎熬。

經營醫療業務20年，直到2012年11月退休後，我決定加入兒童糖尿協會委員會，希望以自己的經驗為協會出一分力。我致電當時的主席何苗春暉女士，很快便成為委員會的一員。

看見委員會在何女士和現任主席鄭亮琪女士的帶領下，盡心盡力地協助無數家庭和兒童應付糖尿病造成的壓力和創傷，讓我這名新人留下非常深刻的印象。隨著醫學不斷進步，一型糖尿病患者的壽命與普通人無異，但病童的成長歷程一點也不輕鬆。事實上，他們需要面對極大的挑戰。

即將出發的「健胰騎士夢環台2014」是我所籌辦的其中一個項目。我很喜歡踏單車，幾年前我騎單車遊走台灣，連續9天每天踏100公里或以上。對我來說，那是一項艱巨的挑戰；我於是想到，假如一型糖尿病患者也能夠克服同樣的挑戰，必定有助增強他們的自信，並成為其他人的榜樣。這也是我想舉辦「健胰騎士夢環台2014」的緣由。這次的參加者除了一型糖尿病患者外，還有他們的家人、醫護人員和義工。

我很高興看見不少一型糖尿病患者參加這次旅程，當中有些更是年紀輕輕的小騎士。他們勇於接受挑戰，並努力作好克服困難的準備，這份自信必定能夠鼓舞其他患者。我衷心希望在協會的幫助下，有更多一型糖尿病患者能夠發揮潛能，並滿懷自信地高呼「我做不到！」



Introducing Raymond Choi, YDA Vice-Chair

For a long time "type 1 diabetes" was just an alien medical term to me as it is so rare amongst ethnic Chinese, but 16 years ago a family member was diagnosed with type 1 and I saw first hand how the disease stresses, even traumatises the family.

In November 2012, having retired from my own home healthcare business that I had been operating for 20 years, I decided that I would offer to serve on the YDA council as I hoped my experience would be useful. I made a call to the then Chairperson, Joanna Hotung, and soon found myself a member of the council.

As a new kid on the block, I was impressed how the council, under the leadership of Joanna, and now the new Chairperson Fina works ever so passionately to help families and children handle the stress or trauma of the disease. With advances in medicine, type 1 diabetic individuals can expect to enjoy a life expectancy similar to that of any other person, but it does not mean that

the growing up as a type 1 child is easy. In fact it is extremely challenging.

One of the projects that I have organised is the cycling trip to Taiwan from the 20 - 30 of September, 2014. I enjoy cycling and a few years ago I biked around Taiwan, cycling 100 or more kilometres per day, consecutively for nine days. It was a real challenge for me, and I realised that if someone with type 1 achieved this same challenge, it would truly help boost his/her confidence, and help positively influence others. Hence the "Ride for Youth Diabetes 2014", a trip to take a group of type 1 people, family members, medical personnel, and supporters on a cycling "Tour de Taiwan", was born.

We are pleased to have a number of type 1 people on this trip, including some very young ones. Their courage to take up the challenge, to be prepared, and to overcome the challenge, says a lot and they will no doubt inspire other type 1 individuals. "Yes! We can!". I hope we shall be able to help more type 1's utter those words with confidence, and support them in developing their full potential.

生活 ■ LIFESTYLE

糖尿病與單車樂 Cycling with diabetes



即使未能參加兒童糖尿協會在9月主辦的「健胰騎士夢環台2014」，你仍可在香港享受單車之樂！身為一型糖尿病患者，你應該多認識這個病，並做好準備。為助你一臂之力，以下特別錄錄了多個網站的貼士，你應該在運動前，與你的主診醫生好好商量這些建議所觸及的事項。

先告訴你一個好消息：運動有益身心，人人受惠，尤其是糖尿病患者。運動會提高胰島素的效能，減少你對胰島素的需求。定期運動可降低身體對胰島素的需求多達20%，視乎你運動的強度及時間，有時更可以降低至50%！單車的另一個好處是對足部的勞損較跑步等其他運動少。

一開始運動，體內胰島素的效能便會上升，因此血糖必須時刻保持在適當的水平。先吃一個均衡的早餐；運動期間，起碼要每半小時吃點東西。

胰島素泵使用者在運動前60至90分鐘應調整胰島素基礎劑量，而使用混合注射的則需要在前一晚減少長效胰島素，以便有足夠時間讓胰島素發揮作用。開始運動前及在運動期間檢查血糖水平是否穩定，抑或正在下降。運動期間應定時篤手指檢查；專家建議每半小時檢查一次。一個完整的血糖紀錄及碳水化合物化合物的補充有助你設定個人運動計劃。

胰島素應注射在較不活躍的肌肉，換言之，踏單車前不應在腿部肌肉注射胰島素。

如血糖讀數相當於或高於15mmol/l，應檢查尿液是否有酮體。如血液中有酮體，便不應做運動。

任何人做運動都必須補充水份，一型糖尿病患者尤其不能大意，因為脫水會引致血糖水平驟升。

運動後48小時內，體內胰島素的效能將會提高，血糖驟降的風險亦隨之增加，因此運動後應定時檢查血糖水平，你可能需要減少胰島素的注射劑量，尤其是你持續運動了4小時或以上。

運動是很好的社交活動，更有助調劑心情，保持健康體魄，好處多不勝數。今個夏日，就讓我們盡情享受單車之樂！

Even if you aren't going on the Taiwan cycling trip with YDA this summer, you can still do some cycling here in Hong Kong! But with type 1, you need to educate yourself and plan ahead. To help with this, the advice below has been summarised from various resources* and is provided as a guide for the topics you should discuss with your doctor prior to exercising.

Good news first: exercise is great for everybody, but especially for people with diabetes. Exercise helps make insulin work more efficiently, so you therefore require less of it. Regular exercise can reduce your need for insulin by as much

as 20%-50% which is dependent on the exercise intensity and duration. Cycling provides the additional benefit that it is kinder on your feet than other sports such as running.

Once you start exercising, the insulin in your body will start to work more efficiently so be sure to maintain adequate blood glucose levels at all times. Start the day with a well-balanced breakfast, and top up at least every half hour while exercising.

Pump users should make basal rate adjustments 60-90 minutes before exercising; those on multiple daily injections should reduce the basal insulin level the night before exercising to allow time for the insulin to work. Check half an hour and right before exercising to see if your blood glucose (BG) is stable or dropping. Prick regularly while exercising; experts recommend checking every half hour. Also a comprehensive blood glucose and supplementary carbohydrate record is good for an individualised exercise plan.

Inject into the less active muscles; for cycling that means you should not inject into your leg muscles.

If your blood glucose reading is equal to or more than 15mmol/l then check your urine for ketones. You should not exercise if you have ketones in your blood.

Everyone who exercises needs to keep hydrated, especially with type 1, as dehydration can cause blood glucose levels to spike.

Insulin will work more efficiently in your body for up to 48 hours after exercising, so there is an increased danger of hypoglycaemia. Check your blood glucose regularly and consider reducing your insulin dose even after exercising, especially for long exercise sessions (up to four hours).

Exercise is great way to socialise, lift your mood and keep healthy. Enjoy safe cycling this summer!

兒童糖尿協會成員的旅遊貼士

Tips from YDA travellers

兩家人分享他們與患有糖尿病的孩子出遊的經驗和心得。

Two families share their tips and advice for travelling with diabetes.



樂軒 Lok Hin

樂軒父母供稿

樂軒在4歲多時確診一型糖尿病，現在10歲，他還有一個弟弟。

Contributed by Lok Hin's parents

Lok Hin is one of two children, and was diagnosed when he was four-years old; he is now 10 years old.

我們的貼士

- ▶ 機場保安：過去在東南亞旅行，從未試過需要向海關出示醫生信，但我們總會帶備信件，以防萬一。
- ▶ 保存胰島素：樂軒會隨身攜帶自己的注射筆，但我們也準備了後備注射筆放在另一個人身上。我們會用錫紙包好藥物放入冰袋，到酒店後立即放入雪櫃。
- ▶ 糖尿病用品：我們會比平時多帶2倍的藥物作後備，以防萬一。
- ▶ 應付陌生的食物：遇到不懂換算的食物，我們也會讓樂軒淺嘗。我們覺得無須太執著於血糖水平，因為只是出門幾天，“隻眼開，隻眼閉”亦不為過。
- ▶ 旅遊保險：我們沒有為此購買特別的旅保，買的只是一般人的普通旅遊保險。

樂軒5歲時，我們計劃帶他到馬來西亞旅行。回想這次旅行，我們嚴陣以待。我們徵詢了醫生的意見，並準備了容易攜帶的小吃，額外的針藥、升糖素等等。我們又特地預訂了飛機上的糖尿餐（後來發覺其實是不必要的，回程時就沒有再預訂了）

雖有醫生信證明樂軒須隨身攜帶針藥，過關時仍感到戰戰兢兢，但最終白擔心一場。

“那次旅程之後，我們又出門好幾次。我們發現帶樂軒到外地旅行與在香港照顧他的起居無異。我們不會讓糖尿病影響日後的旅行計劃。

A year after Lok Hin was diagnosed, when he was five years old, we planned a trip to Malaysia and I recall that we were extremely careful in our planning. We sought our doctor's advice, prepared easy-to-carry snacks, extra needles, glucagon, etc, and even booked a diabetic meal on the outward flight (which we realised was unnecessary and didn't bother booking on the return).

Even though we had a medical certificate to explain our situation to customs officers, we were still nervous but it turned out our fear was unfounded.

Since that first trip we have travelled again several times, and found that managing Lok Hin's diabetes abroad is not so very different from managing it in Hong Kong. We certainly won't let diabetes get in the way of future travel plans.

Our tips:

- ▶ Airport security: Although we have never had to present a letter for customs while traveling in Southeast Asia, we always carry a doctor's letter with us, just in case.
- ▶ Caring for insulin: Lok Hin carries his own insulin pen while travelling but we also prepare a back-up pen, which is carried by a different person. While travelling, we carry the insulin wrapped in tinfoil inside an insulated cooler bag, and put it in the hotel fridge as soon as we arrive.
- ▶ Diabetes supplies: We always take two to three times more diabetes supplies than we think we need just in case something gets lost or destroyed.
- ▶ Dealing with strange food: If we are not sure of the carb count for any of the new foods we come across, we will give Lok Hin a small taste. Our attitude is that we shouldn't worry too much about maintaining strict glucose levels since we're only ever traveling for a few days so we're comfortable with Lok Hin trying new foods.
- ▶ Travel insurance: When it comes to travel insurance we have never bought a special package, we've just bought the general travel insurance used by anyone else.



芷晴和她的家人到日本旅遊
Tsz Ching and her family travelling to Japan



樂軒和他的家人到馬來西亞旅遊
Lok Hin and his family travelling to Malaysia



... 和到日本旅遊
... and to Japan



芷晴 Tsz Ching

芷晴父母供稿

芷晴在6歲時確診一型糖尿病，現在14歲。

「第一次和芷晴去旅行是確診後的第四年，當時她10歲，目的地是台北。她用的是胰島素筆。至今我們已多次出門旅行，很高興有機會跟大家分享經驗和建議。」

Contributed by Tsz Ching's parents

Tsz Ching is now 14-years old and was diagnosed when she was six years old.

The first time Tsz Ching went on a trip was to Taipei when she was 10 years old, and four years after she had been diagnosed. At that time she was using an insulin pen. We have travelled a few times since and are glad to share our experience and advice.

我們的貼士

- ▶ 機場保安：我們在出發前要求主診醫生提供醫生信，證明芷晴有需要隨身攜帶血糖機和胰島素等物品，以便海關人員核實。
- ▶ 保存胰島素：我們初次出門正值冬季，所以未就攜帶胰島素作出特別的安排。後來在夏天去旅行時就使用冰袋，以防胰島素因過熱而變壞。
- ▶ 糖尿病用品：為減低旅途中遺失用具的風險，我們準備了三套血糖機、胰島素和針咀等用品。一套由芷晴隨身攜帶，一套由家長攜帶，另一套則放在行李箱中，到酒店後便把胰島素放入雪櫃。
- ▶ 應付陌生的食物：遇到從未吃過的食物時，我們的做法是先讓芷晴吃一點，但淺嘗即止；如餐後血糖水平沒有大變化，下次再遇到同樣的食物便可以讓芷晴多吃一點，但會相應減少其他食物的份量。
- ▶ 旅遊保險：我們在購買旅行保險時都會說明芷晴的情況，了解是否需要加保費，但至今都不需要。
- ▶ 海外醫療支援：我們未嘗在異地求醫，但出發前會先了解當地的醫療服務，不會選擇到較落後的地方旅行。

Our tips:

- ▶ Airport security: Prior to departure, we get a doctor's letter for customs to verify our need to carry such items as a blood glucose meter and insulin.
- ▶ Caring for insulin: The first time we used a cooler bag to prevent the insulin from becoming spoiled.
- ▶ Diabetes supplies: To reduce the risk of losing equipment, we prepare and take with us three sets of insulin, needles and blood glucose monitors, Tsz Ching carries one set, two sets are carried by a parent. Once at the hotel, we put the insulin into the fridge.
- ▶ Dealing with strange food: When we come across new foods, our approach is to first let Tsz Ching eat small amounts so that there shouldn't be too much of a change in her blood glucose levels after eating. The next time we encounter the same food, we let Tsz Ching eat a little more, but at the same time reduce other foods proportionately.
- ▶ Travel insurance: We always let the insurers know about Tsz Ching's condition in case there is an extra premium, but so far we have not had to pay more.
- ▶ Medical support overseas: We've never had to use a foreign doctor, but we have taken time to learn about local medical services before departure, and we have chosen not to travel to less developed areas.

專題 ■ FEATURE

糖尿病之快樂去旅遊 ✈️

Travelling with diabetes



張淑敏姑娘, 糖尿科專科護士
Ms. Marina Cheung, Diabetes Nurse Specialist

在年初的糖尿病研討會上, 糖尿科專科護士張淑敏姑娘分享了父母帶患有糖尿病的孩子出門旅行的貼士和建議。

Nurse Marina Cheung spoke at the Diabetes Conference earlier this year, offering parents useful tips and advice for travelling with diabetes.

旅遊的好處不言自明。對很多人來說, 旅行可以舒緩工作、功課和其他日常生活的壓力, 讓身心有機會休息放鬆。

可是, 對不少糖尿病童的父母來說, 出外旅行的確令他們感到一定的壓力和擔憂。有些父母十分緊張子女的病情, 不知道子女現時的狀況是否適合遠行。他們既擔心改變日常起居作息的時間會影響子女的血糖水平, 又怕周車勞頓令子女體力透支, 引致血糖驟降。

但你總不可能永遠半步不出家門, 一家人到海外度假的好處遠多於出門帶來的憂慮。只要做多一點準備, 好好計劃, 即使有糖尿病也可以舉家享受旅遊樂。

The benefits of travelling hardly need explaining; for the majority of people, travelling abroad for a break helps relieve the stress that comes with work or study and other everyday stresses, offering your mind and body the opportunity to take some down time and relax.

However for many parents of children with diabetes, travelling abroad can actually cause some stress and worry. Some parents are anxious about their child's current condition and whether or not it is stable enough to be going on holiday; they're concerned about the change in their child's daily routine and schedule affecting their blood glucose levels, and general fears that the physical exertion of all the travelling will cause low blood glucose levels.

But you can't avoid travelling forever and in fact the benefits of a family holiday and travelling abroad far outweigh any worries you may have. With a bit of extra preparation and planning, there is no reason you and your family can't travel despite diabetes.



“

你總不可能永遠半步不出家門, 一家人到海外度假的好處遠多於出門帶來的憂慮。You can't avoid travelling forever and in fact the benefits of a family holiday and travelling abroad far outweigh any worries you may have.

A few tips to help make travelling easier

Talk to your medical expert:

- Confirm the time difference (if any) and calculate together the time of each dose in your new time zone before you depart.
- Ask the doctor to write a letter with a brief outline/description of your child's condition – this will be useful at the airport when carrying insulin etc through security and if you do require medical advice abroad the doctor will have the necessary background knowledge. Don't give away the original of this letter.

When travelling, carry the following items with you:

- Medicine prescriptions.
- Emergency contact numbers.
- Doctor's name and phone number.
- Travel insurance and medical cards.
- Insulin in the event your luggage goes missing – plus your insulin

will freeze in the cold high-altitude temperatures in cargo. You should also take care to avoid keeping insulin in high temperatures as well.

Diet:

- If travelling by air, consult the airline for a diabetes-friendly meal.
- Carry enough snacks for when you're out and about.
- If you don't eat out at home often, ask your nutritionist for advice on eating out while you're away.

Skin care:

- Like anyone else, bring sun protection if you're going to a hot climate – hats, umbrellas and sunscreen.
- If travelling to a cold destination, bring body lotions and creams to moisturise the body, especially the feet. Check your child's feet daily for injuries or blisters. Consult a doctor if there are any wounds.

Our checklist for the night before departure:

1. Carry your diabetes identification card.
2. Write out in detail the condition, drugs and insulin name and quantity for your child.
3. Carry with you the required oral medication and insulin (twice the required amount).
4. Insulin pens.
5. Alcohol swabs, needles.
6. Ample supply of blood glucose meters, test strips and urine ketone testing strips.
7. Glucagon in case of emergencies.
8. The doctor's letter.
9. Drug prescription letter.
10. Enough biscuits, snacks, sugar and drinks.
11. Comfortable shoes and socks.

輕鬆外遊小貼士

請教醫療專家:

- 確定目的地時差 (如有), 出發前一起計算在新時區注射藥物的時間表。
- 請醫生寫信簡介 / 描述子女的病情 – 有了這封信, 便可以帶同針藥等醫療物資通過機場的保安檢查; 如須在海外求醫, 當地醫生亦可從信中得悉子女基本病歷。信件正本必須自己保存。

旅行途中隨身攜帶:

- 藥物處方
- 緊急聯絡電話號碼
- 醫生姓名和電話號碼
- 旅遊保險和醫療卡

- 隨身帶備胰島素以防遺失行李 – 而且放在行李艙的胰島素會在高空低溫下凝固; 你也要注意高溫對胰島素的影響。

飲食:

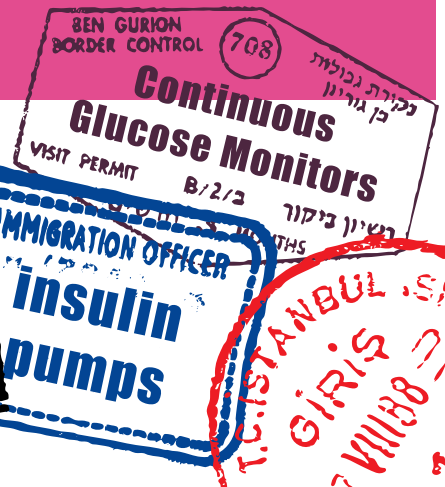
- 如乘搭飛機外遊, 應向航空公司查詢會否供應適合糖尿病人的餐點。
- 外出活動時隨身帶備足夠的小食。
- 如平日甚少外出用膳, 應向營養師查詢旅行期間外出飲食的貼士。

皮膚護理:

- 如前往天氣炎熱的地方, 應像其他人一樣帶備防曬用品, 例如帽子、雨傘和防曬油。
- 如目的地天氣寒冷, 應帶備潤膚乳液和潤膚霜以滋潤全身, 尤其是雙腳。每天檢查子女雙腳有沒有受傷或長水泡。如有需要應向醫生求助。

出發前一晚的檢查清單:

1. 帶備糖尿病識別卡
2. 詳細記下子女的病情、所需藥物和胰島素的名稱和劑量
3. 隨身攜帶子女所需的口服藥物和胰島素 (兩倍所需份量)
4. 胰島素筆
5. 酒精紙巾、針
6. 有足夠數量的血糖機、血糖試紙和尿酮試紙
7. 帶備升糖素以防萬一
8. 醫生信
9. 藥物處方信
10. 充足的餅乾、小食、糖果和飲品
11. 舒適的鞋襪



青年角度 ■ YOUTH VIEW

上天入海 Diving high, diving low

By Brittany Fried

糖尿病人參與極限活動的竅訣

暑假是歷險的季節，即使你有糖尿病，一樣可以盡情投入！確診一型糖尿病以來，我玩過水肺潛水、騎馬旅行、激流飄筏；最近更在復活節期間去跳傘！一如既往，我活得精彩，知識也增長不少。

首先，胰島素泵易受氣壓（不論高低）改變影響。ASweetLife 的 Melissa Lee 建議在飛機起飛及降落時關掉胰島素泵，因為高度和氣壓驟變會引致胰島素泵向身體注入胰島素，但不會留下任何紀錄（詳情可參閱：<http://bit.ly/diabetes-flying>）。另外，三年前我參加水肺潛水活動，我發現初次下潛後，血糖水平持續高企，後來才知道胰島素泵的電池因下潛後水壓上升而內爆。

第二，你應該靈活改變胰島素的注射方法，尤其是胰島素泵的用法。例如，跳傘那天我便暫停用泵，改用注射筆。在決定最理想的注射方法時，最好列出所有相關因素，例如會否上天入海、在極端溫度下活動，又或者活動是否涉及激烈的動作。（請參考右圖）

最後，不用擔心血糖處於高一點的水平。跳傘前，我的血糖水平約為190 mg/dL或10.5 mmol/L，即使血糖水平驟降也有轉寰餘地。跳傘後，我發現血糖標高至300 mg/dL或16.5 mmol/L，很可能是身體迅速分泌腎上腺素所致！血糖長時間偏高不利健

康，但在參與劇烈活動前，不妨任由血糖升至略高於平均的水平，讓血糖有上落的空間，同時保障自己的健康和平安。

出發歷險前應與你的內分泌科醫生商量以保安全，但記住：從跳傘到潛水，任何活動你都可以參加，千萬別讓糖尿病拖你後腿！

Doing Extreme Activities With Your Diabetes

Summer holidays are all about adventure and just because you are diabetic, it does not mean you have to be held back! Since being diagnosed with type 1, I have gone scuba diving, llama trekking, and white water rafting; during the recent Easter Break, I even went skydiving! As always, I lived and I learned.

First, insulin pumps do not respond well to pressure change — high or low. Melissa Lee of "ASweetLife" suggests that diabetic pumps should be turned off during a plane's ascent and descent because rapid altitude and pressure changes can cause insulin to move into the body undocumented (read more at: <http://bit.ly/diabetes-flying>.) On the other hand, three years ago, when I went scuba diving, I could not understand why my

blood glucose (BG) was continuously high following my first dive. Finally, I discovered that my pump batteries had imploded from the pressure of being so far below sea level.

Second, you have to be flexible with changing your means of delivering insulin, especially if you are using a pump. For instance, the day I went skydiving, I went off my pump and onto shots. The best way to decide the ideal method of treatment is through listing out all factors that may come into play, such as great height, depth, temperature, or movement. (See chart below)

Finally, do not be afraid to go a little high. Before I went skydiving, my BG was around 190 mg/dL or 10.5 mmol/L to give me a little leeway just in case my BG levels changed rapidly. When I came out of skydiving, I found that my BG had shot up to 300 mg/dL or 16.5 mmol/L, most likely due to the adrenaline rush! Remaining high is unhealthy over a sustained period of time, however it is important to let your BG run slightly above average when going into strenuous activity so that your BG will have room to fluctuate and you will still remain healthy and safe.

Be safe and talk to your endocrinologist before embarking on great adventures, but remember that you can do anything from skydiving to scuba diving — never let your diabetes hold you back!

Brittany 博客網址：
Follow Brittany at
divingintodiabetes.wordpress.com

會員活動 ■ MEMBERS' ACTIVITIES



小小農夫

在炎熱的天氣下，本會一行30人去到了上水的假日農莊體驗農耕之樂。早上我們參觀了農莊，農莊有多種不同動植物，包括我們日常會見到的家禽、荔枝樹及菠蘿等等。參觀後，參加者學習扎稻草人，每一位會員都製作出一個獨一無二的小稻草人。在午飯時間，會員和義工一起燒烤，學習分別食物的生熟。到了下午，參加者由農夫搖身一變成為了做麵條的師傅。在導師的指導下，他們做出自家製的麵條，帶回家中與家人分享。

Little farmer

On a really hot day, 30 people joined us at the Holiday Farm in Sheung Shui to experience the joys of farming. In the morning we visited the farm and enjoyed seeing the variety of different plants and animals, such as poultry, lychee trees and pineapple plants. After the tour, participants learnt how to make and tie their own mini scarecrow, so every member was able to make their own unique scarecrow. At lunchtime members and volunteers enjoyed a barbeque and learnt the importance of separating raw and cooked foods. In the afternoon, our members transformed from farmers to chefs. They learnt how to make "homemade" noodles under the guidance of the instructors at the farm, and they were able to take the noodles home to share with their families.

黑色領悟 Sense in the dark

為幫助會員建立正面的人生態度，本會於三月舉辦了「黑色領悟」的體驗活動，讓40名會員及義工在「黑暗中對話體驗館」親身感受視障人士的行動與生活模式。

參加者走進漆黑空間的時候，由於伸手不見五指，所以都顯得份外緊張。導賞員指導參加者用視覺以外的感官感受周邊的環境 - 以聽覺辨認所身處的地方、用觸覺及嗅覺去辨別所接觸的物件。

體驗過後，參加者與視障人士的導賞員對話，分享視障人士在社會上遇到的困難和需要，各參加者活動後都有所領悟，令他們提升自信。

To help members develop a positive attitude towards life, the 'Sense in the dark' activity enabled 40 members and volunteers to experience what life is like for the visually impaired.

Participants walked into a pitch-black room, which naturally made a few of our members a little nervous. Acting "tour guide" participants felt with their other senses, such as hearing, touch and sense of smell to identify various objects.

After the experience, participants and the visually impaired tour guides shared the difficulties that visually impaired people are face in society and their needs. Through this activity, participants learnt a lot and raised their self-confidence.



家庭同畫日

為了讓一些外藉會員家庭可以互相認識，建立他們的朋輩網絡。本會在5月初舉行家庭同畫日。他們除了可以互相認識外，亦可以透過畫畫表達出自己的心情及訓練耐性。當天每位參加者都化身為一位畫家，充分發揮自己的繪畫天份。

Family art jamming

We organised Family art jamming to provide the opportunity for some of our members and their family to get to know one another and build peer networks. The event was held in May to coincide with family day. Besides getting to know each other, attendees also got to express their feelings through art and a paint and learn patience. Each attendee was transformed into an artist that day, giving full focus to their talents for art.

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。

Donate Now

If you would like to make a donation in support of Youth Diabetes Action you can download our donation form from our website (www.youthdiabetesaction.org). You can make a one-off donation or monthly donation by crossed cheque or credit card.

春日愛心樂悠悠2014大都會 ■ SPRING FLING 2014 METROPOLIS



港麗酒店搖身一變成為大都會，以配合春日愛心樂悠悠2014的主題。今年有超過300位賓客出席，包括特別嘉賓香港特別行政區食物及衛生局局長高永文，BBS, JP。籌款晚宴圓滿成功，大家都渡過了一個愉快而難忘的晚上。



The Conrad Hotel was transformed into a Metropolis this year as the theme for our annual Spring Fling fundraiser. With over 300 guests in attendance, including our honourable guest, Dr. Ko Wing-Man BBS JP, the Secretary for Food and Health of the Governments of the HKSAR, the night was a huge success and wonderful event for all involved.

鳴謝 ■ ACKNOWLEDGEMENTS

兒童糖尿協會衷心感謝下列機構、團體及人士於2014年3月至5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 those companies, organizations and individuals during March and May 2014, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, Thank you! (In no specified order)

- SENSE IN THE DARK**
黑色領悟
Emerson Electric Asia-Pacific

LITTLE FARMER
小小農夫
Goldman Sachs (Asia) LLC.
Volunteers from Goldman Sachs (Asia) LLC.

SPRING FLING 2014
春日愛心樂悠悠2014

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Maisy Mok
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Tsang Sin Ting

活動預告 ■ UPCOMING EVENTS

小小蜘蛛俠

Indoor wall climbing

日期 Date: 26/07/2014

對象: 7-16歲青少年會員

地點: 觀塘

Attendees: Young members aged 7-16

Location: Kwun Tong

為了讓會員可以培養做運動的興趣及讓他們接觸更多不同類型的活動。本會安排了一次室內攀石。We will arrange an indoor wall climbing activity to give members the opportunity to develop an interest in doing exercise and expose them to a wider range of activities.

青少年營2014

Youth camp

日期 Date: 8-10/08/2014

對象: 11-17歲青少年會員

地點: 長洲白普理營

Attendees: Young members aged 11-17

Location: The Salvation Army Bradbury Camp, Cheung Chau

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。Each year we organise a summer youth camp for members to learn how to independently manage daily diabetes care in order to establish their confidence and to learn the benefits of teamwork.

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糖尿病屬嚴重疾病，需要患者家人時刻的照料。本刊及其網頁提供的資料僅屬概括性，不應被視為醫學意見或診斷。本刊所載的資料、意見及建議均不能取代您的主診醫生的建議，若您想對孩子的糖尿病管理模式作出任何改變，必須先諮詢主診醫生的意見。會員的分享純粹基於個人經驗，而在本刊刊登廣告的公司純屬向病人和護理者提供資料，並不代表兒童糖尿病協會承認向有關公司購買產品和服務，可得到廣告上列出的好處，並非所有產品都適合所有人的需要。Diabetes is a serious disease that requires ongoing care from the family. The information in this magazine is for general information only, and should not be construed as medical advice or diagnosis. The information, opinions, and recommendations 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 management of your child's diabetes. Contributions from members are based on personal experience only. Advertisements from interested companies are accepted for the sole purpose of providing information for patients and their caregivers, not as an endorsement by the Youth Diabetes Action of the benefits of purchasing products and services from these companies. Not all products are suitable for all persons.

家庭沙灘樂

Beach party

日期 Date: 08/2014

對象: 青少年會員及其家庭

地點: 屯門

Attendees: Young members and their families

Location: Tuen Mun

為讓會員家庭之間互相認識，本會定期地舉辦不同的親子活動。這個夏日我們將安排沙灘活動讓大家可以聚在一起互相認識。A summer get together with fun beach activities for families to get to know each other or keep in touch.

家庭日@大澳

Family day at Tai O

日期 Date: 24/08/2014

對象: 6-16歲青少年會員及其家庭

地點: 大澳

Attendees: Young members aged 6-16 and their families

Location: Tai O

走進香港現存最著名的漁村——大澳，認識和體驗歷史悠久的漁業文化及歷史。而透過是次活動，會員家庭可以互相認識，建立朋輩關係。To reach deep into the famous fishing town – Tai O and learn about its past and present. This activity gives member's families opportunity to meet other families and build their network

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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Safety at School: YDA individualised student diabetes care plan



Youth Diabetes
Action
兒童糖尿協會

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。

電郵：
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 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.

Email:
support@youthdiabetesaction.org
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