



Youth Diabetes  
Action  
兒童糖尿協會

# YDA today



news  
letter



2014  
Dec



issue  
39



Cycling because ... "Yes! We can!"

健胰騎士夢環台

## 目錄 INSIDE

主席的話	FROM THE CHAIR	
活動預告	UPCOMING EVENTS	
專訪	INTERVIEW	1
會員活動	MEMBERS' ACTIVITIES	10
世界糖尿病日	WORLD DIABETES DAY	11
鳴謝	ACKNOWLEDGEMENTS	12

## 主席的話 ■ FROM THE CHAIR

2014年最讓人回味的必定是全新的單車項目。我衷心多謝所有不辭勞苦地陪著我們受訓的義務教練：沒有你們的幫忙，我們一定無法完成台灣單車之旅。

還記得大家是在一個雷電交加的星期日早上，在天橋下舉行第一次簡報會（當時大家的單車頭盔都套上浴帽）！幸好最終停了雨，我們隨即在潮濕而酷熱難當的天氣下，沿著單車徑/馬路練習起來。最難得的是，在5至9月的訓練期內，無論跌倒多少次，天氣多麼變幻莫測，從來沒有人想過要放棄。

患有一型糖尿病的團友全程以連續血糖監測儀（多謝護士Maisy和一班醫生）監察血糖水平，藉此了解運動及進食對血糖水平的影響。這次旅程雖然半點不輕鬆，但結果令人滿意，參加者合共籌得超過港幣90萬善款！我非常感激各位對這項活動的投入和貢獻。現在我們可以昂首挺胸，高聲說句：我做得好！

The highlight of 2014 has to be the new cycling programme. A sincere thank you to all the volunteer coaches who tirelessly trained with us, without them we couldn't have completed the cycling journey in Taiwan.

It was a thundery Sunday morning when we had our first briefing under the cover of the sky bridge (we were actually all wearing shower caps on top of our helmets)! Fortunately, the rain finally stopped and we started practising cycling on the pavement in unbearable humidity and heat. Amazingly, it never even crossed anyone's mind to give up, no matter how many falls or what unpredictable weather came our way during the training sessions from May to September.

Our type 1 diabetics monitored their blood sugar levels using the CGMS (thanks to Nurse Maisy and the doctors),



which helped them understand how exercise and food intake affected their blood sugar levels. The journey was tough but satisfying, and our participants raised more than HK\$900,000 from the tour! I cannot thank everyone enough for their participation and contribution to the event. We can say it proudly and say it loud – Yes! We can!

## 活動預告 ■ UPCOMING EVENTS

### 家庭奇妙時刻

#### Family Magical Moment

日期 Date: 01/2015

對象: 本會青少年/成年會員及其家庭會員或直系親屬

Attendees: Young/ adult members and families

會員家庭可以透過此活動互相認識，分享日常照顧經驗，建立朋輩關係。

Families will have the opportunity to spend a day with each other at Disneyland. While enjoying the festivities, the families can build peer relations by sharing their daily care tips and experiences.

### 糖尿病座談會

#### Diabetes Symposium

日期 Date: 02/2015

對象: 本港各中小學的駐校護士、教職員  
Attendees: Primary and secondary school nurses and staff

讓為本港各中小學的駐校護士、教職員了解有關一型糖尿病兒童在校護理。

This symposium for primary and secondary school nurses and staff will provide the opportunity to learn more about type 1 diabetes care for children in school.

### 小小勇士歷奇日

#### Little Soldier Adventure

日期 Date: 03/2015

對象: 8-17歲青少年會員

Attendees: Young members aged 8-17

會員透過活動中的考驗，以小組形式一同經歷溝通、協調、實踐及檢討，培養團結及互助精神並提升解難能力。 This activity will test our members' skills of communication and coordination. It will teach them how to be a team player, learn the importance of teamwork, and improve their problem-solving abilities.

• 詳情請留意本會稍後寄出的活動通告。

\* Please stay tuned for further details of members' activities.



專訪 ■ INTERVIEW

# 健胰騎士夢環台

## Cycling because ... "Yes! We can!"

由兒童糖尿協會主辦的「健胰騎士夢環台2014」是一個為期五個月的單車籌款項目，目的是激勵糖尿病患者發揮「我做不到！」的精神。從幾位騎士鼓舞人心的故事中，可知這次活動不但功得圓滿，效果更比想像中還要令人滿意。“Ride for Youth Diabetes 2014” was a 5-month fundraising and motivational cycling programme organised by YDA to inspire a spirit of “Yes! We Can”. Read the cyclists’ inspiring stories and you will realise the goal was achieved several times over with wonderful results.



以蔡浩澎先生為首的籌備委員會希望鼓勵一型糖尿病患者自強不息，別讓糖尿病成為他們達成理想的障礙。

環台之旅有超過30位單車愛好者參加，包括患有一型糖尿病的兒童糖尿協會會員及其家人、醫護人員和單車義工等。參加者自五月起受訓，到九月底才正式出發，挑戰912公里的環台單車之旅。單車手可選擇九天的全環台之旅，五天半環台之旅或更短的旅程。沿途有一隊工作人員乘車隨後提供支援。

參加者不但自付團費及後勤支援的開支，更積極為兒童糖尿協會籌款。這項活動至今已為協會籌得港幣925,000，但這趟旅程最大的收穫，其實是改變了參加者的人生。



The mission of the organising committee, led by Raymond Choi, was to inspire people with type 1 diabetes to understand that the disease should not be a hindrance to achieving goals in life.

The team of over 30 cyclists were made up of YDA members with type 1 diabetes and their families, medical professionals, and cycling volunteers. With training starting in May, the climax of the programme was a 912km cycling tour of Taiwan in late September. Cyclists could take part in the full 9-day tour, in the 5-day half, or shorter mini tour. A team of non-cycling supporters followed in the support vehicles.

Participants were active in using the event as an inspiration to raise funds for YDA, however the tour fare and logistical expenses were borne by the participants themselves. To date the programme has raised HK\$925,000, however, the greatest achievement has been in the difference the tour has made on the participants’ lives.

## Vincent, Dicky 和民希的故事

Vincent、民希和Dicky是兒童糖尿協會的三位成年會員。三人都患有一型糖尿病，並一同接受這次台灣單車之旅的挑戰。Dicky和民希走畢912公里全程，而單車新手Vincent則參加了五日的半環台旅程。回港後三人依然充滿幹勁，神采飛揚，身上可見曝曬後單車手套和T恤留下的痕跡。這次聚首一堂，是為了分享台灣之旅的點滴。

### 報名與受訓

話匣子由一個簡單的問題打開：接受這項挑戰的動機是甚麼？

在參加「環台之旅」前從未踏過單車的Vincent說，他是受到兒童糖尿協會主席馮亮琪女士、團長蔡浩澎先生和其他義工的熱心和熱情所感動。他們合力籌辦了這次歷時五個月的單車之旅，從訓練到踏上旅程，每一步都盡心盡力，無非是為了鼓勵協會成員勇於接受挑戰。他說：「我非常害怕，但因為明年我便三十歲，我想在迎接這個人生里程碑前，把握這個挑戰自己的機會，克服對踏單車的恐懼。」

至於民希，他是為了慶祝今年畢業才參加這次旅程。他說：「我五、六歲便開始踏單車，大學時代也經常踏，因此對自己的能力頗有自信，但一開始受訓，我便發覺自己有進步空間，因為過去主要是踏單車徑，而去到台灣，我們可要在行車馬路上踏。」

在沙田區長大的Dicky也是四歲起便開始在區內踏單車。

### 上路的日子與CGMS

途中每天花在單車上的時間十分之長。他們每朝7時30分起步，一直踏到下午6時，每20至25公里可以稍作休息，吃點小食，以及檢查各人隨身攜帶的連續血糖監測器（CGMS）。三人不約而同指出，最初三天都用來調校CGMS；當系統按他們輸入的真實血糖值調校好後，CGMS用起來十分方便。



▲ Dicky, 民希, Vincent

Dicky說：「我們看得見血糖的實時變化模式，並根據血糖水平的走勢，適時吃點小食。」

民希補充說：「我們也可以看見運動對血糖水平的後續反應，甚至在運動結束之後。張醫生和莫姑娘早就解釋過，我們所需的胰島素會隨著運動而大幅減少，甚至有可能減少多達一半，結果確實如此。」

### 台灣與團隊精神

民希是位經驗豐富的單車手，但也有感到吃力的時候，不過這反而成為他最難忘和深受啟發的經驗。

「最初幾天，我緊貼帶頭車隊的步伐，絲毫不覺得沉悶或疲倦，但大概到了第五或第六天，那時風勢頗大，我感到有點寸步難行，並逐漸落後，更脫離了帶頭車隊。過了一會兒，我開始感到洩氣，這時中游車隊突然追上了我。他們對我百般鼓勵，那份溫情令我振作起來，我對團體單車這項活動也一下子改觀了。」

Vincent在高雄中途加入，走的是經壽峠到台北的路線B，為期五天。這是他第一次在公路上踏單車。他坦言最初兩天非常辛苦（他用的形容詞是「惡夢」），因為那段主要是上山的路，他花了很大氣力才跟得上。但是，每次他覺得有需

要上支援車上稍作休息時，Vincent都會告訴自己別輕易放棄；直到第三天，才覺得自己漸入佳境。

### 與糖尿病同行

如此長途的單車之旅本身就是一項挑戰，但這班健兒還要面對糖尿病帶來的另一重挑戰。Vincent指出，糖尿病人往往會陷入一種思想困局：因為我有這個病，所以我無法做到最好；有了這個病令人有藉口輕易放棄，但他在旅途中發現，內心深處有另一把聲音鼓勵他奮力向前。Vincent說：「這項發現讓我有自信心去接觸新事物，如果再給我一次機會，我會嘗試全環台之旅。」

### 最後一座高峰

在旅程的最後一天，團友需要登上最後一座山。那段路仿似不見盡頭，讓三人留下不可磨滅的印象。Dicky形容那座山是善與惡的一體兩面：雖然征服這座高山極費氣力，但登上峰頂那一刻，他感到一股極大的成功感。但故事還未結束。

民希接著說：「那座山的確是一大挑戰。上到峰頂後，我們聽見工作人員要把最後一批單車手，包括Vincent送上巴士登峰。我們知道Vincent不想就此放棄，所以Raymond、Dicky、張醫生和幾位義工決定回頭下山為Vincent打氣。」





一如他們所料，Vincent的確沒有放棄的意思，但當時他已去到筋疲力盡的地步，於是停下來休息，當他抬頭望上山，簡直不能相信自己看到的東西：「我看見他們從山上下來。張醫生告訴我：『Vincent，我們是來帶你上山的。』在這班隊友的支持下，我終於走完餘下的三公里路程。」 Vincent在一片歡呼聲中跨過終點，眼淚不住地流下來，大伙兒也互相擁抱，為這次壯舉劃了一個完美的句號。



## Vincent, Dicky and Man Hay's Story

Vincent Chan, Man Hay, and Dicky Poon were three of the adult members of the YDA group with type 1 diabetes taking part in the Taiwan challenge. Dicky and Man Hay did the full 912km circuit, and Vincent, a novice, did the 5-day half tour. After the tour, still motivated and sporting strange tan marks left from their cycling gloves and shirts, they got together to chat about their experiences in Taiwan.

## Signing up and training

The conversation kicked off with the simple question: what was your motivation for taking part in the challenge?

Vincent, who had never cycled before taking part in the "Tour de Taiwan"; said he was motivated by the enthusiasm and passion of YDA Chairperson, Fina Cheng, tour leader Raymond and the other volunteers who organised the five-month training and tour programme to challenge and inspire YDA members. He said: "I was really scared but because next year is my 30th birthday, I saw this as a challenge and opportunity to overcome my fear of cycling before that landmark in my life."

Man Hay's motivation to join the trip, on the other hand, was to celebrate his graduation this year. "I have been cycling since I was five or six years old. I

also cycled frequently while at university so I was quite confident in my abilities, but when we started training I realised that there was room for improvement as my experience had been mainly on cycle paths, and in Taiwan we were cycling on main roads with the traffic," he said.

Dicky has also cycled since he was four years old in Shatin where he grew up.

## Life on the road & CGMS

The days were long on the road, starting out at 7:30am and cycling through until 6pm, with rest stops every 20-25km to take snacks and check the CGMS that everyone had the opportunity to wear. The three cyclists agreed that it took the first three days of the trip for the CGMS to calibrate, but once the system had calibrated against their input of real blood glucose measurements, the machines were very helpful.

Dicky said: "We could see the real patterns so that we could spot a trend and have a snack in good time."

Man Hay added: "We could also identify the delayed effect of sports activity on blood glucose levels, even after finishing exercise. Dr Cheung and Maisy had explained that with exercise we would need a lot less insulin; we could probably reduce it by more than half if we exercised and we saw this to be true."

## Taiwan and team spirit

Although a seasoned cyclist, there was a time when Man Hay started to find the going tough, but this gave rise to one of the most memorable and inspiring experiences of the trip for him.

"In the first few days I kept pace with the leaders and I wasn't bored or tired, but then on the fifth or sixth day it was quite windy and I found it hard going. I found myself dropping back from the lead group and after a while I started feeling demotivated. Suddenly, the middle group of cyclists caught up with me. They were so encouraging and their warmth was so uplifting that I suddenly had a new perspective on cycling as a team."

Vincent joined the tour in Kaohsiung, cycling the five-day route B to Taipei via Shouka. This was his first experience cycling on real roads and he shared that the first two days were hard work – "a nightmare" – as the route was

mainly uphill and he was working hard to keep up. However, every time he felt he needed to get on the support bus to take a break, Vincent told himself not to give up and on day three, things started to get easier for him.

## Cycling with diabetes

While cycling such distances is in itself a challenge, of course these cyclists had the added challenge of diabetes management. Vincent explained how quite often having diabetes would give you a mindset that you couldn't do your best because you had diabetes; having the condition gave you an excuse to give up more easily, but he found on the trip that he had an inner voice that pushed him onwards. Vincent said: "The discovery has given me the confidence to try new things and if I had the chance again, I would attempt the full circuit of Taiwan."

## The last hill

The last day presented a final challenge of a seemingly never-ending ascent up the last hill. All three remember the hill well. Dicky described the hill as being the worst thing as well as the best thing, as when he made it to the top, he felt an amazing sense of achievement. But the story only gets better.

Man Hay continued: "The hill was a real challenge and when we got to the top we heard from the touring agent that they wanted to get the last cyclists, including Vincent, on to the bus. We knew that Vincent would not want to give up so Raymond, Dicky, Dr Cheung, myself and a few other volunteers decided to cycle back down the hill to give Vincent moral support."

The team were right. Vincent had not wanted to give up but he said that he had reached a point of total exhaustion. He stopped to take a rest, but then he looked up the hill and was amazed at what he saw. "I saw the guys coming back down the hill. Dr Cheung told me, 'Hey Vincent, we've come to bring you up the hill'. I just had a three kilometres to go and with the support of the team I made it." Vincent was cheered in across the finish line, tears were shed and there were hugs all round. What a magnificent finish to a grand tour.

我報名前還不懂得騎單車！與大家一起受訓4個月後，單車技術終於達標。除了跟隨教練做預定的訓練外，我還參加了所有特訓，而且一有時間，連星期六、日也會去騎單車，盡力操練自己的技術。

出發前，我預料此行將會非常艱苦，因為路程實在遙遠。事實亦的確如此。第一天，我不停地踏，最終完成了首天路程。經此一役，我有信心完成整個旅程。

整個旅程我並未出現意料之外的情況。我的血糖水平一直在自己預計的範圍內，因為出發前我已受訓好幾個月，媽媽也陪我嘗試不斷調節碳水化合物攝取量和胰島素的劑量。事實上，血糖也會隨著情緒起變化，而情緒起伏有時突如其來，無從控制。幸好有媽媽悉心照料，我的血糖水平大致穩定。

Sammi couldn't ride a bike before signing up for the trip but she trained hard for four months, and developed her cycling skills from zero to a very capable level. This is her story.

"Apart from the planned regular training sessions with the trainers before the trip, I joined all the additional compulsory training sessions and went cycling every Saturday and Sunday whenever I had time. I practised as much as I could.

I expected the trip to be hard because of the distance – and it was really very hard. On the first day I kept on cycling and cycling until I finally finished the set distance. However, after that first day, I was confident that I could complete the whole trip.

## 曾心怡供稿 YDA Member Sammi Tsang's Story

沒想到會和「G5」團隊一起騎單車。他們是旅行社的5位領騎員，沿途為我們帶路和提供技術支援。這是一次有趣的經歷，他們也非常樂於助人。

另外，沒想到維修車上有水果！車上有蘋果、香蕉和柑橘。我每次休息都會吃一個蘋果，每天可以吃4至5個！

雖然途中不少上坡和下坡路，半點不輕鬆，但很高興所有一型糖尿病會員都能夠完成旅程。其中兩人更來回走了一轉，全程912公里。

Throughout the trip my blood glucose levels remained within my expectations because of the several months of training before the trip, and because my mother and I had practised a lot on the carb and insulin adjustments I'd need. Unexpectedly, my blood glucose did vary according to my mood, which was out of my control sometimes. But with my mother's special care for me, my blood glucose levels were under control most of the time.

We were joined by a group of five young guys – the "G5" – from the touring company who lead the way and supported us throughout the entire trip. It was really interesting to have them there and they were really helpful.

學到永不言棄，凡事盡力而為。我在第三天受了傷，但第四天繼續上路。

如再有機會，我一定會參加。我希望可以完成全程的台灣環台之旅。經歷今次旅程，希望讓大家知道我做得到的，你也可以。

One of the most pleasant surprises was the supply of fruit on the support bus! There were apples, bananas and tangerines. I ate an apple on every break we got, and I ended up eating around four to five apples every day!

I am really happy that all the type 1 members finished the tour, even though it was really difficult with many ups and downs on the road. There were two of us who even finished a round trip of 912km.

I've learnt to never give up and just try your best. I was injured on the third day, but I was back on my bike and riding again on the fourth day. I hope that I have the opportunity to cycle the full "Tour de Taiwan". If I can do it, I think anyone can do it too."



## Team YDA「我做得好」的精神 Get the "can do" spirit with Team YDA

這次旅程令Vincent、Dicky和民希深受啟發。回港後，他們決定舉辦每月一次的單車活動，讓未能參與台灣之旅的會員有機會接觸這項運動。他們解釋此舉不只是為會員提供一些節目，而是希望其他人也可以體驗那份堅毅不屈的精神，以及分享他們在旅途上學到的事情。「你對自己的觀感非常重要，你要改變自己面對糖尿病的心態，明白這個病不是畏縮的藉口或一種障礙。」身為隊長的民希說：「關鍵就在於『我做得好』的精神。」

所有兒童糖尿協會會員均可加入Team YDA，只須通過電郵把姓名、電郵地址

和手機號碼寄到：

teamYDA@youthdiabetesaction.org  
Team YDA自會與你聯絡。

The trip was such an inspirational experience for Vincent, Dicky and Man Hay that on their return to Hong Kong they decided to arrange monthly cycling events to introduce the sport to other YDA members who hadn't been able to go on the trip. They explained that it was more than just having something for members to do, but they wanted others to experience the spirit and understand what they had learnt on their trip. "It's

very important in the way you perceive yourself, for you to change your mindset about diabetes and realise that it is not an excuse or a limitation," says Man Hay, who is the captain. "It's about the can do spirit."

Any YDA member can join Team YDA by sending their name, email address, and mobile phone number to teamYDA@youthdiabetesaction.org. Team YDA will then be in touch.

Facebook:  
www.facebook.com/groups/teamyda





## 施諾瑤供稿

### YDA Member Crystal Sze's Story

我抱著緊張又愉快的心情，跟大家一起出發開始「環台之旅」！在台灣的四天，經歷風吹雨打，日曬雨淋，每天要完成80-110公里，真正挑戰耐力，不停地踏著踏著，的確很辛苦！每當踏至疲累真想放棄時，一想起“YES WE CAN”，便會振作起來，堅持忍耐，繼續向前。

血糖管理方面，威院蘇姑娘於出發前多次教導我於進行持續大運動量的運動時，如何調節胰島素用量。到達台灣當晚，莫姑娘亦幫大家裝上連續血糖監測儀，每晚監察血糖情況並幫大家作出調整。這次進行持續大運動量的活動中，既要學習多次監察血糖並及時調節胰島素用量，也要於首日及尾日調節用量。於回港後在沒有大運動量的情況下，只需調整三兩天，血糖已回復正常。

第一天，媽媽便開始為我擔心：「在台馬路上踏單車安全嗎？」「體力可以應付嗎？」「會否低血糖？是否太辛苦？會否曬傷？.....」「幸得師父教練Raymond叔叔及Stella姨姨沿途上無微不至地照顧我和鼓勵我，讓我在安全情況下踏畢全程。我要感謝爹哋，沿途上百般的照顧，也感謝媽咪在擔心中全力支持，讓我能參加今次辛苦但極精彩之旅，令我人生添上精彩的一頁！

從我知道兒童糖尿協會主辦「健胰騎士夢環台」的一刻，不足十二歲的我已經很想很想去接受這個挑戰。爸爸很支持，但媽媽卻反對，她擔心我遠在台灣踏單車的安全。經過幾次跟大隊訓練後，媽媽最終也同意了，更與我們一起到台灣支持這次甚有意義的籌款活動。

在今次環台旅程中，我體驗到團體精神，互相支持的重要性，也學會了忍耐、堅持、不輕易放棄。

如再有機會，我會繼續挑戰。

我會挑戰全環台912公里。

希望今次經歷，可以與兒童糖尿協會會員及大家分享，讓大家知道糖尿病不是障礙，只要有信心，你一樣可以做到！

I felt nervous and happy about setting off with everyone on the Taiwan cycling trip. Through wind, rain and sun every day we had to complete 80-110km. It was a real challenge having to cycle non-stop — it was really very tough. Every time I cycled to the point of exhaustion and really wanted to give up I would think, “yes, we can” and I’d feel like I had the energy to carry on and keep moving forward.

In terms of blood sugar management, The Prince of Wales Hospital nurse taught us how to control and maintain our blood glucose before we set off, teaching us how to appropriately adjust our insulin. On our first night in Taiwan, nurse Maisy helped each of us insert the CGMS sensor and she checked our blood sugar levels every night and helped us make the necessary adjustments. With the intense exercise we were doing we had to know how to monitor our blood sugar levels regularly and adjust our insulin doses promptly, as well as taking into account the different dosage on the first and last day of our trip. Once we were back in Hong Kong and obviously not doing as much strenuous exercise, we only had to adjust our insulin for 2-3 days before our levels were back to

normal.

On day one of the trip, my mother was already worrying about me. “Is it safe to ride on the road in Taiwan? Do you have the strength to do it? Will your blood sugar drop? Will you find it too hard? Will you get sun burn?” But luckily Raymond and Stella accompanied us through the whole journey and took care of us really well so that I completed the journey safely. I also want to thank my dad for everything and my mum for supporting me even though she was so worried for me. Their support meant that I could take part in this challenging but spectacular journey, and experience such a wonderful chapter in my life!

I wasn't even 12 years old when I heard YDA was organising “Ride for Youth Diabetes” and I knew I wanted to take on this challenge. My dad was really supportive but my mum wasn't. My mum was worried about my safety cycling round Taiwan but after a few training sessions my mum eventually agreed and even came to support us during fundraising activities for the trip.

During the Taiwan trip I experienced great team spirit and the importance of mutual support as well as patience and persistence and the will to not give up when things are hard.

If I get another chance I will definitely take up the challenge. Next time I will challenge myself to do the full circuit of 912 km.

I hope our experience inspires the young members of YDA and others to understand that diabetes doesn't have to be an obstacle as long as you have confidence and believe you can do it!



專訪 ■ INTERVIEW

# 突破挑戰

## Breakthrough Challenges



健胰騎士夢環台，一切從夢想開始。來自不同背景的義工，努力的去策劃及推行，目的為支持患有一型糖尿病的兒童及青少年，讓他們能充滿自信的向社會人士展現個人能力。証明糖尿病沒有令他們遜色，相反更能訓練他們的獨自處事的能力。

不懂踩單車的健胰騎士，在短短數月克服了恐懼，在炎夏中跌跌碰碰，不單學會了踩單車，更踏上環台路，建立從未有過的自信心。各位一型糖尿病的健胰騎士在預備環台的過程，他們不但要操練體能，更學習飲食計算、針藥調節和運動計劃上作出平衡。旅程中他們一起配備連續性血糖監測儀器，即時得悉血糖動向，晚餐後醫護人員及一型健胰騎士都會回顧當天血糖走勢，商討調節胰島素的份量及如何補充小食，避免血糖過低或飆升，彼此都得益甚多。各人對自己的血糖變化更了解，增強對掌控糖尿病的能力。九日環台之旅，他們更表現出無比決心及毅力，更樂意分享個人成長的經驗。回來後他們自發組織 Team YDA，策劃單車以致各類運動帶給糖尿病的兒童及青少年，將他們在環台所學的正能量感染其他的同路人。

糖尿病顧問護師莫碧虹

"Ride for Youth Diabetes 2014" is a dream come true for many. Volunteers from all walks of life poured their hearts and souls into organising and running the tour with a view to helping children and teenagers with type 1 diabetes achieve their full potential with confidence. By taking part in the tour, these young people have shown the world that their value as a person isn't diminished because of the disease; to the contrary, they are more self-reliant and independent because of it.

In a few short months this year, those of the group who had never been on a bicycle in their lives before learnt how to cycle, overcoming their fear by falling over repeatedly in the blistering summer heat. Ultimately, they not only learnt how to ride, but they also took part in the tour of Taiwan with renewed confidence in themselves. Tour preparations included fitness training, as well as learning how to count carbs, adjust insulin dosages and create a balanced exercise plan. All the type 1 cyclists were equipped with a Continuous Glucose Monitoring System (CGMS) that tracked blood glucose levels trends in real time. Every night after dinner, medical staff reviewed the blood glucose patterns from the day and considered the best way to adjust insulin dosages and snack intervals to avoid episodes of hypoglycemia or hyperglycemia. It was a rewarding process for everyone involved. The riders gained a better understanding of the daily changes in their blood glucose levels, and this in turn enhanced their ability to manage the disease.

During the nine-day tour, the type 1 cyclists demonstrated great resolve and willpower and once home they've willingly shared their stories about how the tour helped build their confidence, team spirit and so much more. They have also set up "Team YDA", a group of people with a mission to organise cycling and other sporting activities for children and teenagers with diabetes, and to enable the cyclists to spread the word about the positive experiences they had on the road in Taiwan.

Ms Maisy Mok, Nurse Consultant (Diabetes)





# Medtronic

## 胰島素泵

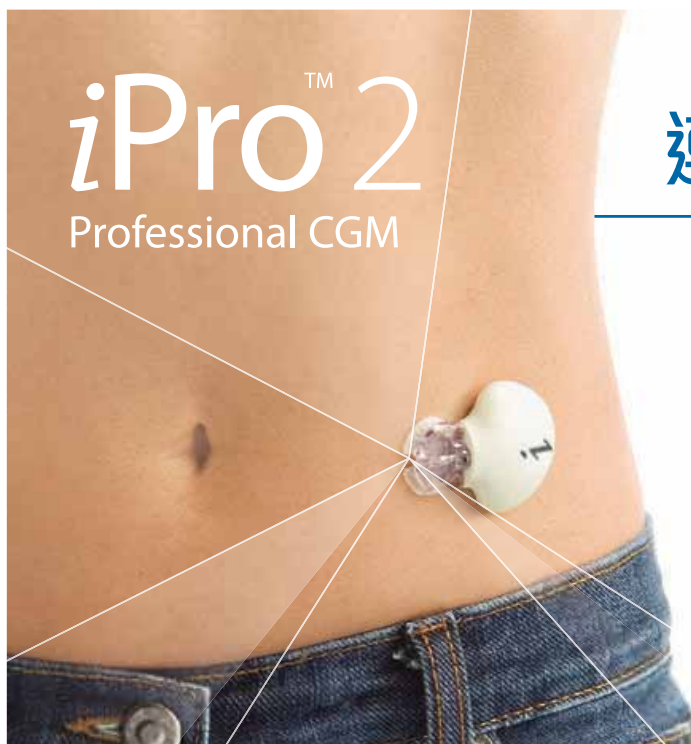
- 或可減少低血糖發生風險
- 或可降低糖化血紅素 (HbA1c) 水平
- 免除每日多次打針的痛苦
- 提高生活質量，擁有自由用餐時間
- 或可減少或延緩糖尿病併發症的發生，從而降低總體治療費用



iPro<sup>TM</sup> 2  
Professional CGM

## 連續式血糖監測儀

- 提供更全面的血糖檢測結果
- 更有效偵測血糖異常變化模式
- 能顯示糖化血紅素水平的改善，並減少低血糖持續時間的治療監測儀



Medtronic International Ltd.

Tel: 2919 1322

[www.medtronic.com.hk](http://www.medtronic.com.hk)

ACCUCHEK® Performa

Roche

# Accu-Chek® Performa 卓越血糖機 給您準確可靠的血糖監測結果

4 個受訪者中 3 人首選  
Accu-Chek 試紙，認為  
使用 Accu-Chek 試紙比其他試紙更加方便<sup>1,2</sup>

與其他採血筆比較，大  
部份試用者認為用  
Accu-Chek 採血筆顯著  
減少驚手指的疼痛<sup>3</sup>



- 無需調碼，簡單易用
- 5秒快速測試
- 只需0.6微升極少量血
- 餐前、餐後標記及檢測提示
- 符合最新ISO 15197:2013 準確度標準<sup>4</sup>
- 提供專人操作指導及網上操作示範短片

Accu-Chek® Fastclix 採血筆  
按一下即可採血，快捷方便，  
採血彷彿無痛。



兒童糖尿  
協會優惠

優惠1

Accu-Chek Performa  
卓越血糖機套裝

HK\$400



優惠2

Accu-Chek Performa  
卓越血糖試紙50條

每盒  
HK\$200



買6送1

優惠3

Accu-Chek FastClix  
採血針102粒

每盒  
HK\$110



買5送1

查詢及訂購：2485 7512 / 2485 7508

此優惠只適用於兒童糖尿協會會員，如有任何爭議，羅氏診斷(香港)有限公司保留最終決定之權利

<sup>1</sup> Strip Size Handling Report: BMBS Systems – the influence of test strip size on the ease of use in self-monitoring of blood glucose. IDT-1121-RM. Data on file.  
<sup>2</sup> Westhoff A, Schmidt C, Zech G, et al. Relationship between size of test strip and handling of test strips for self-monitoring of blood glucose. Poster presented at: the 47th Annual Meeting of the German Diabetes Society (DDG), May 2012; Stuttgart, Germany.  
<sup>3</sup> Kuchel S, Tshenwanga JKT, Kozubek R. Comparison of lancing devices for self-monitoring of blood glucose regarding lancing pain. J Diabetes Bio Technol. 2009;3(3):1136–1143.  
<sup>4</sup> Data on file. ISO 15197:2013, in vitro diagnostic test systems requirements for blood glucose monitoring systems for self-testing in managing diabetes mellitus include tighter requirements for accuracy and new criteria for haemoglobin and other interferences.

非凡體驗 誰說不可能

ACCUCHEK®



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



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



## 會員活動 ■ MEMBERS' ACTIVITIES

### 射箭體驗日 Archery Experience Day

為了培養會員運動的習慣及讓他們嘗試不同種類的運動，本會在暑假舉辦了射箭活動讓會員參加。射箭可以訓練會員的集中力及手眼協調，而透過這次活動可以互相認識，建立朋輩關係。當天他們都十分踴躍，希望成為「神射手」。To encourage an active lifestyle and to provide the opportunity to try a new sport, YDA organised a summer archery course for members. Archery can train a person's skills of concentration and develop hand eye co-ordination, and the event gave everyone an opportunity to get to know one another and build peer relationships. We had some really enthusiastic members well on their way to becoming expert archers!

### 甘筍蛋糕製作班 Carrot Cake Making Class

本會於10月份獲拜耳醫療保健有限公司贊助合辦蛋糕製作班，是次有來自拜耳的職員擔當義工與本會的會員及家長一同參與活動。在製作蛋糕的過程中，義工們協助會員一同製作甘筍蛋糕並了解他們日常護理糖尿病的情況。本會特意找來營養師協助計算食物的碳水化合物份量，讓會員及義工學習如何計算進食份量。In October Bayer Healthcare sponsored a carrot cake making class. Their staff, volunteers, YDA members and parents took part in the class activities. While baking the carrot cake, volunteers from Bayer's got to learn about how YDA members manage their diabetes in their daily lives. YDA invited a dietitian to estimate the carbohydrates of the carrot cake, letting both YDA members and volunteers learn how to calculate carbohydrates.

### 家長互助小組工作坊—連續血糖監測儀 Parent Support Group Workshop –CGM Devices

本會於9月份為外籍會員家庭舉辦了一次工作坊，是次工作坊邀得陳諾醫生(內分泌及糖尿病科)出席並向參加者介紹幾款連續血糖監測儀的特點，講解有關連續血糖監測儀的作用並如何運作，及使用此儀器時需注意的地方。在工作坊後，家長們互相認識並交換使用連續血糖監測儀的經驗。

In September YDA held a CGM workshop for expat members. Dr. Chen (Specialist in Endocrinology, Diabetes & Metabolism) explained the features and benefits of a continuous glucose monitor, discussing the role of the CGM and how it works. After the workshop parents had the opportunity to meet one another and exchange their own experiences and opinions of the CGM.

### 家長減壓小組—成為孩子的情緒教練 Parent Support Group Workshop

本會於9月份舉辦了為家長而設的減壓小組，由本會註冊社工帶領，透過小組討論及分享，讓家長了解自己的情緒及教養風格，分享彼此不同的管教經驗，藉以減輕在照顧糖尿病子女過程中面對的情緒及壓力。參加者在兩節小組後表示獲益良多，並可與其他家長分享及交流管教子女上的心得。

This two-part workshop, held in September, was a "decompression group" for parents led by a registered social worker. Through group discussions, parents began to understand and break down their feelings. They discussed different parenting styles, discipline and other parenting experiences they had. By sharing, parents were able to reduce the emotional stress they face every day while caring for a child with diabetes.



### 家庭日在大澳

#### Family day @ Tai O

是次活動一共吸引了30個會員家庭報名參加。而經抽籤後則有約15個家庭可以參與是次活動。當天，我們抵達大澳後，我們便分別跟隨大澳的居民學習製作糯米糍或編織魚網。午飯後，會員及家長更分組進行大澳探索比賽，遊覽並認識大澳歷史，勝出的隊伍每一位組員都得我一套精美的大澳書籤。另外，這一次活動也讓家長可以互相分享照顧子女的心得。

Over 30 members and their families applied to take part in the Family Day but there was only space for 15 families so we had to draw names.

When we arrived in Tai O, we learnt from residents how to make "lo mai chi", a traditional dessert, and woven nets. After lunch, members and parents split into two teams and explored Tai O, learning about the history of the island. The team that learnt the most, won a special Tai O bookmark for every member. The event was a great way for parents to enjoy a day with their children and share a new experience together.





## 落入凡間的天使 之我的夢想

### My Dream Workshop

本會今年再次獲賽諾菲香港邀請舉辦正向體驗工作坊，是次活動讓5-9歲的會員參與，藉著兩天的戲劇體驗活動，以生日會為主題並互相分享「我的夢想」，他們透過不同的情景探求生命中不同的體驗，增強信心及力量，並增進糖尿病的知識。參加者在工作坊後均表示很享受參與是次活動，除了互相認識，亦學習如何建立健康的心靈及積極態度。 Sanofi Hong Kong once again kindly invited YDA to a dream workshop for our 5 to 9 year old members. The 2-day theatrical activities took the theme of birthday parties to share each other's dreams. Through different experiences they explored different scenarios to build their own confidence and strength as well as enhancing their knowledge of diabetes. Participants of the workshop all expressed how much they enjoyed being a part of the event. They not only got to know other members but also learnt how to keep a happy and positive attitude.

## 我要cake一cake

### Cooking with Fun

今年我們首次嘗試讓會員自行參與烹飪班。當天本會特意將一些成年會員與青少年會員編成一組，讓他們以互相協助及照顧。為了令會員可以知道每一件曲奇及鬆餅的碳水化合物份量，本會特意找來營養師協助計算食物標籤。 This year we organised a special activity where members learnt a skill on their own through a cooking class. We paired adults with younger members so they could help each other, and the adults could supervise the younger ones. By learning the carbohydrate servings of cookies and muffins, we hoped it would help them calculate nutritional values for other foods.

## 世界糖尿病日 ■ WORLD DIABETES DAY

未來三年的世界糖尿病日都會以「健康生活與糖尿病」為主題，而今年的焦點是健康飲食。有見及此，兒童糖尿協會請來香港營養師協會主席林思為女士講解均衡飲食對一型糖尿病患者的的重要性。她不但指出中小學午餐飯盒常見的食物陷阱，又把學校飯盒與營養均衡的理想飯盒作一比較，希望鼓勵學校設計符合均衡營養的餐單。一個理想的健康飯盒應該符合「三二一」比例：三份穀物類、兩份蔬菜類及一份肉類（或其代替品）。

林思為女士建議「飯盒供應商為每個飯盒加上營養標籤，讓學童及家長了解飯盒的營養價值。」一型糖尿病患者可參照學校午餐飯盒的營養成份，特別是碳水化合物含量，更準確地調校胰島素的注射劑量。

The theme for the next three years of World Diabetes Day is "Healthy Living and Diabetes". This year the particular focus is on a healthy diet so YDA invited Ms Sylvia Lam, Chairman of Hong Kong Dietitians Association, to explain the importance of a balanced diet for Type 1 diabetes. She highlighted common food-traps in lunchboxes of primary and secondary schools, comparing them with the ideal balanced nutritional lunchbox. The hope being to encourage schools to design menus to create a balanced diet. An ideal healthy lunchbox should include a healthy 3:2:1 ratio: three portions of carbohydrates, two portions of vegetables and one portion of meat (or equivalent).

Ms Sylvia Lam suggested that lunchbox suppliers should attach a food label onto each lunchbox to allow students and parents to understand the lunchbox's nutritional value. By understanding the nutritional value of each lunchbox, especially the portion of carbohydrates, students with type 1 diabetes can better manage the amount of insulin they need to inject.



## 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](http://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](http://www.youthdiabetesaction.org)). You can make a one-off donation or monthly donation by crossed cheque or credit card.

### Disclaimer | 免責聲明

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.

# 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9月至11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 September and November 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)

## 射箭體驗日

### ARCHERY EXPERIENCE DAY

Goldman Sachs Gives

### 落入凡間的天使之我的夢想

### MY DREAM WORKSHOP

Sanofi-aventis Hong Kong Limited

### 我要CAKE—CAKE COOKING WITH FUN

Goldman Sachs Gives

### 健騎士夢環台 RIDE FOR YOUTH DIABETES

### 機構/公司

### ORGANIZATIONS/ COMPANIES

12:01 Music Productions Ltd.

Active Way Ltd.

Alitom Medicare Limited

CCN Sports

Celki

Dr Aurelius Fung 's Clinic

Dragon Capital

Dream Chasers Ltd.

Generation C

Goldman Sachs Matcing Gift

Grand Ocean Product Ltd

Hong Tat World Travel Company Limited

Medtronic Hong Kong

Medtronic Taiwan

Sanofi-aventis Hong Kong Limited

Saicafe il Caffè

Skylark Limited

Sunny Electronic Eng. Ltd.

Sunny Hero Ltd.

TADC

Yick Kwong Optical Co. YY Bike

柏生貿易有限公司

### 個人

### INDIVIDUALS

Adrian Chang

Alan Peter Wilson

Albert Chan

Albert Cheung & Michele Lai

Alex Fok

Alex Stubbings

Alice Chan

Alice Sham

Alice Wong

Alvin

Alyson Lam

Amy Farrell

Amy Ho

Andrew McPherson

Andy Wong

Angie Ho

Ann Leung

Anne Ado

Anne Masa

Annie Chan

Annie Jamieson

Archie Parnell

Athena Chan

Au Chung Man

Au Ka Ling

Au Wai Yue

Au Yeung Sze Man

Au Yeung Yin Fong Sally

Audrey Chan

Becky Tsang

Belttany Cooley

Benedict W. K. Pang

Benjamin Chang

Betty Leung

Brenda Lee

Candy C. C. Leung

Candy Lee

Carmen Wong Ka Wai

Carmen Wu

Carmy Chan

Casper Yu

Catherine Chan

Cecilia Kan

Cecilia Suk Lin Yin

Celia Kit Mei Lee

Chan Chi Pun

Chan Chui Yee

Chan C.K. Jackson

Chan Ka Kiu

Chan Kam Ling Karen

Chan Kar Kei Athena

Chan Kui Wang

Chan Man Yi

Chan Moon Wah

Chan Nga Yee Ada

Chan Oi Ki

Chan On Ki Angel

Chan Suet Ching

Chan Sylvia Sze Ya

Chan Tak Ming Paddy

Chan Tzun

Chan Weng Lan

Chan Wing Kai

Chan W. M. Samsonly

Chan Yan

Chan Yat Fun

Chan Yee Tak Joyce

Chan Yee Yuen

Chan Yik Cicy

Chan Yim Ming

Chan Yin Wah

Chan Yu Lun

Chan Yuk Sing

Charlotte Fai Lau

Chau Kam Ming

Chau Lai Yee

Chau Siu Yin

Cheng Chi Kwong Ricky

Cheng Kam Man

Cheng Kwan

Cheng Lung Don

Cheng Mei Wan Winnie

Cheng Siu Ki

Cheung Chi Hung

Cheung Kin Fai

Cheung Mun Yee Lily

Cheung Ping Kuen

Cheung Ping Wa Gilbert

Cheung Sai Hung Simon

Cheung Wai Choi Scott

Cheung Yin Fung

Cheung Yin Ning Elaine

Cheung Y. L. Alena

Cheung Yuet Seung

Chi Keung (Victor) Ng

Chiang Kwok Shing Alan

Chik Hiu Lee

Chiu Chi Tsang

Chiu Kam Ming

Choi Man Yee Betty

Choi Mei Chui

Choi Wai Kin

Chong Wai Ho

Chow Bing Yim

Chow Hoi Shan

Chow Kin Ho

Chow Kwok Fai

Chow Lok Yiu

Chow Sze Ming

Chow Wai Lan

Chow Wing Sun

Chow Yee Wan

Chow Yi King

Choy Siu Fan

Choy Siu Fan

Chris Kempis

Chu Kim Wai

Chu Lai On

Chu Patrick Wai

Chu Tsoi Yan Jenny

Chu Wing Kai

Chu Wing Yin Winnie

Chua Ming Chen Peter

Chuang S. L. Andrew

Chuen Yee Ho

Chui Yee Doreen Siu

Chun Chung Po

Chun Hoi (Chris) Chung

Chung Hon Yin Brian

Chung In Shing

Chung Ka Chun

Chung Pui Hong

Chung Wai Yee

Claudine Found

Co Ngai Na

Coby Man

Colin Farrell

Connie Yu

Craig Crossman

Cua King Min

Cynthia Sai Fay Chu

Daniel Chan

Daniel Piccirillo

Daniel Wong

Danny Choi

David Atkinson

David Hodges

David Kwok Wai Tang

Dawn Farrar

Deborah Chan

Deborah Sue Brunsman

Ding Kuangjie

Donna Yim

Doris Wing Yun Pang

Dr Leung Fung Ha

Dr Alfred Tam

Dr Hau Po Man Stanley

Dr Ho Lau Cheung

Dr Ho Mo Ching Linda

Drake Pike

Dwight Lui

Edward Wan

Eileen Ho

Elaine Leung Lai Yee

Ernie Law

Fina Cheng

Fina Chneg

Fiona Pik Wan Sin

Florence Craig

Francis Mok

Frank Li

Fung Hoi Yan Heidi

Fung Kin Kong

Fung Wai Ying

George Wu

Gillian Li

Ginger E. Von Chong

Grace Chor Chun Chong

Grace Yeung Yun Chan

Hebhi Dandson

Heeral Hotwani

Helen Harris

Helen Lam

Henry Ngai Kay Hau

Heung Man Yeung

Ho Cheuk Wah

Ho Ki Lap

Ho Kit Hing Amy

Ho Kwong (Chris) Chan

Ho Mang Yee

Ho Shiu Man

Ho Woon Ha

Ho Yan Kwok

Ho Yee Shan

Ho Yiu Wing

Howard Hau

Hui Pui Sze Grace

Hui Tong Kit

Hui Yun Ho

Hung Chi Sang

Ian Bailey

Imelda Diaz

Ip Tak Yan Ricky

Ip Tin Yau Andrew

Irene Chan

Irene Chong

Isabelle Adeus Pape

Ivan To

Jane Fung Har Lam

Janette McCool

Jasmine Ho

Jason Cheng

Jeanmie Lam

Jenny Fung

Jenny Yin Yan Leung

Jessica Che-Yi Chao

Jo Jo Kwan

Joanna Hotung

Joanna Tung

Joanne Wong

Jocelyn Lam

John Cheung

John Ma

Jonathan Chu

Jonathan Chun Wai Ho

Jonathan Yu

Judy Vas

Kah Wah Yoong

Kam Yee Wai Grace

Kan Yee Man

Kan Yim Fong

Karen Ka Wing Ip

Karen Ka Yan Leung

Karen Lam

Keith Chan

Ken Ma

Kendrick Lau

Kenneth Yu

Kent Wasson

Kenxiric Hvns

Kiki Yim

Kit Ho

Ko Yuk Bing

Kong Ching Yan Ivy

Kot So Lin

Ku Yuk Hing Richard

Kwan Kin Yu

Kwan Yiu Ming

Kwei Wah Cloris Chan

Kwok Chung Man

Edmund

Kwok Hon Wa

Kwok Ling Yan

Kwok Mei Kwun

Kwok Wynnie Wing Yue

Kyle Yeung

Lai Chun Wah

Lai Hon Chung Thomas

Lai Ka Yan

Lai Kit Ying

Lai Kwun Ting



Mable Lee  
Maggie Lau  
Mak Koon Ki  
Mak Kwong Leung  
Mak Pik Chi  
Mak Pui Yee  
Man Elim  
Man Wai Sum  
Manna Chung  
Marcus Zavos  
Marliou Chu  
Mathew  
Matthew Au  
Melle Scales  
Michael Hotung  
Michael Kirby  
Michelle Yiu  
Mok Lin Fong  
Natalie Chung  
Ng Hoi Yee Ivy  
Ng Ip Ku Emil  
Ng Ka Kin Joseph  
Ng Kai On  
Ng Lee Wan  
Ng Man Wa  
Ng Mei Po  
Ng Ping Sum Sammy  
Ngai Shuk Kai  
Ngan Cheuk Yat  
Ngan Hau Lan  
Ngan Kai Cheong Roger  
Nicholas Crapp  
Noriko Kametani  
(Kawamura)  
O Mei Lin  
Ophelia Kwong  
Peng Qiao Lian  
Peter Chun Yip Tong  
Peter Lees  
Philip Yiu Wah Chow  
Po Hok Chun  
Polly Bik Sim Chan  
Poon Ho Yuen  
Poon Oi Wah  
Poon Sau Ling  
Poon Wing Kit Grace  
Pow Kai Chee  
Rachel Tang  
Randy Siu Ho Leung  
Raymond Choi  
Raymond Lee  
Reuben Chin  
Richard Hall  
Ricky Chan  
Rosie Tse-tse Young  
Rowena Cheng  
Rriscilla Yue  
Ruby Wan  
Sabina Dankwa  
Sai Mun Joyce Sun  
Sau Kwan Jinny Lam  
See Ki Mun Sarah  
Shing Chung Siu  
Shirley Chan Tsui Si  
Shirley Kong  
Shum To Lee  
Simon Davies  
Sin Wai Man  
Siu Kwok Kau  
Siu Man Kun  
Smith Ma  
So Mo King  
So Shu Ki Denise  
So Tak Yee Tammy  
So T. K. Christopher  
So Yuen Chun  
Stella Chim  
Steve Wang  
Susanna Man Yee Wong

Szeto Ching Han  
Szeto Sau Chun  
Szeto Sin Man  
Szeto Wai Lun  
Tam Pik Miranda  
Tam Sai Pan  
Tam Shiu Wah Hillman  
Tam Sim Kuen  
Tam Wing Sing  
Tang Chi Kin  
Tang Chun Kit  
Tang Fmaily  
Tang Kei Yu  
Tang Kwok Ying Ingrid  
Tang Man Ki Priscilla  
Tang Siu Fung  
Tang Wing Shan  
Tang Yuk Ming  
The Wood  
Thelma Cocoy  
Thomas Macdonald  
Tina Choi Fung Lau  
Tong Hoi Yin  
Tong Yue Chee  
Tony Yim  
Tsang Hing Ling  
Tsang Ho Leung  
Tsang How Leung  
Howard  
Tsang Ka Man  
Tsang Kai Leung  
Tsang Man Ching Anita  
Tsang Man Wo  
Tsang Mo Chau  
Tsang Wing  
Tsang Yuet Wah  
Tsao Yen Chow  
Tse Ching Yee Stella  
Tse Kit Ling  
Tse Wai Chi  
Tse Wai Chi  
Tsoi Hing Lai  
Tsoi Ka Ki  
Vadakkke Kakkuzath, Ram  
Kishan  
Veronica Hung  
Vicky Wing Kei Chan  
Vikram Sarker  
Vincent Rouvier  
Vincent Tok Fai Yeung  
Vincnet Yeung Hin Shuen  
Vivian & CK Lam  
Wai Ling (Amy) Chan  
Wai Ling (Carol) Chow  
Wallace Yam  
Wellely Chan  
William Liaw  
William Poon  
William To  
William Wong  
Wilson Lee  
Winnie Law  
Winnie Wong  
Wong Bik Luen  
Wong Chi Wai  
Wong Fong Lan  
Wong Hei Mui  
Wong Hung Fai  
Wong Ka Yee  
Wong Kam Hung  
Wong Kan Chun  
Wong Kwok Fan  
Wong Lai Jing Christine  
Wong Lai Sze Alice  
Wong Man Kit  
Wong May Fung  
Wong Ming Leung  
Wong Shun Man Irene  
Wong Shun Yun

Wong Sik Nin  
Wong Suet Fung Sammi  
Wong Tai Hung Alan  
Wong Tze Hang  
Wong Yee Man  
Wong Yim Kuen  
Wong Ying Cheong  
Wong Ying Hon  
Wong Yuen Chau  
Wong Yuen Lai  
Wong Yuen Lui  
Woo Lai King  
Woo Ming Yee Ada  
Woo Yu Cho  
Wu Kit Man  
Wu Kwok Ming Allen  
Wu Po Keung  
Yau Chi Ping  
Yau Shing Yam Angela  
Yau Stephen  
Yeung Chap Yung  
Yeung Chi Kin  
Yeung Ching Yee  
Yeung Chun Yip  
Ying Mei (Jenny) Chu  
Yip Siao Bing Teresa  
Yiu Ho Yin Harry  
Yoko Azumi  
Yoonah Kang  
Yu Cho Woo  
Yu See Ho  
Yu Tak-Cheung  
Yueng Wai Cheong Leo  
Yung Chui Shan Susanna  
Yung Ho Yin  
Zhi Yang Colin Lai  
Zinc Shine  
尹美雲  
毛奕勤  
朱聿熹  
朱俊霖  
朱麗雲  
江彩霞  
何敏儀  
余卓樺  
吳小玲  
吳太  
吳美宜  
李伯權  
李慧可  
李澤茵  
沈君豪  
周良業  
周家樂  
周錦珊  
周錦勛  
周耀輝  
房志良  
邵卓玲  
邵鵬柱  
姚永健  
范美玲  
徐永勝  
徐詩墩  
徐禮賢  
時港洪  
袁保利  
袁慧貞  
馬展玉  
馬健文  
國怡  
張子鋒  
張觀送  
莊慧嫻  
陳秀娟  
陳美娣  
陳素萍  
陳雲龍  
陳寶珠

勞衍峰  
曾佩芳  
曾洪  
曾浩信  
湯煥銘  
馮民強  
馮均亮  
馮潔露  
黃君兒  
黃孟綺  
黃貴泉  
楊舒琮  
葉潔嫻  
熊圭  
趙晨肖  
劉柱柏  
潘正如  
鄧喜發  
鄧蔚琛  
蕭偉全  
簡靜兒  
蘇曉彤  
饒本娣  
顧家駿

#### 義工 VOLUNTEERS

Cassie Ng  
Chu Lai On  
CK Law  
Dennis Ng  
Fiona Lai  
Fong Chi Leung  
Ho Wan Chu  
Jo  
John Chong  
June Poon  
Kevin Choy  
Lee Tat Hei  
Lo Kwok Poi  
Raymond Choi  
Raymond Leung  
Ricky Cheng  
Stella Tse  
William  
Wilson  
Yeung Kin Shing  
小寶

家庭在大澳  
FAMILY DAY @ TAI O  
Goldman Sachs Gives

#### 一般捐款及贊助 GENERAL DONATION AND SPONSORSHIP

Chang Shou Chung  
Cheng Lee Wen  
Chung Shu Kei  
Eddie Wang  
Lam Siu Kwan  
Ma Hung Yan  
Shelsham Trading Co  
Sze Maria  
Wong Suet Fung  
Wu Chi Sang

#### 義工 VOLUNTEERS

Dr Norman Chan  
Dorcus Mak  
Sarah Hui  
Linda Lam  
Chow Yin Chu  
Yeung Tang Kwai

## Magazine fast facts

Editors 編輯

Katie McGregor, Claire Shephard

Editorial Consultant 編輯顧問

Julie Fried

Designer 平面設計

Vienna Chan

Translation 翻譯

Mark Chan

Print

Pressroom Printers & Designer

YDA OFFICE | 地址:

香港九龍彌敦道337-339號

金滿樓8樓E室

Unit E, 8/F Harvest House, 337-339

Nathan Rd, Hong Kong.

T: +852 2544 3263

E: support@youthdiabetesaction.org

W: www.youthdiabetesaction.org

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

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

## 廣告服務

## ADVERTISING

我們歡迎客戶刊登廣告，收益將用作補貼本  
資訊刊物的製作費用。插頁廣告每頁收費  
3,000元。三月號的廣告截件日期為2015年  
2月28日。刊登廣告或查詢詳情，請電郵至  
Katie@conduitcomms.com。

We welcome advertisers to help offset the  
production costs of this information service  
publication. Rates are based around a  
page rate of \$3,000 for a single insertion.  
Advertising booking deadline for the March  
issue: February 28th, 2015. To make a booking,  
or for more details, please email:  
Katie@conduitcomms.com.

如欲投稿，請把計劃書或建議書電郵至  
Katie@conduitcomms.com。

If you would like to contribute to the  
magazine, please email:  
Katie@conduitcomms.com  
with your proposals or suggestions.

# 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](mailto: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](mailto:support@youthdiabetesaction.org)  
Tel: 2543 0555