



Youth Diabetes
Action
兒童糖尿協會

YDA today



issue
40



news
letter

2015
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Love me, Love my Diabetes: Type 1 Diabetes and Romantic Relationships 愛屋及烏：一型糖尿病患者的戀愛關係

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¹ Strip Size Handling Report. SMBG Systems – the influence of test strip size on the ease of use in self-monitoring of blood glucose. IDT-1121-RM. Data on file.

² Westhoff A, Schmid C, Zech D, 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.

³ Kocher S, Tshiananga JKT, Koubek R. Comparison of lancing devices for self-monitoring of blood glucose regarding lancing pain. J Diabetes Sci Technol. 2009;3(5):1136-1143.

⁴ 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 hematocrit and other interferences.

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主席的話 ■ FROM THE CHAIR

教你如何讓戀情修成正果的貼士，網上俯拾即是。

但戀愛跟建立人際或工作關係一樣，遇上心儀對象時，最重要的是「做自己」。我的建議包括：i) 不要試圖向約會對象（或伴侶）掩飾任何事情，不論是否與糖尿病有關，因為謊話只會衍生更多謊話；ii) 坦誠溝通，分享與糖尿病同行的苦處，但不需要過份強調；iii) 不要低估約會對象，因為他／她可能非常樂意幫忙，而且往往會成為你的重要支柱。身邊有人願意伸出援手，甘苦與共，愛情之路自然一片坦途。

有些人數學特別差，沒有計算機便手忙腳亂，糖尿病也不過如此。做一個善良而心存感恩的人，比有型有款但拒人於千里之外的傢伙，更容易贏得別人的心。

兒童糖尿病協會主席
馮亮琪

The Internet has plenty of tips to offer when it comes to having a successful romantic relationship.

However, like building up a personal or work relationship, it is crucial to just “be yourself” when you meet someone you like. My suggestions are: i) Please do not attempt to hide anything from your date (or partner) because lies often lead to more lies, diabetes or not; ii) do not necessarily promote it, but keep the communications open and share the complexity of living with diabetes; iii) do not underestimate your date, as he/she may be keen to get involved and will often be a great support. A wonderful journey begins when you have someone willing to help and be there for you.

Think of having diabetes as being poor in mathematics and having to use a calculator to become more efficient. Being a kind-hearted and appreciative person matters a lot more than being poised, but cold and distant, when it comes to winning someone over.

Fina Cheng
Chairperson, YDA



活動預告 ■ UPCOMING EVENTS

春日愛心樂悠悠2015 Spring Fling 2015 A Night at the Races

日期 Date: 09/05/2015

地點 Location: 金鐘 Admiralty

春日愛心樂悠悠是本會一年一度的大型籌會晚會，為本會籌募經費。

Are you ready for the annual Spring Fling gala dinner? The gala dinner is back this year to raise funds for YDA, and the theme will be “A Night at the Races”

- ▶ 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.

家長互助小組工作坊 一型糖尿病護理最新科技 Parent Support Group Workshop Latest developments in type 1 management

日期 Date: 05/2015

對象: 家庭會員

Attendees: Family Members

提供基本和最新的兒童糖尿病護理資訊及簡介在校糖尿病護理工具。

This workshop is dedicated to providing basic and new information regarding diabetes care for children and introducing tools to facilitate diabetes management at school.

我們最新的動態 YDA News

請瀏覽我們的新網站以獲取更多資源:
Visit our new website for more resources:
www.youthdiabetesaction.org



專訪 ■ INTERVIEW

一型糖尿病患者的戀愛關係

Type 1 Diabetes and Romantic Relationships



一型糖尿病令本來已經十分微妙的愛情關係更添複雜。我們很高興請來甘文皓和譚滋華分享他們愛情的經驗和心得。 Having type 1 diabetes puts an additional layer of complexity on to the already tricky area of romantic relationships. We are very grateful to Louis Kam and Elaine Tam for sharing their experience and advice on keeping romance alive.



甘文皓的分享:

年青時我不想其他人知我患上一型糖尿病，就連女朋友也不例外。我害怕別人會用異常的眼光看我，甚至歧視我，所以對發展戀情也十分猶豫。

隨年漸長，我嘗試打開心窗，與女友討論自己的病情。出乎意料的是，她主動問我有關這個病的事，半點沒有討厭或恐懼的神色！她盡力學習有關一型糖尿病的知識，以及需要留心的事情。我不但放下了心頭大石，更感到十分高興，因為自己原來一直庸人自擾。

但是，遇上血糖驟降時，我會變得十分煩躁和極之坐立不安，相信不少糖尿病人都有相同的經歷。初次遇上這種情況，另一半顯得不知所措，令我非常尷尬。

我從經驗中學會必須讓伴侶認識自己的病情；她知得越多，越能夠支持和接受我。此外，她學會在我不適時（例如血糖驟降）提供協助。讓另一半了解自己的病情有百利而無一害。

再者，保持積極的態度是維繫感情的關鍵。積極面對病情有助血糖保持在理想水平。你的另一半也十分重要，在你情緒低落時，他或她可以從旁鼓勵和支持，助你走出陰霾。

From Louis Kam:

When I was young I wasn't willing to let others know that I had type 1 diabetes, even my girlfriend. I was afraid that other people would treat me differently or even discriminate against me so I was hesitant to even start a relationship.

As I got older, I tried to be more open and discuss my illness with my girlfriend. Much to my surprise, she proactively asked me about my illness, and did not cringe in disgust or fear at all! She tried to learn as much as possible about type 1 diabetes and the things she needed to

be aware of because of the disease. I felt both relieved and ecstatic that the concerns I had were for nothing.

However, as some diabetics may have experienced themselves, I get irritated and become extremely antsy when suffering from hypoglycemia. My partner was quite alarmed when it first happened and it was embarrassing.

From my personal experience, I have learnt that it is important to let my partner know about my illness; the more she knows, the more supportive and accepting she becomes. In addition,

I know that she'll know how to help me out when I am feeling unwell, e.g. suffering from hypoglycemia. Your partner's understanding of the situation is definitely a benefit.

More than that, remaining positive is the key to a good relationship. I find that having a positive attitude helps to maintain a satisfactory blood sugar level. Your partner is also really important and can also act as your motivator, providing encouragement and support when you are feeling depressed.

譚滋華的分享：

我結婚已有兩年，猶記得我在剛開始拍拖階段(一個月內)便坦白告知丈夫有關自己患病的事情。當時曾經掙扎著，究竟可否對他坦言糖尿病的後遺症？心中害怕會成為人家的負擔？幸好一切的擔心都是不存在的。他知道我患病後，不但對我不離不棄，還積極增進有關糖尿病的認識。

約會有時確實會帶來些尷尬事。例如每次外出吃飯時，都需要進餐廳洗手間去量度血糖值及打針，萬一發生高血糖時，需要改掉一些已點的菜式甚至轉換餐廳。另外有一次遊韓國雪嶽山行至最高點時，正當其他旅客忙著拍照時，我卻忙著找血糖機及糖果等，因為當時已感到有低血糖徵狀。

不過，跟丈夫彼此亦會有著特殊的「溫馨」事。由拍拖至現在，他會抽空陪我到醫院覆診及抽血，希望增加了解糖尿病及我的情況。另外，當於家中晚飯時，他有时候甚至會親自幫我打針。這些一點一滴的小事情，每次都令我覺得很感動。

患了糖尿病已有18年，初時會感到徬徨無助，幸好得到聯合醫院一班熱心的醫護人員多年來照顧支持，病友小組經常分享很多正面信息。只要血糖控制得理想，我們是可以一樣生兒育女。我亦見證很多病友和小孩子健康快樂的生活！

常常會覺得，丈夫不但是用心照顧我；同時亦帶給我推動力。因為我要時刻注意自己的身體健康，這樣才可以跟他好好一起生活。

From Elaine Tam:

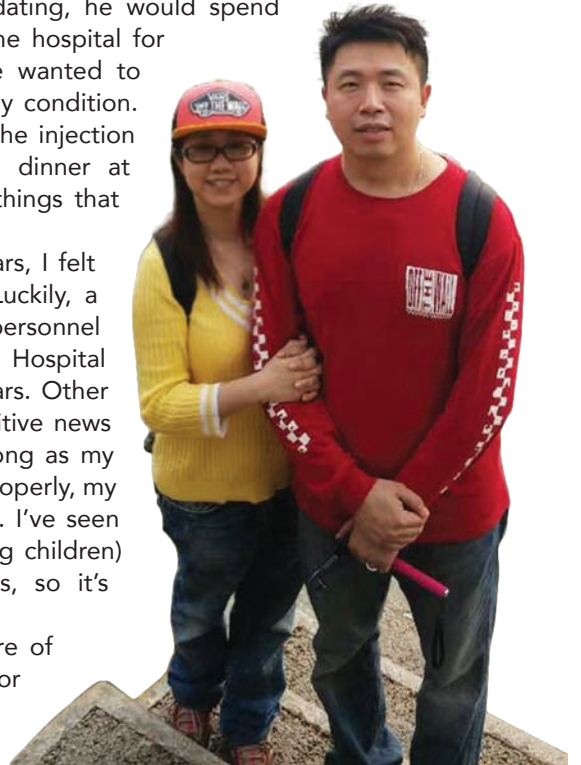
I've been married for two years now and I remember telling my boyfriend (who is now my husband) about my illness within the first month of meeting him. I had a bit of an internal struggle about whether to tell him or not, because I was really worried about him taking the news negatively. Would I become a burden to him? Luckily, no such thing happened. He took the news well and we became even closer, especially as he took up an interest in learning as much as he could about type 1 diabetes.

Of course, there are going to be embarrassing moments, like having to go the bathroom to measure my blood sugar level and take an insulin shot every time I go out for a meal. In some instances where my blood sugar is too high, we'll have to change our orders or even change restaurants! I remember a time when we were climbing Korea's Seoraksan mountain, my blood sugar was getting too low and I had to fumble around looking for my blood sugar monitor and candies while other tourists were busy taking pictures.

When I'm with my husband we have special loving moments. Even when we were dating, he would spend his free time with me to go to the hospital for my regular checkups because he wanted to learn more about diabetes and my condition. He'd even personally administer the injection sometimes when we are having dinner at home too. It's doing these little things that moves me so much.

Having had diabetes for 18 years, I felt desperate and helpless initially. Luckily, a group of enthusiastic medical personnel at the United Christian Church Hospital supported me throughout the years. Other diabetics also shared a lot of positive news with me to keep me going. As long as my blood sugar levels are managed properly, my husband and I could have a child. I've seen plenty of other diabetics (including children) live out healthy and happy lives, so it's definitely possible!

My husband not only takes care of me, but is also a motivating factor for me to keep my body as healthy as possible. Only then, can we truly live a great life together.



甘文皓給年青糖尿病友的貼士：

Louis's tips for teens with diabetes:

- ▶ 溝通最重要
- ▶ 不要掩飾病情，接受自己患有一型糖尿病
- ▶ 保持自信和積極的人生觀
- ▶ Communication is golden
- ▶ Be open and accept yourself with type 1 diabetes
- ▶ Be confident and positive



Disney



Explaining type1 diabetes to your child with fun

讓兒童在趣味中學習 一型糖尿病的知识

糖尿藥物的主要製造商禮來藥廠與迪士尼携手合作開發教材，幫助小朋友及其家庭了解一型糖尿病，讓小朋友學懂怎樣處理一型糖尿病，體驗生活中的奇妙和樂趣。

下次見醫生的時候，請記得向醫生索取。



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我們最新的動態 ■ YDA NEWS

YDA籌建香港兒童糖尿中心(暫名) YDA's own Centre of Excellence

YDA正為成立「香港兒童糖尿中心」(暫名)籌募善款。中心旨在讓一型糖尿病童明白，他們能夠憑著自己的力量和別人的支持，過著接近正常的生活，藉此幫助他們茁壯成長，盡展潛力。

中心將成為家人和子女的社區中心；義工和友師團隊可在此向專業人士請教最新醫

學知識；小朋友可在這裡放心地玩；家人和主要照顧者也能夠在這裡找到情緒上的支援。

中心將位於九龍的工業 / 商用大廈，設施包括會議及講座室、圖書館、醫療及輔導室、健身室、「青少年天地」、兒童遊樂及學習區，以及教學廚房。

至今我們已收到以下人士 / 機構的慷慨捐款或所提供義務服務，本會謹此衷心致謝：

- ▶ Vasconi Architectes
- ▶ Schmidt BioMedTech Asia Limited
- ▶ David Fried先生、Chris Larpin先生和Vladimir Nesteruk先生
- ▶ 勞士施羅孚先生, BBS, MBE和夫人
- ▶ 「春日愛心樂悠悠2014」籌款活動的善長



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.

YDA has just embarked on a major project to raise funds to build its own "Centre of Excellence", a centre to show children with type 1 diabetes that they have the strength and the support to live a close-to-normal life, thus helping them grow up to achieve their full potential.

The Centre will act as a community centre for families and children, and for volunteers and mentor teams to develop and to learn about the latest medical developments from professionals, a place for children to play, and a place for families and caregivers to receive real-life emotional support.

The Centre will be located in an industrial/office building in Kowloon. Facilities will include conference and seminar rooms, a library, a medical and counselling room, a fitness room, "Teen Zone", a children's' playroom and learning area, and a teaching kitchen.

We would also like to thank all our generous donors to date:

- ▶ Vasconi Architectes
- ▶ Schmidt BioMedTech Asia Limited
- ▶ Mr. David Fried, Mr. Chris Larpin, and Mr. Vladimir Nesteruk
- ▶ Mr. Rusy M Shroff BBS MBE and Mrs. Purvis R Shroff
- ▶ Donors for YDA's fundraising 2014 Spring Fling Gala Dinner



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

青年角度 ■ YOUTH VIEW

誠實是上上之策

The Best Policy, Is Honesty



By Brittany Fried

Brittany Fried 指坦白自己的病情不但不會嚇跑朋友，更有助拉近彼此的距離。Brittany Fried argues that being open about her diabetes has helped bring her friends closer, rather than driving them away.

糖尿病人普遍擔心自己會因為這個病而遭到排斥，又或者需要掩藏自己的病情，以表現出一派「正常」的模樣。這種態度的問題在於太過狹隘，不利個人成長及全盤接受自己。不幸的是，一型糖尿病不會在幾天或幾個星期內消失……甚至永遠不會離我們而去。但這不代表我們要終日自怨自艾，或者帶上面具，假裝這個病不存在。相反，正因為戰線漫長，我們更應該多認識一型糖尿病，好好控制自己的血糖和糖化血紅素水平，以及嘗試幫助其他人認識這個病。

對我來說，「應對」糖尿病的最佳方法是打開天窗說亮話。確診之後，我即時向朋友、同學和老師坦誠相告。這樣既不會讓人覺得我想掩飾患上糖尿病的事實，糖尿病更成為我人生中嶄新而精彩的一章。我不但因此建立起面對糖尿病的自信，更幫助朋友和親人了解我的轉變。

大家對我開放、坦白而自信的態度讚賞有加，令我十分驚訝。這種面對糖尿病的態度有助朋友認識一型糖尿病的真相，避免他們胡亂臆測。我不需要躲在洗手間偷偷摸摸地注射胰島素，因為打針不是甚麼見不得人的禁忌，而是餐前的指定動作。每天午飯時間，朋友都關心我的血糖水平是否正常，又或者這一餐需要注射多少胰島素。我突然發現，糖尿病讓朋友加深了對我的認識，他們也不會因為我試圖掩藏自己的病情而疏遠我。

我可以非常坦白地告訴大家：我從未因為患上糖尿病而在人際關係上有所損失。事實剛好相反。透過兒童糖尿協會等機構的支援，我反而認識了更多人，當中大多數是自己不會認識到的人。

成為兒童糖尿協會的一份子讓我認識了一班病友，他們明白我每天所面對的挑戰，大家亦成為了彼此的支柱。這種互相支援的關係是我有信心應付糖尿病的關鍵，因為我知道自己並非孤軍作戰。我促請大家盡量坦白自己的病情，並積極參與相關活動，從而更輕鬆地管理自己的生活和人際關係。

There is this common fear that diabetes becomes an ostracising tool, or that it is something that needs to be hidden to maintain the facade of "normal." The problem with this outlook is it's restrictive, and does not allow for personal growth embracing our full selves. Unfortunately, our type 1 is not going away within the next few days or weeks... possibly ever. However, this does not give us permission to lament in our own self-pity or build a mask pretending our diabetes isn't there. Instead, the chronic factor of diabetes should motivate us to learn more about our type 1, control our blood glucose and A1c levels better, and try to help others understand the disease.

Personally, I have found that my best "coping" method of embracing my diabetes is through talking about it. As soon as I was diagnosed, I came clean to my friends, classmates, and teachers. This way, instead of creating the stigma that my diabetes was something that I wanted to hide from the public, it became a new, exciting part of me. This helped me not only develop my own confidence with dealing with my diabetes, but also helped my friends and

relations wrap their heads around this new aspect of me, too.

The positive response my openness, honesty, and confidence elicited amazed me. Having this attitude towards my diabetes helped my friends actually understand the truth of my type 1, and not simply make conjectures on their own. This way, my injections were not a taboo ritual that I conducted in a bathroom stall, but instead were an exciting prerequisite to a meal. Every day at lunch, my friends took interest in knowing whether or not my blood glucose levels were in range, or how much insulin my meal required. Suddenly, my diabetes was helping my peers learn more about me, rather than pushing them away because I didn't want to be open about it.

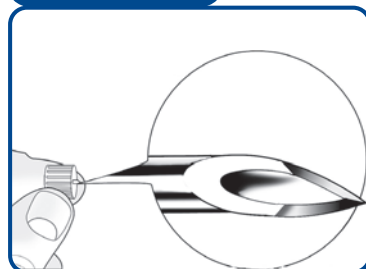
Let me be completely honest: never have I lost a relationship due to my diabetes. In fact, the opposite is true. Through support of organisations such as the YDA, I have befriended even more people, most of whom it is unlikely I would have met otherwise. Becoming involved in the YDA has allowed me to find a support system of diabetics who understand what I am going through on a daily basis. These relationships have been crucial in building my confidence with regards to my diabetes, as becoming involved has helped me realise that I am not alone in my plight. I urge you to be more open with your diabetes and to get further involved, as this will make personal management and intrapersonal relationships all the easier.

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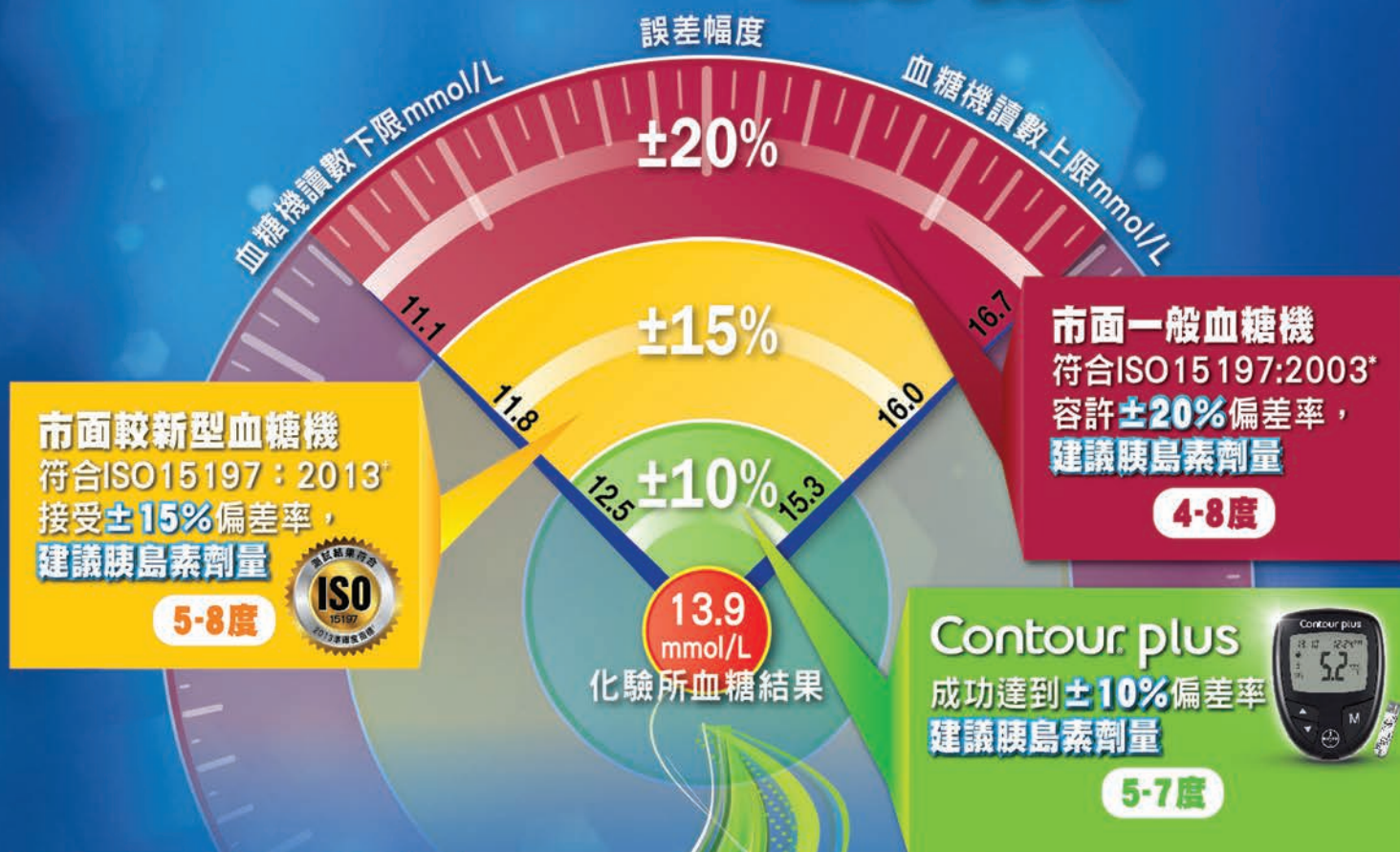


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* ISO 15197:2013. In vitro diagnostic test systems - Requirements for blood-glucose monitoring systems for self-testing in managing diabetes mellitus

CPT-20141201a

與糖尿病同行 ■ LIVING WITH DIABETES

愛屋及烏

Love me, Love my Diabetes



青少年糖尿病研究基金會（美國一型糖尿病研究機構）近日舉辦了一次有關一型糖尿病患者的戀愛關係的小組研討會。以下是與會者對話的撮要。The JDRF (a US-based research foundation for type 1 diabetes) recently ran a roundtable group discussion on the topic of type 1 and romantic relationships. This is a summary of the conversation.

公開戀情

與會者被問道何時向父母公開新戀情時，有人說越早越好，也有人採取拖延策略，不一而足。其中一位與會者Scott的妻子正是兒時的小情人，因此沒有遇到這方面的難題：「當時彼此都十分年幼，我想大家都沒有留意這個問題。」

Kerri以男方對糖尿病的態度作為擇偶條件之一：「接納、支持及關顧糖尿病患者的人很多，但抗拒糖尿病人的傢伙亦大有人在。我希望一開始就知道男方是那一類人。」

另一邊廂，Allie提出戀情開始時，誰先談及病情的問題。Scott認為情侶總有一起吃晚飯或用膳的時候，而一型糖尿病患者少不免在餐前注射胰島素，所以對方終究會知道。

正面回應

與會者告知伴侶患病的信息後，所有人都得到正面的回應。Manny說另一半是他改變生活習慣的原因和動力：「她一直在身邊幫我，支持我，但從不會喋喋不休，惹人討厭。」Bernard的女友在訂婚後，隨即與他結伴參加為期三天的糖尿病課程，希望深入了解與糖尿病同行是怎樣的一回事。

Scott的另一半是兒科醫生，理論上對一型糖尿病有一定的認識，但Scott表示，妻子最終發現管理糖尿病原來知易行難。

負面反應？

與會者也分享了被心儀對象拒絕的不快經歷。Allie建議病友與喜歡動物的人交往：「他們比較能諒解別人，適應力也較強。」Scott說他不曾因糖尿病而吃閉門羹，他的戀愛煩惱和問題跟一般人無異。Kerri語帶幽默地總結：「糖尿病不是我的全部.....愛我，就要愛我的糖尿病，正所謂愛屋及烏。」

親密時刻

血糖水平的起伏會影響患者的情緒。對Scott來說，親密時遇上血糖驟降，一定會「停一停，歇一歇」，但血糖上升則不一定影響他的興致。Bernard說低血糖肯定影響他的「性趣」，而高血糖則會令他昏昏欲睡：「親愛的，今晚還是作罷吧，血糖升上來了。」

大多數與會者最顧忌的是胰島素泵「從中作梗」。Amy說她覺得OmniPod壓在皮膚上，令她十分不舒服。Bernard說，他有一段長時間不想佩戴胰島素泵，正因為這個原因，但後來他發現胰島素泵一點也不礙事。他會事先卸下胰島素泵，但「必須記得事後重新佩戴。」

共賦同居

Amy建議一起外出吃頓甜蜜晚飯、一起做運動、一起和子女玩，並與彼此的家

人好好相處，是避免糖尿病影響感情的最佳方法。她說：「我們努力為自己和家人締造美好人生。做到的話，糖尿病再不是洪水猛獸。」

Kerri表示認同，並說：「我會確保糖尿病不是大家做某件事，抑或不做某件事的理由.....我們會一起克服難關，經常擁抱，一有機會就開懷歡笑。」

血糖水平的確會直接影響情緒，Scott建議：「有時唯一可做的是多注意一點，兩口子吵架時，想一想是否與血糖水平有關。」

壓力也不純粹是心理方面：Bernard需要妻子在緊急情況下為他注射胰高血糖素，這對另一半來說是一項重擔。

分擔護理工作

Allie說：「時間一長，你的伴侶自然而然會幫手照顧你的病情，不管你願意與否。」Manny十分同意，並說自己學到的都一一教了妻子：「她對糖尿病的認識與我不相伯仲。」

Gina相信獨力應付糖尿病反而會令兩人產生隔膜。她說：「有另一半在身邊支持自己及 / 或關心自己的病情，有助促進兩人的感情。」

Allie覺得把糖尿病視作考驗創意的挑戰是評估及 / 或鞏固兩人關係的好方法：「戀愛是一項團隊運動，伴侶實力的高低決定了他 / 她到底是幫你迎難而上，還是拖你後腿。」



網址 Link: <http://bit.ly/JDRF-Type-1-diabetes-Romantic-Relationships>

Breaking News

When asked about how they broke the news to their partners at the beginning of a new romantic relationship, participants were split about whether it was best to do it sooner or later. One participant, Scott, had married his childhood sweetheart, so for him it was not an issue: "As very young kids, I don't think either one of us really paid it any attention."

Kerri used her diabetes as part of her selection criteria: "There are plenty of people out there who are accepting, supportive, and caring when it comes to diabetes, but there are the few who aren't, and I wanted to know what kind of man I was dealing with right off the bat."

On the other hand, Allie questioned who told anyone about their medical conditions when starting out on a relationship. Scott agreed that, eventually, couples are bound to have dinner or a meal together, and since taking a dose of insulin before the meal is usually part of life for someone with type 1 diabetes, their partner is sure to notice eventually anyway.

A Positive Reaction

All of the participants had experienced a positive response from their current partners when they heard the news. Manny explained that his partner is a big reason of why and how he changed his habits: "She was there to help me and reinforce me, without becoming a pain in the rear." Bernard's partner attended a three-day diabetes course with him once they were engaged. She wanted to know all about living with diabetes, he said. As a paediatrician, Scott's partner knew about type 1 – in theory, but Scott commented that he thinks she found diabetes management a lot easier in theory than in practice.

A Negative Reaction?

The group took time to discuss the sensitive subject of rejection. Allie suggested people look for animal lovers. "They tend to be more understanding

and adaptive," she said. Scott said that he didn't think he had been rejected because of his diabetes, his concerns and issues were the more normal things that everyone worries about. Kerri summed up the answers with humour, "Diabetes is not my defining quality... Love me. Love my diabetes."

Getting Intimate

For Scott low blood sugars mean a definite "stop and treat" but high blood sugars don't always take the wind out of his sails. Bernard said that low blood sugars definitely affected his libido while high blood sugars tended to make him sleepy – "not tonight dear, I have a high."

A concern of most participants was that of pumps getting in the way. Amy said that she found that sometimes her OmniPod pressed uncomfortably into her skin and Bernard said that for a long time he had not wanted to wear a pump for this reason, but since then he has found that wearing a pump doesn't get in the way at all. He does disconnect it but "it's important to remember to reconnect afterwards!" he said.

Living Together

Going out to dinner, working out, playing with her children, and simply having fun with your family are the best ways to make diabetes less of a complication was the excellent advice from Amy. "We put our efforts into building a happy life for ourselves and our family. If you do that, then diabetes doesn't seem so awful," she said.

Kerri reinforced this saying: "I make sure that diabetes is not the reason we do things, or the reason we don't do things... We work through the tough parts, hold each other often, and laugh whenever we can."

Blood sugar levels do directly affect moods and Scott advises: "Sometimes the best we can do is to be aware of that, and in heated discussions try to step back and ask if that is playing a role."

Other stresses are sometimes more physical; Bernard's wife has had to give him glucagon shots in times of emergency which he said is a tough job to ask a spouse to do.

Sharing the Management

"Give it time and your partner will become an integral part of your diabetes management... whether you like it or not," said Allie. Manny agreed saying that everything he learnt, he taught his wife: "She knows about diabetes almost as I do

Gina believes that managing diabetes by yourself creates distance in the relationship. "Having your partner around while providing positive support and/or showing curiosity is healthy for a good relationship," she said.

Allie feels that treating diabetes like a creative challenge is a good way to assess and/or build relationships with her partner: "Relationships are a team sport, your partner's resourcefulness can cause him/her to rise to the challenge or drag down the team."

送給三型糖尿病患者的貼士

與會者在研討會結束前向三型糖尿病患者（指那些與糖尿病患者談戀愛的人）提供以下建議：

- ▶ 多認識糖尿病，但小心不要自作聰明，亂加意見。幫助及支持對方，但別要成為動輒得咭的疾病警察。
- ▶ 只要有愛和信任，人生所有不如意事都輕如鴻毛。

Tips for Type 3

The discussion finished with the panel giving recommendations for type 3 diabetics – a term sometimes used to describe those in some kind of relationship with someone with diabetes.

- ▶ Learn about the disease but be careful about offering unsolicited advice. Be there to help and support and not become the diabetes police.
- ▶ Love and trust go a long way towards diminishing anything negative in your life.



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參考資料

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*所有藥物均須由醫生處方，方可使用。

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為駐校護士及教職員而設的研討會

Symposium for School Nurses and Teaching Staff

今年二月，我們為駐校護士及教職員舉辦了一個非常成功的糖尿病研討會，內容包括糖尿病教育及管理，以及與糖尿病有關的兒童心理學知識。糖尿病人亦在論壇上暢所欲言，分享他們的經驗。

In February, 2015, we held a Symposium seminar for nurses and teaching staff which was a resounding success. Topics included diabetes education and management, child psychology with regards to diabetes, and forums where diabetics could speak their minds and share their experiences with the audience.



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12月至2015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 those companies, organisations and individuals during December 2014 and February 2015, 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)

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2. ISO 15197:2013(E), In vitro diagnostic test systems - Requirements for blood-glucose monitoring systems for self-testing in managing diabetes mellitus. Available at http://www.iso.org/iso/catalogue_detail?csnumber=54976. Accessed on August 2014.
3. Evaluation of the FreeStyle Optium Neo Blood Glucose and Ketone Monitoring System DOC32228 Rev A 10/13 Data on file, Abbott Diabetes Care.
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兒童糖尿協會家長聚會 ■ Parents' Gathering

本會於1月31日與博愛醫院首次合辦家長聚會，當日邀請了來自Team YDA的Vincent及Crystal與各人分享去年9月進行的「健胰騎士夢環台」活動，並誠邀參與聚會的會員及家長參與Team YDA每月一次的活動。其後，家長們分成小組與本會的朋輩大使作交流，輕鬆地分享彼此在照顧糖尿病子女的經驗及心得，期間各家長積極發問及分享。

On January 31st, we held our first parent's gathering in collaboration with Pok Oi Hospital. We also invited Team YDA's Vincent and Crystal to share their experiences with the "Ride for Youth Diabetes 2014" event held last September. Participants were then also invited to join Team YDA at their monthly cycling outings. Afterwards, parents formed small groups and had a discussion with our ambassadors. It was the perfect opportunity for everyone to talk about their experiences, and share any tips they had on how to handle their children's diabetes.



加入 Team YDA Join Team YDA

齊來認識香港首支也是唯一一支一型糖尿病單車隊 Team YDA!

Team YDA 致力向隊員推廣「我做得好！」的精神。隊員結伴同行，不只是與朋友一起做運動那樣簡單，而是學會別讓糖尿病限制自己的行動和人生觀。

Team YDA 一般會在每個月的第一個星期日舉辦活動。在4月3至4日的復活節假期間，Team YDA 將有另一次單車遠行，目的地是廣州從化。

兒童糖尿協會所有成員都可以申請加入Team YDA，只須將姓名、電郵地址和手提電話號碼寄到 teamYDA@youthdiabetesaction.org，Team YDA會盡快與你聯絡。

Learn more about Hong Kong's first and only type 1 diabetes cycling group, Team YDA!

Team YDA strives to promote a "We can do it!" mentality among its members. As members get together and ride, they'll not only be exercising with their friends, but they'll learn that diabetes should not put a limitation on their actions and outlook.

The first Sunday of each month is generally the scheduled date for activities, and for the upcoming Easter holiday of April 3rd to 4th, Team YDA will be travelling to Conghua, Guangzhou for another cycling trip.

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

Team YDA will be in touch with you shortly after.



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會員活動 ■ MEMBERS' ACTIVITIES

家庭奇妙時刻 Family Magical Moment



本會今年再獲迪士尼樂園贊助，會員可以免費到樂園遊玩。當天我們共有200人參加，當中包括了不同國籍的會員家庭。在早上，本會安排了10多位成年會員義務擔任組長，帶領各組去完成小任務。在午餐時間，本會為每位參加者安排了餐券讓他們可以和

不同的家庭及成年會員於園內共晉午餐，他們可以藉此輕鬆的時間互相認識及建立朋輩的關係。而午餐過後則是各家庭的自由活動時間，他們有些更相約一起到不同遊樂設施玩。

We're proud to announce that Hong Kong Disneyland agreed to sponsor us again, allowing our members and their families another fun filled day free of charge! We split our 200 participants into teams of 20 and assigned older members to become team leaders. Teams were then sent to carry out small tasks. During lunch, members of the different teams mingled amongst themselves, and we were happy to see that everyone had a great time and made lots of new friends. Afterwards, the teams disbanded and families were given free time to enjoy the spectacular attractions of the park.

Christmas Party 聖誕聯歡會2014

12月是一個普天同慶的月份，一如以往本會在此月份舉行了一年一度的聖誕聯歡會暨週年會員大會，而今年的參加人數更是歷年之冠，有接近250人參與。每一年的聖誕聯歡會除了讓會員家庭互相認識外，它更是一個機會讓會員學習醣質換算。面對琳瑯滿目的食物，他們要去選擇自己食用份量的碳水化合物，甜品或其他食物，為了方便會員換算，本會特意在每一款食物前放置一個小小的食物份量標籤。

另外，我們首次邀請3位會員擔任司儀及邀請一位魔術師作表演，他們為現場增添了不少歡樂氣氛。而每一年為了鼓勵會員學習管理日常的個人糖尿病護理，從而可以控制糖化血色素(HbA1c)，今年，本會向約50位會員頒發了良好血糖控制證書以作鼓勵。

With close to 250 guests, 2014's Christmas party was a blast! Apart from getting the families of members to get to know each other, the Christmas Party was designed to help learn about 'carbohydrate exchange'. When faced with dazzling platters of food, members had to choose foods that matched their own carbohydrate intakes. To make thing easier for them, we'd marked each item with corresponding nutritional information and serving sizes.

We invited three members to act as Master of Ceremonies (we've also hired a magician as well), which helped create a casual but engaging atmosphere with the audience. To help encourage more members to learn and manage life with diabetes, controlling HbA1c (glycated hemoglobin) in particular, we also distributed 50 certificates of excellence in blood sugar management to responsible members.



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。

廣告服務

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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.



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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