

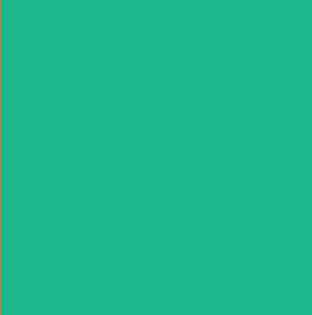
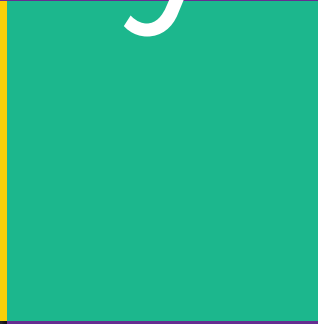


Youth Diabetes  
Action  
兒童糖尿協會

# YDA today



issue  
41



news  
letter



2015  
June



Our Magical Mentors  
熱心的朋輩大使

## 目錄 INSIDE

主席的話	FROM THE CHAIR	1
專訪	MENTORS' PERSPECTIVE	2
與糖尿病同行	LIVING WITH DIABETES	4
活動預告	UPCOMING EVENTS	5
YDA動態	YDA NEWS	6
春日愛心樂悠悠	SPRING FLING	8
鳴謝	ACKNOWLEDGEMENTS	9
會員活動	MEMBERS' ACTIVITIES	11

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 2. Weisheit A, Schmidt 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.  
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## 主席的話 ■ FROM THE CHAIR

兒子入院接受兩星期的密集式訓練後回到家裡，那份忐忑不安的感覺再次襲來。即使我們已準確控制兒子的碳水化合物攝取量，他的血糖讀數仍不時飆升，我時時刻刻都為此而憂心忡忡，那種滋味實在令人吃不消。當我連“吃一小杯乳酪要扣多少塊餅乾”這樣簡單的問題也不知道可以找誰幫手解答時，整個人都失魂落魄起來。

但日子也不盡是灰暗和沮喪。我尤其懷念定期覆診的日子，因為可以見到其他糖尿病童的家人。有明白自己遭遇的人在身邊，人也寬心得多。我們談得投契，更分享了各種各樣的資訊，從日常生活的小貼士到挑選合適的學校，無所不談。

下次在糖尿病診所候診時，何不向身邊的家長自我介紹以打開話匣子？你可能會結識到一位讓你獲益良多的朋友，並培養出一段持久的友誼—我自己便在診所認識了不少好友。即使子女學會自行覆診，家長們也會定期見面聊天。

兒童糖尿協會主席  
馮亮琪



When my son was discharged from a two-week intensive training session at the hospital, the feelings of vulnerability returned to haunt me once we stepped back into our home. The constant pangs of anxiety really started to get to me when glucose readings went off the charts, despite how accurately we were controlling carbohydrate intake. I felt lost when there was no one I could turn to, even for a simple question like “how many crackers would I have to trade for a small yoghurt?”

It wasn't all dark and terrible times though. The regular visits to the doctor are very fond memories of mine, as we got to meet other families with diabetic children. It felt good to be in the company of others who had experienced exactly what I was going through. We had great chats and managed to share all sorts of information, ranging from practical daily tips to even the selection of schools.

So the next time you are waiting at the diabetics clinic, why not introduce yourself to one of your neighbours and strike up a friendly conversation? You might just kick off a long and rewarding friendship as I have done myself on many occasions. Our children may no longer need us to accompany them during their appointments, but the other parents and I still meet regularly, regardless, for catch-ups.

Fina Cheng  
Chairperson, YDA

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

專訪 ■ MENTORS' PERSPECTIVE

# 兒童糖尿協會的朋輩大使

## The YDA Mentor Programmes



朋輩大使計劃是兒童糖尿協會的重點項目之一。參與計劃的義務大使負責為本會會員提供支援。我們訪問了三位大使 — Julie Farrell女士、周豔華女士(Angela)和苗燕嫻女士(Joanna) — 以深入了解他們的熱心工作、動力、挑戰和收穫。

One of the most important projects for Youth Diabetes Action is the mentor programme where volunteer mentors provide support to our members. We interviewed three of our generous mentors – Julie Farrell, Angela Chow and Joanna Maio – to learn more about the work they do and their motivations, challenges and rewards.



### 感召

三位朋輩大使的子女都患上一型糖尿病。得悉子女確診糖尿病後，三人的心情跌至谷底，更對子女的將來感到極之憂慮，但最難受的莫過於那種孤立無援的感覺。幸運的是，她們得到其他病童的家長伸出援手。Julie Farrell表示，對母親來說，有一個可以傾訴而且感同身受的人在身邊便於願足矣。三人從“谷底”爬出來後，都覺得有責任回饋他人。為免再有其他家庭步她們後塵，在子女確診糖尿病後跌進絕望無助的深淵，三人希望可以為有需要的人提供支援。

### 職責

談到朋輩大使的職責時，Angela打了一個有趣的比喻：她把朋輩大使比作吹氣游泳臂圈，因為臂圈讓習泳的人不會遇溺。現實中，小孩學的不是游泳，而是怎樣面對護理糖尿病的責任。

朋輩大使的主要工作是在病童確診後，向他們的家人提供資訊。他們會分享個人經

驗和心得，以平伏家人的憂慮。Julie總結道：「我們所做的往往是安慰病童的家人，讓他們知道即使子女帶病，一樣可以過正常、快樂、健康的人生。最重要的是做好準備和計劃。」

### 新確診的疑問

病童的家人會提出很多疑問，尤其在子女剛確診之際，滿腦子都是各式各樣的問題。這些問題大多關乎飲食，離不開什麼不能吃、如何計算碳水化合物攝取量，以及其他類似的問題。今天，營養資訊俯拾皆是，計算每日攝取量也十分簡單，重點是預先作好準備，記下吃過什麼，吃了多少。

Joanna指出，確診不久的家庭時常提出的另一條問題是“胰島素蜜月期”的長短。你可能不知道，病人確診一型糖尿病後，胰臟會有一段短時間分泌足夠日用的胰島素。蜜月期的長短因人而異，沒有特定答案；蜜月期一結束，孩子便要定期注射胰島素。

家長關心的還有子女帶病成長會否影響他們的獨立自理能力。其實，只要子女得到家人和朋友的充分支援，他們一樣可以過健康正常的生活。

### 助人為樂的體驗

朋輩大使計劃給她們最大的收穫是什麼？三人都認為看見病童家人開心、開懷是他們最大的回報。不少朋輩大使和學員最終成為定期聯絡的朋友。此外，看見家長護理糖尿病的技巧日漸純熟，不用整天圍著子女轉也是一大成就。Julie指出，很多家長起初都不願子女離開自己的視線範圍，更莫說讓子女到朋友家留宿或露營！當父母知道子女有能力照顧自己，他們會慢慢讓子女過獨立一點的生活，為未來的人生作好準備。



## Inspiration

All three of the YDA mentors are mothers of a child diagnosed with Type 1 Diabetes, and they described how the news of their child's diagnosis made them crestfallen and extremely concerned about the futures of their child; worst of all, they felt alone and helpless. Luckily for them they all received support from other parents who also had children with the illness. Just having someone to talk to and empathise with, according to Julie Farrell, was all a mother could want. After being lifted from their initial "down", the mothers felt a sense of duty to give back to the community. To prevent newly diagnosed families feeling the same sort of despair in the future, they wanted to be there to provide some much needed support.

## Responsibilities

Angela Chow compared mentors to inflatable armbands at a pool, because they keep the user afloat as they learn to swim. In this case, the child is learning to "swim" as they now must cope with the responsibilities involved with diabetes management.

Our mentors act primarily as information providers for newly diagnosed families, and will often share personal experiences and tips with the families to keep their worries at bay. Julie Farrell sums this up: "A lot of the time, it is all about reassuring the family that their child can live a normal, happy, and healthy life. Being prepared and planning ahead is key."

## Mentees and their Concerns

Families often have plenty of questions, especially right after learning that their child is diagnosed with Type 1 Diabetes. The majority of these questions are focused on diet; primarily what sorts of food they should stay away from, how to calculate carbohydrate intakes and other similar concerns. Now that nutritional information is so readily available, calculating daily intakes is quite simple;

it's all a matter of planning ahead of time, keeping tally and adding things up.

Joanna Maio also described another common issue for newly diagnosed families – the length of the honeymoon period of insulin. Upon diagnosis of Type 1 Diabetes, there is still a short window of time where the pancreas can produce enough insulin for daily use and this is often referred to as the honeymoon period. The honeymoon period varies depending on the child, so there is no fixed answer. Once this period ends, the child will need to take injections regularly.

Other concerns involve the independence of the child as they grow up with the illness. Provided that the child gets sufficient support from their family and friends, they too can live a healthy and normal life like any other person.

## Rewarding Experiences

When asked about their most rewarding experience in the mentor programme, everyone agreed that seeing the families happy and relieved was their greatest reward. Quite often, the relationship grows beyond a standard mentor and mentee, and many become friends who contact each other regularly. Apart from that, seeing the family become more comfortable with diabetes management and not hovering over their child is another great achievement. According to Julie, many parents are initially terrified to let their child out of sight, even more so if their child wanted to go to a sleepover or camp! Once the parents know the child can take care of himself, they slowly allow the child to live a more independent and are therefore better prepared life for the future.



## 我可成為朋輩大使嗎？

擔任朋輩大使所必須具備的特質：

1. 做一個好的聆聽者。
2. 切身處地，保持耐性，不要妄下判斷。
3. 無需成為一型糖尿病專家，但須具備基本知識。如被問到自己知識範圍以外的事，應向別人求教。
4. 時刻保持積極態度，否則無法鼓勵病童和他們的家人積極面對問題。
5. 同一項建議未必適合所有家庭。
6. 確保隨時有空，因病童及其家人會在你最意想不到的時間找你見面。

## Could you be a mentor?

Our mentors came up with a list of important qualities that one should have when considering becoming a mentor:

1. Be a good listener.
2. Be empathetic and patient; don't judge
3. You don't need to be an expert on Type 1 Diabetes, but you need to know the basics about it. In the event that you are asked something that you don't know, don't be afraid to contact someone else for assistance.
4. Remain positive throughout. If you aren't positive, you cannot expect the mentee and their family to be.
5. Tips that work for one family may not work for the next.
6. Have an open schedule, as mentees may contact you and wish for a meeting when you least expect it.

與糖尿病同行 ■ LIVING WITH DIABETES

## 血糖水平我話事

# Be the Boss of your Diabetes Management

從事旅遊零售工作的張可兒分享如何在工作期間應付糖尿病病情。有了她的貼士，你也可以自我控制血糖水平。

Melanie Cheung describes how she deals with her diabetes and her full time job in travel retail. With these tips, you too can be the boss of your blood sugar levels.



### 有最適合糖尿病的工作嗎

可兒說她心目中的理想工作必需有固定的工作時間（上午9時至下午6時），並有一個小時的午飯時間。對糖尿病人來說，飲食定時非常重要。她曾考慮投考空姐，但空中服務員無法依時依候進食和休息，加上工作時間不定，她覺得這份工作不利控制糖尿病病情。「這不代表所有工作糖尿病人都應付不來。關鍵在於投身心儀職業的決心，所以沒有事情是辦不到的！」她說。

### 向同事坦白病情

可兒沒有對老闆和同事隱瞞自己的病情。當中不少人因認識可兒及查閱網上資料才對糖尿病有基本認識。她至今沒有遇過因為她有糖尿病而小看她的人。她說：「好好控制血糖水平，工作才會有出色表現。」她相信糖尿病人的工作表現不比普通人遜色。但因為這個病，糖尿病人需要特別注意和留心自己的飲食，這方面必須依靠自律。她建議：「最好事先跟同事說清楚，不要有所忌諱，以便病情急轉直下時——例如血糖驟降，甚至更壞的情況如暈倒，同事能夠即時救助。」

### 上班期間遇到的困難

上班期間，可兒最大的挑戰是午飯時間因會議超時而延遲，甚至在午飯時間開會！為解決這個難題，她唯有調整早上的飲食以補不足，例如降低早上的胰島素劑量或增加早餐的份量。

### 難忘經歷

可兒的公司有為同事買生日蛋糕慶生的傳統。她生日當天，意外地發現同事為她特製了一個無糖生日蛋糕。雖然蛋糕的味道有點怪，但那份心思和努力令她十分難忘，而且深受感動。

### 給糖尿病求職者的建議

可兒相信糖尿病人可以像其他人一樣過正常生活。她說：「只要不時檢查自己的血糖水平，並了解良好飲食習慣的重要性，你便無後顧之憂。」她建議，糖尿病人求職時，應根據自己的需要，找能力範圍以內的工作。接下來是訂好目標，然後努力向目標邁進。例如，你應該計劃好每星期檢查血糖的次數，以確保血糖受到控制。只要訂出有效的時間表，你便可以掌握自己的生活模式，再決定到底是調整生活步調，抑或胰島素的劑量。

### 後記

可兒喜歡在辦公室的抽屜內放一些糖果、水果或碳水化合物含量較高的零食。血糖何時下降無從預測，事先備好食物，既可防萬一，更可提高工作效率。別讓自己被糖尿病打個措手不及，尤其在忙得不可開交的時候。

### Is there an ideal job?

Melanie describes her ideal job as one with regular working hours (9am-6pm) and preferably with hour-long lunches. As a diabetic patient, eating at fixed times is critical.

Melanie once considered applying for a job as a flight attendant, however, being a flight attendant meant having irregular timing for meals and resting. She decided that this, along with erratic work hours, could potentially be too much to juggle with her diabetes management.

“Not all jobs are impossible for diabetics though. It all depends on how dedicated you are to pursuing your career of choice, so nothing is impossible!” she says.

### Transparency with Co-workers

Melanie is open about her illness with her boss and colleagues. A lot of them now have a basic understanding of diabetes through knowing her and through the information available on the Internet as well. In her experience, she has yet to meet anyone who has looked down on her because of her illness.

“Controlling your blood glucose level,” says Melanie, “is key to optimal performance.” She believes that diabetics are just as capable at performing as everyone else. However, because of the illness, diabetics need

to pay extra care and attention to the way they eat, which requires a lot of self-discipline to achieve. "It is best to inform your colleagues prior and be open with them about the illness, so that way they would know immediately if any sort of emergency occurs – like moments of low blood sugar level, or in the worst case scenario, passing out," she advises.

## Difficulties at Work

The greatest challenge Melanie faces at work is when meetings run over time and delay lunchtime, or even meetings that were held right during lunch! To work around this, Melanie simply adjusts her morning routine to account for the changes in schedule, like taking a lower dose of morning injections or eating a bigger breakfast.

## Unforgettable Experiences

It is a tradition within Melanie's office to celebrate the birthday of every

colleague with a birthday cake. When it was her birthday, Melanie was shocked to find that her co-workers had prepared a special sugar free birthday cake. Although the cake tasted a little weird, it was the thought and effort that made it so unforgettable, and she was truly touched.

## Advice for other Diabetic Jobseekers

Melanie believes that diabetics can live a normal life just like anyone else. "Provided that you can check your blood glucose level from time to time and understand the importance of eating habits, you will be fine," she says.

Melanie also recommends that when looking for a job, you should look for one that you can handle according to your own needs. Afterwards, set targets and try your best to meet them. For example, you need to schedule the number of times you plan to check your blood glucose level a week to ensure that your blood

glucose level is under control. By simply setting up an effective schedule, you can see a pattern of your current lifestyle, and then you can determine whether you need to adjust your lifestyle or the dosage of injections to take.

## Last thoughts

Melanie is very keen to leave sweets, fruits, or high carbohydrate snacks in her office drawer. You never know when to expect a low blood sugar moment, so by preparing ahead of time and stocking up, you can head off emergencies and maximise work efficiency. You don't want to be caught out, especially when you have a busy workload.

## 活動預告 ■ UPCOMING EVENTS



### 抱泡足球

#### Bubble Soccer

日期 Date: 11/07/2015

地點 Location: 佐敦 Jordon

對象: 8-17歲之青少年會員

Attendees: Young Member aged 8-17

運動可以有助改善糖尿病病情，是次參與的創新球類活動亦可以鍛煉身體各部位的協調性。在當天，義工會與會員一起進行球類比賽。

Did you know that exercise can help improve the condition of diabetes?

Bubble soccer is becoming popular these days, and is also a great way to develop body coordination. On this day, volunteers will be able to join our members in various types of fun ball games.



### 小小廚師

#### Cooking Class

日期 Date: 14/07/2015

地點 Location: 尖沙咀 Tsim Sha Tsui

對象: 8-17歲之青少年會員

Attendees: Young Member aged 8-17

義工會與會員一起製作蛋糕，並按個人需要預算製作份量，以及學習醣質換算。

Volunteers and members will craft cake together. Members will be able to learn about carbohydrate exchange through the process as well.



### 青少年營 2015

#### Youth Camp 2015

日期 Date: 26-27/9/2015

地點 Location:

香港基督少年軍臻訓中心(馬灣)

The Boys' Bridge Hong Kong Anchor House (Ma Wan)

對象: 8-17歲之青少年會員

Attendees: Young Member aged 8-17

通過不同的團體遊戲，訓練會員的解難能力、啟發合作精神及鼓勵溝通。而2日1夜的活動，可以讓會員學習照顧自己及獨立地管理糖尿病。

Through team building activities, members will learn how to effectively communicate, problem solve and work as a team. Members will also get an opportunity to be independent and manage their daily diabetic routines by themselves. This is a great opportunity to meet new friends and build up their peer support network.

# 童行有您 2015

HIKE for YOUTH DIABETES

For Type Ones, Twos and You  健康生活 你我同關注



「童行有您2015」是一系列精彩刺激的遠足活動，目的是激勵本會會員、家屬及其他有心人，增強他們的自主能力。難度逐步提升的遠足及訓練活動是鼓勵患者家屬積極參與及互相支援的好方法。

我們也希望透過這項活動，提升公眾對幼年糖尿病的關注，並為本會日後的活動及建立香港兒童糖尿中心籌募善款。參與「童行有您2015」的企業既可為本會的發展出一分力，亦可藉此加深對兒童糖尿病和本會的認識。

### 訓練活動：

- 6月28日 東涌至大澳
- 7月26日 麥理浩徑第二段
- 8月9日 太平山
- 9月13日 麥理浩徑第三段
- 10月11日 麥理浩徑第七段
- 10月25日 坪洲

### 第一階段：增城挑戰行

2015年10月30日至11月1日  
會在當地留宿一晚，星期六、日均有遠足活動

### 第二階段：香港島公眾行

2015年11月15日  
舉行小型嘉年華及開步禮後，便從大潭國際學校出發前往陽明山莊

Hike for Youth Diabetes 2015 is an exciting programme of hikes designed to motivate and empower members of YDA, their family members, and any other interested participants. Progressive hiking, with the training alongside it, is a great way to encourage and engage interfamily support.

We also plan to raise public awareness of youth diabetes, and to raise funds to support future YDA activities, and the the set up of the Centre of Excellence. By taking part, corporations that support us will also be able to learn more about youth diabetes and the YDA.

### Training

- 28 Jun: Tung Chung to Tai O
- 26 Jul: Stage 2 of MacLehose Trail
- 9 Aug: Victoria Peak
- 13 Sept: Stage 3 of MacLehose Trail
- 11 Oct: Stage 7 of MacLehose Trail
- 25 Oct: Peng Chau

### Stage 1 – ZengCheng Challenge 30 October – 1 November, 2015

Includes an overnight stay and hiking on both the Saturday and Sunday.

### Stage 2 – Finale Hike in Hong Kong Island 15 November, 2015

A fun day with a mini-carnival and opening ceremony followed by the hike from HKIS to Hong Kong Parkview.



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市面較新型血糖機  
符合ISO15197:2013\*  
接受±15%偏差率，  
建議胰島素劑量  
**5-8度**

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Contour plus  
成功達到±10%偏差率  
建議胰島素劑量  
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血糖濃度	ISO 15197:2013 準確性要求 百分率	±15% 誤差範圍 (或 < 0.88mmol/L)	±10% 誤差範圍 (或 < 0.56mmol/L)
<5.6mmol/L		100%	100%
≥5.6mmol/L		100%	99%

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使用細則  
1. 每位客戶只能享用此優惠一次  
2. 舊機換試紙優惠必需購買\$400套裝同時使用，不能後補。

**試紙定購組合**

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平均每盒 **\$.176.25**

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8100 4792 莫先生  
8200 1708 張小姐

或辦公時間致電：  
**8100 6386**

\* Duffy et al. International Conference on Advanced Technologies & Treatments for Diabetes, 2013. Bayer Diabetes Care  
\* ISO 15197:2003. In vitro diagnostic test systems - Requirements for blood glucose monitoring systems for carrying in managing diabetes mellitus  
\* ISO 15197:2013. In vitro diagnostic test systems - Requirements for blood glucose monitoring systems for self-testing in managing diabetes mellitus

# A NIGHT AT THE RACES



## 春日愛心樂悠悠2015



## Spring Fling 2015



兒童糖尿協會在5月9日(星期六)假港麗酒店舉行一年一度的籌款晚宴—春日愛心樂悠悠。當日有超過300位嘉賓蒞臨支持。

今年的主題為「馬場之夜」，靈感源自英國雅士谷賽馬場。嘉賓無不盛裝赴會。大會更以賽馬方式舉行幸運大抽獎。

晚宴旨在為建立香港兒童糖尿中心籌款。中心可作多種用途，既可讓病童和家屬學習怎樣更好地護理這個慢性病、分享經驗和心得、諮詢

專業醫療和教育意見，亦提供空間讓孩子盡情玩耍。

是次活動合共籌得270萬港元，謹此向慷慨解囊的善長衷心致謝。

Youth Diabetes Action hosted its annual fundraiser Spring Fling on Saturday, 9 May, at the Conrad Hotel, with over 300 guests attending.

This year's theme was "A Night at the Races", and was based upon the Ascot Racecourse. Guests dressed up in their finery and had a chance to partake in

lucky draws through horse racing.

The objective of the gala dinner was to raise funds for setting up a Centre of Excellence for children suffering from diabetes. This will be a multipurpose location where children with this chronic illness and their families can learn how to take better care of themselves, share their experiences, receive professional medical and educational advice, play, and have fun.

A total of HK\$2.7 million was raised, and we are very thankful to all our generous donors.

# 鳴謝 ■ ACKNOWLEDGEMENTS

Thanks to the generous support of those companies, organizations and individuals during February and May 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) 兒童糖尿協會衷心感謝下列機構、團體及人士於2015年2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)

## 春日愛心樂悠悠 2015 SPRING FLING 2015—A NIGHT AT THE RACES

### 公司或團體 COMPANIES/ ORGANIZATIONS

Akola Bridal  
Anastassia's Art House  
APAC Resources Limited  
Beaute Par Zai  
BELMOND  
Bergé Studio  
BRUNEBLONDE  
Calla Lily  
Champion Ballroom  
Dancing Academy  
Charlotte Travel Limited  
Chellaram Diabetes Institute  
Chopard Hong Kong Limited  
Clarus Aesthetic & Laser Centre  
COL Capital Limited  
Comme Maman Collection  
Concept Creations Ltd  
Conrad Hong Kong  
Crown Worldwide Holdings Limited  
Damina Fashion  
Delphin System Hong Kong Ltd  
Dragon Capital Limited  
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ISTA THE CURRY PLACE  
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Salvatore Ferragamo  
Sau San Tong Management Ltd  
Savvy Style, Colour Me Beautiful HK  
Schmidt Marketing (H.K.) Ltd  
Sense of Touch  
SMS Food Industries Corporation  
Smudge MakeUp  
Artistry  
Sons and Daughters Limited  
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Ten Feet Tall  
The Little Door  
The Peninsula Hong Kong  
The Powder Room  
The Skin Gym  
Uber  
Van Eyck  
W Hong Kong  
Watson's Water  
Wine Shop Asia  
蘇太名醬

### 個人 INDIVIDUAL

Agnes Allcock  
Alice Poon  
Alison Massey  
Andrew A Johnson  
Andrew Work  
Angelina Bussinger Lee  
Anna Hoeborn  
Anna Treier  
Annick Gnock Fah and Von Lam  
Anthony Chan  
Anthony Hotung  
Aradhna and Prasoon Dayal  
Audrey Khoo Yui Min  
Bally Lam  
Banu Babayeva  
Bing Chen  
Bonnie Arculli  
BS Ong  
Carisse and Alois Mueller  
Carmen Fernandez  
Catherine and Andrew Tse  
Cathy Ziengs  
Charles Chyi  
Che Chung Chang  
Chiara Rodriguez  
Chloe Ho  
Christiane Schroeder  
Christine Yap  
Colin John Wright  
Count Enzio and Countess Elizabeth von Pfeil  
Dania and Hani Abuali  
David Norman  
Debby and Jeremy Amias  
Debra Hu  
Derek Lin  
Desiree and Hans Michael Jebben  
Diana Yau  
Donald Tang  
Dr Jason Brockwell  
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Dr Peter Kwong  
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Eve Kwok  
Fina Cheng  
Fung Leung Sau Fong  
Gary Tom

Gina Reid  
Grace Chung  
Grace Wong  
Horace Cheng  
Ian Mak  
Indra and Harry Banga  
Ivy and Benjamin Tse  
Jacqueline Ronan  
James Hubbard  
Janana and Sajjid Joi Pasha  
Janie Fung  
Javed N Rahman  
Jeffery Yap  
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Wendy and John Barnes  
William Ma  
Winston Chan  
Wong Sik Lan, Portia  
Yama Chan  
Yas Montashari Chang  
Yoonah Kang

### 義工 VOLUNTEER

Andrea Chan  
Au Long Yin  
Caitlin Neuville  
Cheng Kail Crystal  
Cayang  
Chung Mei Tak  
Erica Or  
Fung Wai Shan  
Horatio Wong  
Jason Chong  
Joelle Li  
Kate Yeung  
Rachel Or  
Vicky Wong  
Vincent Chan  
周庭鋒  
邱卓然

### 一般捐款及贊助 GENERAL DONATION AND SPONSORSHIP (NOT CONFIRMED YET)

Andre Hou  
Chan Ka Hay  
Chang Shou Chung  
Cheng Lee Wan  
Clemens Thym  
Eddie Wang  
Joan Sze  
John Slosar  
Kester Wan  
Keyes Terence Francois  
Lee Chun  
Leung Wing Yin  
Mok Mei Hing  
Sammi Wong  
Sze Maria  
Wilson Lee  
Wong Suet Fung  
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Wu Chi Sang  
Wu Chi Sang  
Yeung Wai Miu  
梁穎賢  
王敬新  
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WT Management (PTC) Inc

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Bonnie Chan  
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Henry Wong  
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Lam Man Hay  
Susanna Yung  
Vincent Chan



# 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



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## 會員活動 ■ MEMBERS' ACTIVITIES

### 家長互助小組工作坊 - 糖尿新科技 Workshop for Parents – New Technology for Diabetics

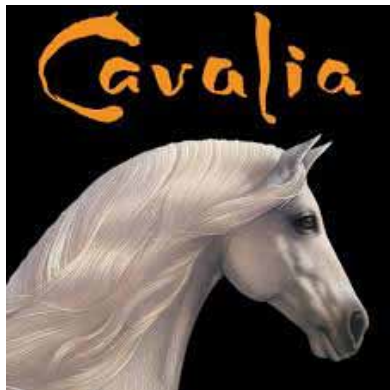


兒童及青少年1型糖尿病患者需要學會自我照顧與及得到家人及身邊朋友的支持，為確保孩子的安全，使他們能積極參與各樣活動，並促進良好的長期糖尿病護理，家長及孩子需熟悉有關糖尿病的基本知識，並能讓孩子學會日常自我照顧和緊急低或高血糖的處理。本會在5月邀請了香港大學兒童及青少年科系，瑪麗醫院兒科專科文爾琳醫生為家長提供有關糖尿病治療的基礎和介紹新的糖尿科技及工具的講座，以便於日常糖尿病照顧及管理。

Children and teens with Type 1 Diabetes need to learn how to manage their daily routines and gain support from their family and friends. If we want our children to be able to join all sorts of activities without fear, and for their own safety and long-term health, both parents and children need to be well acquainted with knowledge regarding diabetes – including daily management and emergency treatment of high or low blood sugar. In May, YDA invited HKU's youth department and Queen Mary Hospital's paediatric specialist: Dr. Elim Man to provide background information on diabetes, discussions about available tech and tools for the disease, and daily management tips.

### 卡瓦利亞 Cavalia

卡瓦利亞公司早前於中環新海濱進行燦合馬術與表演藝術、多媒體投映、及奇幻特技的大型表演。在5月，本會有幸得到其公司送贈門票予會員觀賞是次馬術表演。會員對是次活動反應熱烈，合共有350位會員及其家人欣賞到該表演。



Cavalia, a group well known for their spectacular combination of horseback riding with performing arts, multimedia projections, and fantastical large-scale performances, was recently in town at Central's Harbourfront. In May, YDA received complementary entry tickets for members and their family to watch the outstanding horse show. Our 350 participants absolutely loved it and burst into applause at the end.

### 「璀璨韓德爾」音樂會 "Handel's Fireworks" Concert

本會在4月有幸獲香港管弦樂團贊助50張門票，讓會員可免費欣賞「璀璨韓德爾」音樂會。是次演出由復古樂風專家畢克特指揮香港管弦樂團，演奏兩首最耳熟能詳的節慶音樂作品：《水上音樂》和《皇家煙火音樂》。

In April, we were very fortunate to receive 50 complementary tickets from the Hong Kong Philharmonic Orchestra to see 'Handel's Fireworks'. The performance features Harry Bicket, a leading interpreter of Handel's music, among the Orchestra. The entire event was delightful and included some of Handel's top works: such as the Water Music and Music for the Royal Fireworks. We were very grateful to be able to attend such a beautiful performance.

### 我們最新的動態 YDA News

請瀏覽我們的網站以獲取更多資訊：  
Visit our website for more resources:  
[www.yda.org.hk](http://www.yda.org.hk)



Be a YDA Mentor – Bring hope  
and support to type 1 diabetes families



## 兒童糖尿協會誠邀您 成為朋輩大使



如有興趣參加, 請電郵至王姑娘

To learn more, please email Jenny Wong at  
[socialworker@yda.org.hk](mailto:socialworker@yda.org.hk)

初確診糖尿病時，患者及家長往往都會感到徬徨無助。為支援新會員及其家庭在社交和情緒方面的需要，本會推行了朋輩支援計劃，現正招募會員成為朋輩支援大使。透過與新會員/其家長分享經驗及傾訴，讓他們適應轉變及克服新的挑戰。

成為朋輩支援大使的條件：

- ▶ 為糖尿病會員或其家人 (家長或兄弟姊妹)
- ▶ 年齡16歲或以上
- ▶ 學歷不拘
- ▶ 正面樂觀、有同理心
- ▶ 良好人際溝通技巧
- ▶ 用心的聆聽者

支援服務可以通過電話或小組形式進行，朋輩支援大使可自行選擇見面地點。本會將為所有朋輩支援大使提供培訓。

YDA's mission is to support children and adolescents with diabetes, and their families. We understand the time following a diagnosis with diabetes can be stressful and exhausting.

To help these families, YDA provides a mentorship programme, and we are seeking mentors who are:

- ▶ Parents or siblings of diabetic children and members with diabetes
- ▶ Ages 16 or above
- ▶ Different education levels welcomed
- ▶ Optimistic and empathetic
- ▶ Good interpersonal skills
- ▶ Good listener

Volunteer mentoring can happen in person at a location of your choosing, or by phone/Skype. A training session will be provided for all mentors.

# Accu-Chek® Mobile

嶄新試紙匣設計 無需處理單張試紙  
電腦圖表報告 血糖走勢一目了然



## Accu-Chek Mobile 血糖機，特別適合使用胰島素人士

嶄新智能系統，每個試紙匣可作50次檢測，方便易用，配合電腦圖表報告，監察血糖走勢，助您有效管理血糖

- 隨機附有USB線連接電腦，無需額外軟件或硬件
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### 兒童糖尿協會優惠價

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- 送**
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  - FastClix採血針一盒102粒裝

優惠期至2015年12月31日

條款及細則

1. 只限香港兒童糖尿協會會員 2. 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

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Youth Diabetes  
Action  
兒童糖尿協會

## Donate Now 請捐款支持

### 捐款種類 Donation Type

本人 / 本公司願意捐款贊助兒童糖尿協會

I / My company would like to make a donation in support of Youth Diabetes Action (YDA)

助養兒童計劃 Sponsor a Child Programme

為本會糖尿病患會員及其家庭提供支援。捐款將幫助一個家庭購買一年的糖尿消耗品，如血糖機、血糖試紙、針筒等。另外，捐款直接用於本會各項為糖尿病患會員舉辦的教育活動。只要捐款港幣 \$8,000，你便可以改善一名糖尿病兒童未來一年的生活。The Sponsor a Child Programme provides support for one YDA member with diabetes and their family. The donation covers blood testing monitors, blood testing strips, syringes, and other essential healthcare items for one year. It also directly supports YDA's various educational programmes for children and adolescents with diabetes. For a donation of HK\$8,000, you can give a better life to a child with diabetes for one year.

本人/ 本公司願意捐款港幣\_\_\_\_\_助養\_\_\_\_\_名糖尿病兒童，改善他(們)未來一年的生活。

I/ My company would like to donate HK\$\_\_\_\_\_to sponsor\_\_\_\_\_child(ren) with diabetes for one year.

本人/ 本公司願意每一年捐款予這有意義的計劃。

I/ My company agree to donate to this meaningful programme on a yearly basis.

每月捐款/ Monthly donation

HK\$1,000       HK\$500       HK\$300       Other amount: \_\_\_\_\_

單次捐款/ One-off donation

HK\$1,000       HK\$500       HK\$300       Other amount: \_\_\_\_\_

### 捐款方法 Donation Method

劃線支票 By Cheque

抬頭請寫「兒童糖尿協會」 By crossed cheque made payable to "Youth Diabetes Action"

支票號碼 Cheque no.: \_\_\_\_\_

請把支票連同捐款表格郵寄至: 九龍彌敦道337-339號金滿樓8樓E室

Please send this donation form together with the cheque by post to: Unit E, 8/F., Harvest Moon House, 337-339 Nathan Road, Kowloon

信用卡 By Credit Card       VISA       MasterCard

信用卡號碼 Credit Card No.: \_\_\_\_\_

發卡銀行 Issuing Bank: \_\_\_\_\_ 有效日期 Expiry Date: \_\_\_\_\_ (DD/MM/YY)

持卡人姓名 Cardholder's Name: \_\_\_\_\_ 持卡人簽署 Cardholder's Signature: \_\_\_\_\_

請把捐款表格郵寄至: 九龍彌敦道337-339號金滿樓8樓E室

Please send this donation form by post to: Unit E, 8/F., Harvest Moon House, 337-339 Nathan Road, Kowloon

本人授權兒童糖尿協會於本人之信用卡帳戶內一次過/每月/每年定期扣除上述之金額。若以信用卡每月/每年捐款，有關授權在信用卡有效期內繼續生效，直至另行通知為止。我可以在任何時候以書面形式通知兒童糖尿協會取消有關捐款。 I hereby authorize YDA to charge the above specified amount once/ monthly/ yearly from my credit card account. The authorization of monthly/yearly donation will continue in effect from the above valid date until further notice. I may cancel my regular donation at any time in writing to the YDA office.

### 捐款者資料 Donor's Information

善長/ 公司芳名 Name/ Company: \_\_\_\_\_ Mr/ Ms/ Mrs / Dr (if applicable)

地址 Address: \_\_\_\_\_

電郵 E-mail: \_\_\_\_\_ 聯絡電話 Contact No.: \_\_\_\_\_

通訊語言 Language :       英文 English       中文 Chinese

捐款者資料將用作發出收據及本會募捐用途。若閣下不願意收取本會之任何信件或需更改個人資料，請致電2544 3263或電郵至support@yda.org.hk  
Donor's information will only be used for issuing donation receipts and fundraising purposes. If you do not wish to receive our information or wish to change your personal data, please contact us at 2544 3263 or email support@yda.org.hk.