



Youth Diabetes
Action
兒童糖尿協會

YDA today



issue
42



2015
Sept



news
letter



Double the trouble
兩個無有怕

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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. IOT-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

兒童糖尿協會將於十一月十五日首次舉辦「童行有您」遠足活動，是次活動主題名為「健康生活，你我同關注」，是一個老少咸宜的遠足活動。

我們將於大潭國際學校出發，繞過青蔥翠綠的郊野公園徑直達終點陽明山莊；全程只有8公里長，適合一家大小於秋涼的早上一起到郊外遠足。籌得之善款將用作設立香港兒童糖尿中心，為病患兒童和他們的家庭舉辦活動，並提升大眾對糖尿病之認識，使他們了解糖尿病患兒童於長大後也能發揮他們無限的潛能。我們非常高興獲得不同贊助商和醫療專業人士贊助；請從速報名參加，跟我們一起參與是次遠足活動。詳情請聯絡我們的辦事處查詢，期待於遠足活動當日跟你們會面。

兒童糖尿協會主席
馮亮琪



Youth Diabetes Action is ambitiously hosting the first ever Hike for Youth Diabetes on November 15. As for the theme "For Type Ones, Twos and You", the hiking is for every one of us. We will kick off from Hong Kong International School (HKIS) in Tai Tam, hike the beautiful country trail, and end at Hong Kong Parkview. It is a short 8 km hike, but certainly comfortable in a lovely autumn morning with families and friends, and even young children.

The fund raised will be used to support the setup of our Center of Excellence and activities for children with diabetes and their families, as well as to raise public awareness that children with diabetes can grow to their full potential. We are fortunate to have great support from various sponsors and medical professionals. It is never too late to sign up and hike with us. Please contact our office for more details. See you in the sports field at HKIS.

Fina Cheng
Chairman, YDA

Magazine fast facts

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

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If you would like to contribute to the magazine, please email: project@yda.org.hk with your proposals or suggestions.

兩個無有怕

Double the Trouble

照顧糖尿病童需要不少精神和耐性，如果家中另一位小孩也確診，又應如何面對？Melissa和楊淑珍會分享他們的故事，一家人是怎樣由不知所措，慢慢調整，以至適應新的生活。他們的小孩又如何看待和應付這個病，彼此互相照顧呢？他們的故事定能鼓勵和感動你和我。

Juggling the diabetes management for one child is overwhelming enough, what would life be if there was more than one in a family? Brave Melissa and Yeung Shuk Chun will tell us how their families go through from chaos moments to adapting and adjusting quite well to their new lives. How their children perceive, react and help each other? Tough stories that will wet your eyes.



當家中第二位孩子亦確診患有一型糖尿病時，你和家人當刻的心情如何？

我和丈夫Simon都心碎了，但同時感恩我們已有經驗；當我們第二個女兒被確診患有一型糖尿病和糖尿病酮症酸中毒症時，她的身體狀況非常差；相反同樣被確診患有一型糖尿病的三女兒Grace出生時看起來卻十分健康；對我們來說，母親節真是一個奇妙的日子，因為我們就是在這天得知女兒的病情。

確診後的首數星期，你們是怎樣面對的？

情感上我們掙扎過，我們知道將要面對的前景而感到挫敗，但又立即覺得有這種想法是非常自私的，兩個女兒被確診患病時如此年幼，深感世界並不公平，一個女兒患糖尿病已夠勞累，更何況同時有兩個呢.....

要同時照顧兩名患有糖尿病的孩子，你認為最困難是什麼？

就是我們永遠都不會有機會好好睡覺！我們不是要別人同情，只是如果你家中並沒有糖尿病患孩子，你是永遠無法體會什麼是嚴重睡眠不足；我們有沒有給她太多胰島素？她是否仍有呼吸？我想我還是再多查看一次吧；總括來說，就是無窮無盡的擔憂！

可否分享一下怎樣保持耐性去照顧患病兒童，而不會令照顧者感到氣餒呢？

我們一家人齊心合力一起面對，當Gia被確診患有糖尿病時，大女兒Gemma只有四

歲，當時我們便已將一切有關糖尿病的情況告訴她，所以她懂得怎樣檢查血糖水平，也希望替我們分擔照顧妹妹的工作；她的微笑和「快樂之歌」讓我們感動得不禁掉下淚來，但是傷痛的眼淚並不可以將疾病沖走，所以哭了三天後我和Simon決定不再哭泣！Gia就是Gia，她將會跟其他孩子一樣過著正常的生活，現在Grace也一樣。

這個病有為兩位孩子的關係互相帶來什麼正面影響嗎？

當Gia被確診患病時我正懷有二十週大的Grace，當Grace出生時就跟Gia有一種特別的聯繫；當Grace被確診患病時，Gia擁抱著她並跟她說：「Grace，你不用害怕，我永遠都會照顧你的！」我不希望糖尿病出現在任何家庭裏，但她們這對姊妹卻一起患上糖尿病，她們會一起成長並彼此扶持照應。Gemma曾哭著說三姊妹中就只有她一人沒有患糖尿病，讓我們不其然地笑了出來（當生命出現一個又一個難關時，我們會為自己仍然可以當作開玩笑般笑著面對而感到驚訝！）

你最期望是什麼？

我非常期待三個女兒長大成人後，各自成為一個獨特的個體，我們家的多元動態是無法想像的；我們為擁有一名漂亮的女兒而感到非常感恩，一起度過的每天都是一份寶貴的禮物，我每天都更愛她們多一些，而這種愛是永恆不變的！

How did you and your family feel when your second child was diagnosed?

Simon and I were devastated but thankful we knew what the signs were. Our first daughter was very very sick at her diagnosis of Type 1 and in DKA. Grace didn't look unhealthy at all. Mother's Day will always be interesting - it's the day we found out.

How did you manage to cope during those first weeks?

Emotionally we struggled. We knew what we were getting into and honestly we felt defeated. And then we felt selfish for feeling that way. Our daughters were so young at diagnosis and it didn't seem fair - one child was more than enough but now two.

What has been the biggest challenge that you have faced as a parent with two diabetic children?

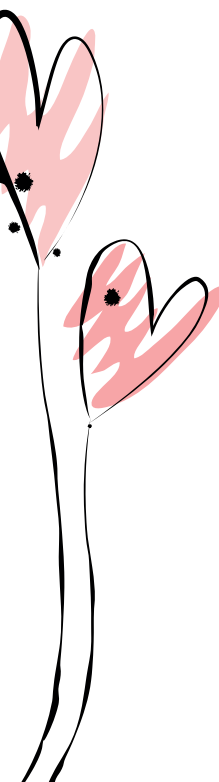
That feeling of never sleeping again! We don't accept sympathy but you don't know what lack of sleep is until you have a child with diabetes. Did we give her too much? Is she still breathing? I think I need to check her one more time. To sum it all up - we worry a lot!

Can you share any tips for keeping physically and mentally energised for the diabetes care regimen, and for preventing caregiver burnout?

We do this as a family. Gemma, our eldest was 4 years old when Gia was diagnosed and we exposed her to everything from Day 1. She knows how to check their blood sugar and wants to help them. Her smile and 'happy songs' really got us by in the beginning when all we could do is cry. All of the crying in the world wasn't going to make it go away - after 3 days Simon and I decided no more crying! Gia is Gia and she is going to live a normal life. And now the same applies to Grace.

Have there been times when your child's diabetes has actually had a positive effect on each other or their relationship?

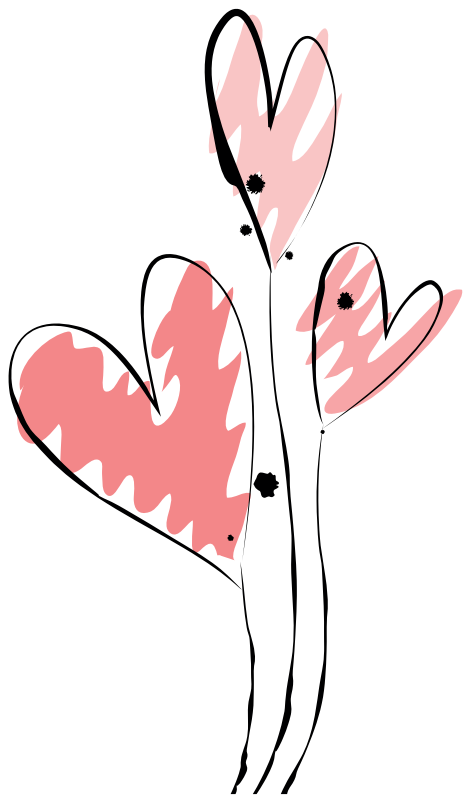
I was 20 weeks pregnant with Grace when Gia was diagnosed. They



shared a special bond from the time she was born. When Grace was diagnosed Gia hugged her and told her "Don't worry Grace, I'll always take care of you." I wouldn't wish diabetes on any family but they are sisters and they have diabetes in common. It will help them as they go through trying times as they grow up. Gemma cried that she was the only one without diabetes. That made us laugh. (You'd be surprised at what you laugh at when life throws you lemons!)

What do you look forward to the most?

I look forward to watching my daughters grow into their own individual selves. The dynamics in our house are beyond! We are beyond blessed to have three beautiful daughters - each day is a gift. I love them more and more and wouldn't change a single thing about them.



專訪 ■ FEATURE STORY



楊淑珍

當家中第二位孩子亦確診患有一型糖尿病時，你和家人當刻的心情如何？
我同我丈夫當時比較容易接受，可能經歷過第一次，心情亦比較平靜！

確診後的首數星期，你們是怎樣面對的？
以正面積極的態度去面對，一方面按照醫生、護士的安排去幫助第二位孩子去適應新的改變，第一位孩子也分享注射胰島素的經驗，提示生活上改變及細節。

要同時照顧兩名患有糖尿病的孩子，你認為最困難是什麼？
生活上的改變，尤其每餐的計算/換算，出外用膳會否方便打針 ... 等問題！

可否分享一下怎樣保持耐性去照顧患病兒童，而不會令照顧者感到氣餒呢？

逆地而處，感受一下，如果是自己又會是怎樣。話比佢地聽，爸爸媽媽會協助及陪伴她們，打針就好像每天要洗面刷牙一樣，在每餐前先做多一樣（拮手指及打適量的胰島素），她們也接受了新的轉變。同時話比佢地聽，要有信念，只要控制得宜，一樣可以生兒育女，長命百歲，呢個並非絕証！

這個病有為兩位孩子的關係互相帶來什麼正面影響嗎？
感情比以往更好，雖然偶有鬥嘴！

你最大的期望是什麼？
希望醫療有突破能治愈一型糖尿這個病！

How did you and your family feel when your second child was diagnosed?

My husband and I accepted the fact quite easily that our second child is also diabetic. Maybe because we have been through it once already, we were much calmer this time.

How did you manage to cope during those first weeks?

We just positively coped with it. We follow instructions from doctors and nurses to help our second child get use to this new change in life. Our first child also shares experience on insulin injection and things to note on a daily basis.

What has been the biggest challenge that you have faced as a parent with two diabetic children?

It would be the change in lifestyle especially when it comes to handling the calculation and conversion on each meal. Whether it is convenient to do an injection when dining out is also one. Such questions always strike us.

Can you share any tips for keeping physically and mentally energised for the diabetes care regimen, and for preventing caregiver burnout?

Just step into their shoes and ask ourselves how we would feel if we switch places. Mom and dad will always be around to support. They accepted these changes because

injections and sticking fingers are just something extra we do before each meal; just like washing faces is what we do every day. We should have faith that they can live like others and have children with good control.

Have there been times when your child's diabetes has actually had a positive effect on each other or their relationship?

They are closer although still fight a little sometimes.

What do you look forward to the most?

We wish to see great breakthrough on the medical industry so that Type-1 diabetes can be cured someday.



為鼓勵青少年糖尿病者多做運動，建立自信，兒童糖尿協會今年舉辦【童行有您】行山籌款活動。我們希望幼年糖尿會員，患者的家人以及公眾人士能一起參與，加深對糖尿病的認識和為協會籌募活動經費，讓更多糖尿病患者和他們的家人受惠。

To encourage children with diabetes to exercise, we are organising a "Hike for Youth Diabetes" fundraising event this year. We welcome general public, our young diabetic members and their families to join the hikes together. We believe this can help young diabetic members to improve their self-management capability, and develop their self-confidence.



香港島公眾行 Finale Hike in Hong Kong

日期：2015年11月15日
集合：早上8時30分 大潭國際學校足球場
路線：大潭國際學校 → 大潭郊野公園 → 陽明山莊
路程：5公里

報名詳情

參加者資格：年齡不限，16歲以下參加者須由家長或監護人陪同參與活動
截止報名日期：2015年11月2日
參加費用：免費
籌款額：每名參加者最低\$500

Date: 15 November 2015
Gather: 8:30am, Hong Kong International School, Tai Tam
Route: HKIS to Parkview, via Tai Tam Country Park
Distance: 5Km

Enrollment details

Participants: No age restriction. Participants under 16 years old need to be accompanied by parents/ guardians.
Deadline for enrolment: 2 November 2015
Participation Fee: Free
Donation: Minimum \$500 per person

請踴躍報名參加！

We invite your active participation!

www.hikeyda.org.hk

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1. NovoPen® 5 User Guide 2. Guo et al. Evaluation of a new durable insulin pen with memory function among people with diabetes and healthcare professionals. *Expert Opinion on Drug Delivery* 2012; 9(4): 355-366. 3. Market share for Novo Nordisk Penfil®. Internal Calculations based on IMS Midas Quantum data, October 2013. 4. Hyllested-Winge J et al. A review of 25 years' experience with the NovoPen® family of insulin pens in the management of diabetes mellitus. *Clin Drug Invest* 2010; 30(10): 643-674. Marketing Authorisation Holder: Novo Nordisk A/S, Novo Allé, DK-2880 Bagsvaerd, Denmark. *Records dose volume and time within the last 12 hours.

訪問 ■ ARTICLE FROM KATE LITTLE

本會有幸得到Pure Yoga支持和協助下，認識了資深瑜伽導師Kate Little，並跟她上了一課高溫瑜伽。Kate的弟弟在三歲時確診患上「一型糖尿病」。她認為瑜伽訓練能平靜心神，亦希望透過練習能夠感染她的學生，找到自我。Kate亦特別分享了和弟弟成長的點滴，瑜伽又對糖尿病人有什麼好處呢？

Thank you to Pure Yoga for a great collaboration and support which lined up YDA with Kate Little for a "Hot Yoga, Cold Treats" class to raise fund. She is an experienced yoga instructor whose brother was diagnosed with type-1 diabetes at the age of 3. Kate believes the yoga practice itself is the true teacher and through her faith in the yoga practice, she hopes to inspire and nurture her students to cultivate their own daily sadhana. YDA is grateful to have invited Kate to share a bit of her story growing up with her little brother and how yoga benefits people with diabetes.



1. 是什麼啟發你成為瑜伽導師？

當我仍就讀大學時，在滿地可的Bikram Yoga遇上了一位非常出色的瑜伽導師Dina，她鼓勵我每天都上瑜伽課，就這樣她改變了我的生命；六個月後我報讀了導師訓練課程。

2. 你選擇教授高溫瑜伽是因為你弟弟患有一型糖尿病；可否告訴我們你弟弟患病對你家庭有什麼影響嗎？

當David三歲時，被確診患有一型糖尿病，我們的父母都非常震驚；我還記得年幼時喝了很多健怡可樂和吃了很多專為監察體重而設的低糖雪糕！David用了很長時間才理解和接納為什麼只有他才需要打針而我並不需要。非常感謝父母的努力和付出，讓David可以過一個正常的童年，父親於學校舉辦戶外活動時當家長義工，所以David也可以跟同學一起去滑雪和玩滾軸溜冰等；至於母親則多年來都會親自為David準備一些精美和營養豐富的午餐。

3. 你弟弟今年多少歲？

David今年三十歲。

4. 他是使用胰島素針還是使用胰島素泵呢？

David從約九至十歲開始便自己注射胰島素針，因為他年幼時還未有胰島素泵，還記得我於2002年從朱迪科士打主演的「Panic Room」才第一次見到胰島素泵。

5. 你在香港曾遇過患有糖尿病的學生嗎？

有的，我班中有一位年輕女學生需要佩帶胰島素泵上課，她是一位勤於練習的學生。

6. 從你的教學經驗來看，練習瑜伽對糖尿病患者有什麼好處呢？

瑜伽是一種讓我們更了解自己身體且有益身心的運動，有助減輕患上焦慮和抑

鬱的機會，讓人保持心境平靜開朗，透過不同的姿勢來增強身體的柔軟度和力量，有助提升專注力，使人感到活力充沛！

1. What inspired you to become a yoga teacher?

While I was in college, I had a wonderful teacher named Dina at Bikram Yoga Montreal. She encouraged me to come to class every single day and it totally changed my life. I signed up for teacher training 6 months later.

2. You chose to teach Hot Yoga. Cold Treats because you have a younger brother with Type 1 Diabetes. Can you tell us about what it was like for your family?

It was big surprise for my Mom and Dad

when my brother, David, was diagnosed with Type 1 Diabetes at age 3. I remember drinking a lot of Diet Coke and eating Weight Watchers ice cream! David had a hard time understanding why he had to have needles and I did not. Thanks to my Mom and Dad, my brother has managed to live a fairly normal life. My Dad volunteered to help out on school trips so that he could go skiing, skating, etc. and my Mom lovingly packed / prepared his food for many years.

3. How old is he now?

David is 30 years old.

4. Is he on injections or a pump?

He is on injections. David has been giving himself needles since he was 9 or 10. The pump was not around when he was a kid. I remember first seeing it in the 2002 film, "Panic Room", with Jodie Foster.

5. Do you have any students in Hong Kong with Diabetes?

Yes, I have a young female student who wears a pump in class. She has a very strong practice!

6. In your opinion, what are the benefits of practicing yoga for people with Diabetes?

Yoga is wonderful for helping people get in touch with their bodies. It has been proven to enhance feelings of well-being and reduce anxiety and depression. Yoga is great for posture, flexibility and strength. It also helps boost concentration and energy levels!



▲ David兒時的照片 David as a child

會員活動 ■ MEMBER'S ACTIVITIES



童畫同畫 Paint with us

是次童畫同畫活動，每位參加者在義工的協助下合作完成一幅油畫，參加者透過不同顏色和圖案將心中的想法表達出來。是次活動既能讓會員以繪畫表達情感又可獨立管理日常的糖尿病護理，義工亦可從中了解一型糖尿病孩子的日常生活，彼此互相了解及認識。

The young YDA members and volunteers had a wonderful colourful painting session exchanging drawing techniques and thoughts. It gave the volunteers the opportunity to learn more about the needs of our children and how they dealt with diabetes 24/7.

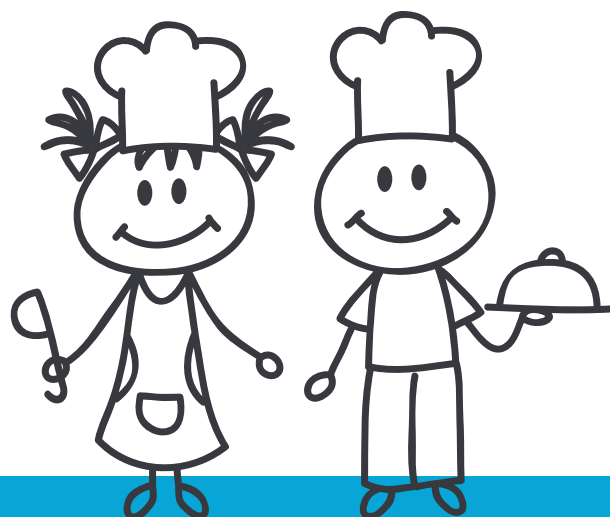


抱抱足球 Bubble Soccer

暑期剛開始，是時候輕鬆玩樂一番！是次活動為會員帶來新穎又刺激的體驗，認識兩種不同的球類運動，參加者與義工需要穿上特製的巨型泡泡，各人分成小組進行球賽，既新奇又好玩，各人都享受球賽的過程，當中亦認識到新朋友，建立自己的朋輩網絡。

What a game to kick off the summer! The clumsy bubble jackets wrapped us tightly but we were all trying the best to score a goal. It was so much fun meeting new friends, even when we were sweaty and smelly.





小小廚師 Little Chef

本會榮獲摩根士丹利贊助是次活動，在專業導師指導下，會員及義工親手製作甜品，活動中既可認識製作甜品的不同材料，又可學習醣質換算，各小廚師與義工成功地做出一個個美味的玉桂蘋果批呢！

Under the professional supervision of a dessert chef, volunteers from Morgan Stanley and our children made their mouth-watering cinnamon apple pies for afternoon tea. It was not only a cooking class, but a refresher for carbohydrate counting and using of different ingredients.





青少年營2015 YDA Camp 2015

今年的青少年營於馬灣舉行，合共有24名會員及17名醫護義工參與這個兩天一夜的活動。在營內，我們進行了一連串的集體活動，晚上到馬灣公園作夜行探索，而在活動結束前參加者自行構思及烹調了一頓美味又豐富的午餐，各人都渡過了既精彩又收獲豐富的兩天。

The camping is one of the long-awaited activities for our kinds. A 2-day sleep out in Ma Wan campsite (The Boys' Brigade, Hong Kong—Anchor House) before the mid-Autumn Festivals. We engaged in a variety of fun games for a sense of self development. The special designed grocery shopping and lunch were very enjoyable. We were even told by the children that 2 days was rather too short!



入營小分享 Sharing after Youth Camp

姚鈞盛 Anson Yiu

我很開心在今年參加了兒童糖尿協會舉辦的宿營活動，也是第一次參加本會的活動，經過這次的宿營令我獲益良多，明白了團隊精神的重要，也認識了很多同病相憐的朋友。在宿營時我們的活動很多姿多采，有團隊遊戲如羅馬炮架、原野煮食等，這次活動令我感到我們都可以跟普通小朋友一樣參加各種活動。在此要特別感謝活動的協辦人員和所有醫護人員的悉心照顧和支持，期待大家下一次的聚會！

This is my very first time in joining YDA's programme and I am very glad that I have. This camp enriched me; meeting new friends in common and realizing the importance of team spirit. We enjoyed a variety of activities such as catapult building and cooking. Through this camp, I realized that I am just an ordinary kid joining various activities. Special thanks go to organizing staff and medicals for taking care of us. I look forward to the next gathering!

傅振祥醫生 Dr Antony Fu

縱使糖尿病已是不能改變的事實，通過今次的青少年營，這班幹勁十足的少男少女再一次向大家證明：只要配合適當的飲食、運動和胰島素注射，他們活得與常人無異，甚至比很多人活潑和健康。我為你們感到驕傲！

Despite the fact that diabetes is with them, with appropriate diet, exercise and insulin injection, these energetic youngsters have once again proven that they can live like any ordinary person or even healthier. Proud of you guys!





家長工作坊 ■ Sharing from Doctor

糖尿科技新動態

News technology in treating diabetes

– Dr. Cheung Pik To 張璧濤醫生

本會在8月份邀得香港大學李嘉誠醫學院兒童及青少年科學系副教授張璧濤醫生提供有關糖尿病治療基礎和介紹有關新科技的資訊。此外，是次工作坊介紹業界剛推出的一項嶄新糖尿科技產品，讓會員及家長認識這個新科技的運作及其好處。是項產品能根據探測器所量度的血糖指數來控制注射胰島素的份量，從而幫助糖尿病患者控制血糖水平，以避免出現血糖過高或過低。

YDA is very grateful to have invited Dr. Cheung Pik To, the Associate Professor, Department of Paediatrics & Adolescent Medicine of The University of Hong Kong to give a talk in August. Dr. Cheung introduced the basics and new technology on diabetes treatment. A brand new device was also announced at this workshop. This device relies on its sensor to measure glucose in blood in order to control the dosage of insulin. It closely monitors the patients' glucose level to avoid occurrence of too high or too low.

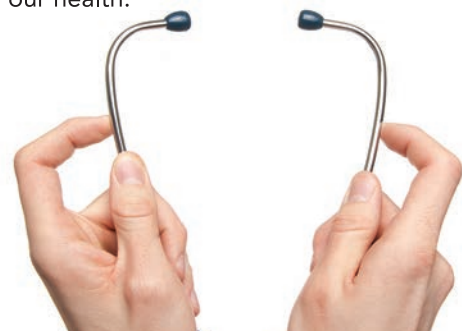
糖尿與腎臟

Diabetes and kidneys

– Dr. Peter CY Tong 唐俊業醫生

維持良好的血糖水平對糖尿病患者來說非常重要，當糖尿病患者的血糖長期偏高可令血管收窄及閉塞，引發不同類型的糖尿病併發症。本會在9月份邀請內分泌及糖尿科專科唐俊業醫生講解及分享有關腎臟健康及護理，讓會員及家長更能意識到腎臟對整體健康的重要性。

It is very important for people with diabetes to maintain a good blood glucose level. If their blood glucose level stays too high for a period of time, it can trigger different types of diabetes complications. In September, YDA invited Dr. Tong, Specialist in Endocrinology, Diabetes & Metabolism to explain the precaution for a healthy kidney. The sharing enriched members and their families how kidney contributes to our health.



鳴謝 ■ ACKNOWLEDGEMENTS

兒童糖尿協會衷心感謝下列機構、團體及人士於2015年6月至8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 June and August 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)

童畫同畫

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世界糖尿病日(11月14日)之簡介

Introduction of

World Diabetes Day (14 November)



world diabetes day

14 November

<http://www.idf.org/wdd>

世界糖尿病日是推動全球關注糖尿病的最大型運動，覆蓋全球一百六十個國家和一億以上的人口。此大型運動的主要目標是向全球推廣對糖尿病資訊的認識，確保大眾對糖尿病的關注，並將這個健康問題列入世界政治議題之一。

推動世界糖尿病日運動之主要目的如下：

- 成為國際糖尿病聯盟 (IDF) 的平台，協助推動該協會提倡的活動和意念
- 面對糖尿病已成為全球主要的健康議題，此運動扮演推動先鋒的角色，向各機構推廣採取協調和相配合政策的重要性。

WDD is the world's largest diabetes awareness campaign reaching a global

audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

The World Diabetes Day campaign aims to:

- Be the platform to promote IDF advocacy efforts throughout the year
- Be the global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue

重要訊息 Key messages

- 從今天起立即行動改變你的生命
健康的飲食習慣能有效控制各種糖尿病的病情。

- 立即行動改變明日世界
在經濟能力許可的情況下，應購買優質、營養豐富的食材煮食，以減少全球患糖尿病的人口，確保全球可持續發展。

- Act to change your life today
Healthy eating is an important part of managing all types of diabetes.
- Act to change the world tomorrow
Access to affordable healthy food is essential to reducing the global burden of diabetes and ensuring global sustainable development.

活動預告 ■ UPCOMING EVENTS

藍月·十一 Blue November

為響應世界糖尿病日，兒童糖尿病協會將舉行一連串活動，希望藉此機會喚起公眾人士對糖尿病兒童的支持。

In connection with World Diabetes Day, YDA is proudly announcing some anticipated events in November to raise awareness of Type 1 Diabetes.

童行有您 2015

Hike for Youth Diabetes

為鼓勵青少年糖尿病患者多做運動，建立自信，兒童糖尿病協會今年舉辦【童行有您】行山籌款活動。我們希望幼年糖尿病會員，患者的家人以及公眾人士能一起參與，加深對糖尿病的認識和為協會籌募活動經費，讓更多糖尿病患者和他們的家人受惠。To encourage children with diabetes to exercise, we are organising Hike for Youth Diabetes fundraising event this year. We welcome general public, our young diabetic members and their families to join the hikes together.

日期 Date: 15/11/2015

地點 Location: 大潭郊野公園 Tai Tam Country Park

慈善手袋拍賣2015

Charity handbag auction

兒童糖尿病協會慈善手袋拍賣載譽歸來，今年再次誠邀大家於Dragon-i 競投心頭好，一起為糖尿病童出一分力，共襄善舉。Youth Diabetes Action is holding its fabulous designer handbag auction - a great night out at Dragon-i with an auction of stunning designer handbags - all to raise funds for kids living with diabetes.

日期 Date: 19/11/2015

地點 Location: 中環雲咸街60號中央廣場平台 dragon-i
dragon-i, The Centrium, 60 Wyndham Street, Central

聖誕聯歡會

Christmas Party

一年一度的聖誕聯歡會將於12月19日舉行。屆時除了自助午餐，還安排了精彩遊戲及豐富禮品，而我們亦會延續往年的才藝表演環節，讓會員發揮所長。

如有興趣參加才藝表演環節，可以預先將表演項目內容電郵至

programmes@yda.org.hk

The annual Christmas party will be held on December 19th. There will be a buffet lunch, fun games and great prizes organised for all our members. The popular talent show will continue this year giving members an opportunity to demonstrate their talents.

If you are interested in participating in the talent show you can email us in advance for more details at programmes@yda.org.hk.

日期 Date: 19/12/2015

對象 Attendees: 所有會員及家人 All members and families

• 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.

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References: 1. Arendt-Nielsen L et al. Pain following controlled cutaneous insertion of needles with different diameters. *Somatosens Mot Res.* 2006;23(1-2):37-43. 2. Birkebaek NH et al. A 4-mm needle reduces the risk of intramuscular injections without increasing backflow to skin surface in lean diabetic children and adults. *Diabetes Care.* 2008;31(9):e65. 3. Siegmund T, et al. Comparison of usability and patient preference for insulin pen needles produced with different production techniques: "thin-wall" needles compared to "regular-wall" needles: an open-label study. *Diabetes Technol Ther.* 2009;11(8):523-528. 4. Tested according to ISO 11608-2:2012.



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