



Youth Diabetes
Action
兒童糖尿協會

YDA today



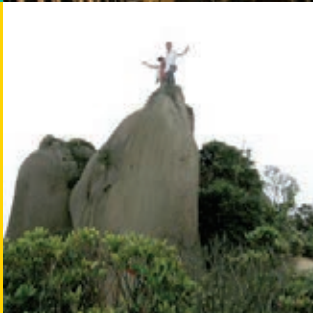
news
letter



issue
43



2016
Jan



Flame of Hope
希望之火

目錄 INSIDE

主席的話	FROM THE CHAIR	1
專訪	FEATURE STORY	2
童行有您	HIKE FOR YOUTH DIABETES	6
鳴謝	ACKNOWLEDGEMENTS	10
籌款活動	FUNDRAISING EVENT	12
會員活動	MEMBERS' ACTIVITY	14
活動預告	UPCOMING EVENT	16

ACCU-CHEK® 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^{1,2}

與其他採血筆比較，大
部份試用者認為用
Accu-Chek 採血筆顯著
減少痛手指的疼痛³



- 無需調碼，簡單易用
- 5秒快速測試
- 只需0.6微升極少血量
- 餐前、餐後標記及檢測提示
- 符合最新ISO 15197:2013 準確度標準⁴
- 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，
採血彷彿如無痛。



兒童糖尿
協會優惠

優惠1

Accu-Chek Performa
卓越血糖機套裝

HK\$400



送



Accu-Chek
Performa
卓越血糖試紙
50條2盒
+
Accu-Chek
Fastclix
採血針
102粒1盒

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\$120



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

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-PM. Data on file.
2. Wiedhoff 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, Tishiananga 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.

非凡體驗 誰說不可能

ACCU-CHEK®

主席的話 ■ FROM THE CHAIR

兒童糖尿協會的2015年度過得十分忙碌，收穫豐盛，希望您抽空出席過我們本年精彩的活動。

本會命名「藍月十一」，意念來至同月十四日的世界糖尿病日，「藍色」則取自世界糖尿病日的藍圈標誌。十一月期間，為提高公眾對糖尿病的認識，世界各地舉行活動，告知公眾糖尿病的廣泛影響，並提倡正面及健康的生活方式。

兒童糖尿協會又設立了「希望之火獎學金」，嘉許學業優異、對社區有重大貢獻、或在課外活動有出色表現的糖尿病兒童。我們對這些年輕人抱有極高期望，相信獎學金和嘉許能鼓勵糖尿病童，盡力發展和發揮所有潛能。

本會除了讓更多公眾認識糖尿病和支援兒童及青少年的發展外，也致力推廣健康的生活方式。本年11月15日，「童行有您2015」在大潭水塘成功舉行，共有300名親朋好友、醫護人員和贊助公司參加。我們很高興邀請到食物及衛生局局長高永文先生擔任活動貴賓。高局長除了主持活動外，也像我們一樣，與小孩同樂，盡情玩攤位遊戲。今年本會亦成功舉辦了有趣的籌款活動，籌得所需經費繼續我們的工作。Yoga and Art in the Dark 由協會熱心的支持者於夜間舉行，由衷感謝他們的創意和對敝會的無私奉獻。特別鳴謝「慈善手袋拍賣」中捐出漂亮手袋的時裝達人和一眾投標人。手袋拍賣會一如以往，時尚好玩，亦大力支持兒童糖尿協會的工作。

2015著實是多姿多彩的一年。展望2016年，本會尤其期待現已確定的兒童糖尿協會卓越糖尿中心永久會址。中心有了永久會址，我們就可從長計劃，成為一個更全面和可持續發展的機構。請留意日後有關中心開幕的消息。本人謹在此祝您農曆新年假期愉快，猴年身體健康、大吉大利！

The YDA has had a very busy and productive 2015, and we hope that you were able to join some of the great activities that we have offered this year.

To support World Diabetes Day and show our solidarity with its symbol, the blue circle, YDA branded the month as "Blue November". During this month of awareness building, events were organised around the world to

acknowledge the wide-spread effect of the disease and urge people to lead a positive and healthy lifestyle.

The "YDA Flame of Hope Scholarship" was introduced to recognise children with diabetes who excel in academics, make significant contributions to the community, or have outstanding performance in their extracurricular activities. The scholarship and the recognition it brings are expected to encourage them further to grow to their full potential as we all hold great hopes for the future of these young people.

While YDA builds awareness of the disease and provides support to children and youth, we are also a strong advocate for a healthy lifestyle. We held a successful community-building event, "Hike for Youth Diabetes 2015", at Tai Tam Reservoir on November 15, with 300 friends and relatives, medical professionals and sponsoring companies participating. We were thrilled to have Dr Ko Wing-Man, the Secretary for Food and Health, as our guest of honour. In addition to officiating at the event, we were glad to see Dr Ko having fun with our children and enjoying the booth games as much as the rest of us. YDA also hosted a few fun and successful fundraising events, helping to raise much needed funds to support our important work. The "Yoga and Art in the Dark" was an evening event hosted by a group of inspired YDA supporters, and we applaud their creativity and dedication to YDA. I would also like to extend a huge thanks to our chic friends who donated their beautiful handbags and those who bid in the annual "YDA designer handbag auction"; which is always a stylish event, a fun time, and a great way to support YDA.

2015 was a year of great excitement. Looking forward to 2016, we are especially excited for the confirmed permanent space for the YDA Centre of Excellence. Having this permanent space will enable us to make long-term plans and to grow into a more all-round and sustainable organisation. Please stay tuned for more updates on the opening of the Centre. May I take the opportunity to wish you a happy Chinese New Year holiday, and a healthy and prosperous Year of the Monkey.



Magazine fast facts

編輯 Editor
Sue Lowcock

編輯顧問 Editorial Consultants
Melissa Brewster, Fina Cheng,
Julie Fried, Joanna Hotung

印刷 Print
Pressroom Printer & Designer

設計 Design
Annacat Design

地址 | YDA OFFICE :
九龍彌敦道337-339號
金滿樓8樓E室
Unit E, 8/F Harvest Moon House,
337-339 Nathan Road, Kowloon

T: +852 2544 3263
E: support@yda.org.hk
W: www.yda.org.hk

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

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

希望之火

Flame of Hope

希望之火獎學金獎勵優秀的年輕糖尿病患，控制病情之餘，在學業、社區參與、課外活動、宣傳糖尿病資訊均有成就，全力發揮潛能。今年希望之火獎學金得主為：高婉玲、施諾瑤、曾心怡。讓我們看看這三位年輕人的成就。

The Flame of Hope Scholarship is an advocate for youths suffering from diabetes who show the ability to successfully manage their disease and excel in academic performance, community involvement, extracurricular activities, diabetes advocacy, and are growing up to their full potential. This year, three recipients have been awarded in recognition of these aspects, namely Ko Yuen Ling, Crystal Sze, and Sammi Tsang. Let's look into what they would like to share with us.

高婉玲 Ko Yuen Ling

有什麼說話想和其他會員分享一下呢？
糖尿病患者其實可以活得跟平常人一樣。

我從小開始就喜歡打籃球做運動，即使在小學六年班那一年得知患上了糖尿病，我都繼續打籃球，亦可以有卓越成績。除了學校校隊，更代表香港青年軍到外地比賽，證明自己能力。所以你們不需要因為有糖尿病而去限制自己的發展！

所以你們不需要因為有病患而去限制自己的發展！

接下來有什麼目標？

今年第一年就讀城市大學副學士，希望努力讀到好成績讀上學士課程。而籃球方面希望在大專比賽當中可以爭取好成績。

你曾面對或正面對著什麼樣的挑戰或困難嗎？

因為運動員始終無法避免傷患，曾經因為傷患困擾加上學習問題，曾一度希望放棄籃球引致我感到十分困擾。但得到各方面朋友，師長及家人支持，最後克服傷患。

Would you share a few words with other members?

People with diabetes can live their lives the same as anyone else. I have always been interested in basketball

and other sports since I was young. Even after I was diagnosed with diabetes when I was in primary 6, I still continued to play basketball, and I played very well. In addition to being on my school's basketball team, I even represented Hong Kong Army Cadet's basketball team to compete overseas, which is a testament to my athletic abilities. You don't need to limit your path and your dreams because of diabetes!

What is your next goal?

I am starting my first year of the Associate Degree programme at City University this year, and I hope that I do well enough to enter into a Bachelor Degree programme. I also hope to do well in the university basketball matches.

What challenges/difficulties have you faced along the way?

Being an athlete, it's hard to avoid getting injured. There was a time when I had a basketball injury and I was also having trouble academically at the same time; I almost had to give up basketball and that was a difficult time for me. But thanks to my friends, teachers and parents who supported me, I finally overcame my injuries and challenges.



高婉玲 (左) Ko Yuen Ling (left)



施諾瑤 Crystal Sze

施諾瑤 Crystal Sze

有什麼說話想和其他會員分享一下呢？

其實成功與失敗只差一線，沒有人永遠會贏，只要對自己定下目標，向目標邁進相信有一天會成功。

所謂：「機會是留給有準備的人」，每天下課，每當其他同學去玩的時候，你就在課室裡重新看一遍老師所講的課，有不明白的問題便到教員室請教老師。老師看見你的努力，給分的時候也會給高一點，做人做事都要認真，為了自己，為了將來，做事情永遠不要馬虎，第一次馬虎，第二次馬虎，第三次馬虎...這樣就成了習慣。自己對自己的要求要高一點，每天做的小事，慢慢在一天又一天地累積，就會成了大事，所以大家千萬不要放棄，向夢想邁進加油！

接下來有什麼目標？

相信大家也有自己的目標，而我現在的目標只有兩個。雖然不多，但我相信一定要付出很多才能成功。小時候我的目標就是在體育方面拿好成績，那我現在得到啦！但是卻疏忽了成績方面，所以現在要加緊努力，我希望我能文武全才，十項全能。哈哈，說出來真的想笑死人對嗎？但我會證明我是行的。

在我的字典裡是沒有「不行」這兩個字，做什麼事情也要堅持，千萬不要遇到小小的困難就放棄。

我還有一個目標就是在體育方面，兩年前我成功踏自行車環繞台灣一圈。今年我就想挑戰台灣公路最高點——武嶺。她的海拔有3275米，位於台14甲線31.5公里。我知道這個挑戰大家都會覺得我這個年紀不到14歲的小女孩一定做不到，但我相信我自己，我覺得我會做得到！

這個挑戰成不成功就要看大家對我的支持

和學校的支持，因為我學校請假是很困難的，所以希望我能用我的真誠打動學校，讓學校的老師和同學們都支持我！

你曾面對或正面對著什麼樣的挑戰或困難嗎？

每個人在生活中也會遇到困難，我也不例外。在四年級的時候，我患上一型糖尿病，那時知道後感覺像從天堂掉進地獄裡一樣難受。在那段期間，我的教練要求我停止練習羽毛球。他說不想發生任何意外，也不想冒險去教我，他停止了我所有的比賽和練習，當時每天晚上我都在哭。

過了一天又一天，不知不覺地停了三個月訓練和比賽，幸好醫生和父母有耐心地慢慢解釋給教練聽我的情況，教練也接受了我，讓我繼續打羽毛球。就在那年我的球技越來越好，獎也越來越多，我才領會到成功必須付出。

另一次困難，就是現在。其實小時候的我就讀一間小學並不是傳統學校。所以十分自由，基本上每天，都沒有功課，考試也只有三天，每天都在遊戲人間。但是升上一間傳統中學，學校就忙得多了。每天功課有十幾樣，還要兼顧羽毛球。

時間真的逼到連食飯時間也只有十五分鐘，睡覺的時間也少了很多。每天做功課做到凌晨2至3時，然後早上5點起床繼續溫習書本，有時候溫書溫到喊。而且小學的時候是沒有練習的，我的根基是不夠的，所以現在要重新學。所謂：「少壯不努力，老大徒傷悲」。這句話，每次聽到我也會提醒自己，現在辛苦幾年，將來能做專業人士，生活過得愉快。所以我現在每天也在埋頭苦幹地溫習書本，為自己打氣！希望大家能夠陪我渡過這個難關！

Would you share a few words with other members?

There is only a thin line between success and failure, and no one can avoid failure forever. You need to set a goal for yourself, and if you stick to your path then you will achieve your goal one day. There is a saying, "Opportunities are given to those who are well-prepared", so every day after school, when my classmates go out to play, I use that as a chance to

review all the lessons taught that day and to ask the teacher for any needed help. If the teachers see your determination and hard work, they will be more generous when they grade your work. If you are serious about how you conduct your life, it will be good for your future. If you start doing sloppy work, it will become a habit. It's important to set a high standard for yourself. Every little thing that you do every day will accumulate and become significant over time. Don't give up, and persevere towards your dream!

What is your next goal?

Everyone has their own personal goals, and right now I only have two. It's not very many, but I believe it takes a lot to achieve them. When I was young, my goal was to do well in sports, which I have finally achieved now! But it was at the expense of my academics, so I need to focus and work hard now, because I aim to excel in both athletics and academics. I want to prove to myself I can do it.

I don't think anything is impossible, and I try to persevere and not give up at the slightest difficulty.

Two years ago I successfully completed a bicycle ride around Taiwan. This year, my athletic goal for myself is to climb the highest summit in Taiwan - Wuling Mountain. At an elevation point of 3,275 metres, it is situated at Taiwan Provincial Highway 14A. I know that most people would think that a 14-year old girl like me cannot complete this climb; but I believe in myself, and I believe that I can do it!

My success will depend on the support that I will get from all my friends and from my school (since it is difficult to get permission to miss school days), so I hope that I can convince my school with my sincerity, and that my teachers and classmates will support me!

專訪 ■ FEATURE STORY

What challenges/difficulties have you faced along the way?

Everyone encounters difficulties in their daily lives; and I am no exception. When I was in primary 4, I was diagnosed with type 1 diabetes. I felt so terrible, like I was dropped from heaven directly down to hell. At that time, my coach demanded that I stop my badminton practice and matches because he wanted to avoid any accidents. It was awful for me, and I cried every night.

I went through three months of no badminton practice or matches. Luckily, my doctor and my parents were very patient in explaining my situation to my coach, and he finally accepted their explanation and allowed me to continue to play badminton. It was that year that my badminton skills really improved, and I won many prizes. It was also at that

time that I realized that I must make sacrifices to achieve results.

Right now, I am dealing with another challenge. I have always studied at a non-traditional school, with lots of freedom, not much homework, and very few exams. Playing has always been a big part of my days. However, after I switched to a traditional secondary school, my school life suddenly turned really busy. I have to handle a ton of homework every day, in addition to my badminton practice.

Time management became a big issue, and sometimes I only have 15 minutes for meals, and my sleeping time has also decreased. I usually do homework until 2 am or 3 am; and then I will wake up at 5 am to continue my studies. Sometimes the pressure of my studies will drive me to tears.

Since I did not attend traditional primary school, there are also areas where I need to do catch up. There is a saying, "If you don't work hard when you are young and strong, you will be disappointed and full of regrets when you are older." I think of this saying often to remind myself that if I work hard these few years, I will be able to become the professional that I want to become when I grow up, and have a fulfilling life. I study hard every day, and I try my best to encourage myself and cheer myself on! I hope all of you can journey through this with me!



曾心怡 Tsang Sum Yi, Sammi

曾心怡 Tsang Sum Yi, Sammi

有什麼說話想和其他會員分享一下呢？

我患了糖尿病，但糖尿病卻不能控制我，我們這班孩子在奮力對抗病魔！每個人都會經歷人生低谷，有自己的故事。如果我們能渡過這難關，我們會變得更強！

接下來有什麼目標？

我希望向公眾介紹一型糖尿病，讓其他人瞭解此病，願意和我們做朋友，提醒我們注射胰島素，我們低血糖時能予以協助。另外，我希望我修讀的科目都能拿到好成績！（物理、化學、生物、心理學和音樂）

你曾面對或正面對著什麼樣的挑戰或困難嗎？

我經常不吃午餐，致使我的血糖不穩，糖化血紅素水平不夠理想。
（註：心怡正服用專注力不足的藥物，其中一項副作用是影響食慾。）

Would you share a few words with other members?

I may have diabetes, but diabetes does not have me. Diabetes is what the cool

kids are fighting. Everyone has a different story, everyone has the lowest point of their lives. But it can make us get stronger when we get over it!

What is your next goal?

I would like to introduce T1D to the public, let others know more about T1D. Maybe others can make friends with T1D and remind them to take injections and help them when they are undergoing hypos. Besides, I would like to get a great result on all my subjects I am studying (Physics, Chemistry, Biology, Psychology and Music)

What challenges/difficulties have you faced along the way?

The difficulty for me is I can't control my blood glucose well all the time, because I don't eat lunch very often. It makes my blood glucose not stable and I can't have a good HbA1c.
(Remarks: Sammi is also taking medicine for ADHD, and loss of appetite is one of the major side effects.)

你符合申請資格嗎？

1. 申請人必須為本會青少年或成年會員及年齡介乎 12 至 25 歲
2. 有效地控制及管理糖尿病，在學業成績、課外活動及 / 或參與社區服務上均有突出的表現
3. 正面宣揚糖尿病有關的訊息及具備領導潛能
4. 積極參與不同的活動並回饋社會

Are you eligible for a Flame of Hope Scholarship?

1. Must be YDA Young/ Adult Members aged between 12- 25.
2. Able to successfully manage their diabetes, maintain academic excellence, excel in extracurricular activities and/or engage in community service.
3. Have good diabetes advocacy and leadership potential.
4. Demonstrate strong commitment to the community.

有關詳情容後公布，請留意本會網頁 More details will be provided later on YDA website, please stay tuned.

SWITCH ON MORE FREEDOM FOR YOUR FAMILY



Diagnosed with Type 1 diabetes at 29 months, Shiloh's parents' switched to the MiniMed® 640G insulin pump with SmartGuard™. Fewer injections, 24-hour monitoring and plenty of dips in the pool have given more freedom to this family.

"The prevention side has really been of great benefit. At night it allows my wife to sleep because she knows if my daughter drops then it's going to trigger the alarm and it's actually going to stop her from going into one of those dangerous lows. I'd recommend the 640G with SmartGuard™. **It's something to make your life a lot easier and a lot better.**"

Gareth, QLD



The patient is a member of the Medtronic Patient Ambassador Program. This patient testimonial relates to an account of an individual's response to treatment. The account is genuine, typical and documented. The response other persons have to treatment could be different. Please consult with your healthcare professional for information on whether the treatment is appropriate for you. For more information please speak to your healthcare professional.

^Components are sold separately.

Learn more about insulin pump therapy:

 (852) 2919 1322

 www.medtronic.com.hk

©2015 Medtronic Australasia Pty Ltd. All rights reserved.

Medtronic
Further, Together

經多月的籌備，YDA 於11月15日舉辦了首次大型公眾步行籌款活動 --「童行有您2015 香港島公眾行」。整體的設計、執行、分工都有YDA 青少年會員和家人積極參與。這是一個屬於YDA 會員和家人的活動。大家團結起來發聲，讓公眾多了解什麼是兒童糖尿病，讓政府明白YDA 會員需要的支援。

"Hike for Youth Diabetes 2015 Finale Hike on Hong Kong Island" was the first large public fundraising hike organised by the YDA, and was held on November 15. A dedicated team of YDA youth members and their families actively led and participated all aspects of the planning and execution, to ensure that the Finale Hike would be a success. This was an event for YDA members and families, and organised by them as well. Through this event, we wanted to show that we are standing together on this cause, raise public awareness on the issue of youth diabetes, and let the government know of support needed by our members.

活動後小分享 ■ SHARING

蔡浩澎先生 Mr. Raymond Choi (籌委會主席 Chairman of Organising Committee)

「童行有您」籌備委員會的每一位委員都有同樣的願望，我們的會員都可以透過運動，仔細觀察自己的血糖變化，隨而學習好好管理血糖。

訓練由六月底開始，經歷七次。過程中，多謝家長的支持，義工的領導，醫護人員的鼓勵，參加活動的會員的體能大有進步，自信提升，他們已經能夠輕鬆地登上大帽山。最後有兩位會員，成功攻上增城靈山1080米的峰頂。和去年「健胰騎士夢環台」的單車活動一樣。說明只要有良好的計劃，加以有系統的訓練，堅持不放棄，目標是可以達致的，糖尿病不是障礙！

Every single member of the organising committee of YDA's "Hike for Youth Diabetes 2015" event share one wish, and that is to use this event as a catalyst to gain a better understanding of their own blood sugar control, and to improve their own blood sugar control going forward.

There were a total of seven training sessions for the event, which started from the end of June. Thanks to the support from parents, the leadership of our volunteers, and the encouragement from our medical advisors, all the participating members' physical abilities and self-confidence improved dramatically, and they were able to successfully complete the journey to the top of Tai Mo Shan with ease. At the end of the training, we even had two members who successfully reached the 1080 metre peak of Zengcheng Lingshan Mountain. This event dovetails onto the success of our bicycling event "Ride for Youth Diabetes" last year; and it proves once and for all that as long as you set a meticulous plan, have a structured training programme, and are persistent, diabetes does not need to be a barrier to reaching any goal!



高永文局長 Dr Ko Wing Man (食物及衛生局局長 the Secretary for Food and Health)

不管患上哪種糖尿病，維持健康生活方式至關重要。患上糖尿病是人生一大考驗，但有著醫護人員、父母和朋友的支持，你的人生定必發光發亮。各位繼續加油。

Regardless of the type of diabetes, it is important to work out and lead a healthy life style. Living with diabetes is challenging, but you will be able to shine with support from healthcare professionals, parents and peers. Keep it up.

莫碧虹姑娘 Ms. Maisy Mok (糖尿病姑娘 Diabetes Nurse)

挑戰自我 始於足下
目標為定向 策劃作引路
朋輩為後盾 堅持作動力

To truly challenge yourself, all you need is to make the first step
Set your compass towards your goal, let your plans be your guide
Let your friends be your shield, and use your persistence to fuel your effort
Then you too, can achieve every impossible goal.

關綺華醫生 Dr. Elaine Kwan 兒童及青少年科顧問醫生 Consultant (Paediatrics & Adolescent Medicine)

對於不經常運動的我，登上增城靈山是一個挑戰。

經過四個月的訓練和準備，我懷著戰戰兢兢的心情踏上征途。與我們一起同行的，既有一班老練專業的爬山專家，更有藥廠的代表、病童的家長及兩位病友。其中一位病友更是我由小看著他成長的，看見他架輕就熟、輕輕鬆鬆的便帶頭登頂，沿途的血糖更是相當平穩，心裡不禁佩服和高興。他就是活生生的例證，只要有毅力、有足夠的準備和訓練，身體的限制不能難倒我們去過一個精彩充實的生活！

途中雖有辛苦的路段，就是這股永不言棄的精神，支持我一步一步的往上走，終於也戰勝了這登頂的挑戰！

不同界別的參與和支持、一眾義工的付出，在整個訓練過程、登靈山及公眾行中都深深感動我！

童/同行有您！努力！

As someone who does not exercise regularly, hiking to the top of Lingshan Mountain in Zengcheng, Guangzhou, was a real challenge for me. Even after enduring four months of training and preparation, I was still feeling nervous when it was time to start the journey. Our group included a team of mountain climbing experts, representatives from pharmaceutical companies, our members' parents and two of our members, including one whom I have known since he was a child. Watching him lead us to the top of the summit with such skill and ease while expertly managing his blood sugar level during the entire journey, I could hardly contain my pride. He is living proof that with perseverance, training and preparation, physical constraints do not need to stop us from living an exciting and fulfilling life!

Although the journey had many treacherous passages, this never-give-up fighting spirit supported us one step at a time, bringing us to complete this challenge of reaching the top of the mountain.

There were countless supporters and volunteers who participated and contributed during the process of training, the actual hike to Lingshan Mountain, and the public walk, and I have been truly moved by all of them. Thank you!

For type ones, twos, and you!

6月28日 東涌至大澳
28 June
Tung Chung to Tai O





8月9日 山頂
9 August
The Peak



10月25日 坪洲
25 October
Peng Chau



10月30日 - 11月1日
增城靈山
30 October - 1 November
Zengcheng Lingshan



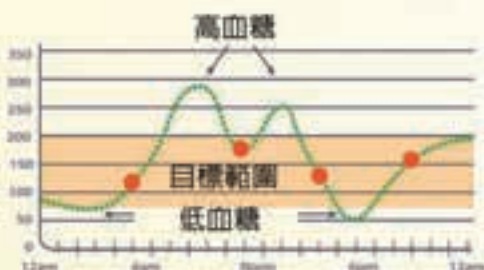
11月15日香港島公眾行
15 November
Finale Hike in Tai Tam



DEXCOM G4[®] PLATFORM

動態血糖監測儀

探測血糖趨勢，觀察飲食、運動、治療方案等因素對血糖的影響，控制血糖更有效。



- 顯示每天24小時的血糖趨勢、高低程度及變化
- 可連續7天監察血糖變化，每天收集288個血糖數值
- 血糖過高及過低警號、血糖上升/下降等警報
- 美國食品及藥物管理局認證



低至兩歲
小童適用

防水軟管感應器，於腹部皮檢測組織中的葡萄糖水平，無礙日常生活



便攜式接收器，以鮮明的顏色清楚顯示血糖讀數及圖表



尚健維佳
Celki VitalAire

查詢：2268 9141 門市地址：www.celki.com

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9月至2015年12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 these companies, organisations and individuals from September to December 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)

2015 慈善手袋拍賣

CHARITY HANDBAG AUCTION

公司或團體

Companies/ Organisations
BV and BV
Chiocciola
Dragon-I
Hanson of Sonoma Vodka
Hong Kong Auctions
Jax Coco
KOTUR
Leather Reborn
Merchants Of Pleasure
Ocean Blue
Safira
Suerte Tequila
Trilogy
Versace

個人

Individuals
Alix Fownes
Andrew Lister
Angelina Bussinger-Lee
Anna Treier
Anne Marden
Aradhna Dayal
Carisse Mueller
Carmen Fernandez Beaves
Catherine So
Cordelia Au
Debby Amias
Eugenia Lee
Eva Ip
Fina Cheng
Florence Kui
Gina Reid
Ginny Reading
Janana Suleymanli
Jean Ho
Joanna Hotung
Julie Fried
Komal Mirchandani
Laila Harilela
Lavina Lim
Lucilla Leung and friends
Mara Hotung
Marissa Shaw
Mary Ma
Melissa Brewster
Nikola Andersson
Paula Mok
Penney Chu
Reyna Harilela
Rina Wadhwani
Rohmir by Olga Roh
Sarah Dyer Dana
Shirley Hiranand
Sue Lynn Woo
Vania Chu
Vivian Lam

一般捐款

GENERAL DONATIONS

公司或團體

Companies/ Organisations
Covermagazine HK Ltd
Goldman Sachs & Co
Pure International (HK) Ltd
Sanofi-Aventis Hong Kong Ltd
Sino Peak Investment Ltd
St Monica's ACK (TW) PTA

個人

Individuals
Biance Tak Mun Tse
Chan Ka Hey
Chang Shou Chung
Chong Chui Yuen
Chong Yin Yin
Cindy Ng Fung Lan
David So Shiu Sing
Eddie Wang
Elaine Kwan
Elizabeth Rowlinson
Elsa Lai
Fung Kwok Pan
Jane Lam Fung Har
Lam Chun Fong
Lee Ching Yin
Lee Chun
Lee Lai Ka
Leung Pik Yin
Leung Wai Man
Ma Hung Yan
Ng Wai Hing
Rico Cheng
Rio Wu
Robyn Watkins
Sharon Lui
Sze Maria
Tung Yat Pang
Wat Chung Man
Wendy Kwong
Wong Suet Fung
Yue Chung Yan Agnes
王敬新

2015 聖誕聯歡會

CHRISTMAS PARTY

公司或團體

Companies/ Organisations
Alice Ho Miu Ling Nethersole Hospital-Department of Paediatrics & Adolescent Medicine
Kwong Wah Hospital TWGHs BOCHK Diabetes Centre
Operation Santa Claus HK
Pamela Youde Nethersole Eastern Hospital-Diabetes Centre
Pok Oi Hospital-Diabetes Centre
Prince of Wales Hospital-Diabetes Mellitus and Endocrine Centre
Princess Margaret Hospital-Department of Paediatrics & Adolescent Medicine
Queen Elizabeth Hospital-Adolescent Medicine Centre
Queen Mary Hospital-Department of Paediatrics and Adolescent Medicine
Queen's Café
Tseung Kwan O Hospital-Paediatrics and Adolescent Medicine
United Christian Hospital-Paediatrics and Adolescent Clinic

義工

VOLUNTEERS

Albert Sze
Angela Chow
Benny Lo
Melanie Cheung Ho Yi
Chong Chui Yuen
Crystal Sze Lok Yiu
Dennis Ng
Dicky Poon
Dorcus Mak
Ho Kin Ting
Hugo Tung Long Sung
Ivan Lau
Jason Yuen
Joanna Maio
Julie Fried
KK Leung
Kwok Wah Kun
Lam Lok Hin
Lam Man Hay
Leung Kin Kei
Li Shi Kit
Lo Ka Man
Louie Man Chi Lok
Lui Siu Hei
Manoj Dani
Melody Mok Pik Wah
Erica Or Wing In
Pang Yap King
Penny Poon
Raymond Ng
Sammi Tsang Sum Yi
Sammi Wong Suet Fung
So Fung Yee
Sophia Han
Stacy Chan & family
Stella Tse
Susanna Yung
Tsang Sum Yi
Vincent Chan
William Chan
Wilson Chan
Wong Lok Chi
Xiao Jin Tao
Xiao Yan
Yeung Kai Chi

2015 童行有您

HIKE FOR YOUTH DIABETES

公司或團體

Companies/ Organisations
Abbott Laboratory
Association of Hong Kong Diabetes Nurses
Assudamal & Sons (HK) Limited
Base Square Design Ltd
Bayer HealthCare Limited
BD Medical
Celki VitalAire
Equal Asia Pacific
Freemasons
Fruit Design & Build Limited
Generation C
Global Consumer Products Private Ltd
Hong Kong Dietitians Association
Hong Kong International School
Hong Kong Society of Endocrinology, Metabolism and Reproduction
Hong Kong Society of Paediatric Endocrinology and Metabolism
IMI - Integrated Medicine Institute
Kids' Gallery
Kopen Electrical Co Ltd
Lions Club of Castle Peak HK
Medtronic International Ltd
Novo Nordisk Hong Kong Limited
QBE Insurance Asia Pacific
Sanofi-Aventis Hong Kong Ltd
Scout Association of Hong Kong
SOYJOY
St John Ambulance Brigade Youth Command
Star English
The Hong Kong Federation of Countryside Activities
United Italian Corp (HK) Ltd
Watson's Water
上輝鮮果

亦多謝各位參加者為本會籌款，但由於名單眾多，實在不能盡錄，本會在此衷心致謝！

YDA would like to take this opportunity to please our gratitude to all fundraisers at the event. Thank you for all your great efforts! Due to limited space, we apologise that names cannot be printed out here one by one.

TEAM YDA

Team YDA現正招募骨幹成員，如果你有興趣為YDA會員籌辦不同類型活動，請將姓名、手提電話電郵至teamYDA@yda.org.hk, 隊長將會與你們聯絡！

Team YDA 的成立

於2014年，YDA舉辦「健胰騎士夢環台」，這是香港首個一型糖尿病患者的單車訓練項目，為期五個月，希望鼓勵一型糖尿病患者一齊發揮「我做到！」的精神，不讓一型糖尿病阻礙他們達成理想。訓練項目以到台灣踏單車為最終目標，而參加者也成功在9天內以踏單車912公里繞台灣一圈。參加者經此深刻體會糖尿病不是障礙，因此攜手成立「Team YDA」，延續並發揚「健胰騎士夢環台」的精神。

Team YDA的使命

- 透過團隊活動，促進YDA會員身心健康，確切認知糖尿病不是障礙。
- 定期組織活動，更會不時參加挑戰體能意志的公眾賽事。
- Team YDA 由青少年管理，藉以培養青少年領導才能。
- 享受運動，活得健康，交新朋友，擴闊圈子，自我挑戰，建立正面積極的生活態度。



Team YDA Facebook: <https://www.facebook.com/groups/teamyda/>



BD 優質產品有效迎合 **糖尿病患者** 及 **糖尿專科醫護人員** 的需要

兒童糖尿協會

會員尊享禮遇

贈送

- ✓ 快速採血
- ✓ 輕巧易用
- ✓ 升級品質



免費索取 親身體驗

BD輕觸式安全採血針
30g x 1.5mm (紫色針尖型)
1.5mm x 2mm (藍色刀片型)

每位會員可於限期內於兒童糖尿協會會址索取其中一款採血針乙盒

推廣期至2016年12月31日，數量共400盒 先到先得，送完即止

FREE trial - 1 box of CA Lancet (30gx1.5mm or 1.5mmx2mm) for YDA members at YDA office until 31 Dec, 2016. First come first serve, while stock lasts.

試過便知好用！



**糖尿孖寶裝
特價 \$248**

推廣期至2016年12月31日，
套裝貨品數量有限，售完即止

BD Special package offer \$248 for YDA members
- 1 box of CA Lancet (30gx1.5mm or 1.5mmx2mm)
- 1 box of Pen Needles 5mm
until 31 Dec, 2016 while stock lasts

BD輕觸式安全採血針
30g x 1.5mm (紫色針尖型)
或 1.5mm x 2mm (藍色刀片型)



BD胰島素注射筆針頭5mm



- ✓ 適合所有胰島素筆
- ✓ 適合所有體型
- ✓ 適合任何注射部位

總代理：永義(香港)有限公司 查詢熱線：3743 8450

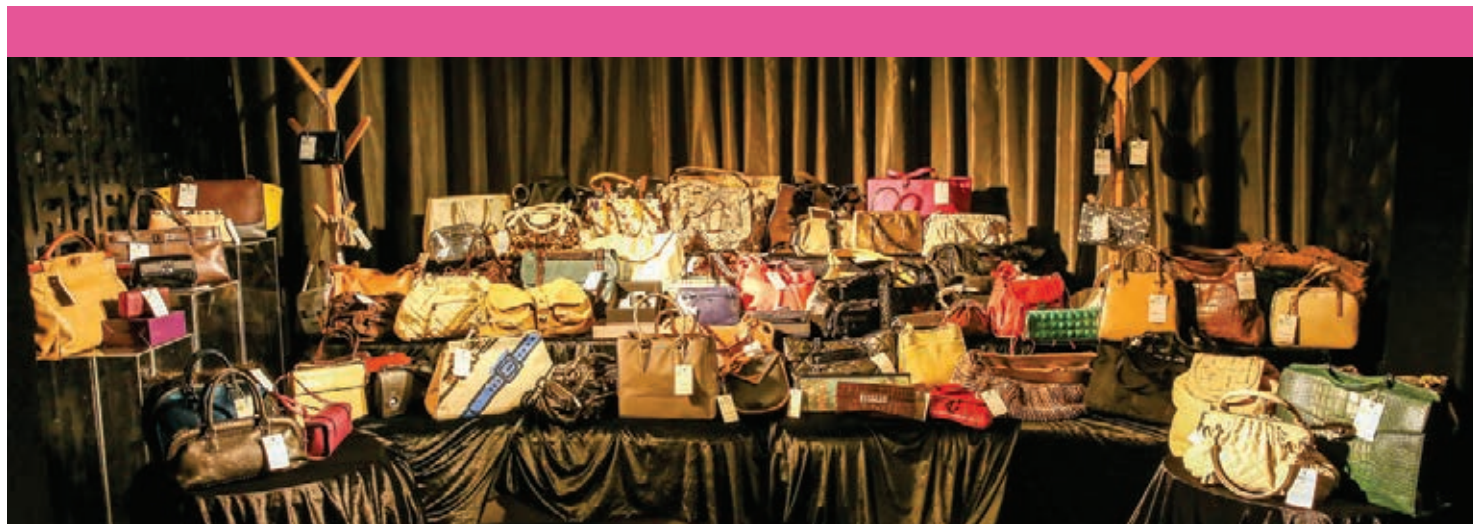


Youth Diabetes Action
CHARITY HANDBAG
AUCTION

慈善手袋拍賣 Charity Handbag Auction

為響應世界糖尿病日及藍月·十一，兒童糖尿協會於2015年11月19日假座dragon-i舉行盛大的手袋拍賣籌款活動，當晚超過100位名人嘉賓出席，競投多個全新及簇新手袋，為香港糖尿病患者的家庭籌募接近三十萬元的善款。

To echo with World Diabetes Day and Blue November, YDA hosted a spectacular fundraising designer handbag auction on 19 November at dragon-i to raise much-needed funds for Hong Kong families living with diabetes. Over 100 high profile guests attended and bid on dozens of new and lightly used handbags. With the support of the donors, the auction was a great success and raised close to \$300,000.



長效胰島素 理糖適[®]

長效控制血糖 減少低血糖風險¹

Lantus[®] 理糖適[®]

為長效基礎胰島素，相比傳統常用的胰島素，更能有效減少血糖過低之風險，讓您輕鬆過每一天。

- 能有效將血糖指數控制於理想水平³
- 一日一針*，方便易用

*需遵循醫生指示服藥

Lantus[®]理糖適[®]為醫生處方藥物，
已被列入醫管局專科藥物名冊

血糖過低會出現 手震、頭暈、冒汗、心悸、作嘔 等等徵狀。

詳情請向您的醫生或藥劑師查詢

參考資料

- 1) Fritsche A, et al. Ann intern med. 2003;138:952-959
- 2) IMS-MAT June 2012
- 3) Pan C-Y, et al. Diabetes Research and Clinical Practice 76 (2007);111-118

全球
銷量冠軍
基礎胰島素²



HK-GLA-14.12.01

*所有藥物均須由醫生處方，方可使用。

Sanofi-Aventis Hong Kong Limited

Units 706-710, Level 7, Core C, Cyberport 3, 100 Cyberport Road, Hong Kong
Tel: (852) 2506 8333 Fax: (852) 2506 2537

SANOFI DIABETES

聖誕聯歡暨 良好血糖控制證書頒發典禮2015

Christmas Party with Blood Glucose Control Certificate Award 2015

一年一度的聖誕聯歡會暨良好血糖控制證書頒發典禮於12月19日舉行，而今年的參加人數又突破往年，有超過280人參與。

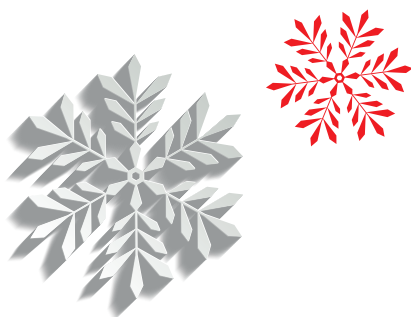
每一年的聖誕聯歡會除了讓會員家庭互相認識外，它更是一個機會讓會員學習醣質換算。面對琳瑯滿目的食物，他們要去選擇自己食用份量的碳水化合物，甜品或其他食物，為了方便會員換算，本會特意在每一款食物前放置一個小小的食物份量標籤。

另外，3位會員曾心怡、施諾瑤及董朗生在考試期間都抽空為我們擔任司儀，令活動順利進行實在功不可沒。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HbA1c(血紅化色素)，今年，本會向約60位會員頒發了良好血糖控制證書以作鼓勵。



YDA's annual "Christmas Party with Blood Glucose Control Certificate Award" was held on December 19, with an unprecedented 280 people attending this festive event. This annual party is not only an opportunity for member families to socialise, it is also a chance for members to learn about carbohydrates counting. The Party offered a wide array of delicious lunch menu items, and members had to make their carbohydrate, dessert and other food choices. YDA especially labelled each item with information on its carbohydrate food exchange portion, to make it easier for our members to choose their lunch items wisely.

Three of our members - Sammi Tsang, Crystal Sze, and Hugo Tung - were very generous in finding time in their busy schedules during exam time to be the MCs of the event. We thank them for their help to make our event such a success. Every year, YDA gives out awards to encourage our members to learn the best practices of daily diabetes management and to achieve a good HbA1c level. For 2015, YDA awarded 60 members with a Blood Glucose Control Certificate. Congratulations!



KG GROUP

Excellence in education



Tel: 2501 4842
Web: www.the-kgroup.com

For 20 years, the KG Group has provided specialist education in youth arts, English language, and enrichment programmes, providing balanced learning which enhances academic ability and develops creativity and critical thinking skills.

- Creative arts
- English language education
- Performing arts training
- Theatre productions
- Playgroups
- Kindergarten
- International accreditation



Kids' Gallery
A division of the KG Group

**Hong Kong
Kowloon
Bel-Air
Yau Tong**

Tel: 2501 4842
Tel: 2337 1001
Tel: 2989 9000
Tel: 2717 6336

MILLS
INTERNATIONAL PRESCHOOL
苗士國際幼稚園
A division of the KG Group

Yau Tong

Tel: 2717 6336



FACE 
Productions
A division of the KG Group

**Hong Kong
Kowloon**

Tel: 2501 4842
Tel: 2337 1001

Star English
A division of the KG Group

**Hung Hom
North Point
Olympic
Wong Tai Sin
Yau Tong**

Tel: 2994 5111
Tel: 2523 8903
Tel: 2351 0330
Tel: 3791 2882
Tel: 2717 6336

The KG Group proudly supports the work of Youth Diabetes Action

糖尿病研討會 Diabetes Conference

本會將會邀請不同範疇的專業人士，主持多個專題演講，分享最新的糖尿病資訊及相關科技，並提升社會大眾對糖尿病的關注。 Professionals from different fields will talk at the YDA Diabetes Conference, sharing updates on the latest developments and related technologies on diabetes to enhance the community's understanding of diabetes.

日期 Date:
2016年3月5日 (星期六)
5 March 2016 (Saturday)

地點 Venue:
九龍塘達之路七十八號香港生產力促進局地下SME ONE
SME ONE, G/F, Hong Kong Productivity Council, 78
Tat Chee Avenue, Kowloon Tong

對象 Target audience:
所有會員及公眾人士
All YDA members and the public

有關詳情稍後公布，敬請留意 More details will be provided later, please stay tuned.

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\$3,800起。3月號的廣告截件日期為2016年2月29日。刊登廣告或查詢詳情，請電郵至 project@yda.org.hk。

We welcome advertisers to help offset the production costs of this information service publication. Rates are based on a page rate starting from \$3,800 for a single insertion. Advertising booking deadline for the March issue: February 29th 2016. To make a booking, or for more details, please email: project@yda.org.hk

如欲投稿，請把計劃書或建議書電郵至 project@yda.org.hk。

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

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.

NovoFine® Plus 32G 4 mm
is available in Hong Kong

更短，更纖幼，
注射時更順暢

諾和針® Plus 32G 4毫米

注射時更舒適，能減少注射時的痛楚！¹



針咀超短及超幼
Ultra-short and ultra-thin

32G 4毫米針咀，能減少注射時的痛楚¹及減少注入到肌肉的風險²



注射順暢快速
Better flow, faster injections

採用了超流(SuperFlow™)技術，能夠以較小的力提供更快速的注射³



廣泛兼容性
Universal

兼容市面上所有常用的注射筆裝備⁴

查閱更多諾和針® Plus 32G 4毫米的資料，可瀏覽網站 NovoNordisk.com

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.



諾和諾德香港有限公司
香港九龍長沙灣道681號貿易廣場5樓519室
電話: (852)2387 8555 傳真: (852)2386 0800
www.novonordisk.com

NovoFine® Plus 32G 4 mm

你的血糖機偏差值 可高達 20%?



血糖濃度	ISO 15197:2013 準確性要求 百分率	±15% 誤差範圍 (或 < 0.6 mmol/L)	±10% 誤差範圍 (或 < 0.56 mmol/L)
< 5.6 mmol/L		100%	100%
≥ 5.6 mmol/L		100%	99%



Contour plus
血糖監測系統
連拜安輕 2 採血器



2盒 Contour plus
血糖測試紙 50片



1盒 拜安輕
採血針 100支

優惠價

\$400

舊機換試紙優惠

如客戶購買以上優惠時同時
交還任何牌子之血糖機，便可
額外獲得拜安進血糖測試紙
25片乙盒。



Contour plus
血糖測試紙 25片

使用細節 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

買3盒 送 1盒

平均每盒 **\$176.25**

買8盒 送 3盒

平均每盒 **\$170.9**

每盒原價 \$235

請即聯絡營業代表：

8100 1330 劉先生

8100 4792 莫先生

8200 1708 張小姐

或辦公時間致電：

8100 6386

Bayer HealthCare Limited 拜耳醫療保健有限公司

灣仔港灣道6-8號瑞安中心8樓803-808室 電話：8100 6386 傳真：3526 4759

Contour plus
Blood Glucose Monitoring System
(拜安進 血糖監測系統)

* Guly 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 self-testing 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.

CTP 2014/2015

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
- 以簡單易明的圖表顯示血糖記錄，讓血糖走勢一目了然
- 提供4種報告：趨勢圖、每日圖表、每週圖表、記錄列表

兒童糖尿協會優惠價

買Accu-Chek Mobile血糖機套裝一盒

送

- Accu-Chek Mobile試紙匣兩盒
- FastClix採血針一盒102粒裝

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

優惠價
\$600

非凡體驗 誰說不可能

查詢及訂購熱線：2485 7512

ACCU-CHEK®