



Youth Diabetes
Action
兒童糖尿協會

YDA today



news
letter



issue
44

2016



Living Well with Diabetes
與糖尿病同行

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Recruitment of Volunteer Peer Mentors

成為兒童糖尿協會朋輩大使

還記得你/你的小朋友初確診糖尿病時的惶恐及無助嗎？你的經驗及分享，可以協助新會員及其家庭渡過此難關。本會現正招募您成為朋輩大使，透過與新會員/其家長的分享及傾訴，讓他們適應轉變及克服新的挑戰。

Do you remember the complex emotions that you felt when you or your child was diagnosed with diabetes? Your personal experience and knowledge are invaluable in helping others cope with this often difficult time in their lives. We invite you to join our peer mentoring group and lend your support. We invite mentors who are:

成為朋輩大使的條件：

- 為本會會員或其家人
 - 年齡16歲以上
 - 學歷不拘
- 正面樂觀、積極主動
 - 一個好的聆聽者
- Parents or members with diabetes
 - Age 16 or above
- No special academic qualification required
 - Compassionate and a good listener
 - Willing to share personal experience

支援服務可以通過電話聯繫或以小組形式進行，朋輩大使與配對家庭可自行選擇聯繫方式及見面地點。本會將提供訓練工作坊予各參加的朋輩大使，講解有關的支援技巧。

Peer mentoring discussions can take place via phone, or in-person meetings can take place at the YDA Centre of Excellence. YDA will provide training for all interested peer mentors.



如有興趣參與，請於5月16日前將個人資料電郵至 socialworker@yda.org.hk 與王姑娘聯絡。
If you are interested, please email socialworker@yda.org.hk by May 16.

主席的話 ■ FROM THE CHAIR

常言道：「化敵為友」。聽起來似乎是奇怪的糖尿病控制法，但我認為這是控制和戰勝糖尿病的妙法。雖然糖尿病是長期病，但與其逃避，不如積極面對，讓每天過得更美好。我想與你分享與糖尿病同行的幾招妙計：

- 正向思考，保持正面
- 根據為閣下度身設計的療程，定期檢查血糖水平和控制胰島素劑量
- 定期運動、保持健康、均衡飲食
- 與糖尿病病友分享高低起伏（你的血糖水平，還有更重要的是你的感受）
- 留意最新的糖尿病療法，與你的醫護團隊密切合作

帶著樂觀展望和積極態度，與糖尿病同行再也難不倒你。

祝君好運！

兒童糖尿協會主席
馮亮琪

The popular saying "be friends with your enemy" may seem to be an odd thing to say about diabetes management, but I believe it is an effective way to master and conquer the disease. While diabetes is a serious chronic disease, tackling it directly, rather than avoiding it, can help to improve your wellbeing. These are my tricks that might work well for you too.

- Think positive, and stay positive
- Monitor your blood sugar levels regularly and administer insulin according to your personalised medical plan
- Get fit, stay fit, and eat right
- Share the highs and lows of your blood sugar levels, as well as your feelings with your friends
- Stay connected with the latest diabetes treatment and work with your healthcare team closely

With a positive outlook and a proactive attitude, you too can live well with diabetes!

Good luck.

Fina Cheng
Chairperson, YDA

Magazine fast facts

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 Youth Diabetes Action

蒙 Pressroom Printer & Designer 為本會
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If you would like to submit an article, please email: project@yda.org.hk.



搬遷啟示 OFFICE MOVE

全新的「兒童糖尿中心」在五月正式啟用。新的辦公室位於“九龍土瓜灣土瓜灣道94號美華工業中心B座9樓B17室”

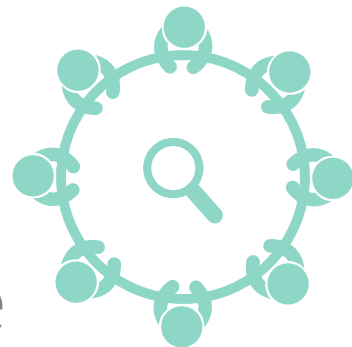
We proudly announce that the opening of the "YDA Centre of Excellence" will be in May. The new address will be:
Room B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, Kowloon.



研討會焦點 ■ CONFERENCE HIGHLIGHTS

糖尿病研討會

Youth Diabetes Conference



我們十分高興今年的糖尿病研討會有超過百名的家長、醫護人員及公眾人士參加。是次研討會邀請了多名糖尿病專家講解日常尿病管理資訊及最新科技。研討會也為參加者提供了一個互動的平台，讓他們互相交流，彼此分享一些控糖技巧。

We were delighted to have more than 100 parents, medical professionals and public attending the conference this year. The focus was to bring together local diabetes experts to provide practical advice and information for our members. As always, the conference also provided a wonderful opportunity for attendees to meet and interact with other members, who also provided valuable and practical advice and tips.



陳重娥教授
Professor Juliana Chan

預防糖尿病及其併發症的最新進展

陳重娥教授說明糖尿病是一種包含遺傳和環境因素的複雜疾病。在香港，一型患者大約是10%左右，而90%是二型。一型糖尿病患者確診時相對非常年輕，很需要識別併發症的風險並阻止。研究已發現多種遺傳標記和糖尿病亞型，幫助醫療專業人士，實現預防和個性化的治療。教育授權，自我管理，及時使用藥物和心理支持都是糖尿病護理的重要環節。因此，尖端科技和悉心關懷是預防和控制糖尿病及其併發症的方向。

Latest advances in the prevention of diabetes and its complications

Professor Juliana Chan led this session with an introductory explanation of how diabetes is a complex disease with both genetic and environmental contributing factors. In Hong Kong, around 10% of people with diabetes have type 1, while 90% of them have type 2. People with type 1 diabetes (T1D) tend to be diagnosed at a very young age and there is a high risk of complications, therefore prevention is of vital importance. Medical research has discovered many related genetic markers and identified subtypes of diabetes which enables healthcare professionals to identify high-risk subjects for prevention and personalised treatment. Empowerment through education and self-care, timely use of medications and psychosocial support are all important components of diabetes care, and using a combination of high-tech and soft-touch approaches.



糖尿病眼併發症及治療

糖尿病眼是最普遍的糖尿病併發症，令家長馬上緊張起來，想馬上帶孩子去驗眼呢！糖尿病極容易引起微血管病變，視網膜充滿微血管，首當其衝受到影響。糖尿病視網膜病變初期並無徵狀；及至視力模糊，可能已經發展成黃斑病變了。謹記每年徹底檢查眼睛，保持視力健康。

Diabetes eye disease and treatment

Diabetic retinopathy is the most common diabetes complication and causes a lot of angst; what makes it scary is that there are no obvious symptoms in the early stages. Vision damage is irreversible, but it is avoidable. Apart from daily diet and blood glucose management, annual comprehensive eye examination is also a must. Prolonged diabetic retinopathy may develop into diabetic maculopathy, which blurs the central vision. If your child complains about their sight or has trouble reading, take them for a vision check-up immediately.



羅智峯醫生
Dr. Lo Chi Fung Ernie



糖尿病管理：胰島素與降糖藥新進展

缺乏胰島素分泌對一型和二型糖尿病起著關鍵作用，而胰島素和口服抗糖尿病藥物能降低血糖水平。唐醫生指出，血糖過低和體重增加是糖尿病患者的兩大挑戰。他介紹服用藥效持久又不達高峰的胰島素類似物，以及快速起效的胰島素類似物，有助於減少低血糖的發生，進食後血糖的水平也得到生理上的控制。因此，新的基礎胰島素類似物減少引起低血糖，體重增加亦較少。藉著這些新世代的胰島素和口服藥物的幫助，以防止糖尿病的破壞性血管併發症。

Diabetes management: new insulins and medication

Deficiency in insulin secretion plays a critical role in Type 1 and Type 2 diabetes. Insulin and oral anti-diabetic medications are prescribed to lower the blood glucose level. Dr. Peter Tong pointed out that hypoglycemia and weight gain are two major challenges for individuals with diabetes in their quest for good glycemic control. He introduced the use of peak-less long action insulin analogues and rapid-onset insulin analogues which can help to reduce the incidence of hypoglycemia and to provide physiological control of blood glucose after meals. New basal insulin analogues cause less hypoglycemia and, consequently, less weight gain. The availability of these new generations of insulin and oral medication can be invaluable in helping to prevent devastating vascular complications of diabetes.

降糖勿忘護腎

常聽說糖尿病患者腎功能衰退而要洗腎，真令人不寒而慄！相比起每日注射胰島素，洗腎卻是更大的折磨！要維持腎臟健康，必要做好糖尿病管理ABC，把糖化血紅素(A)、血壓(B)和膽固醇控制好(C)，遠離不健康的生活習慣，便能大大減低併發腎病的風險。

Keep your kidneys healthy

Diabetes complications can be very serious and life threatening, and one of the most common serious effects is kidney damage. Compared to multiple daily injections of insulin, hemodialysis and peritoneal dialysis are much more bothersome and uncomfortable! To avoid the need of hemodialysis, remember this maxim for the "ABC management of your diabetes": A1c, Blood pressure and Cholesterol can help avoid Diabetic Kidney Disease.



唐俊業醫生
Dr. Peter Chun-Yip Tong



糖尿病看圖對話

三位受過專業訓練的糖尿專科護士，帶領家長們進行了一次「糖尿病看圖對話」。家長們按孩子的年紀分成不同小組進行。指導員透過提問打開話題，藉以了解家長對孩子確診糖尿病的感受與擔憂，家長亦可從中分享感受及與糖尿病同行的經驗。「對話」的目的是讓家長從分享中互相學習和支持，更積極地和孩子一起面對糖尿病！

Diabetes conversation

We were happy to have three experienced diabetes nurses, who have also been trained as Diabetes Conversation Facilitators, to facilitate a conversation map session with our parents. Conversation maps are interactive experiential sessions that engage patients in an exploration of their feelings, information, and the choices they face as they relate to managing their health condition. Parents were divided into groups according to their children's age to facilitate discussions. The facilitators started the conversation by asking the participants about their feelings and worries about their children's diagnosis. The participants did a lot of heartfelt sharing on their feelings and their experiences; and learning by sharing is the main theme of the Conversation Map experience.



林思為小姐
Ms. Sylvia Lam

糖尿病的基礎飲食管理技巧與運動建議

人類倚靠食物為生，但偏偏吃卻是糖尿病人的一大煩惱，我們吃的每一點都要用心地計算碳水化合物含量，但血糖仍是高低不定，真叫人氣餒！無論如何，民以食為天，讓營養師帶我們去溫習一下食物換算、升糖指數和營養標籤等基本知識。還有平時我們比較少留意的蛋白質、脂肪、鹽份和酒精等，都有提及。最後，運動才是走向健康的王道！

Essential dietary management skills and exercise prescription for diabetes

Eating is the means of survival for all of us, but it is also a big headache for people with diabetes. Sometimes it seems that no matter how diligently you calculate your carbs, your blood glucose level is still not well controlled; and this can be very frustrating. A professional dietician provided an important review on carbohydrate exchange, glycemic index, how to read nutrition labels, and how to balance intake of protein, fat, sodium and alcohol. Last but not least, remember to include exercise in your daily routine!

聆聽糖尿病童的心聲

作為家長，每天照顧一型糖尿病的兒童，心力交瘁。但孩子們心裡又有何想法呢？他們每天面對甚麼挑戰？身體有病患，心裡又有沒有夢想呢？父母的關懷是否令他們覺得煩擾呢？馮醫生帶領三位年青人和我們分享成長點滴，有淡淡然的「習慣了」，也有緊張刺激的「出事了」！孩子們，繼續勇往直前吧！

Can you hear me?

Parents of children with diabetes do a tremendous amount to manage their child's condition, so it's perfectly understandable to feel tired and frustrated sometimes. However, have the feelings of the child been seriously considered? What are the difficulties they are facing everyday? What are their hopes and dreams, and how will they be realised? How are they coping with their parents' concern over their condition? Three young people with diabetes, each coming from a different background, shared their stories. Their stories were ones that illustrate how they coped with their daily lives, as well as dangerous and scary situations; and how they have learnt and grown from the experience.



馮偉正醫生
Dr. Aurelius Fung



特別鳴謝由周艷華女士、曾心怡小姐及翁翠珊女士撰寫

Special thanks to Angela Chow, Sammi Tsang and Susanna Yung for writing the articles

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.

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Team YDA分享 ■ SHARING FROM TEAM YDA



大家好，我是 Team YDA 的隊長民希。在8歲時診斷患有一型糖尿病，至今已經18年了。在開始時，我對這病的病理完全毫無概念，但是在醫護人員的教育及參加兒童糖尿協會定期舉辦的活動中令我對自己的糖尿病有更深入的了解。

參與 Team YDA 前，我的性格比較被動。就在2014年我參加健胰騎士夢環台這單車籌款活動，活動令我對自己的目標有重新定向。在活動中，我感受到義工們對我們的熱心照顧。令我重新熱愛踩單車，更令我想到要傳承活動中「Yes We Can!!」的精神，令更多年輕一型糖尿病患者積極面對困難。

在2015年11月我更獲YDA提名，出席世界糖尿青年領袖訓練計劃代表香港接受為期2周的訓練，與不同地區青年領袖分享，交流學習。

而我會於2016年與其他 Team YDA 隊長一同籌備Ride for Youth Diabetes 2016，透過一連串單車訓練，目標於十月中旬到台灣利用2天由高雄騎單車出發登上海拔3275公尺，台灣公路最高點武嶺。同時我們邀請台灣及中國兩地的兒童糖尿病協會一同參與。希望增強交流，凝聚一個強大的聯繫。



民希 Man-hay

Greetings! My name is Man-hay, captain of Team YDA. I was diagnosed with type 1 diabetes when I was 8 years old, and I have lived with the disease for eighteen years now. I used to be completely clueless about the disease and its treatments but thanks to the healthcare professionals in my life and YDA's educational events, I now understand quite a lot about the disease.

I was quite a passive person before I joined Team YDA. It was not until I joined the fundraising cycling event "Ride for Youth Diabetes" in 2014 that I gained a new orientation in life. The enthusiasm of the volunteers reignited my passion for cycling and urged me to pass on the spirit of "Yes We Can!" to my younger peers, helping them face difficulties with a positive attitude.

In November 2015, I was honoured to be nominated by YDA to represent Hong Kong at the International Diabetes

Foundation (IDF) Young Leaders in Diabetes Programme. The two-week training offered me an invaluable opportunity to share and exchange ideas with youth from around the globe.

This year, I will be joined by other captains of Team YDA to organise "Ride for Youth Diabetes 2016". The team aims to ride from Kaohsiung to Taichung in October. The goal is to complete the journey within 2 days to reach Wu-Ling, the peak of the highest highway in Taiwan at 3,275 metre above sea-level. This year's event will also be attended by young people with diabetes from Taiwan and China, and we hope this event will help to enhance the communication and connection among youth with diabetes in the region.



活動預告 ■ UPCOMING EVENTS



CASH義工活動 - 親子眾樂樂 CASH - Harmonica and Yoga Workshop

我們將安排義工教授口琴體驗活動和大笑瑜伽工作坊，讓大家可以輕鬆一下並互相認識。Please join our fun and informal Harmonica and Laughter Yoga workshop, for a great social gathering.

日期 Date: 17/04/2016 (星期日Sunday)

地點 Location: 美孚饒宗頤文化館
Jao Tsung-I Academy,
Mei Foo

對象 Attendees: 6-16歲青少年會員及其家庭成員
Young members aged
6-16 and their
family members



都市藝術工作坊 Urban Art Jamming

活動旨在培養會員對藝術發展的興趣及讓他們接觸更多不同類型的活動，本會安排了都市藝術工作坊，讓會員體會藝術的樂趣。Urban art jamming is a fun event for members to cultivate your interest in the arts.

日期 Date: 07/05/2016 (星期六Saturday)

地點 Location: 大角咀 Tai Kok Tsui

對象 Attendees: 青少年會員
Young members



親子行山樂 - 山頂行 Family Hiking – The Peak

走進香港島最高峰，認識和體會香港的自然生態及文化遺產。而透過是次活動，家庭可以互相認識，建立朋輩關係。This family hike event to Victoria Peak in Hong Kong Island gives member families a great opportunity to enjoy nature together while experiencing Hong Kong's cultural history. It is also a good event to meet with other families and peers.

日期 Date: 14/05/2016 (星期六Saturday)

地點 Location: 山頂
The Peak

對象 Attendees: 青少年會員及其家庭成員
Young members and
their family members

YDA活動計劃 ■ YDA ACTIVITY PLAN

在接下來的這一年，我們將會為會員舉辦各種不同類型的活動。
Please watch out for the upcoming activities.

2016	六月 June	<ul style="list-style-type: none"> 家庭工作坊 Parent workshop 青少年及兒童活動 Children/ Youth activity 生態旅遊 Eco tour: Visit fireflies (25/ 6)
	七月 July	<ul style="list-style-type: none"> 北京青年營 Youth Camp@Beijing (19- 21/7)
	八月 August	<ul style="list-style-type: none"> 家庭活動 Family activity 青少年及兒童活動 Children/ Youth activity
	九月 September	<ul style="list-style-type: none"> 青少年營 Youth Camp 2016 (16- 17/ 9)
	十月 October	<ul style="list-style-type: none"> 親子行山樂 Family Hiking
	藍色十一月 Blue November	<ul style="list-style-type: none"> 童行有您 Hike for Youth Diabetes 2016 慈善手袋晚會 Handbag Auction 世界糖尿病日活動 Activities for World Diabetes Day
	十二月 December	<ul style="list-style-type: none"> 聖誕聯歡會 Christmas Party
2017	二月 February	<ul style="list-style-type: none"> 親子行山樂 Family Hiking 家庭輔導工作坊 Family Counselling workshop

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糖的最新看法

The Latest Stance on Sugar

10%的總能量攝取量 即是多少？

What does 10% of
our total energy
intake look like?

2-3 歲 year olds

女孩和男孩 Girls and Boys
需要大約 1000卡路里
10% = 一日100卡路里或 25.8 克的糖
Need approx. 1000kcal
10% = 100kcal or
25.8 grams of sugar per day

4-8 歲 year olds

女孩 Girls
需要大約 1200卡路里
10%= 一日120卡路里或 31 克的糖
Need approx. 1200kcal
10% = 120kcal or
31 grams of sugar per day

男孩 Boys
需要大約 1400卡路里
10%= 一日140卡路里或36 克的糖
Boys: Need approx. 1400kcal
10% = 140 kcal or
36 grams of sugar per day

9-13 歲 year olds

女孩 Girls
需要大約 1600卡路里
10%= 一日160卡路里或 41 克的糖
Need approx. 1600kcal
10% = 160kcal or
41 grams of sugar per day

男孩 Boys
需要大約 1800卡路里
10%= 一日180卡路里或46.5 克的糖
Need approx. 1800kcal
10% = 180 kcal or
46.5 grams of sugar per day

14-18 歲 year olds

女孩 Girls
需要大約 1800卡路里
10%= 一日180卡路里或 46.5 克的糖
Need approx. 1800kcal
10% = 180kcal or
46.5 grams of sugar per day

男孩 Boys
需要大約 2200kcal
10%= 一日220卡路里或 56.8 克的糖
Need approx. 2200kcal
10% = 220kcal or
56.8grams of sugar per day



Tracy Simaika 是一位加拿大籍專業登記的營養師，在香港生活和工作，她擁有超過十二年為糖尿病患者及其家庭提供專業意見的工作經驗，是位充滿熱誠和獲頒證書的糖尿病專家。如你想聯絡她，可電郵至 tracy.simaika@gmail.com 或在臉書中搜尋 Tracy Simaika, RD CDE。

Tracy Simaika is a Canadian trained registered dietitian and certified diabetes educator who lives and works in Hong Kong. She has more than 12 years of experience working with people and families with diabetes, an issue which remains her professional passion and focus. You can reach her at tracy.simaika@gmail.com or on facebook at Tracy Simaika, RD CDE.

翠絲·絲美加，註冊營養師及認可糖尿病教育工作者 2016年2月22日

Tracy Simaika, RD CDE 22 February 2016

世界衛生組織指南 World Health Guidelines

世界衛生組織指引：成人和小童的糖份攝取量（日內瓦：世界衛生組織 2015）

World Health Guideline: Sugars intake for adults and children.

Geneva: World Health Organization; 2015

世界衛生組織最近發出最新指引，建議我們應該減低糖份攝取量（哪位糖尿病患者不懂呢？），並應限制糖份攝取量於整體熱量吸收之百分之十以內。游離糖包括單糖（如葡萄糖、果糖）和雙糖（如蔗糖和砂糖），一般經由生產商於製造食品 and 飲品時、廚師於烹調過程中或消費者於食用時添加額外糖份，還有含有天然糖份的食物如蜜糖、糖漿、果汁和濃縮果汁等。

有部分人比其他人較難執行減少進食糖份的原則，尤其是當我們不再計算每天的糖份攝取量時更舉步為艱。從統計數字來看，已證實糖份以前所未有的形式和份量滲透到我們日常的食物中。

我們所講的糖份到底有多少？一位加拿大成年人每天平均攝取二十六茶匙糖份，相等於每年40千克！青少年男孩最多平均每天攝取四十一茶匙糖份。

不單只有零用錢的青少年才會不停地購買甜點來吃，根據英國公眾衛生組織於最近發出的報告顯示，四至十歲的兒童每年平均吃了5543顆糖粒，相等於22千克之糖份，對於大部分孩子而言，他們每年竟然吃掉相等於自己體重的糖份！

縱使家長嚴密監察糖尿病患者子女的糖份和碳水化合物攝取量，但患有糖尿病並不代表他們沒有吃甜點的渴求。要有效減低糖份攝取量其實是一個非常艱難的任務，因為糖份是無處不在的；我們要控制的不單是糖份攝取量，還要留意產生胰島素的碳水化合物才能有效控制我

們的血糖水平，但怎樣才是最有效控制進食小食次數和份量的法則呢？

最新研究顯示否定不健康食物的訊息其實只會進一步引發身體對該類食物的渴求和進食份量，就像「禁果」一樣的誘惑；相信大家都曾經想過：「我絕對不可吃任何朱古力.....」，但愈這樣想，身體就會產生愈想吃的念頭，結果會失控地大吃一頓！

研究指出對不健康小食抱持正面或中立態度的人們比起不斷否定糖份價值的人們對該類食物的渴求相對較低，而且會選購不健康小食的機會率也比持否定態度的低百分之四十七。

我們需要繼續教育大眾有關各種不同食物和飲料的營養價值（或所缺乏的營養價值），若果我們過分醜化糖份的價值，可能會引起更大的反效果。

那麼父母應怎麼辦呢？嘗試將甜點變為正常飯餐和生活的一部份，有些日子可安排一份細小的甜點或是健康的小食，有些日子可以加入一份正式的甜品或完全沒有。重點是鼓勵適量進食，讓我們可以享受食物和生活；但請緊記這並不代表我們可以胡亂吃自己喜歡的甜點而忽略了自我監察血糖和相應的胰島素調節。這個法則確實讓我們在品嚐一塊剛出爐的曲奇時而不用感到過分內疚，而且有更多時間尋找建立均衡快樂生活的方法。



New guidelines recently released by WHO recommend that we all reduce our intake of free sugars throughout the course of a life time (what person with diabetes is not doing that?) and that furthermore, we decrease our sugar consumption to less than 10% of our total energy intake. Free sugars refer to monosaccharides (such as glucose, fructose) and disaccharides (such as sucrose or table sugar) added to foods and drinks by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates.

While solid advice, it may be harder for some to implement than others when we stop to consider just how much sugar we consume on a daily basis. Looking at the numbers, it is evident that sugar has crept into more of our daily foods than ever before, and in larger amounts.

Just how much are we talking? The average Canadian consumes 26 teaspoons (tsp) of sugar per person, per day. That equals 40kg

per year! Teenage boys consume the most coming in at an average of 41 tsp per day.

But it is not just teens with pocket money who are raking in the sugar. UK Public Health recently issued a statement that the average 4-10 year old child eats the equivalent of 5543 sugar cubes a year which works out to 22kg. For many kids that equals eating their weight in sugar annually!

While families with diabetes are very aware of the sugar and carbs their child consumes, having diabetes doesn't make sweets any less desirable. Cutting back on sugar can be a really daunting task given how much of it exists in all types of food products. Working to balance not just added sugar, but also all carbohydrates with insulin is the best way to manage blood sugar, but what is the best way to manage the frequency and delivery of treats?

New research shows that for some, a one-sided message focusing on the negative of an unhealthy food actually increases desire and consumption. Think "the forbidden fruit". Anyone who has ever thought, "I won't allow myself any chocolate more what so ever" will realise just how hard it is to stop thinking about, and craving, that off-limits item!

These studies went on to find that those who received positive or neutral messages about sugar/unhealthy snacks, had the lowest increase in cravings and chose 47% fewer unhealthy snacks compared to those who were constantly told how bad sugar is.

While we need to continue to educate on the nutritional value (or lack there of) of different foods and drinks, this does raises the issue that villainizing sugar may backfire.

So what is a parent to do? Try to treat desserts as a normal part of meals and life. Some days that dessert may be something small, or something healthy, other times it may be the real deal or not there at all. What's important is that we encourage moderated consumption with a view that food and life should be enjoyed. That doesn't mean we can eat all the sweets that we'd like, or ignore Self-Monitoring Blood Glucose and insulin adjustments to compensate for these inclusions, but it does mean we can spend less time feeling guilty when we eat a freshly baked cookie and more time finding ways to create a happy balance.



減少糖份 Cutting down on sugar



- 糖份跟鹽相似，我們的味蕾需要時間來調節至較低水平，逐漸減少攝取糖份能讓你在進食低糖食物時也能品嚐到它們的甜味。
- 作出取捨；如果你可以捨棄果醬，但不可以捨棄生日蛋糕，就捨棄你的次選吧！
- 盡量避免進食人造糖食品，因為它們會使你的味蕾於品嚐較低糖食物時變得淡而無味。
- 改吃無糖乳酪和低糖麥片。
- 將焗製糕點食譜裏的糖份減半。
- 轉吃少鹽或高蛋白質小食來代替以甜點作小食之習慣。
- 避免選擇不含脂肪食品，缺乏脂肪會使身體提高對糖份的需要。
- 小心選擇即食醬汁如茄醬和茄汁等，這類醬汁均含有非常高的添加糖份。

- Sugar is a bit like salt, in that our tastebuds need time to adjust to lower levels. Cutting back on sugar gradually can help you to enjoy the sweetness of foods with less sugar.
- Be picky. If you can live without jam, but can't live without birthday cake, cut out sugar where it hurts the least.
- Try avoiding artificially sweetened products which can dull your tastebuds to less intense sweet foods.
- Switch to unsweetened yogurt and lower sugar cereals.
- Cut sugar in recipes by up to one half without compromising the flavour and integrity of baked goods.
- Switch to savoury or high protein snacks to help break the cycle of a sweet snack break.
- Avoid fat free products which often increase the sugar content to make up for the lack of fat.
- Watch out for pre-made sauces and condiments such as tomato sauce and ketchup, which can be very high in added sugar.



材料：

- 1 1/2 杯 中筋粉
- 1 3/4 茶匙 發粉
- 1/2 茶匙 梳打粉
- 1/4 杯 砂糖
- 1 3/4 茶匙 檸檬皮碎
(大約用一個大檸檬)
- 2/3 杯 巴爾幹式原味乳酪
- 3隻 雞蛋
- 1/3 杯 植物油

裝飾配料：

- 1/3 杯 新鮮檸檬汁
- 灑在麵包上糖粉

製作步驟：

1. 在碗中攪拌麵粉、發粉和梳打粉。
2. 在另一個大碗中，將糖和檸檬皮揉在一起，再攪拌乳酪和雞蛋。撈好之後，添加植物油再攪拌。
3. 將麵團分兩次倒進大碗中。攪拌好後，將麵糊倒入鋪著羊皮紙的 8 x 4 英寸焗麵包盤內。
4. 以華氏350度(攝氏180度)烤焗，直至蛋糕測試針從麵包中間拿起來時沒有黏著麵糊為止，大約需時40 至 45 分鐘。完成後將焗盤放在架上，放涼 5 分鐘後除去麵包盤，將麵包放在小盤或碟上。
5. 裝飾配料：將新鮮檸檬汁和過篩的糖粉灑在麵包上。

將一條麵包切成 12 片 = 17 克碳水化合物、0 克纖維、4 克蛋白質。

注意：這個食譜經過調整，使用較少的糖（原版食譜用3/4 杯糖做麵包，也用更多糖做糖漿，和檸檬汁一起澆在麵包面上）。想麵包甜一點的話，可以加多點糖或者用甜度略高一點的乳酪，但這會改變麵包內的碳水化合物份量。

Ingredients:

- 1 1/2 cups all purpose flour
- 1 3/4 teaspoons baking powder
- 1/2 teaspoons baking soda
- 1/4 cups of granulated sugar
- 1 3/4 teaspoons finely grated lemon rind (approx. rind from one large lemon)
- 2/3 cups Balkan style plain yogurt
- 3 eggs
- 1/3 cups vegetable oil

Topping:

- 1/3 cups fresh lemon juice
- dusting of icing sugar (powdered confectioners sugar)

Directions:

1. In bowl, whisk together flour, baking powder, and baking soda.
2. In a separate large bowl use your fingers to rub the sugar together with the lemon rind. Whisk in the yogurt and eggs. Once well mixed, add and whisk in the vegetable oil.
3. Stir the flour mixture into the large bowl in 2 additions. Once combined, scrape batter into a parchment paper lined 8x4 inch loaf pan.
4. Bake in 350°F oven (180°C) until cake tester inserted into the centre comes out clean, approx. 40 to 45 minutes. Let cool in the pan on a rack for 5 minutes. Remove loaf from pan and place on a small tray or plate.
5. For the topping: brush top of loaf with fresh lemon juice and using sifter or sieve, shake a nice dusting of icing sugar over top of loaf.

For a loaf cut into 12 slices = 17 grams of carbs, 0 grams fibre, 4 grams protein.

Note: This recipe has already been adapted to use less sugar (original recipe calls for 3/4 cup sugar in loaf and more sugar to make a syrup with the lemon juice which is then spread over the top of the loaf as a glaze). You can adjust the sweetness by using either a little more sugar, or a slightly sweeter yogurt. This will, however, modify the amount of carbs present.





正念入門課程

Introductory Mindfulness course

本會為成年會員及家庭會員於一月至三月份舉辦正念入門課程，由認證教練凱絲·姿盈女士執教。在這課程中，凱絲帶領學員讓他們學習不同技巧以增強自己的思想、情感、身體感覺及感受周邊的環境變化。這有助於使學員感到在生活上很多事情是可以控制的。

YDA parent members were invited to a three-month mindfulness course, led by Ms Cathy Ziengs, a certified Mindfulness instructor. Cathy taught the participants the skills to raise awareness of their thoughts, feelings, bodily sensations, and surrounding environment, which will help to bring a greater sense of control to their lives.

父母分享

侯太太

這個正念課程很有意思。其實我之前從未聽過正念，而這次報名是希望知道更多有關糖尿病的知識及從其他家長分享中學習，改善家庭和女兒的生活質素。原來在日常生活中，我們沒有意識到我們的思想有多繁忙、現代生活怎樣令我們停不下來，其實一心多用並不健康，這一切都會為我們產生壓力。其實只要我們可以簡單地留意一下我們的行為及周邊的環境，小休一會並留意及控制我們的呼吸，是可以讓我可以放鬆和感到平靜。上了這個課程後，現在與家人爭吵減少了，因此對女兒的壓力也少了。

再一次感謝協會舉辦這美好的正念課程！也衷心感謝導師凱絲女士！我們真有福！

卡維塔·辛格太太

首先我想真誠地感謝凱絲女士和協會為我們舉辦這非凡的正念課程。

這個課程讓我學會了很多，每天回家練習和冥想絕對是課程的核心要求。

我花了一周時間才開始掌握竅門，逐漸注意到自己的呼吸、走路、進食和想法。課程讓我懂得一心多用並不是一件好事，一心一用才是至關重要，而「集中」是個非常重要的正念術語。

當我只集中想著一件事情或一個問題時，我感覺頭腦清醒了，擔心亦停止了。



同時，我知道自己呼吸的強弱，而這是我可以完全控制的東西，冥想亦令我十分放鬆。另一個重要發現就是，跟自己對話完全是個令人疲憊的活動，因為它會把問題放大。

我亦學會了必須了解自我和他人，善意地和用同理心對待自己和他人也是重要的。

我必定會學以致用，並希望他日可以教授其他人這個有力的工具。

Sharing from parents

Mrs Sophie Hou

This mindfulness class was very interesting. Actually I had never heard of it before and had no idea what to expect. When I signed up I had hoped to gain more knowledge on diabetes and learn from others to improve the quality of life for my daughter and my family. After the class, there has been less shouting in our family and my

daughter feels less pressured. Our minds are constantly busy as we multitask constantly in our modern lives. This way of life is actually unhealthy and leads to stress. By simply being more aware of our actions and our surroundings and taking a short break to be mindful of our breathing, we can learn to relax and calm down.

During the workshop, I met other parents and we shared our stories. And I am happy to have learned how to slow down, to breathe, and how to think less!

Thanks again for offering this great class! And a great big thank you to Cathy as well! We have genuinely been blessed!

Mrs Kavita Singh

Firstly I would sincerely like to thank Cathy and YDA for offering this phenomenal Mindfulness course to us.

I have gained much from this course. Doing the home practice and the meditations daily is a core requirement, and it took me a week to really start being mindful of my breath, my walking, my eating, and my thoughts. I have learnt that multitasking is not positive and doing one task at a time mindfully is essential; and focus is a very crucial term in Mindfulness. I felt that my mind became clearer when it only had to focus on one task/problem and the worrying stopped.

I also realised the strength of my breath, and that it is something that I have complete control over and meditation is very relaxing. Another important realisation is that self talk is a depleting activity that can make a problem larger than it really is. I learnt that the awareness of self and others is crucial, and kindness and empathy to oneself and others is necessary.

I will definitely carry forward all that I have been taught and perhaps some day I can teach this powerful tool to others.

鳴謝 ■ ACKNOWLEDGEMENTS

兒童糖尿協會衷心感謝下列機構、團體及人士於2016年1月至2016年3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 Jan 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)

2016 兒童糖尿協會糖尿病研討會 YOUTH DIABETES CONFERENCE

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正念入門課程

INTRODUCTORY MINDFULNESS COURSE

Ms Cathy Ziengs



Youth Diabetes
Action
兒童糖尿協會

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本人 / 本公司願意捐款贊助兒童糖尿協會

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☐ HK\$1,000 ☐ HK\$500 ☐ HK\$300 ☐ 其他金額 Other amount : _____

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(只要捐款港幣\$8,000, 你便可以改善糖尿病兒童未來一年的生活 For a donation of HK\$8,000, you can give a better life to a child with diabetes for one year)

我願意捐款港幣 _____ 助養 _____ 名糖尿病兒童, 改善他(們)未來一年的生活。

I would like to donate HK\$ _____ to sponsor _____ child(ren) with diabetes for a year.

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 年YY

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