



Youth Diabetes
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兒童糖尿協會

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issue
45



Embracing the Teenage Years
擁抱青春

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編輯的話 ■ FROM THE EDITOR

相信所有父母都會懷緬自己的青蔥歲月，那段珍貴、迷惘但刺激的時光充滿著種種挑戰與掙扎，成就了今天的我們。在父母眼中，孩子總是長不大的，可是他們已在不知不覺間長成充滿活力、想法和動力的成年人。患糖尿病的青少年跟一般人無異，同樣充滿無限潛能，甚至更勝一籌，皆因活好每一天已能充分證明他們的能耐。

當青少年步入成人的階段，父母往往需學會放手，既要給予子女適切的關心，亦要予以自主權及信任。所謂：「養兒一百歲，長憂九十九」，對於一直以來無微不至地照顧患有糖尿病子女的父母來說，的確很難放心讓子女獨自照顧自己。

那麼，應該如何作出平衡呢？父母怎樣才可以讓子女學會妥善照顧自己和作出正確的判斷，令他們獲得一直渴求的獨立自主？

患有糖尿病的青少年又應如何在日常疾病管理及各種身體變化之下，應付不斷擴張的社交圈子和生活的優先次序呢？

"All of us parents remember what it was like to be a teenager. Those years were precious and life-changing - confusing yet exciting; challenging and full of struggles, yet they often brought out the best in us. Teenagers constantly surprise adults - us adults who sometimes forget that teens are not children, but young adults full of energy, ideas, and motivation. Teens living with diabetes are just as amazing and full of potential as their peers - sometimes even more so, because living their daily lives already proves their might and their strength.

As teens blossom into young adults, parents frequently struggle with balancing their care and concern with giving their child the independence and trust that they need. Parents who have spent years worrying about their child's diabetes have an even harder time to entrust their child with their own care; as parents never cease to be a mother or father to their child, no matter how old they have become.

Then how to strike the balance? How can parents empower their child with good self care and decision making skills, so that they can give them the independence that they crave?

And how can a teen with diabetes balance the rigor of the daily self care routine, with their own changing bodies, and their own expanding social life and priorities? This issue explores these questions as we talk to several families and a diabetes nurse.

Magazine fast facts

編輯 Editor
Sue Lowcock

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

印刷 Print
Pressroom Printers & Designer

設計 Designer
Ka Ying

地址 YDA office
Room B17, 9/F, Block B, Merit
Industrial Centre, 94 To Kwa Wan
Road, Kowloon

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

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擁抱青春 Embracing the Teenage Years



Mrs Kathrin Garment

- 1 當你的子女日漸成長，他們將擁有自己的社交圈子，也需要自己作出判斷。你從前、現在或將來如何令子女學會獨立自主，同時維繫彼此密切的關係？
 - 2 你會否因為子女患有糖尿病而對他們變得獨立自主有不同的看法？
 - 3 當子女逐漸步入成人的階段時，你怎樣維繫跟子女的密切關係呢？
 - 4 你可曾跟子女討論過有關酒精、吸煙和戀愛等話題？這些東西如何影響他們的病情？你是怎樣帶出相關話題？而子女的反應又如何？
 - 5 當子女踏入青春期的，你是否感到壓力重重？你怎樣面對子女成長的壓力？
- 1 As your child grows up, they will have their own social life and make their own decisions. How are you preparing your child to be independent?
 - 2 Do you think you need to treat your child and their new-found independence differently, because of their diabetes? If yes, then how?
 - 3 How do you maintain a close relationship with your child, while allowing them to grow into an adult?
 - 4 Have you talked with your child about alcohol, smoking, dating/ relationships; and how these things may affect their diabetes? How are you approaching these topics, and how are they being received by your child?
 - 5 Was it a stressful time for you, when your child turned into a teenager? How did you cope?

Benjamin Garment媽媽

家庭背景：五口之家，包括爸爸、媽媽、妹妹、弟弟及Benjamin。Benjamin於3歲時確診一型糖尿病，現時15歲。

Benjamin Garment's Mother

Family Background: A family of five including father, mother, sister, brother and Benjamin. Benjamin was diagnosed with type 1 diabetes at age 3 and now is 15 years old.

我的兒子自三歲患上糖尿病，我們便教導他健康飲食和運動的重要性，但一切從他11歲升中時便起了變化。他上學的時候要變得更獨立，並開始管理自己的糖尿病。因為他不喜歡自己有別於朋友，故此我們建議他佩戴血糖監測儀上學，協助他更能掌握自己的生活。在他13歲時，因為身體荷爾蒙的變化令糖尿病變得更難控制，心情起伏令血糖水平更起伏不定。我們便以開放的態度講述監控血糖的重要性，但同時也明白他希望能獨立地管理自己的生活。我們讓他參加學校的校外旅行，在出發前提醒他可能會遇到的不同問題，最重要是讓他知道糖尿病並不會阻止他做任何他朋友做到的事情。當我們發現他的血糖水平極不穩定時會輕輕提醒他，另外，他的胰島素泵和血糖監測儀也是他控制血糖的好幫手。

兒子在英國接受糖尿病護理時收到一些講述有關青春期的身體變化的小冊子，當中亦有提及酒精、性接觸和毒品如何影響糖尿病。我們一起閱讀這些資料，當他覺得有需要便會向我們查問。

我們要學習不讓兒子的病情給予自己太大壓力，並會和他一起迎接每一天新的挑戰。

My son has had diabetes since the age of 3, and we have taught him about healthy eating and exercise. But everything changed when he entered secondary school at the age of 11.

He had to be more independent at school and with that he started to be more aware of having to take time out for his diabetes management routines. He did not enjoy being different from his friends. Giving him the options to devise reminders for himself during the school routine helped him to feel in control of his life. Turning 13 changed things further for him as the hormones made it more difficult to control his diabetes. Mood swings also mean that the control is very intermittent. We talk very openly in our family about the importance of good control, but understand that he wants to be left alone too. We let him go on school trips and give him advice on the different problems that might occur. It has been very important to make him feel that diabetes does not stop him from doing the same as his peers. If we feel he has lost too much control we give gentle reminders. A huge help is the sensor for his pump that sends out alerts.

We were lucky that his diabetes care in the UK gave out information booklets about changes in teenagers and how alcohol/sexual contact/drugs can affect diabetics. We looked at the information together and left him to ask the questions if needed.

We are learning to take every day at a time and discuss issues as they arise.

專訪 ■ FEATURE STORY



文智樂媽媽

家庭背景：三口之家，包括爸爸、媽媽、及文智樂。文智樂於8歲時確診一型糖尿病，現時18歲。

Man Chi Lok's Mother

Family Background: A family of 3 including father, mother and Man Chi Lok. Man Chi Lok was diagnosed with type 1 diabetes at age 8 and now is 18 years old.

隨著兒子長大而變得獨立、自主，父母由家長變成教練、朋友。我會和兒子先協商，由他決定作為成年人後，有哪些事可以全權自己作主，例如：個人擁有物品、工作休息時間表；但在大是大非前，例如：升學選科，就得跟父母商量再作決定。

兒子要明白越來越需要自己獨立處理糖尿病，以前是我提醒他，現在是他告訴我他怎樣處理。以前是發命令、指示，現在只能是給意見和分析。能夠和兒子經常分享，甚至偶爾聆聽他的心事，相信是維持彼此親密關係的最好方法。

從青少年期就有提醒他吸煙、飲酒的壞處，尤其是用身邊他也認識的親友作為現實教材，當然父母要以身作則，慶幸他自己也明白就算沒有糖尿病都不應吸煙、飲酒。至於與異性約會和拍拖，作為父母沒有偏向贊成和反對，最重要希望兒子願意和我們坦然分享。

我最擔心他是否能正面面對糖尿病，尤其是會否介意讓朋友們知道，萬一遇到不愉快的經歷，一定要跟他儘快處理負面情緒



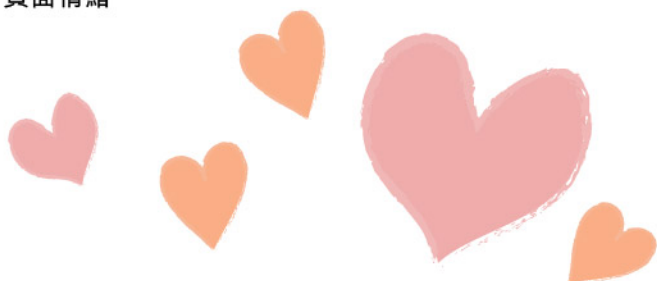
As a child grows up and learns to be independent and have his own opinions about things, the parents' role needs to transform into that of a mentor and friend. I would talk to my son first, and let him decide on the things that he should decide on as he grows up; like his own private possessions, his schedule for work and rest. However, for important matters, like choosing school subjects, he needs to consult us before making a decision.

My son needs to understand that he must be more independent in managing his diabetes. I used to give him reminders, but now it is his turn to tell me how he will take care of his diabetes management.

I used to give him demands and instructions, now I only give him my opinions and ideas. I think being able to share with my son and listen to his concerns is a good way to maintain a close relationship.

Since adolescence, I have been reminding him of the dangers of smoking and drinking alcohol. He will look towards his peers on this, and of course as parents we have to set a good example too. Luckily he understands that even if he doesn't have diabetes, he shouldn't be smoking or drinking either. As far as dating, we didn't express any objections or encouragement. We just hope that he would be willing to share with us honestly.

I am most worried about whether he can maintain a positive attitude in managing his diabetes, and whether he would mind his friends knowing. If he is encountering anything unhappy, I would address any negativity right away.



專訪 ■ FEATURE STORY



Mrs Ma

馬穎恩媽媽

家庭背景：四口之家，包括爸爸、媽媽、妹妹及馬穎恩。馬穎恩於15歲時確診一型糖尿病，現時18歲。

Natalie Ma's Mother

Family Background: A family of 4 including father, mother, sister and Natalie. Natalie was diagnosed with type 1 diabetes at age 15 and now is 18 years old.

從小到大，我與穎恩保持著良好的親子關係。當她於16歲確診後，情緒變得比較反覆，一時顯得如常活潑開朗，一時又對患病難以接受，加上中五功課壓力大，情緒變得更波動。為了給她全力協助，我很多時做她的聆聽者，當她失落時安慰她，鼓勵她勇敢面對；另一方面我又不斷搜尋有關一型糖尿病的資訊，與她同步學習如何面對反覆的病情。漸漸於一年後，她開始變得適應及接受事實，情緒亦變得穩定，更學會了如何獨立面對逆境。

在發病初期，穎恩很快便學會了打針及檢測血糖，但到晚上她仍希望我為她打長效針，每次打完後她都會感到痛楚並哭泣，看到這些情況，即時給她擁抱及安撫，讓她心靈得以平靜，並感受到我的支持，漸漸地她就變得獨立了！

我與穎恩一直保持著朋友的關係，時常互訴心事。為了更清楚她的病情，以往每次覆診大部份時間由我代表提問及回答她的病情進展，直至近半年，她明白已踏入成年人階段，要自己面對自己的事情，便要求自己覆診及跟進，我也只好學懂放手及信任了。

我常與她分享真實個案，一型糖尿病人也可如常拍拖/結婚/懷孕等，只要保持理想血糖指數，所有生活與常人無異。另外亦常常灌輸她正確的價值觀念，慎重地擇朋結友及潔身自愛。

當穎恩踏入青春期時，情緒及行為顯得比較反覆，脾氣也頗大，有時也會令我感到沮喪。我只好求助一些有經驗的家長及專業社工，學習了要多聆聽及諒解，當情緒不穩時，大家也要先冷靜，「停一停，想一想」就是我的座右銘，冷靜過後再討論大家的觀點，最終她是明白父母對她的「愛」，只是需要時間大家協調吧！

I have always maintained a good relationship with Natalie, ever since she was little. After we received her diagnosis when she was 16, her mood fluctuated a lot - sometimes she was happy and positive, sometimes she was upset and struggled to accept her condition. When she was in F.5, her moodiness was compounded with the stress of her studies, and her mood swings became more severe. I tried to be a supportive listener, and encouraged her when she encountered any setbacks. At the same time, I tried my best to search for more information on type 1 diabetes, and she and I learnt side by side on how best to manage this disease. After a year, she became more used to it and reached full acceptance, and her mood also stabilised as she learnt to cope with difficulties on her own.

Right at the beginning when we first received the diagnosis, Natalie learnt how to do injections and blood glucose tests. However, she still wanted me to do the long-acting insulin injections for her every night, and after each injection she would weep from the pain.... I would comfort her and hug her, and try to give her a sense of calm and reassurance. With my support, she became more independent in time!

Natalie and I have always maintained a friendship, and we would share our feelings with each other. To learn more about her condition, I used to always ask all the questions at doctor's appointments. This all changed about half a year ago, when she requested to attend appointments on her own. She was beginning to understand that she was becoming an adult, and would need to be responsible for her own health - and I have learnt to let go and trust her.

I always share with her real-life stories of other people with type 1 diabetes, like on dating, marriage, and pregnancy. As long as you keep good control of your blood glucose level, you can live your life like anyone else. I also try to give her a good sense of values, so that she will choose her friends wisely and have proper respect for herself.

When Natalie first approached adolescence, her mood and behaviours varied a lot. She had quite a temper as well, which would sometimes make me feel discouraged. I reached out to other more experienced parents and social workers, and I learnt how to be a better listener to truly understand her. When tempers are heated, everyone needs to cool off first - "stop, take a moment, and then reflect" is my motto. After everyone calms down, then we can resume discussing the issue. At the end of the day, she knows that her parents love her; we just all need to learn how to make compromises!

專訪 ■ FEATURE STORY



Ms. Iris Poon

- 1 當男孩子和女孩子踏入青春期，他們的身體變化如何影響他們的血糖水平？
- 2 青少年控制他們的糖尿病時會遇到什麼困難？
- 3 患糖尿病的青少年必須掌握各項精準的技巧才能妥善管理自己的疾病，有哪些他們特別需要注意的事項呢？
- 1 What are the physiological changes that happen to girls and boys when they enter puberty, and how will they affect their blood glucose level?
- 2 What special challenges do teens face in controlling their diabetes?
- 3 Teenagers have to learn a lot of precise skills to be able to manage the disease on their own. What are some challenging aspects that they need to master?

糖尿病病人的生活並不輕鬆，需要具備勇氣、承諾和自律。患有糖尿病的青少年往往面對更多挑戰，例如自己與朋輩間對糖尿病的認知和包容、對獨立的追求、自我形象意識、生活方式的改變、自我日常糖尿病管理能力、與兄弟姊妹和家人間之衝突、監控血糖時遇到的挫敗感等……上述所有因素均可能影響他們的情緒、態度和行為，從而直接影響他們控制血糖水平的情況和生活質素。

父母對子女的信任和支持極為重要，愛與信的關係和良好的溝通(不要嘮叨)，讓青少年更樂於分享他們的感受和憂

潘綺雯姑娘 - 資深護師 (兒科)

潘綺雯姑娘是伊利沙伯醫院青少年醫療中心的資深護師。她自2004年在伊院的兒科部工作，2010年開始向兒科病童及其家人傳授糖尿病知識，致力宣傳糖尿病人改變生活模式和行為的重要性。

Ms Iris Poon - Advanced Practice Nurse (Paediatrics)

Ms Iris Poon is an Advanced Practice Nurse (APN) working in the Adolescent Medical Centre, Queen Elizabeth Hospital. She has been working in the Paediatric Department of QEH since 2004 and started offering diabetes education for paediatric clients and their families in 2010. She is enthusiastic about promoting life-style modification and behavioral change for paediatric DM clients.

慮；父母應充當一位聆聽者而不是顧問，因為青少年正處於掙脫家庭控制的階段。鼓勵他們保持正面思維和增強抗逆能力是不可或缺的，因為青少年不但要面對糖尿病帶來的挑戰，還要每天面對學業和朋輩壓力。

除了要獲得父母的關愛和支持外，朋輩間互相扶持(同樣患有糖尿病的青少年)亦同樣重要，讓他們知道每天面對糖尿病的生活並不孤單，讓我們一起學習、享受和參與吧！

Living with diabetes is not easy. It requires courage, commitment and self-discipline. Teenagers with diabetes often face lots of challenges such as self and peers' acceptance of the disease; struggling for independence; concern about body image; life-style modification; self-care competence; conflicts between self and siblings or family members; managing blood glucose fluctuations... All these concerns may affect their emotions, attitude and behaviour and thus, affect their glycemic control and quality of life.

Trust and support from parents are essential. With a loving and trusting relationship and good communication (no nagging), teenagers are more willing to share their feelings and worries. Being a good listener is often better than being an adviser as teenagers are often struggling against family control. Helping them to be positive and resilient is crucial for facing not only the disease but also their daily living such as study stress and peer pressure...

Apart from the care and support from parents, mutual support from peers (teenagers with diabetes) is also very important when living and coping with this disease so they know they are not alone. Let's learn, enjoy and participate together!

活動花絮 EVENT HIGHLIGHTS

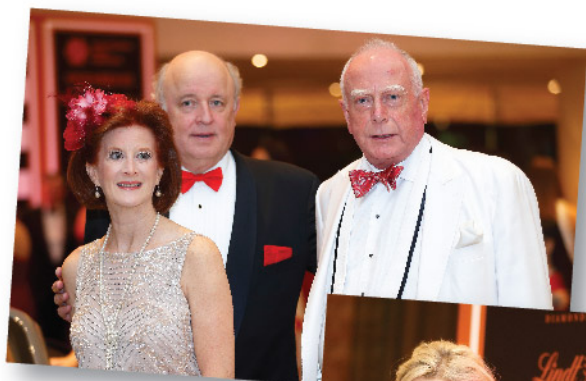
春日愛心 樂悠悠2016 Spring Fling 2016

兒童糖尿協會在4月23日(星期六)於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，場面盛大。

今年的主題是「賽車之夜」，靈感取自於古典賽車場上的慶典。大堂中引人注目的保時捷跑車及以紅白兩色為主調的舞廳，令賓客充分感受到這個魅力與速度之夜的濃厚氣氛。各位賓客的打扮皆加入紅色的元素，以配合賽車刺激的主題。其中的古典賽車競猜環節更令在場氣氛推至高潮，賓客盡皆為自己所選的跑車吶喊助威，好不熱鬧。

晚宴的目的是慶祝兒童糖尿中心的成立。本會將好好運用此中心，致力為患糖尿病的兒童及其家庭服務，讓他們學習更好地照顧自己、提供機會讓他們分享自身經驗、提供專業的藥物及教育上的建議和提供一個玩樂的空間。

是次晚會籌得善款300萬港元，以協助有經濟困難的家庭購買血糖測試用品和胰島素注射針筒，紓緩他們的負擔。謹此向各位慷慨解囊的善長人翁致謝。



Youth Diabetes Action hosted its annual Spring Fling fundraiser on Saturday, 23 April, at the Conrad Hotel, with over 300 guests attending.

This year's theme was Le Grand Tour, a celebration of car racing through the ages, and from the gleaming Porsche in the lobby to the black and white checkered decor of the stunning ballroom, the stage was set for a night of glamour, speed, and fabulous entertainment. Guests were dressed in "a touch of red", following the car racing theme. Entertainment was provided in the form of vintage car race betting games. All the guests were very excited as they cheered on their selected race cars.

The goal of the gala dinner was to celebrate the purchase and refurbishment of a new centre of excellence for children living with diabetes, 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, socialise and have fun.

Over \$3 million was also raised to support financially-needy families in Hong Kong who otherwise would not be able to purchase the blood testing supplies and insulin syringes that they need to maintain their children's ongoing treatment. We would like to express our gratitude to all our generous donors - thank you!



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4月至6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, organizations and individuals during April and June 2016, 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)

Spring Fling 2016-Le Grand Tour 春日愛心樂悠悠 2016

公司或團體

Companies/ Organizations

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Amol S. Naik
Andrew Grant
Andy and Wendy Maynard
Anna Treier
Anrea Casati and Chiara Rodriguez
Aradhna and Prasoon Dayal
Candice and Adam Moss
Carisse and Alois Mueller
Carmen and David Beaves
Charles Chyi
Chew Fook Aun and Sabrina Ho
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Choi Wang Chi
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Chuak Chan
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Denise Wyllie

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Kirk Beaton
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Thibaut Mathieu
Thomas Meier
Tom Pitts
Trevor Yang
Valeria Azario
Vania Chu
Wanda Tay
Wendy and John Barnes
Wu Thomas Jefferson
Yoonah Kang
Youth Diabetes Action
Council Members
Yuen Shun Ming
Yumiko Honda

義工 Volunteers

Jessica Leung
Yeung Kai Chi Kate
Vicky Wong

Felicity Yeung

Leung Kin Kei
Chris Yau
Lai Siu Ting Didi
Hugo Tung
Cecilia Chung
Kennix Ho
Tsang Chung Hei
Ma Wing Tan
Poon Chin Kwan
Angela Chow
Tsang Ho Leung
Tsang Sum Yi

一般捐款 General donations

公司或團體

Companies/ Organizations

SCMP Charities Limited
Operation Santa Claus
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個人 Individuals

Eddie Wang
Yau Yuk Shan Sandy
Dr Ma Ching Wan Ronald
Tsang Ho Leung
Chow Yim Wah
Angela Chow Shuk Fan
Wai Yim Yee Olivia
Lee Chun
Chang Shou Chung
Wu Chi Sang
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Yue Chung Yan Agnes
Leung Wai Man
Ng Wai Hing
Ng Fung Lan
Cindy Fung
Kwok Pan Cheung
Leung Sin Ha

親子樂樂 Harmonica and Yoga Workshop

Composers and Authors Society of Hong Kong Ltd.
Volunteers from Composers and Authors Society of Hong Kong Ltd.

都市藝術工作坊 Urban Art Jamming

Goldman Sachs (Asia) LLC.
Volunteers from Goldman Sachs (Asia) LLC.

親子行山樂 - 太平山行 Family Hike - Victoria Peak

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桌上足球大比拼 Pool Soccer

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兒童糖尿中心開幕典禮

GRAND OPENING OF CENTRE OF EXCELLENCE



“ This is a real achievement and I congratulate you, the YDA exco and staff on the vision and all the hard work put in to make this possible. I am sure not just the current families will benefit but will also help raise awareness of juvenile diabetes in the wider community. ”

Sabrina Ho



“ We wish you a successful day and a wonderful opening of the Centre of Excellence. Be assured that we will continue to support the YDA with their work. ”

Christiane Schroeder



為慶祝兒童糖尿中心成立，本會於六月十一日舉行了簡單而隆重的開幕典禮，邀請了各位會員、家長及捐款人出席。榮譽會長何苗春暉女士和主席馮亮琪女士向大家介紹成立兒童糖尿中心的目的和用途，並邀請會員分享YDA多年來如何幫助他們應付糖尿病。及後我們以剪綵及祝酒為中心揭幕。貴賓們在中心內一邊享用小食和飲品，一邊參觀中心內的設施，包括圖書角、廚房、兒童遊樂室和醫療室，度過了一個美好的下午。

兒童糖尿中心地址：

九龍土瓜灣道94號
美華工業中心B座
9樓17室

Our new address is:

Room 17, 9/F, Block B,
Merit Industrial Centre,
94 To Kwa Wan Road,
Kowloon.

兒童糖尿中心得以成立，全賴大家一直以來對YDA的支持。歡迎各位會員與家長蒞臨本中心，享用這裡為你而設的設施！

To celebrate the opening of the Centre of Excellence, we invited our members, their parents and donors to attend our Grand Opening on 11th June. Joanna Hotung (Chairperson Emeritus) and Fina Cheng (Chairperson) introduced the purpose and uses of the centre, and several members shared their experiences on how YDA has assisted them in tackling diabetes. Then, we kicked off the ceremony with ribbon-cutting and a celebratory toast. Guests had a wonderful afternoon enjoying the refreshments and visiting the Centre facilities such as the library, kitchen, playroom and medical room.

We would like to thank everyone who has supported YDA for the past few years. Without your support, the Centre of Excellence would not have been established. We sincerely welcome every member, parent and donor to come and visit us!



“ Congratulations to YDA for the grand opening of the centre ”

Dr Betty But

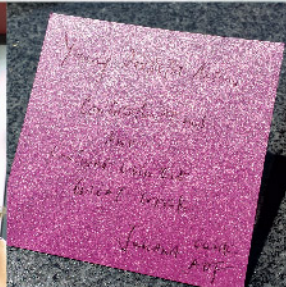
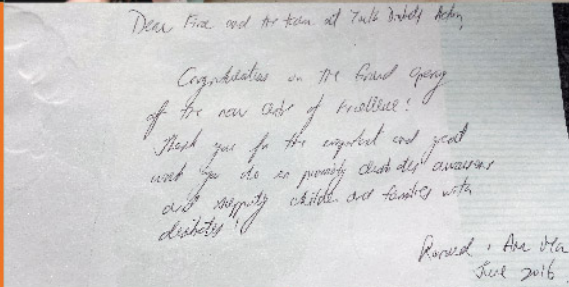


“Wish you all every success.”
Dr John Ma



“It's great to join the YDA opening ceremony and see good support to those children and adolescents with diabetes and relatives.”

Veronica Hung



“祝願YDA得到越來越多支持，幫助更多有需要家庭。”

Susanna 文智樂媽媽



“衷心祝賀 Centre of Excellence正式成立，這所專為一型糖尿病青少年而設的中心，可以說是“糖友之家”。感謝 YDA 對所有糖友及其家人的細心協助和活動安排！”

曾羨容媽媽



“感謝兒童糖尿協會為大家提供與糖尿病相關資訊、支援和活動等服務、促進病友之間的互助互勉精神、有你們的支持和關愛，使我們對生活充滿了信心和快樂！”

陳麗雯媽媽

會員活動 ■ MEMBERS' ACTIVITIES

17-4-2016



親子眾樂樂 Harmonica and Yoga Workshop

家長與子女在香港作曲家及作詞家協會的義工指導下，分別學習大笑瑜伽及吹奏口琴，享受了一個精彩的下午。從中，家長得以減低生活壓力，子女也體驗到演奏音樂的樂趣以及在台上表演的滋味。

Thanks to the volunteers from CASH, parents and children had a wonderful afternoon laughing performing yoga and learning the harmonica. Parents could relieve their daily pressure and laugh freely. Children were immersed in the joy of music and even had a taste of performing on stage.

7-5-2016



都市藝術工作坊 Urban Art Jamming

是次活動中，會員有機會化身小小藝術家，嘗試一項冷門的藝術——塗鴉！每個小朋友皆在義工協助下完成各自的傑作，在畫中自由地表達內心的感受和豐富的想像力。

Members had the precious opportunity to become little artists and try graffiti! Each teen was paired up with a Goldman Sachs volunteer to construct their masterpieces. They could freely express their feelings and imagination through their artworks.

14-5-2016



親子行山樂 - 太平山頂 Family Hike - Victoria Peak

與家人遠足既健康又充實，可以增進彼此的感情。與其他家庭遠足，登上太平山，在路途中互相認識，分享和交流糖尿病管理的經驗，建立密切的社交網絡，更加有意義。

Hiking with family members is a healthy, fulfilling and bond-strengthening activity. Hiking with other families is even more meaningful as they can get to know each other and share their experiences in dealing with diabetes. The hike to Victoria Peak has helped establish a firm social network.

28-5-2016



桌上足球大比拼 Pool Soccer

桌上足球融合了桌球與足球的元素，為會員帶來嶄新的體驗。接觸這項有趣的運動後，會員或許會更有動力多做運動，並從中學會團隊，一舉兩得。

Pool Soccer incorporates two popular sports - pool and soccer, bringing an innovative experience to members. They have probably been encouraged to exercise more after trying this interesting sport. They also developed team spirit as they cooperated with teammates in order to score higher points.

活動預告 ■ UPCOMING EVENTS

決箭 Archery Tag

會員可在導師的指導下體驗攻防箭的樂趣與快感，與對手一決高下，藉此鍛鍊集中力和手眼協調。

Members can experience the joy and thrill of archery tag under the guidance of the coach and then battle with their opponents. Concentration and hand-eye coordination can be strengthened through this exciting game.

日期 Date: 2/7/2016 (星期六 Saturday)

地點 Location: 觀塘 Kwun Tong

對象 Attendees: 8-17 歲之會員

Members aged 8-17

染布工房 Dye and make your bag

一眾對藝術有興趣的會員將嘗試人手染布，製作自己獨一無二的布袋。

Members who are interested in art have the opportunity to dye cloth and make their own unique bags!

日期 Date: 9/7/2016 (星期六 Saturday)

地點 Location: 大嶼山 Lantau Island

對象 Attendees: 8-17 歲之會員

Members aged 8-17

遇見螢火蟲 Firefly Visit

義工將會帶領會員與家人觀賞一種細小而閃閃發光的生物——螢火蟲。過程中，他們可認識生物多樣性並與其他參加者建立友誼。

Volunteers will lead our members and their families to admire the tiny little sparkling creature —— fireflies. A good opportunity to learn about their biodiversity, and make friends with one another.

日期 Date: 9/7/2016 (星期六 Saturday)

地點 Location: 大埔 Tai Po

對象 Attendees: 青少年及成年會員及其他

家庭成員

Young and adult members and their families

兩岸四地糖尿病兒童夏令營 Beijing Camp

由北京主辦的夏令營邀請來自台灣、香港、上海和北京的一型糖尿病患者和家長在三日兩夜聆聽一系列的講座、進行拓展訓練以及參觀萬里長城。

Type 1 diabetes patients and their family members from Taiwan, Hong Kong, Shanghai and Beijing are invited to join the summer camp. In the 3 days 2 nights camp, participants will attend a series of seminars, have outward bound activities and visit the Great Wall.

日期 Date: 19-21/7/2016

地點 Location: 北京 Beijing

對象 Attendees: 6-16歲之會員與家長

Members aged 6-16 and their parents

小小廚師工作坊 Little Chef Workshop

會員將化身小小廚師，在導師的帶領下學習烹調幾道菜式，並品嚐自己的製成品。

Members will become little chef who learn to cook several dishes. They can even taste their final products!

日期 Date: 7月 July

地點 Location: 容後公佈 TBC

對象 Attendees: 8-17 歲之會員

Members aged 8-17

鐳射槍擊戰 Laser War Game

會員即將穿上裝備、帶上雷射佩槍，在黑暗的迷宮中進行激烈的模擬戰爭遊戲，大展身手。

Members will be equipped with laser guns and play war game in the dark maze.

日期 Date: 8月 August

地點 Location: 旺角 Mong Kok

對象 Attendees: 8-17 歲之會員

Members aged 8-17

室內沙灘親子派對 Indoor Sand House Party

會員與家長可在大型沙灘區嬉戲和參與兩項刺激的充氣遊戲，共享天倫之樂。

Members and their families can enjoy themselves at the indoor beach and participate in the exciting inflatable activities, thus strengthening their bonding.

日期 Date: 21/8/2016 (星期日 Sunday)

地點 Location: 油塘 Yau Tong

對象 Attendees: 6-16歲之會員與家長

Members aged 6-16 and their parents

青少年營 2016 Youth Camp

此活動希望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，並學習照顧自己及獨立地管理糖尿病。

This camp aims at training members' problem-solving, cooperation and communication skills through different group games and let them learn to take care of themselves and control their diabetes.

日期 Date: 16-17/9/2016

地點 Location: 聯青社-青年會黃宜洲青年營

對象 Attendees: 11-17歲之會員

Members aged 11-17

家長烹飪工作坊 Home Cooking 101

每星期家長都會一起烹調家常菜式，分享和交流烹飪的心得和技巧。

Parents to share their ideas and prepare simple home cooking once a week.

日期 Date: 7月發始 Starting from July

地點 Location: 兒童糖尿中心

Centre of Excellence

對象 Attendees: 會員家長

Members' parents

Turning Science into Caring 轉科技為關愛



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Optium Neo

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1. Evaluation of the FreeStyle Optium Neo Blood Glucose and Ketone Monitoring System, Abbott Diabetes Care, 2013. Data on file, Abbott Diabetes Care DOC32228 Rev 10/13. 2. Pérez-Ayala, M. Oliver, P. Rodríguez Cantalejo, F. Prevalence of Bacterial Contamination of Glucose Test Strips in Individual Single-Use Packets versus Multi-Use Vials. Journal of Diabetes Science and Technology, Volume 7, Issue 4, July 2013. 3. ISO15197:2013(E). In vitro diagnostic test systems-Requirements for blood-glucose monitoring systems for self-testing in diabetes mellitus. Available at http://www.iso.org/iso/catalogue_detail?csnumber=54976. Accessed on 12th August 2014. 4. Mumford O. A single blind, randomized, 8 way crossover study to compare the blood volume and pain perception of capillary blood sampling. Simbec Research, 2007. Data on file, Abbott Diabetes Care, FreeStyle Optium range of products are used in the testing or monitoring of blood glucose and blood ketone levels for people diagnosed with diabetes. FreeStyle and related brand marks are trademarks of Abbott Diabetes Care Inc. in various jurisdictions. Information contained herein is for distribution outside of the USA only.

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