



Youth Diabetes
Action

兒童糖尿協會

YDA today



news
letter



issue
46



2016



Enjoy the Challenge
享受挑戰

目錄 INSIDE

編輯的話	FROM THE EDITOR	1
專訪	FEATURE STORY	2
實用貼士	USEFUL TIPS	11
活動預告	UPCOMING EVENTS	13
會員活動	MEMBERS' ACTIVITIES	15
鳴謝	ACKNOWLEDGEMENTS	17

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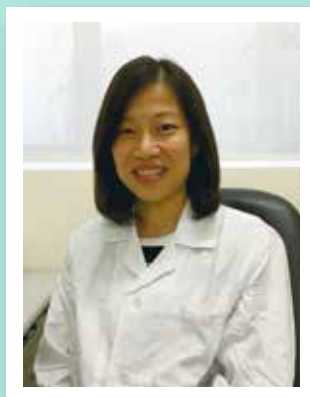
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張開雙臂 迎接挑戰

Welcoming Challenges with Open Arms

我們每天的生活都充滿了各式各樣、大大小小的挑戰，有時候好像遇上噩運；有時候好像充斥了不公義；有時候更像全世界都跟我們對着幹。

毋庸置疑，生命充滿了困難、障礙和兩難。人生的挑戰就像體操運動員長滿了繭的雙手，每當遇到一個挑戰，就會增強防禦力而令皮膚變得更厚實，同時也會變得更強，應付挑戰游刃有餘。

糖尿病影響着生活各層面，在生理、社交和情感方面都充滿了挑戰；在人生不同的階段：孩童、青少年、中年、壯年、甚至老年期帶來不同影響。這些挑戰或許會隨着人生歲月而轉變，卻又不會停止，我們應該如何面對呢？今期，我們會探索糖尿病如何推動我們變得更強壯、更富適應力和更堅定。讓我們一同努力面對糖尿病帶來的挑戰，完勝每個階段。

無懼地勇往直前吧！直視迎面而來的障礙，像老朋友一樣向它問好，然後你會發現在挑戰中成長和學習的收穫，會讓你喜出望外。

Our daily lives are filled with challenges, big and small. Sometimes it feels like bad luck, sometimes it feels like injustice. Sometimes it even feels like the whole world is against us.

Difficulties, barriers, and dilemmas are a fact of life. Challenges are like callouses on a gymnast's hands - as you meet each challenge head on, you build up resistance and your skin become tougher; and in time you will become stronger and you will be able to cope more easily.

Diabetes is a condition that can affect many aspects of life. It can be challenging physically, socially, and emotionally. And it affects a person's life differently as they approach different stages of their lives - as children, as adolescents, as young adults, as adults, as older people. One thing is for certain, the challenges that diabetes pose may change over time, but it never ceases. But we will learn, from this issue of the magazine, that diabetes can be the reason to make us stronger; more resilient, more determined. Meeting the challenges that diabetes brings can make us tougher, and more accomplished.

So go ahead - look that obstacle straight in the eye, and greet it like an old friend - you may just surprise yourself as you grow and learn from meeting the challenge.

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[專訪] • •

接受挑戰 享受勝利的喜悅

沒有人喜歡遇上困難和挫敗，對於19歲的虞淑怡亦然。原本已患有一型糖尿病的她，在中五那年更確診患上白內障，但她沒有抱怨和放棄學習，相反，坦然接受自己和身體的不足，專注享受學習過程的喜與樂，終於在應屆香港中學文憑考試（DSE）中，考獲7科5級及以上的佳績。她剛入讀香港大學法律學院，迎接更多未知的挑戰和試煉，開創自己的人生路。

正面思考 黑暗中見彩虹

愛爾蘭作家王爾德曾經說過：「做你自己吧！別人，已經有別人在做了。」如果這是我的命運，那麼我就要活出只屬於我自己獨一無二的人生。我從來都不是人生勝利組，我的道路比一般同齡人更加崎嶇漫長。我曾在死亡邊緣徘徊過兩次：中一的時候身體不舒服，求醫四、五次都只說是普通傷風感冒，到最後血糖指數高達三十多才正式被確診患上一型糖尿病，要在ICU觀察一天再留院兩個星期，並且在往後的日子都要以注射胰島素來維持我的生命；中三那年，我患上腸胃炎導致食慾不振，但是沒有好好調節胰島素注射量，低血糖令我陷入半昏迷狀態，醫生說再晚一點送院就會完全昏迷不醒。

不過，打擊最大的還算是中五那年，突然視力模糊不清，難以閱讀書上文字，經過檢查確診患上輕微白內障，那時候的我正開始準備應考文憑試，只能以眼淚來回應。但我知道，自怨自艾並不能改變什麼，生活還要繼續。正如梁啟超所說：苦樂存在主觀的心，不在客觀的事。唯有改變自己的心，才能在這個殘酷的世界裡尋找彩虹。

迎難而上 攀登命運峻峰

我的學業並非一直都名列前茅，成績更像大海茫茫航行的孤舟，隨着波浪起伏不定。初中的時候，曾經最自豪的中文科分數比全班同學低；高中時，文學作文被老師批評不知所云，經濟科也試過考得太差被老師訓導。我當然想成績可以保持高位，但有時學習也會充滿無力感。後來，我改變了對成績的追求，專注於知識的獲取而不是與別人的攀比。我相信『金無足赤，人無完人』，對於我擅長的中國文化相關的科目繼續保持熱愛的心，對於英文數理堅持努力，才能有今天的成績。

糖尿病有時會讓我血糖低，無法專注於解開題目。到了中五的時候，更確診患有輕微白內障，起因不明，也不知道是否由一型糖尿病誘發。白內障對於我的學業以及生活都有極大的影響。我不能看清書本上的文字以及投影片的資料，只能靠同學抄錄以及盡力眯着雙眼閱讀，無可避免出現眼睛酸痛的情況；在參加戶外歷奇活動的時候，也因為看不清文字未能盡情享受活動；最深刻的一次是我負責早會分享，本來已經與老師一起準備了很久和反覆校對好了，可惜到最後上場的時候，我卻看不清稿子而在台上支支吾吾，演講失去了魅力，讓我感到沮喪，但後來老師鼓勵我『天將降大任於斯人，必先勞其筋骨，餓其體膚』；文學老師送過一本西西的詩集，她告訴我西西的人生道路也不平坦，也讓我以此作為榜樣，學習她的堅持。（註：西西是香港女作家，曾患癌症，致右手失去活動能力，改用左手寫作。）

跨越挑戰 互相扶持進步

當面對挑戰時，除了要好好裝備自己以外，也要學習借助外界的支援。例如：白內障是我無法控制且會影響我考試，幸好也非常感謝老師在文憑試前為我們有特別需要的考生預備好資料，交給教育局以安排特別試場，讓我能夠坐在遠離陽光的座位進行考試，令過程更加順利。

挑戰可能是障礙，讓人沮喪；但挑戰也是人生路上的一個關卡，當我們成功通過，就會贏得歡呼與掌聲。對於我來說，身體的缺陷是我人生最大的挑戰，如果可以的話，我也想擁有健康身體走我的人生路。但無可否認，身體的挑戰同時也讓我更能贏得更多的掌聲。假如我只是一個成績好的普通學生，別人只會誇獎我讀書厲害；但是因為我有糖尿病以及白內障，別人更會欣賞我的堅強和不懈，並且留下更深刻的印象。所以說，我也會享受挑戰為我帶來的掌聲。

無懼目光 定時定候控制血糖

雖然檢查血糖和注射胰島素頗花時間，但我還是會按時注射胰島素，因為我知道這是我生存的關鍵。至於檢查血糖，我也會堅持每天四次的檢查，因為我明白必須要時時刻刻留意自己身體情況作注射胰島素的參考。在飲食方面也會偶有鬆懈，偷偷吃點巧克力解饞；我也曾經試過太累而忘記打睡前的Lantus，導致翌日不適。

以前的我，對於血糖檢查以及注射胰島素都比較顧忌，怕被旁人注目，在外進餐也會到店內廁所打針。試過在廁所打針，鎖門的時候卻發現門開不了被鎖在裏面，過了半個小時才有人破門。幸好當時我還沒注射胰島素，否則就會血糖過低。後來，我直接在就餐座位上檢查以及打針，也沒人會注目，有時候還會有體貼的店主為我安排僻靜的地方注射胰島素。

一路走來 感謝有你們陪伴

我兩次生死的徘徊，都是由母親及時察覺並且送我進醫院；而每次兒科、糖尿病專科、營養師、眼科的複診，母親都會向公司請假陪伴我；我所需的醫療用品，母親也會定時為我入貨，從來不缺。當文學老師見我在吃巧克力，她也會把那巧克力沒收，提醒我不能吃。糖尿病專科的蘇姑娘除了關心我的血糖情況外，也會留意我的學業，關心我未來的發展。

其實，儘管人生裏有很多波折，但只要我仔細留意，在每個坎裡都會有人輔助我走過。所以，改變自己的心態，才能在充滿荊棘的道路上繼續前進。在此向我的家人、老師、醫護人員、朋友們表示崇高的謝意！

最後，我想以王爾德的一句話來勸勉我的同路人：「我們都生活在陰溝裡，但仍有人仰望星空。」我們雖然有着重重難關，但我們仍然堅持仰望星空，活出精彩的生活！願我們都能成為這美麗星空下追逐繁星的孩子！



Confront Challenges & Reap the Joy of Success

No one enjoys being faced with hardship, just like 19-year old Shirley Yu. Already coping with her type 1 diabetes, she was diagnosed with cataracts when she was in F.5. Refusing to wallow in self-pity or to give up her studies, she accepted herself and her body's imperfections wholeheartedly, and focused on enjoying her studies. With this positive attitude, she achieved excellent results in her DSE exams with seven subjects above level 5. She is now studying law at the University of Hong Kong, welcoming more new challenges and opening new chapters in her life.

Positive thinking; silver linings

Oscar Wilde said, "Be yourself; everyone else is already taken." If this is my fate, then I have to live my authentic life to the fullest extent possible. I have never been a born winner, and my path has always been more treacherous than other people my age. I have almost died twice... I felt sick when I was in F.1, and after going to the doctor 4 or 5 times I only got a flu diagnosis. Not until my blood glucose level was above 30 did I get a type 1 diabetes diagnosis, and I had to stay at the ICU for a day and in the hospital for two weeks. All my days after that point will involve insulin injections to keep me alive. When I was in F.3, I had an intestinal infection which ruined my appetite completely, but I didn't adjust my insulin dose properly, and low blood sugar sent me halfway into a coma. I was told by the doctor that if I had arrived at the hospital any later I would have been in a complete coma.

The most traumatic experience was when I was in F.5, my vision suddenly went blurry, and I could barely read the words on my book. After a medical check up I was diagnosed with cataracts. I was just starting to study for the DSE exam, and I couldn't do anything else but cry... But I knew that self-blame and self-pity couldn't change anything, and life must go on. Like the Chinese scholar Liang Qichao said, "Joy and pain is the interpretation of your heart, it is not an objective fact. In order to find the silver lining in this cruel word, the only way is to change your own heart."

Conquer obstacles and reach life's summit

I have not always done well in school, and my grades were very uneven - lots of ups and downs every year. When I was in lower secondary school, I was even doing badly in Chinese, my best subject. When I was in upper secondary school, I received very bad feedback on my compositions, and I was reprimanded by my teacher for bad results in the economics exam. Of course, I always wanted to have good grades, but sometimes I felt I could not control my results. I reached an epiphany at one point, and I changed my focus - instead of trying to get good grades or better grades than others, I aimed at attaining knowledge. I believe that no one is perfect. I finally accomplished good results by keeping my passion for my favourite subjects in Chinese language and culture, and trying my hardest in learning English, math and sciences.

Diabetes can sometimes affect my blood glucose level, and it

becomes hard for me to focus on answering questions. When I was in F.5, I was diagnosed with cataracts and the doctor wasn't sure whether it was related to diabetes. Cataracts affected my studies and my life tremendously. I couldn't read the words in books or information on the projector screen, so I had to rely on copying my friend's notes or squinting my eyes and trying, which sometimes would make my eyes sore. When I participated in outdoor experiential learning activities, I couldn't really enjoy myself

because I couldn't read clearly. One of the memorable moments for me was during one morning assembly, when I had a sharing session. I had already prepared and practised with the teacher beforehand, but when show time came, I couldn't read my script clearly, and only managed to muddle through. I was very upset, until the teacher told me the Mencius saying, "When the Heavens send an important task to man, it would first test him thoroughly, and challenge him with sufferings." My literature teacher also gave me a poetry book by Chinese poet Xi Xi. She told me that Xi Xi's life was also very challenging and difficult, and wants me to have Xi Xi as my mentor, and learn from her perseverance. (note: XiXi is a Hong Kong-based writer. She trained her left hand to continue her writing career when her right arm was paralysed from cancer treatment.)



Value support and overcome barriers

It's important to be well-prepared when facing a challenge, but it's also important to know how to ask for support. For example, cataracts affected my exams and I had no control over this but luckily my teacher had prepared materials for students with special needs for the Hong Kong Examinations and Assessment Authority to make special arrangements, and I was able to be seated away from bright sunlight during my exams, so that I could have an easier time.

Challenges can be seen as a barrier that can drag you down; but challenges are tests that life gives you, and we will be celebrated if we overcome them. For me, my physical constraints have been my biggest challenge, if I would give

anything to have perfect health. But I can't deny that overcoming my physical challenges has also enabled me to receive even more praise. If I were a regular student with good academic results, I would only be praised for my hard work. Since I have diabetes and cataracts, others can appreciate my persistence and perseverance, and I will make more of an impression on them. I will always appreciate the praise that I receive because of my challenges.

Shake off fear and take control

Checking my blood glucose levels and doing insulin injections are time consuming, but I know they are vital for my life so I always follow the regimented plan. I also insist on checking blood glucose levels four times a day, because I understand the need to be aware of my body's physical condition so that I can inject the correct amount of insulin. I am not as strict as I can be in terms of my eating habits, and I do sneak an occasional chocolate; and a few times I have got too sleepy and forgot my Lantus injection before bed, which made me feel sick the next day.

I used to feel embarrassed about checking my blood glucose and doing injections in public areas. When I ate out at restaurants, I would do injections in the restroom. One time, I was in a restaurant restroom to do my injection, and the door lock broke and I was locked inside for half an hour before someone broke down the door. Luckily I hadn't done my injection yet, or else my blood sugar level would have become too low. Later on, I decided that I should just go ahead and do my glucose level check and injection at the dining table, and no one else would notice me anyway. And sometimes, the restaurant owners would offer a quiet spot for me to do the injection.

Thankful for the companionship and support

Both times when I got extremely sick, I was lucky to have my mother there to notice my symptoms and take me to the hospital just in time. Every time when I see the paediatrician, endocrinologist, nutritionist, and ophthalmologist, my mother would take time off work to go with me. There is always a steady supply of the myriad of medical supplies that I need, because my mother makes sure of that. Once when my literature teacher saw me sneaking chocolates, she took them away and reminded me that I shouldn't be eating that. My diabetes nurse Miss So is not only concerned about my health, she also asks me about school, as she is concerned about my future.

No matter how many struggles I have encountered in life, I only need to pay close attention to realise that I have had tremendous support from people around me every step of the way. It is most important to change your own mentality and attitude, and you can conquer all obstacles along the way. I am most grateful for my family, teachers, medical providers, and friends!

Lastly, I want to share an uplifting quote from Oscar Wilde, "We are all in the gutter, but some of us are looking at the stars." No matter how many difficulties we have in life, if we insist on looking upwards towards the expansive skies, we can still live a wonderful life, and chase our dreams!

挑戰自己 變得更強 「希望之火」獎學金

糖尿病無疑對年輕人的身心構成影響，令他們在飲食和生活上有所限制，但卻無阻他們發揮潛能，活出無限可能。去年獲得「希望之火」獎學金的三位同學，便成就了超越挑戰，創造希望的精彩人生。



**“糖尿病也成為了我的朋友，
那還有什麼難倒我？”
—施諾瑤**

大家好，我係Crystal，今年13歲，就讀F.2。我在四年級時患上糖尿病，也就是因為它（糖尿病）展開了一個又刺激又難忘的旅程。

在我六年級的時候，我成功挑戰踩單車環繞台灣一周，在羽毛球校際比賽拿了冠軍，又有幸代表沙田區如香港18區比賽，最後拿了季軍和最佳運動員，成功跟學校到大阪踢足球比賽，成功在學校拿了「特別過人成就獎」，成功考入德望學校，為我在小學生活畫上一個難忘的句號，也許贏得大家的讚歎，但在背後……其實我也擁有一個很痛苦的經歷，也可以說是一個難忘的經歷。

每當大家在溫書、做功課、玩耍的時候，我就在訓練，練大概六至七個小時才回家，但是回家並不代表能夠休息，而是要開始溫書和做功課。有時候大家在休息的時候，我就在做作業，有的時候會做到凌晨才完成。可能你會問我有沒有因為糖尿病而感到氣餒，我的回答是：有！我也有感到氣餒的時候，甚至有時候想放棄運動，包括最愛的羽毛球。

每當我要面對或迎接挑戰之前，我會想：接受挑戰，雖然有時真的很累，但當想放棄時，我就會靜一靜，調整自己心態，回想當初為什麼要堅持。既然再難的糖尿病也成為了我的朋友，那還有什麼難倒我？有時候我也沒有獲得勝利，但並不代表失敗，在我眼中沒有「失敗」這兩個字，因為我要的並不是贏，而是學習一份永不放棄的堅持，所謂「失敗乃成功之母」。

每一次的挑戰，我都會盡量去享受，雖然克服挑戰的過程有時非常辛苦，但身邊總會有一班朋友和家人支持我，所以我也沒有藉口放棄。當我去年獲得「希望之火」獎學金的時候是十分感動的，因為在我心中，獎學金並不單是「錢」這麼簡單，而是對我的認同，知道我所付出的努力得到你們的支持和肯定！我把獎學金儲了起來，留待有需要時才使用。

患上糖尿病並不是罪，有時回想起，若不是患上糖尿病，也許我也不會以降血糖為目標來做運動，並且做出今天的成績。



“當我克服了一個困難後，會更有信心去迎接下一個挑戰。” — 曾心怡

人生總是充滿挑戰，你不會知道下一分鐘會發生甚麼事，很多時都不由得我們去準備，所以我不會太緊張，凡事盡力而為便是了。當我克服了一個困難後，會更有信心去迎接下一個挑戰，我會全力以赴！

我喜歡彈豎琴和踏單車，糖尿病並沒有影響我這兩方面的興趣，踏單車更能幫助降低血糖和糖化血紅素。不過，每次覆診都很花時間，整天不能回校上課，我正在讀高中，一堂課會教很多東西，很多時一堂便教完一課書，令我跟不上進度！我感到很困擾！只好請教同學。

我自問沒有什麼過人之處，從來沒有想過會獲得「希望之火」獎學金，這真是意想不到但又很開心呢！我肯定會鼓勵會員申請這獎學金！得獎當然會令自己信心大增，就算不能得獎也是一次寶貴的經驗。至於獎學金去了哪？我們一家人去了吃自助餐，慶祝糖化血紅素達標，哈哈！



“糖尿病令我學到更多而且得到更多！” — 高婉玲

每個人面對困難或挑戰時都會有不同的處理方式，當我事先知道有挑戰的時候，我會為挑戰先做好準備。例如九月開學前，我會事先了解自己所讀的科目，由於我所讀的科目需要學習不同的設計軟件，因此我會先查讀有關的資訊，以便不時之需。相反當挑戰已經迫在眉睫時，我會主動去迎接，因為退避反而會無補於事，更會令問題愈滾愈大。

糖尿病對我來說從來都不是任何負擔，雖然我們在用餐前比別人多做些事情和間中出現血糖低需要補充糖分。但事實上我們與常人沒有什麼差別。他們可以做的，我們都可以！我反而因為糖尿病令我學到更多而且得到更多。因為我是一個喜歡打籃球的女生，身邊的隊友和教練都清楚了解我的身體情況，因此他們更加寵愛我，對我非常好，給予我很多機會。千萬不要誤以為別人在同情自己，因為很清楚自己跟其他人一樣，他們做到的，我和你亦做得到。

由此可見，我從小都是個比較樂觀的人。因此對於自己有這種長期病並沒有任何令我感到氣餒之意，因為我相信自己只要控制好，就能做自己喜歡的事。我是一個喜歡向別人證明自己的人，別人愈覺得自己做不到，我就偏要去證明自己。有時候雖然未必會成功，但當知道自己有不足，才有空間去進步，成為一個更好的自己，所以挑戰是一個證明自己價值的好機會，因此我非常樂於面對挑戰。

很幸運，去年我能夠獲得「希望之火」獎學金。獎學金是一個證明自己所做的被別人認同的表現，所以我做到了，我會繼續做好自己，希望透過自己去鼓勵努力中的小朋友好好表現自己。


千萬不要看輕自己，相信自己做到的會比自己想像的多。

「希望之火」獎學金開始接受申請

兒童糖尿協會設立「希望之火」獎學金的目的是獎勵優秀的年輕糖尿病患者，表揚他們在控制病情、宣傳糖尿病、學業和非學業方面的傑出表現。第二屆「希望之火」獎學金現已開始接受申請！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12-25歲
2. 有效地控制及管理糖尿病，在學業成績、課外活動或社區服務上有突出表現者
3. 正面宣揚糖尿病有關的訊息及具備領導潛能

如何申請？登入本會網頁yda.org.hk，下載並填妥表格，於截止日期或之前交回 / 電郵至本會。



Challenge yourself to become stronger "Flame of Hope" Scholarship

Without a doubt, diabetes affects the physical and emotional health of young people, putting limitations on their daily lives. But it doesn't need to limit their potential and their living a successful life. The three winners of last year's "Flame of Hope" scholarship have conquered a myriad of challenges and made impressive achievements.

"If I see my diabetes as an old friend, then there is nothing else that can stand in my way." - Crystal Sze

Hi everyone, I am Crystal. I am 13 years old, and I'm a F.2 student. I was diagnosed with Type 1 diabetes when I was in P.4, and my condition has sent me on an exciting and unforgettable journey.

When I was in P.6, I successfully completed the YDA bicycle trip around Taiwan, and I won first prize in the inter-school badminton competition. I was lucky enough to compete on behalf of Shatin district in the district-based competition, and I ended up winning the bronze medal and the best athlete prize. I went to Osaka with my school's soccer team for a match, and won the best achievement prize in my school. I was admitted to Good Hope School, giving my primary school experience an unforgettable ending, and also received a lot of praise. Behind all of my achievements, I have also had a painful journey, which perhaps made the experience more memorable.




When everyone else was studying, doing homework, or playing; I would be training. I trained an average of 6 to 7 hours before I could go home. When I got home I still needed to do homework and study before I could rest. Sometimes I was still up doing homework when everyone else was sleeping; sometimes I couldn't finish until midnight. You may wonder why I didn't feel frustrated with my diabetes at that time, and my answer is, "yes!" I definitely have felt frustrated; I have even felt like giving up sports, even my favourite sport - badminton.

Whenever I would encounter an obstacle, I would face the challenge head on. Sometimes I would feel so tired that I would want to give up; but then I would give myself sometime to clear my head and adjust my attitude, remembering why I must persevere. If I see my diabetes as an old friend, then there is nothing else that can stand in my way. There are times when I didn't get to be a winner, but I wouldn't give up. I don't think about "failure", because I am not in it to win; but I am in it to learn the spirit of perseverance, and this spirit will eventually lead me to victory.

I try to enjoy each and every one of my challenges. The process of facing the challenge is tough, but I always have my friends and family to support me, so I really never have an excuse to give up. Last year, I was awarded with the "Flame of Hope" scholarship, and I was very moved by it. In my mind, the scholarship is not just about the money; rather, it is about recognizing my hard work and determination! I have saved up my scholarship funds to use when I need it in the future.

It is not a sin to be living with diabetes. Sometimes I would think, if I don't have diabetes, I would never have done sports in an effort to control my blood glucose levels; and I would never have achieved the results that I have today.



"If I conquer a challenge, I will be more ready for the next one to come." - Sammi Tsang

NEVER
GIVE
UP
TYPE 1 DIABETES

Life is full of challenges, and you never know what will happen the next minute. My motto is: "Take it easy and do my best!" If I conquer a challenge, I will be more confident and ready for the next one to come!

I like playing the harp and cycling. Even with my diabetes, I can still play and cycle without any problems. Cycling can help to keep my BG within normal range, and good control on my HbA1c. I have to go to the hospital for medical checkup regularly, which means I miss school. I am now in upper secondary school, and the teacher goes through a lot of material within just one lesson! Sometimes I cannot catch up and I have to ask my friends for help.

I was so happy when I found out I was one of the winners of the "Flame of Hope" scholarship. It was quite unexpected, as I never felt that I am doing better than other people! I absolutely would recommend YDA members to apply for this scholarship! No matter if you win or not, it is really a good experience. And where did the prize money go? My whole family went for a buffet meal to celebrate my good HbA1c results. Hahaha!



"I have learnt and gained so much, all because of my diabetes!"

- Ko Yuen Ling

All of us handle difficulties and challenges differently. For me, I always like to prepare myself beforehand. For example, before the start of a new school year, I read up on all of my pre-selected courses. The subjects I am taking require the use of different computer software programs, so I would read up on these programs first, so that I would be prepared to use them. If the situation is very pressing, I jump at the chance to tackle the problem, because avoidance will often escalate and magnify the issue.

Diabetes has not been a big burden to me, even though I need to do a lot before each meal, and sometimes I have low blood sugar and need to take care of it. In fact, people with diabetes are no different from everyone else. We can do anything that everyone else can do! Actually, I think that diabetes has made me learn and gain so much more. I love playing basketball, and my coach and teammates are all familiar with my condition and they all pamper me, and give me lots of opportunities. Don't mistake kindness and support as pity, because you should always remember that we are no different than other people - if they can do it, we can achieve it as well.

As you may have noticed, I have always been an optimistic person. I have not felt discouraged by my chronic condition; I have always believed that if I manage it well, I can do whatever I want. I like to prove myself to others, and if there is something that other people think I can't do, then I am especially motivated to do it. I don't succeed all the time, but only through failure will we learn to improve ourselves. That's why I have always believed that challenges are a great opportunity to prove your own worth, and I have always welcomed any challenges that come my way.

I was lucky to have been awarded the "Flame of Hope" scholarship last year. The scholarship was a recognition of my achievements; and I will continue to be the best that I can be, and to encourage and inspire other children to be their best selves also.

Never underestimate yourself - you can achieve far more than you can ever imagine.

"Flame of Hope" scholarship is accepting applications

YDA's "Flame of Hope" scholarship aims to recognize young people with diabetes, and celebrate their achievements in managing their condition, promoting diabetes awareness, academics and extracurricular activities. We are now accepting applications for the second "Flame of Hope" scholarships! Are you eligible?

1. Applicant must be a YDA member aged between 12 to 25
2. Able to manage their diabetes, and excel in their academics, extracurricular, and community service.
3. Have good diabetes advocacy and leadership potential.

How can I apply? Visit our website at www.yda.org.hk, download and complete the application form, and return it before the deadline via mail or email.

輝健 FIFTY50



適合關注糖尿病及減重人士食用

無糖低卡路里 健康食品



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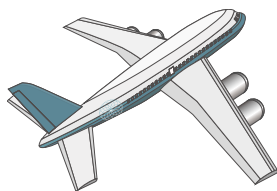
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產品詳情請登入





小貼士你要知！

Useful Tips for You!



- ● 出發前向醫生索取足夠的藥物及醫療證明書（包括病情、治療方案及藥物處方），並且隨身攜帶。
- ● 適宜帶備兩倍份量的藥物和消耗品，一份隨身攜帶，另一份可交給隨行家人或朋友處。不要把藥物寄艙，以免行李遺失時，沒有藥物可用，而且飛機內儲物倉的溫度過低，會導致胰島素結冰變壞。
- ● 如有需要，可以向航空公司預訂糖尿病特別餐膳（須於航班起飛前24小時或更早提出要求）。

- ● Before you leave for your trip, request sufficient medicine and medical documentation from your doctor - this includes documentation on your condition, treatment plan, and medicine prescription. And remember to carry that with you at all times.
- ● It is also advisable to bring twice the amount of medicine and consumables that you will actually need - you should carry one portion with you, and give another portion to a family member or friend. Don't leave your medicine in your checked-in luggage, so that you will have your medicine with you even if your luggage gets lost. It also prevents the medicine from spoiling in the extreme cold temperature of the luggage storage compartment.
- ● You may also request a special diabetic meal from the airline (although this is not necessary), but remember to make the request at least 24 hours before your flight.

旅遊需知！ Travel tips!



玩樂需知！ Theme park tips!

到迪士尼樂園遊玩時，可到市鎮會堂內的客戶服務中心出示相關之醫療證明或醫療卡，便可獲發「賓客援助卡」，減省排隊等候玩遊戲的時間。

另外，患糖尿病的會員只要經過事先申請，可自攜食物進入樂園，並且可將食物盒交給樂園代為保管，於用膳時間進入貴賓房內用餐。

查詢電話：3550 3388
電郵申請自攜食物：guestrelations.hkdl@disney.com

When you visit Disneyland, go to the Guest Relations at City Hall on Main Street and show proof of your medical condition (eg document from your doctor). You can request a "Guest Assistance Card" which can cut down on your waiting time for rides.

Guests with diabetes are also allowed to bring their own meals into the park (with a pre-visit request), and you can also give your boxed meals to the park management for storage when you arrive, and retrieve them during meal times.

Enquiry: 3550 3388
Email to request bringing own boxed lunch: guestrelations.hkdl@disney.com



考試需知！ Tips for exam taking!

糖尿病的會員可憑醫生簽發的診斷或評估報告，向香港考試及評核局申請特別考試 / 試場安排：如在考試中途需要短暫休息或要求特別考室以方便考試期間進行打針或飲食。

學校考生必須於DSE考試年度前兩年的9月經學校遞交申請（即於中五學年的9月遞交申請）。有關申請指引及申請辦法，請瀏覽考評局網頁 www.hkeaa.edu.hk

查詢：香港考試及評核局 / 學校考試及評核部
地址：香港灣仔軒尼詩道130號修頓中心12樓
電話：3628 8917



Students with diabetes can use their medical diagnosis documentation from the doctor to apply for special exam accommodations from the Hong Kong Examinations and Assessments Authority. You can request special accommodations such as to request a break during exams, or request a room for doing injections or having a snack.

Students need to submit the application through your school, during the month of September, two years before the DSE exam, ie submit the application during September of the F.5 year. For more information on the application process, please visit HKEAA's website at www.hkeaa.edu.hk

Contact: Hong Kong Examinations and Assessments Authority
Address: 12/F Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong
Tel.: 3628 8917

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



BD

Helping all people
live healthy lives

兒童糖尿協會

會員尊享禮遇

CA Lancet
輕觸式安全採血針

紫色
針尖型



藍色
薄片型

針對血糖機採血量減少，
細小採血針頭亦已足夠

微型設計，減輕每次
採血的痛楚

居家旅行，方便攜帶

輕觸式回彈設計，
避免針刺意外

暫時缺乏棄置盒的情況下
亦可使用

免費索取
會員贈品



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一盒
(藍色薄片型或紫色針尖型)

FREE trial – 1 box of CA Lancet
(30g x 1.5mm or 1.5mm x 2mm)
for YDA members at YDA office until 31 Dec, 2016
first come first serve, while stock lasts

推廣期至2016年12月31日，數量共400盒
先到先得，送完即止

糖尿孖寶裝

**BD Special package offer
\$248 for YDA members**

- 1 box of CA Lancet
(30g x 1.5mm or 1.5mm x 2mm)
- 1 box of Pen Needles 5mm
until 31 Dec, 2016 while stock lasts

推廣期至2016年12月31日，
套裝貨品數量有限，售完即止

總代理：永義(香港)有限公司
查詢熱線：3743 8450



BD輕觸式安全採血針

30g x 1.5mm (紫色針尖型) 或
1.5mm x 2mm (藍色薄片型)

原價\$470

折實價

\$248

大特惠 勁慳
\$222

+



BD胰島素注射針頭5mm

- ✓適合所有胰島素筆
- ✓適合不同體型人仕
- ✓適合任何注射部位

活動預告 UPCOMING EVENTS



有煮有講 Cook & Chat



隨時歡迎你來和我們一同炮製美食，分享下廚的心得和小貼士。對廚藝有興趣的會員或家長，請聯絡我們。
You are always welcome to share your cooking skills and tips at creating healthy, tasty and diabetic-friendly food with other members.
Please contact us to arrange if you are interested in cooking.

地點：兒童糖尿中心
對象：會員及家人
Location: Centre of Excellence
Attendees: All members and families



家庭單車樂 Family Ride



秋天最適合一家大小去單車遊，Team YDA 將會帶大家一起享受踏單車的樂趣。
There are lots of reasons to love cycling in autumn. Team YDA will be the guides for an awesome family bicycle tour for everyone!

日期 Date: 10/2016

地點：吐露港
對象：會員及家人
Location: Tolo Harbour
Attendees: All members and families



藍月.十一 Blue November



為響應世界糖尿病日，兒童糖尿協會將舉行多項活動，希望藉此機會喚起公眾人士對糖尿病兒童的關注和支持。
In support of World Diabetes Day, YDA is proud to announce a few highly-anticipated events in November, to raise public awareness of and support for children and adolescents with diabetes.

童行有您2016 Hike for Youth Diabetes

為鼓勵青少年糖尿病者多做運動，兒童糖尿協會舉辦第二屆「童行有您」行山籌款活動。我們希望年輕糖尿會員，患者的家人以及公眾人士能一起參與，加深對糖尿病的認識和為協會籌募經費，讓更多糖尿病患者和他們的家人受惠。
To encourage children with diabetes to exercise, YDA is presenting the second annual Hike for Youth Diabetes fundraising event this year. We welcome our young members, their families, as well as the general public to join the hiking event.

日期 Date: 13/11/2016

路線：小西灣海濱花園→大浪灣泳灘
Route: Siu Sai Wan Promenade→Big Wave Beach



聖誕聯歡會 Christmas Party



一年一度的聖誕聯歡會將於12月17日舉行。屆時除了自助午餐，還有精彩遊戲及豐富禮品。有興趣參加才藝表演的會員，請預先將表演項目內容電郵至 programmes@yda.org.hk。

The annual Christmas party will be held on 17 December. There will be a buffet lunch, fun games and great prizes organised for all our members. If you are interested in participating in the talent show this year, please email us the details in advance at programmes@yda.org.hk.

日期 Date: 17/12/2016

地點：8度海逸酒店－香港九龍土瓜灣九龍城道199號
對象：會員及家人
Location: Harbour Plaza 8 Degrees, 199 Kowloon City Road, To Kwa Wan, Kowloon
Attendees: All members and families



Youth Diabetes
Action
兒童糖尿協會



童行有您 2016

HIKE for YOUTH DIABETES

13/11/2016 星期日 Sunday



Assembly Point
起點

集合時間
Registration Time

9:45
am

開步禮
Opening Ceremony

10:45
am

步行時間
Walking Time

90 分鐘
mins

您的鼓勵，推動我們和糖尿病童一直走下去！
「童行有您」籌款活動踏入第二屆，期待大眾和企業團體的積極參與，以支持兒童糖尿協會繼續服務糖尿病童及他們的家人，陪伴他們邁向更健康快樂的人生！

With your encouragement and participation, YDA can continue to support our members in facing challenges ahead! The second 'Hike for Youth Diabetes' is coming soon, and we invite all members of the public as well as the corporate community to join us. This fundraising event will support the work of YDA, to serve children with diabetes and their family members, helping them to live a healthy life and pursue their dreams!

請踏出愛心的一步! Hike to Support!

網上報名 Online Enrolment
hikeyda.org.hk

查詢及報名 Enquiry and Enrolment

電話 Tel

2332 9056

電郵 Email

event@yda.org.hk

For Type Ones, Twos and You



健康生活 你我同關注

會員活動 MEMBERS' ACTIVITIES

決箭 Archery Tag

會員化身神射手，進行刺激的攻防箭比賽。各隊伍勢均力敵，上演一場場精彩的比賽。大家不但可考考眼界，而且可測試準繩度，他們更樂在其中。

Everyone's visual precision and hand-eye coordination were put to the test as members were split into teams to play "archery tag". It was a close competition as both teams tried their best. Members thoroughly enjoyed this friendly competition.

2/7/2016



9/7/2016



片藍造染布工房 Dye & Make Your Bag

會員與義工去到大浪灣村體驗人手染布。大家發揮創意，各自設計心儀圖案，並以摺布或紮布的方式製作出獨一無二的布袋，大家對製成品都感到滿意。

Members and volunteers visited the first dyeing studio in Hong Kong: Indigo 11.50. Drawing on their creativity, they used dye to create patterns on cloth by folding or twisting the fabric. Then – by applying various techniques – they crafted bags featuring their unique designs, everyone enjoyed their final art pieces.

9/7/2016



遇見螢火蟲 Firefly Visit

會員與家人在導賞員Raymond的帶領下到大埔郊區觀賞螢火蟲。那晚，一行人樂也融融地親近大自然，當目睹難得一見的螢火蟲時，都格外興奮，爭相拍照。

Under the guidance of our guide Raymond, members and their families visited fireflies in Tai Po. That night, they immersed themselves in observing the wonders of nature and were delighted when they chanced upon the elusive creatures.

19-21/7/2016



兩岸四地糖尿病兒童夏令營 Beijing Diabetes Camp

會員和家長遠赴北京參加夏令營，參與一系列講座及拓展訓練，並與來自北京、上海及台灣的朋友，共同分享血糖管理的心得，互相勉勵大家積極面對糖尿病。

Members and their parents went to the YDA camp in Beijing, and attended a series of seminars and training sessions. With the other families from Greater China, they shared their experiences with blood glucose management and gave each other encouragement on how to face the disease positively.



21/8/2016

有煮有講 Cook & Chat

我們隨時歡迎大家來兒童糖尿中心，與其他家長聚首，互相分享感受或示範烹調適合糖尿病人的健康菜式。

We always welcome parents to visit the Centre of Excellence to share and connect with other families, and try their hand at creating healthy, tasty and diabetic-friendly meals.

25/7/2016



烹飪工作坊 Cooking Workshop

一眾小廚神在Bon Appetit Cooking Studio大顯身手，在導師指導下，炮製越南小食和法式甜品，品嚐自家出品，是一次有趣的下廚經驗。

A group of YDA little chefs tried their hands at cooking a few Vietnamese and French dishes at the Bon Appetit Cooking Studio. They made Vietnamese Summer Rolls and Orange Madeleines, and were delighted with their tasty culinary creations.

室內沙灘親子派對 Sand House Party

告別暑假，YDA小會員與爸爸媽媽開了個室內沙灘派對，齊齊投入緊張刺激的水槍大戰和堆沙比賽。

YDA members and their parents had an indoor beach party to say goodbye to the summer holiday in style. Everyone enjoyed a wonderful time, complete with exciting water gun fights and even a sand sculpture competition!



兒童糖尿協會委員會及顧問 Youth Diabetes Action Councillors and Advisors

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Chairperson 主席

Ms Fina Cheng 鄭馮亮琪女士

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Advanced Practice Nurse (Diabetes)

Diabetes and Endocrine Centre



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6月至8月的捐款及鼎力支持，使我們能夠為各會員提供更多服務。(排名不分先後)
Thanks to the generous support of those companies, organizations and individuals during June and August 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)

一般捐款 General donations

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Wu Chi Sang

Yau Yuk Shan Sandy

Yue Chung Yan Agnes

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2016 兩岸四地夏令營 Beijing Summer Camp

Endocrinology, Genetics and Metabolism

Department, Beijing Children's Hospital Capital

Medical University

染布工房 Dye and Make your Bag

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Ma Wing Yan Natalie

Poon Ching Yan

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遇見螢火蟲 Firefly Visit

Raymond Ng

Chow Yim Wah Angela

家長烹飪工作坊 Parents' Cooking Class

Lu Li

Vivian Lam

Go!Go!小廚神 Cooking Workshop

Law Kwan Yin

Tsoi Cho Yi

鐳射槍擊戰 Laser War Game

Ma Wing Yan Natalie

Kenneth Leung

室內沙灘親子派對 Sand House Party

Kenneth Leung

Please Donate Now 請捐款支持



Youth Diabetes
Action
兒童糖尿協會

捐款種類 Donation Type

本人 / 本公司願意捐款支持兒童糖尿協會

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

☐ 助養兒童計劃 Sponsor a Child Programme

為本會糖尿病患會員及其家庭提供支援。捐款將幫助一個家庭購買一年的糖尿消耗品，如血糖機、血糖試紙、針筒等。另外，捐款直接用於本會各項為糖尿病患會員舉辦的教育活動。只需捐款港幣\$8,000，你便可以幫助一名糖尿病兒童改善未來一年的生活。

The Sponsor a Child Programme provides support for one YDA member with diabetes and the family. The donation covers blood testing monitors, blood testing strips, syringes, and other essential healthcare items for one year. It also directly supports YDA's various educational programmes for children and adolescents with diabetes. For a donation of HK\$8,000, you can give a better life to a child with diabetes for one year.

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

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

☐ 本人/本公司願意每一年捐款予此計劃。

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

☐ 每月捐款 / Monthly donation

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

☐ 單次捐款 / One-time donation

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

捐款方法 Donation Method

☐ 劃線支票 By Cheque

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

支票號碼 Cheque no.: _____

請把支票郵寄至：九龍土瓜灣土瓜灣道94號美華工業中心B座9樓B17室

Please send the cheque to: B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, To Kwa Wan, Kowloon

☐ 信用卡 By Credit Card ☐ VISA ☐ MasterCard

信用卡號碼 Credit Card No.: _____

發卡銀行 Issuing Bank: _____ 有效日期 Expiry Date: _____ 月MM _____ 年YY

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

本人授權兒童糖尿協會於本人之信用卡賬戶內一次過 / 每月 / 每年定期扣除上述之金額。若以信用卡每月 / 每年捐款，有關授權在信用卡有效期內繼續生效，直至另行通知為止。我可以在任何時候以書面形式通知兒童糖尿協會取消有關捐款。

I hereby authorize YDA to charge the above specified amount once/ monthly/ yearly from my credit card account. The authorization of monthly / yearly donation will continue in effect from the above valid date until further notice. I may cancel my regular donation at any time in writing to the YDA office.

捐款者資料 Donor's Information

善長 / 公司名稱 Name / Company: (中) _____

(Eng) _____

地址 Address: _____

電郵 E-mail: _____ 聯絡電話 Contact No.: _____

通訊語言 Preferred Language : ☐ 中文 Chinese ☐ 英文 English

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

捐款港幣\$100或以上可憑捐款收據申請扣稅。Donations of HK\$100 or above are tax deductible with a donation receipt.

☐ 請寄回捐款收據，收據抬頭 (如與捐款者不同) Please send me a donation receipt. Name (if different from the above): _____

☐ 為幫助節省行政開支，本人不需要收據。To help save administrative costs, please do not send me a receipt.