



Youth Diabetes
Action

兒童糖尿協會

YDA today

news
letter

2017

issue
47

Keeping Hope Alive
延續希望

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參考資料

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

*所有藥物均須由醫生處方，方可使用。



HK-GLA-14.12.01

堅毅

團結

Love

編輯的話 FROM THE EDITOR

兒童糖尿協會在過去幾年發展迅速，為一眾年輕糖尿病患者的堅毅和團結作出了見證。他們雖然每天都要與糖尿病共生共存，但在他們身邊的還有父母、醫護人員及一些關注糖尿病患者的需要和生活質素的有心人，而兒童糖尿協會亦帶頭擔起政策倡議的責任。在今期月刊中，你會得知本會正向政府申請，希望能撥款資助兒童及青少年糖尿病患者在醫療消耗品的費用支出。請加入我們，一同為糖尿病患者爭取這項基本權利！

很多年輕糖尿病患者每天都在努力面對醫療需要、學業壓力及人際關係等問題，當中有些更跨越了這些困難，活出了精彩人生。為此，本會特頒發「希望之火」獎學金給當中表現優秀的年輕糖尿病患者，以示肯定和獎勵。我們於今期月刊中收錄了四個獲得本年度「希望之火」獎學金的得獎者故事，這些年輕人都擁有熱誠和才能，他們一心一意地所追求的，就是要不斷跨越身體問題所帶來的障礙。就讓我們一起認識這幾位優秀的年輕人，並為他們喝采吧！

YDA has experienced tremendous growth in recent years, a testament to the perseverance and cohesion of the community. As YDA continues to build upon the strength of this – and it is a community of people living with diabetes, parents, medical professionals, and others who are passionate about raising awareness and improving the quality of life for those with diabetes – we are proud to arrive at the moment in time when YDA leads the way in advocating for policy change that will affect the lives of many. In this month's issue, you will read about YDA's online petition to the HK Government to fund the costs of vital medical consumables for children and youth with diabetes. Please join us in fighting for this basic right for everyone living with diabetes!

Many young people with diabetes overcome hurdles in managing their own medical needs with the demands of their academic and social lives every day; and some have accomplished this in such a remarkable fashion that YDA has recognized them with the Flame of Hope scholarship. You can read about the four winners of this year's scholarship and learn about how they have lived their lives in an outstanding way. These young people have talents and passions which they pursue wholeheartedly – overcoming difficulties that their medical condition may pose. Let's learn about these amazing young people and celebrate them as role models for all!

編輯 Editor:
Sue Lowcock

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

印刷 Print:
Pressroom Printers & Designer

設計 Design:
Creation Store Advertising (HK) Limited

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

☎ (852) 2544 3263
✉ support@yda.org.hk
🌐 www.yda.org.hk

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

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

希望之火

[專訪] • •

希望之火獎學金獎勵優秀的年輕糖尿病患者，能有效控制病情之餘，在學業、社區參與、課外活動、宣傳糖尿病資訊均有獎項，並全面發揮自我潛能。今年希望之火獎學金得主為董朗生、虞淑怡、潘正昕和梁詩程。讓我們看看這四位年輕人的成就。

董朗生



大家好我是董朗生，我在2008年確診患上一型糖尿病，現在正就讀香港演藝學院。

問：講述一下你作為戲劇學生的生活。

舞台是一個強迫你成長的地方。

首先是體力，大清早六點半就要「過大海」到灣仔上學，先來一連串的肢體動作，形體訓練、耍刀耍槍、飛踢、跳舞。別以為上戲劇堂只是動幾下，吐一兩句對白，我們要求每一次的即興演出都需要百分之百的能量，如果不想被批鬥的話，還是老老實實做比較好。有一段時間更加要做助理舞台監督，下稱「乜都要做」，掃台面、整道具、執頭執尾，最早開工最遲收工，回到家大概是凌晨一時，明早六時半繼續。無盡的體力消耗，血糖愈發飄忽，總是睡不夠。我不能夠再像以前一樣自豪地說着「就算有糖尿病，我跟平常人一樣健康」，在這種情況而言，體力值與別人比簡直高下立見，想逞強都難。

再來的是心理壓力，試想想，你抱著一堆自以為了不起的演員技術入讀演藝學院，誰知道被一個個導師扯下你的面具，說你模仿力不足、身體不夠健壯、手腳不協調等，其實都是小事一樁。當要強迫你赤裸地面對群眾，面對自己，一句的當頭棒喝「好假呀！學咩人做戲啫，你連點樣表現真實都唔識」，做戲通常都會反映到自己對於人生的態度以及自我修養，這句說話令我質疑自己一直以來抱持的態度，不要怪在某某大電視台的頭上，這根本就是每一個都市人都會有的通病，從來都想掩飾、逃避，不願意接受失敗、不敢有所突破、不誠實面對自己，我恰巧在這方面做得太好，連自己是誰也不知。

好想停下來休息，甚至掙扎：究竟要不要繼續走這條路，面前的困境只會越來越多，無疑地這是我人生中最大的挑戰。

我還未打算放棄。

難得過五關斬六將，經歷了三次面試和無數次的心理關口，我絕對不讓自己的夢想在此止步。我知道經過了這四年後，我將會成為一個值得自己驕傲的人，路途多艱辛都好，我偏要越過它、衝過它。體力不支嗎？讓那疲累成為令自己超越極限的信念，心靈受挫嗎？讓那恐懼成為令自己誠實面對的覺悟。學習的過程就是要不斷地承受失敗，誰能夠透過失敗來增值自己誰就是贏家。縱使過程辛苦，亦無法否定自己仍然對前景的不確定性有著憂慮和猶豫，但同時這半年也是我一生中過得最多姿多采的半年，享受戲劇世界的一切，正正就是夢想的可愛之處。誠如吾師所言「不管你所做的事合不合理，只要你相信它是真的，那麼它就是真的」。

與其說這篇文章是得獎感受，它更似是一段給自己的宣言，警醒我無論如何都要衝破這看似駭然聳立的高牆，願那希望的火苗能夠逐漸燃起，然後燎原大地。



虞淑怡



我是虞淑怡，現正就讀香港大學文學與法律，一年級生。在中一確診患上
一型糖尿病，到現在已經有六年時光。很榮幸可以獲得本屆的希望之
火獎學金，也希望藉此作小小的分享。

問：時下年青人大都對文學不感興趣，他們寧願花時間於社交媒體和電子
遊戲上。你會為他們推介什麼書籍，讓他們重拾對閱讀的興趣呢？而這些
書籍對現今年青人有什麼吸引之處？

我認為不同人也喜歡不同的題材，而最觸動我的，應該是提醒我『本心』
的書，比如安托萬·德·聖-埃克蘇佩里所著的《小王子》，還有夏目漱石
的《少爺》。以前總聽到人說什麼戴著面具虛偽做人，以為只是他們的無
病呻吟。當慢慢建立自己的一套想法，真正接觸這個社會的人和事時，才
發現有時候無可奈何卻被迫也要接受這『大人的遊戲』。不想被社會同化
，變成所謂的『大人』，《少爺》告訴我繼續堅守那懵懂單純的本心而非
同流合污；在經歷社會的五光十色依然能保住心裡那個只屬於自己的星球
。這是每個年輕人必須要跨過的一個坎，告訴自己，自己的初心是什麼。

問：你選擇了在香港大學修讀法律——法律對你而言有什麼有趣之處嗎？

我想吸引我的應該是裡面的故事。每一件案背後都有一個真實故事，在像我們這樣的普通人身上發生，這是比任何小說來得更有意
思，更震撼，卻更能體會人生的無奈。像女王訴杜德利與史蒂芬案，有人為了生存而犧牲另外一人的生命，究竟是責罵那人是『苟
且偷生』，還是『逼於無奈』？這是我們每個人都要思考的問題。

問：你會專注於法律研究的哪一方面？為什麼？

其實現在還沒想好，可是有一點我十分在意，就是“access to justice”。很多人都說，法律是有錢人的工具，普通人沒有話語權；就
算是讀法律的階段，很多學生也有著相當的背景、人脈和關係，一般人根本難以插足這個專業。我生長於一般的家庭，沒有那些關
係和人脈，也不能『靠父幹』，但我仍希望相信，像我們這樣的小市民，依然能有機會接觸、相信法律。

[FEATURE STORY] • •

The Flame of Hope Scholarship recognizes youth with diabetes who show the ability to successfully manage their disease and excel
in academic performance, community involvement, extracurricular activities, diabetes advocacy, and are growing up living to their
full potential. This year, four recipients have been awarded in recognition of these aspects, namely Hugo Tung, Shirley Yu, Dicky
Poon and Melody Leung.

My name is Hugo. I was diagnosed with Type 1 diabetes in 2008. I am
studying at the Hong Kong Academy for Performing Arts now.

Q: Describe your average life as a drama student.

The stage forces you to grow up.
First of all, I am challenged physically. Every morning, I have to cross the
Harbour by 6:30am to come to Wan Chai for school, and I will do a series of
physical movements, physical theatre training exercise, sword skills, gun
skills, jumping and dancing. It's a misconception that acting only involves
gentle movements and saying lines. Every performance, I need to give
100% of my energy in order to avoid harsh critiques. I was also acting as the
assistant stage supervisor at one time, which meant that I had to do
everything – I swept the stage, fixed props, and cleaned up everything – I
was always the first one there, and the last one to leave; and I wouldn't get
home until 1:00 am, and start again the next morning at 6:30 am. With all
this physical exertion, my blood glucose fluctuates wildly, and I am also
always sleep deprived. I can't really say with confidence that I can be as
healthy as someone without diabetes, unlike before. My physical stamina
doesn't compare to someone without diabetes, and it's hard to force it.

There is also a lot of emotional stress – just imagine, as you walk into a
performing arts school, being over confident about your abilities, but your
teachers tear away your mask, and tell you that your imitation skills are not
up to par or you are lacking in physical strength or you are not coordinated
enough – these are actually just the small stuff. When you are forced to face
an audience, how will you handle the strong criticism and potentially rude
remarks. Acting reflects someone's view on life and their own upbringing,
and this makes me question my own long-held attitude – a belief held by
many people, avoiding the truth and not willing to accept failure, too
scared to really improve on oneself and would rather lie to oneself – I have
been doing that so well, sometimes I feel like I don't even know who I am.



Hugo Tung



I have been tempted to stop, and I have even struggled to maintain my course. As the barriers in front of me pile up, this will undoubtedly become the biggest challenge of my life.

I have decided I will not quit.

I have already gone through so many trials and tribulations, went through three interviews and countless psychological challenges, I am not going to give up my dream so easily. I know that once I complete these four years, I will become someone that I can be proud of. No matter how difficult things become, I will conquer the tests. If my physical strength is challenged, then my tiredness will fuel the faith for me to surpass my best. If my emotions are being tested, then I will use that fear to make me be honest with myself. The process of learning will entail continual failures, and in order to succeed you must be able to learn from failures to improve yourself. The journey is hard, and I am worried and unsure about my future, but I am also sure that the past 6 months have been the most fantastic period of my life. I am enjoying being in the theatre world, and that is my ultimate dream. Like the saying goes, it doesn't matter if the thing that you do is logical or not, if you believe it to be true, then it will be true.

This essay captures how I feel about winning the prize, and it is also a promise that I have made to myself, reminding me that I must get over the wall in front of me, no matter what.



Shirley Yu

My name is Shirley, I am currently a first-year student at HKU studying literature and law. I was diagnosed with Type 1 diabetes when I was in F.1, and it has been 6 years now. I am very honoured to be a scholarship recipient this year, and I hope to share my thoughts with other members with this essay.

Q: There are many young people today who are not very interested in literature, instead spending their free time on social media or video games. Would you like to recommend some books to get them interested in reading again? What about these books would be interesting to young people today?

Everyone has their own preferences in books. As for me, I am particularly impressed by books that touch my soul, like French author Antoine de Saint-Exupéry's *The Little Prince*, Japanese author Natsume Sōseki's *Botchan* ("Little Master"). I used to always hear people talk about living life with a mask on, and I thought they were just complaining about nothing. As I grow up and begin to form my own thoughts on this, I realise that I was also being forced to play this "grown up game". Refusing to succumb to societal pressure and turn into a "grown up", *Botchan* talks about how to insist on keeping your heart pure, and no matter what distractions society brings, to keep that secret planet that only belongs to you. This is a test that every young adult must face, to remind yourself what your pure and untainted heart is like.



Q: You have chosen to study law at HKU – what is it about law that interests you?

The underlying stories captivate me. Just like behind every case, there is a real-life story that has happened to an ordinary person like me, it's even more fascinating than a novel. Like the English case of *R v Dudley and Stephens* in 1884, two men decided to sacrifice the life of another for their own survival (the case concerned survival cannibalism following a shipwreck) – were those men guilty of not respecting the sanctity of life? Or were they just desperate men with no other choice? This is a question for all of us to decide for ourselves.

Q: What aspect of law and legal studies do you think you would like to focus on? Why?

I may be undecided on this case still, but one thing I am committed to is access to justice. Many people say that justice is for the rich, and ordinary people don't really have a say. Most law students still have similar backgrounds, and it is not a profession that everyone can aspire to. I am from an ordinary family without powerful connections or tremendous family wealth, but I still believe that ordinary citizens like me can still learn and be a part of the justice system.

我在六歲時患上糖尿病，現在於大學修讀護理學，喜歡戶外活動如行山、騎單車等，尤其喜歡與朋友一起探索未知、挑戰極限。

問：什麼驅使你選擇投身護理行業？有什麼吸引你選擇這個專業？

自小讀書、考試也只是不過不失，中學文憑試的成績足以讓我升讀大學，但只能在工程、商業和護理之間作抉擇，而我最後選了後者。在考慮的過程中，我認為自己從小享用公共醫療福利，長大後有責任回饋這個社會，而從事醫護工作則為較直接的方式去回饋社會。

問：由於你患有一型糖尿病，因此你在成長路上遇到過不少護士。你覺得這些與護士相處的經歷對你選擇護理行業有影響嗎？

我明白到從事醫護工作需要負上沈重的責任和壓力，並且要克服生理時鐘紊亂等問題，但亦因為了解護士在治療、照顧、教育以至協助病人重拾正常生活等各方面充當不可或缺的角色，對於我們這些長期病患者來說感受更深。

問：在香港，大部份從事護士的是女性，男護士仍只佔少數。作為一個護理系學生，這对你個人而言有着什麼影響？你認為要先作怎樣的改變，才能改善這個情況？

雖然現時男性護士仍屬少數，但情況已有所改善，我亦期待護士與其他專業醫護人員一樣，逐步減少受性別定形的影響。



我是梁詩程，現為香港中文大學音樂系二年級生。能獲得「希望之火」獎學金，我實在感到非常榮幸。我於十五個月大時確診糖尿病。我熱愛演奏音樂，也愛到處旅遊。日本是我的旅遊首選地點，我最喜歡吃的也是壽司。（我當然知道壽司的卡路里含量很高！）以前我對爬山不感興趣，但直至今年五月，我心血來潮，和朋友一起到紫羅蘭山和龍脊爬山，那裡景色一絕，非常怡人！我自此愛上爬山了！

問：你在什麼時候開始對音樂產生興趣？

我對音樂的興趣始於五歲那年，當時我問媽媽能否讓我學鋼琴，我的音樂之旅自此展開。

問：你如何自律地練習，並達致如此驕人的成績？你如何跨過這難關呢——誰曾經幫助過你嗎？還是你有自我鼓勵的方法？

要達成音樂上的目標，同時也要應付沉重的練習和作業，實在毫不容易，關鍵是每天要為自己訂下時間表，更要確切實行。訂下目標後，便對自己許下承諾，必定要達到！當然中間還要有適當的休息時間。我也在此感激我的父母，他們在這些年來，一直支持我、幫助我！

今年暑假，我參加了學校舉辦的音樂培訓交流團，在奧地利逗留了兩個星期。我從未踏足過歐洲，這次更是第一次離開父母，獨自出遊。由於時差關係，我非常擔心自己會搞亂注射胰島素的時間，我為此曾諮詢醫生意見。我也聽說在歐洲劫案頻繁，很怕胰島素被偷，於是我把胰島素分別放到自己和朋友的背包裡，幸好最後平安無事！



梁詩程



Dicky Poon



I was diagnosed with diabetes when I was six. I am a nursing student in university now. I like hiking and cycling, and I also like to explore the unknown and challenge my limits with my friends.

Q: What compelled you to choose nursing as a career? What attracted you to choose the profession?

I was an okay student at school when I was younger. I was able to gain entrance into university and chose nursing as my course of study. When I was choosing my university studies between engineering, business and nursing, I thought about how I have been benefitting from the public healthcare system since I was a kid, and I wanted to be able to give back to the community when I grow up. Being a medical provider will be the most direct way to give back.

Q: You have worked with many nurses growing up, since you have T1D. Do you think your experience with the many nurses growing up has influenced your decision to choose nursing as a career?

I understand the tremendous responsibility and pressure that comes with being a medical provider, and I know I will have to manage the physical demands. However, I know that nurses play a crucial role in helping patients in treatment, education, and adjustment to daily life, and as someone with a chronic condition I am especially touched by this.

3. In Hong Kong, the majority of nurses still tend to be women and male nurses are still considered to be quite rare. As a nursing student, how has that affected you personally? Do you think there are any changes that should be implemented to change or improve this for the future?

Although at this time, male nurses are still quite rare, the trend is improving and I expect that nursing will become like other professions where gender no longer plays a determining factor.

Melody Leung



I am Melody, Leung Sze Ching and currently a second year Music major student of the Chinese University of Hong Kong. It was my great honour to receive the Flame of Hope Scholarship. I was diagnosed with diabetes when I was 15 months old. I am fond of playing musical instruments and I love travelling. Japan tops the list of my travelling destinations and sushi is definitely my favourite food. (Well of course I know it contains large amount of calories!) I did not find hiking interesting until last May. Hiking just simply popped up in my mind and therefore I went to Violet Hill as well as the Dragon's Back with my friends, and the view was stunning! That made me fall in love with hiking.

Q: When did you first become interested in music?

I was interested in music when I was around 5 years old. I asked my mum if I could learn to play the piano and that marked the beginning of my musical journey.

Q: How did you manage the discipline to practise and achieve such impressive results? Was there a particular person who helped you? Or maybe a way that you encouraged yourself?

It is indeed hard to achieve the so-called impressive results together with music practice and homework. It is of paramount importance to make and follow a timetable everyday. Set a goal and promise yourself to reach the mission! And of course, there are rests or breaks in between. I would also like to thank my parents for supporting and helping me for so many years!

I participated in a musical training tour conducted by my school last summer. I stayed in Austria for two weeks. I had never been to Europe and it was the first time travelling without my parents. That was really challenging when there was jet lag and I was really worried about the timing of injections for insulin glargine. I sought advice from my doctor. And I heard there were often robberies in Europe so I worried a lot about losing my insulin. So I placed the insulin both in my friends' and my bags and luckily everything was fine!



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健胰騎士闖高峰



兩年前由兒童糖尿協會主辦的「健胰騎士夢環台2014」取得了令人十分滿意的成果。今年一眾騎士和義工決定繼續挑戰自我，舉辦了「健胰騎士闖高峰2016」，目標是要登上台灣公路的最高點——3,275米高的武嶺。最後我們成功登頂，再一次向大家展現出「我做得好！」的精神！

「健胰騎士闖高峰 2016」，由Team TDA的隊長們在幾位義工前輩指導下統籌和策劃，希望鼓勵一型糖尿病患者自強不息，別讓糖尿病成為他們達成理想的障礙。是次活動有多達十七位單車愛好者參加，包括患有一型糖尿病的兒童糖尿協會會員及其家人、醫護人員及單車義工等。參加者為了準備應付登上海拔三千多米的路段，早在三月起便進行一連串的特訓，最後能夠成功完成這項創舉。讓我們一起看看三位Team TDA的隊長在這次旅程有甚麼深刻的體會和感受。

林民希



為期一年的健胰騎士闖高峰終於圓滿成功，作為Team YDA隊長，我和義工團隊在一年多的時間中訓練及籌備下，成功與台灣兒童糖尿病關懷協會一同登上海拔3,275米的武嶺。確實體驗到糖尿病不是障礙，糖尿病人都有追夢的能力。

在本次活動能成功，除了是Team YDA的成員努力以赴，還有賴YDA，以及所有義工(愛心騎行)的熱心、兩間藥廠(賽諾菲香港有限公司和美敦力國際有限公司)的贊助，及捷安特旅行社的行程安排，我們才可以完成。

在挑戰前夕，我們需要進行一系列單車訓練，有賴愛心騎行的義工花大量時間教授我們踩單車上山爬坡的技巧，在百忙中抽空和我們一同鍛鍊體力。而YDA為我們作宣傳及尋找贊助商，所有付出，都深深感動著我們Team YDA的挑戰參加者。

在這裡我特別感謝兩位Team YDA出色的領袖：Dicky Poon，負責與捷安特旅行社就武嶺行程上的安排聯絡；及Vincent Chan，負責設計單車衫的工作安排。

除了Team YDA外，要感謝愛心騎行義工的付出，無私獻上時間、金錢和體力。多謝藥廠，慷慨解囊贊助這次活動，並提供連續血糖監察儀讓我們了解自己運動時血糖變化。感謝台灣兒童糖尿病關懷協會積極參加與我們Team YDA一同登頂。

另外我想感謝Albert Sze, Raymond Choi及Stella Tse三位為這次活動中花上他們寶貴的時間，耐心教導Team YDA成員如何當一位成功的領袖角色，循循善誘。

特別鳴謝：



Medtronic



陳嘉誠

歷時超過十個多月單車訓練及籌備工作的「健胰騎士闖高峰」終在本年十月中順利完成！恭喜三位年輕一型騎士及各隊員成功征服武嶺，再一次証明沒有不可能的事！看到台灣及香港的健胰騎士穿上我們設計的戰衣，那份感動至今難以忘記。可惜這次我未能同行，但亦有幸參與事次活動的統籌及各設計工作。兩年前的「健胰騎士夢環台」讓我首次學懂踏單車及對目標不要輕易放棄。而這次令我有更深入的體會，有著幾位不辭勞苦的顧問老師細緻的意見指導，讓我領悟到對事情管理及設計的一些技巧。感激他們這次活動上給我們的後勤支援。作為一型患者，對自我的管理不單單是處理好血糖上的控制，而是在面對人生的每個挑戰時，也要有充分的準備及妥善的管理，才能將困難逐一擊破，達至真正的成長。回想參與過程，看到自己各方面的不足，感謝大家對我的包容。我會努力改善並祈盼將來創造更多的可能性。最後希望這次活動能夠鼓勵各位一型的大小朋友及追夢者不要放棄夢想，再次向目標進發！「努力，我做得得到！」



潘正昕

回想2014年9月，健胰騎士們憑「我做得得到」的信念，完成了單車環台的夢想。在返港的航機上，眾騎士討論如何秉承這信念，為自己定立一個新目標，而有單車顧問提出騎車征服台灣「武嶺」，即全東南亞公路的最高點，海拔三千二百米。我當時只覺得這目標遙不可及，因為無論是超長距離的連續爬坡，還是在高海拔低含氧量下運動而導致的高原反應，以我們當時的體能來說根本無法承受。

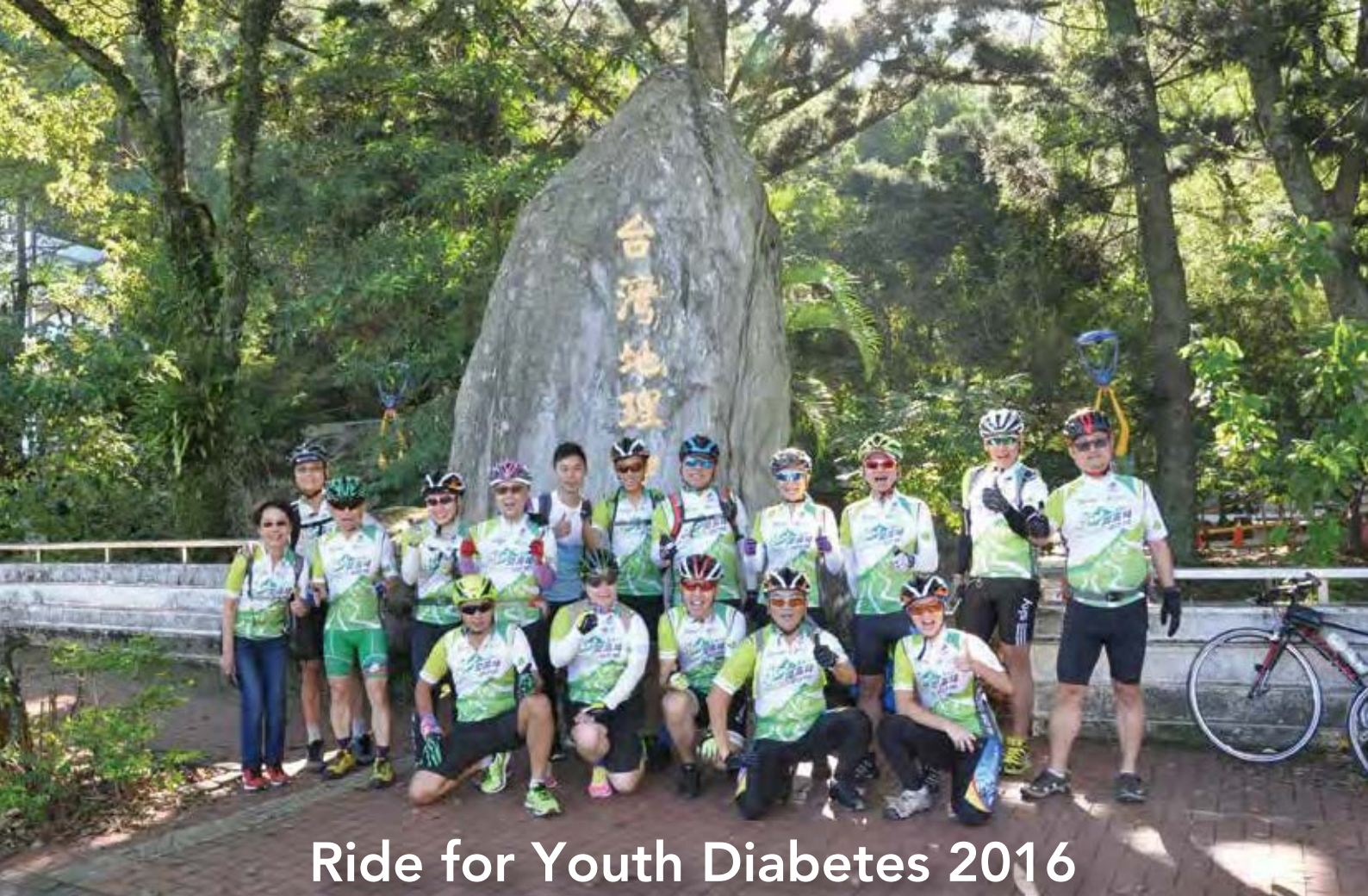
在2015年下旬，征服武嶺的計劃再次被提出，健胰騎士們再次被召集，各位顧問一方面定立針對性訓練計劃，另一方面鼓勵並協助年青的健胰騎士參與整個行程的籌劃；對我來說，這代表着雙重挑戰。爬坡訓練絕不輕鬆，尤其是在炎炎夏日，每次收車時都好像虛脫一樣，但不能給藉口自己偷懶，因為沒有體能就攻不了頂。

經過大半年的訓練，眾騎士在2016年10月前往台灣，與當地兒童糖尿病組織會合，一同接受挑戰。我們依照自己的呼吸節奏，一步一步向上爬，偶爾欣賞台灣中央山脈的壯麗景色。過了海拔二千米後，高原反應開始浮現，好像永遠都吸不夠空氣似的，肌肉很容易疲勞，連綿的曲折山路沒有盡頭，陣陣冷雨更帶來砭骨寒意。那時候，我嘗試忘記自己的處境，控制呼吸，慢慢地踩，相信一定能完成，現在回想起來，其實自己相當享受那時的心境。

最終所有健胰騎士，包括三位一型糖尿病患者，均成功征服武嶺，原本被雲層覆蓋的山頂亦在此時風起雲散，絕美景色彷彿就是攻頂挑戰的獎勵。

縱使過程中遇上不少問題，武嶺挑戰可說是完滿結束。各位顧問和師父在籌劃以及訓練過程中，向我們傳授珍貴的處事技巧和經驗，讓我們明白如何透過規劃，逐步實現看似遙不可及的目標，受益匪淺。我特別要向一同攻頂的張醫生與莫姑娘致意，一方面佩服他們的毅力，另一方面感謝兩位致力令我們在旅程中保持血糖穩定，是次成功，兩位功不可沒。

最後，我感謝每一位健胰騎士的付出，是你們造就武嶺挑戰的成功，我亦期盼挑戰下一個目標，繼續「我做得得到」。



Ride for Youth Diabetes 2016

Two years ago, YDA organized Ride for Youth Diabetes 2014 and it was a great success. This year, a group of riders and volunteers returned to challenge themselves, and achieved great results again in Ride for Youth Diabetes 2016. The goal of the event was to reach the highest point on Taiwan Wuling at 3,275 metres! The team successfully reached the peak, and showed everyone that nothing is impossible!

Ride for Youth Diabetes 2016 was organized by Team TDA, under the guidance of volunteer advisors. The event aimed to encourage young people with Type 1 diabetes to conquer their fears and the barriers they face in achieving their dreams. Seventeen cycling enthusiasts joined the event, which included YDA members, their families, medical professionals and volunteers. Participants had to attend training sessions from March, in order to prepare for the ascent to 3,000 metres. Let's see what the team leaders of Team YDA think about this event.

Lam Man Hay



As the captain for Team YDA, I am so happy that Ride for Youth Diabetes was completed successfully after the volunteer team and I spent one year to train and prepare for the event. It is an accomplishment to climb 3,275 metres together with the Taiwanese Association of Diabetic Children. I have definitely realised that diabetes does not need to be a barrier to your dreams.

The success of this event relied on the hard work of Team YDA, the support of YDA and all the volunteers (Generation C), as well as our sponsors (Sanofi & Medtronic), and the arrangements from our travel agency who were also indispensable.

Before the event, we all needed to go through a series of cycling training. All of the participants, including myself, are grateful to the cycling expert volunteers who spent hours teaching us techniques on uphill cycling and strength training. We are also thankful to YDA for doing the advertising and securing sponsorship.

I would like to give special thanks to the wonderful leaders of Team YDA, including Dicky Poon who helped organize the travel logistics, and Vincent Chan who designed our cycling jersey.

I would also like to thank the volunteers, who generously gave their time, money, and effort. We also appreciate our sponsors, and their supply of continuous glucose monitors to enable us to have better understanding of changes in our blood glucose levels. Thank you also goes to the Taiwanese Association of Diabetic Children who participated in the event with Team YDA.

Lastly, I want to thank Albert Sze, Raymond Choi and Stella Tse, who mentored Team YDA members and taught us how to become good leaders.

Special thanks to:



Medtronic



I am happy to announce that the 10-month long cycling training and event preparation for Ride for Youth Diabetes 2016 was successfully completed in mid-October. Congratulations to our three young T1D cyclists and other team members who conquered the peak, proving once again that nothing is impossible! I will never forget the sense of pride that I felt when I saw the riders from Taiwan and Hong Kong wearing the team uniform that we designed. It was unfortunate that I could not participate in the tour this year, but I am glad that I was able to be a part of the planning and design process. Being a part of the Ride for Youth Diabetes 2014 enabled me to learn about cycling and more importantly learn about how to work towards a challenging goal. My involvement this time connected me with a few tireless advisors and mentors, teaching me important lessons about project management and design; and I am grateful for their support for the event. As someone living with Type 1 diabetes, blood sugar control is not the only challenge I face in life. I also need to learn how to prepare for and conquer other challenges in life. I am thankful for the patience and understanding my team mates have shown me during my participation in the process. I hope this event can continue to inspire young people with Type 1 diabetes to pursue their dreams.



I remember in September 2014, how our group of cyclists finished the dream of finishing the cycling trip around Taiwan with the "I can do it" mentality. On our flight home, the cyclists discussed how we can best use this mentality and set a new target. A cycling advisor suggested setting a trip to climb the highest peak in Taiwan at 3,200 metres; and I just thought that this goal is not possible for me – the long distance, the continuous hill climb, the altitude – these are all hurdles that my body could not handle.

During the second half of 2015, the proposal to climb up Wuling of Taiwan was raised again. Our group of cyclists were gathered together, and the advisors set up specific training programmes and encouraged young people with diabetes to take up the responsibility of organizing the trip. This was a double challenge for me. Training for uphill cycling was gruelling, especially on hot summer days. After every training session, I felt like I was about to collapse; but I did not allow myself to give excuses or be lazy, because physical training is essential for completion.

After many months of training, the cycling team went to Taiwan in October 2016. We met up with the local juvenile diabetes organisation to go on the cycling trip together. We climbed the peak one step at a time, following our own breathing and rhythm. We even managed to enjoy the spectacular scenery once in a while. After 2,000 metres, I started feeling the effects of the altitude – I felt deprived of oxygen no matter how hard I was breathing, and my muscles were aching. The hilly roads were becoming more winding, and it started to drizzle which brought chills to my bones. I tried hard to distance my thoughts from my current situation and focused on my breathing instead. I peddled slowly but steadily, with a firm belief that I could reach the goal. Thinking back now, I really enjoyed my mental journey at that moment.

At the end, all of the cyclists, including the three cyclists with diabetes, completed the course. The peak, which had appeared to be covered by clouds before, came into sight and this fantastic view was simply the best reward for completing our journey.



Although we encountered many difficulties along the way, conquering the peak was the perfect ending to this challenge. I would like to thank all of the advisors and mentors who helped with the planning and the training process. They taught us valuable lessons on how to manage many issues and how to use planning to enable us to inch towards a goal that may seem impossible at the onset. I would especially like to thank Dr PT Cheung and nurse Maisy Mok - thank you for your perseverance, and also your invaluable help in keeping our blood glucose levels in control during the trip; we could not have done this without your help. Lastly, thanks to each and every cyclist on our team. I look forward to our next journey together, to reach our next impossible goal!

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藍月.十一 Blue November



每年的11月14日是世界糖尿病日，目的是要引起全球對糖尿病的警覺和醒悟，今年的主題是：共同關注糖尿病。為響應世界糖尿病日及藍月•十一，兒童糖尿協會於2016年11月內特別舉辦了一系列活動，提高社會大眾對兒童糖尿病患者的關注。

World Diabetes Day took place on November 14th, with a goal to raise global awareness of diabetes; and this year's ongoing theme is Eye on Diabetes. To celebrate Blue November, YDA presented a number of special events.

國際糖尿病聯盟糖尿病學校教育手冊 IDF Kids and Diabetes in School (KiDS) Information Pack for Schools

為了提高在校師生對糖尿病的認識和關注，承蒙賽諾菲香港有限公司鼎力支持，我們向全港一千五百多間幼稚園及小學派發了由國際糖尿病聯盟(IDF)推出的「糖尿病學校教育手冊」。該手冊包含了教師、父母、孩童所應知道的參考和指引，以減少對糖尿病兒童的歧視和提升他們的校園生活質素。我們將來亦會為學校舉辦講座，希望能幫助教師和學童更深入認識糖尿病和健康生活模式，為糖尿病兒童創造更美好的學校環境。

Thanks to the support of Sanofi-Aventis Hong Kong, we have distributed the IDF (International Diabetes Federation) KIDS Information Pack for Schools to 1500 schools and kindergartens around Hong Kong to raise awareness of diabetes. The pack includes reference and advice for teachers, parents and students, to reduce prejudice against children with diabetes and to improve their school experience. We are also planning to arrange school seminars in the future, with a goal to help teachers and students have a better understanding of diabetes and healthy living.

新聞發佈會 Press conference

我們於11月發佈了白皮書，有關兒童糖尿病的最新調查指出，血糖管理會為糖尿病兒童及其家庭帶來的沉重的經濟壓力。一型糖尿病患者必須終身每天進行4-6次血糖測試及胰島素注射治療，而血糖檢測及治療引發的醫療用品開支，每月耗費多達港幣\$1,200，這筆額外開支對不少家庭造成沉重的經濟負擔。不少糖尿病患的兒童寧願冒着併發症和失去生命的風險，也拒絕遵從每日必須進行4至6次的血糖測試，原因是害怕加重家人的經濟負擔。

為此，我們促請香港特別行政區政府於2017-18財政預算案中，保障一型糖尿病患兒童的健康及醫療福利，全面資助25歲以下一型糖尿病兒童及青少年的血糖檢測消耗品。至今我們的聯署行動已經收集到二千多個的簽名。良好的血糖管理有助減低併發症出現的危機，政府的全面資助實則能減少病人出入醫院的次數，從而減少醫療開支及對醫療人手的需求，達至雙贏局面。

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YDA released a White Paper in November about a new study on Type 1 diabetes, which pointed out that disease management often causes undue financial hardship on children and families. People with Type 1 diabetes need to test their blood glucose levels four to six times a day, as well as make insulin injections. The cost for medical expenses for testing and treatment can be as much as HK\$1,200 per month; which is difficult for many families. Many children with Type 1 diabetes risk complications and even death by not doing their recommended testing every day, just to save money for their families.

We are also advocating to the Hong Kong Government to include medical benefits for children with Type 1 diabetes in their 2017-18 Budget, and to fully subsidise the blood testing medical supplies for children and adolescents with Type 1 diabetes. We have already collected over 2000 signatures for this petition. A comprehensive subsidy from the government will decrease hospitalisation which will lead to a decrease in hospital spending, and will be a win-win solution for all.

Support our petition: <http://bit.ly/2ffMuEt>





童行有您 2016

經多月的籌備，兒童糖尿協會於11月13日舉辦大型公眾步行籌款活動--「童行有您2016」已圓滿結束，今年有多達300名參加者，從小西灣海濱花園出發，途經清幽的龍躍徑以及景色優美的石澳郊野公園，最終到達位於大浪灣泳灘的終點。

感謝各參加者、義工和相關機構的鼎力支持，為兒童糖尿協會籌得超過四十萬港幣的善款，同時亦讓社會大眾了解什麼是兒童糖尿病，以及糖尿病童需要的支援。這次活動誠邀食物及衛生局副局長陳肇始教授親臨支持，並代表接收本會促請香港政府全面資助25歲以下一型糖尿病兒童及青少年血糖檢測消耗品的請願信，於當日獲得教授正面的回應。兒童糖尿協會將繼續向有關部門跟進事件，希望能紓緩糖尿病童及其家庭的沉重經濟壓力，令糖尿病不會成為孩子成長的障礙。





Hike for Youth Diabetes 2016

After months of preparation, YDA successfully conducted the large-scale hiking fundraising event on November 13th – Hike for Youth Diabetes 2016. We had over 300 participants this year, who started from Siu Sai Wan Promenade, trekking through Dragon Trail and also Shek O Country Park with its famous seaside view, and finally arriving at the destination of Big Wave Bay beach.

We are grateful to all the participants, volunteers and supporting organizations, helping YDA to raise over \$400,000; and at the same time raise public awareness of diabetes. We were honoured to have Professor Sophia Chan, JP, the Under Secretary for Food and Health, to support our event, and to receive the letter from YDA to petition the government to fully subsidise the cost of blood testing medical supplies for children and youth under 25 who have Type 1 diabetes. We were also glad that Professor Chan gave very positive feedback regarding our petition letter. YDA will continue to advocate for this subsidy, to ensure that children will no longer be hindered by the cost of appropriate diabetes care.



Members' Activity Highlights & Upcoming Activities



16-17/9/2016

青少年營 Youth Camp 2016

今年的青少年營為會員帶來前所未有的挑戰，我們於黃宜洲訓練營，挑戰各項不同的水上活動，如浮筏、划艇等，大家都表現出堅定的意志和團體精神，順利完成各個項目，值得嘉許！

We had unprecedented challenges for our members in our Youth Camp this year, who entered the Wong Yi Chau Training Camp to challenge themselves with different water sports such as floating rafts and rowing boats. Finally, they completed all the events. We really appreciate their perseverance and team spirit!



19/9/2016

家長工作坊－糖尿最新科技介紹 Parents Workshop – New Diabetic Devices

為了讓會員及家長可以認識市面上各種連續血糖監察儀的運作及其好處，本會特意邀請多位兒科專科醫生，向會員講解及與家長分享有關資訊。

For this workshop, we invited paediatric specialists to share how the continuous glucose monitoring (CGM) system works, the reasons for using it and who should use it, and to share the attitudes and psychological reactions regarding use of the device.



26/11/2016

糖尿病眼睛併發症講座 Diabetes Eye Workshop

任何類型的糖尿病患者都有糖尿病性視網膜病變的風險。本會邀請眼科專科醫生親臨講座分享糖尿病相關眼疾及治療。

Everyone with diabetes risks diabetic retinopathy. We invited an ophthalmologist to talk about diabetes eye diseases and treatments.



17/12/2016

聖誕聯歡暨良好血糖控制證書頒發典禮2016 Christmas Party and Blood Glucose Control Certificate Award 2016

今年我們的聖誕聯歡會暨良好血糖控制證書頒發典禮有多達250名會員參加。除了有刺激的抽獎環節和遊戲節目外，更有會員為我們帶來精彩的歌唱表演。另外，2位會員曾心怡和董朗生在考試期間都抽空為我們擔任司儀，令活動順利進行實在功不可沒。而每一年本會為鼓勵會員學習管理日常的個人糖尿病護理，從而取得良好糖化血紅素，今年本會向約50位會員頒發了良好血糖控制證書以作鼓勵。

This year at YDA's annual event an unprecedented 250 people attended the "Christmas Party and Blood Glucose Control Certificate Award". Besides the exciting lucky draw and game sessions, some of our members also gave us amazing singing performances. Two of our members - Sammi Tsang and Hugo Tung - were very generous in finding time in their busy schedules during exam time to be the MCs of the event. We thank them for their help to make our event such a success. Every year, YDA gives out awards to encourage our members to learn best practices of daily diabetes management and to achieve a good HbA1c level. For 2016, YDA awarded 50 members with a Blood Glucose Control Certificate. Congratulations!

活動預告 Upcoming Events

親子樂郊遊 Family Hike

今年3月我們將會再帶大家出發，到香港風景怡人的郊外探索大自然的美麗！

Let's go to the countryside of Hong Kong together, to explore the beautiful views of nature!

時間：3月
地點：待定
對象：會員及家人

Time: March
Venue: TBC
Attendees: All members and families

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 for creating healthy, tasty and diabetic-friendly food with other members. Please contact us to arrange a session if you are interested in cooking.

地點：兒童糖尿中心
對象：會員及家人

Venue: YDA Centre of Excellence
Attendees: All members and families

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9月至12月的捐款及鼎力支持，使我們能夠為各會員提供更多服務。(排名不分先後)

Thanks to the generous support of those companies, organizations and individuals from September to December 2016, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, Thank you!

一般捐款 General donations

公司或團體 Companies/ Organizations

Goldman Sachs Matching Gift
Mills International Preschool

個人 Individuals

Chan Kwok Hing
Chang Shou Chung
Cheung Leung Sin Ha
Eddie Wang
Lee Chun
Leung Wai Man
Ma Hung Yan
Ma Yiu Pun Beck
Ng Fung Lan Cindy
Ng Wai Hing
Terence Francois Keyes
Sze Maria
Wai Yim Yee Olivia
Wong Suet Fung
Wu Chi Sang
Yue Chung Yan Agnes

青少年營 2016 Youth Camp 2016

公司或團體 Companies/ Organizations

Abbott Laboratories Ltd.
Eli Lilly Asia Inc.
Novo Nordisk Hong Kong Ltd.
Operation Santa Claus HK
Sanofi-Aventis Hong Kong
United Italian Corp. (HK) Ltd.

健康騎士闖高峰 Ride for Youth Diabetes 2016

公司或團體 Companies/ Organizations

Celki VitalAire
Champion System
Medtronic Hong Kong Medical Limited
Sanofi-Aventis Hong Kong

個人 Individuals

Wilson Ng

童行有您 2016 Hike for Youth Diabetes 2016

公司或團體 Companies/ Organizations

Abbott Laboratories Ltd.
Association of Hong Kong Diabetes Nurses
Ascensia Diabetes Care
BioScan Ltd.
China Medical HealthCare Group Ltd.
Dragon Capital Ltd.
Hong Kong Dietitians Association
Hong Kong Society of Endocrinology,
Metabolism and Reproduction
Hong Kong Society of Paediatric
Endocrinology and Metabolism
KARORI 卡宜®天然糖
Equal Original
Medtronic International Ltd.
Novo Nordisk Hong Kong Ltd.
Otsuka Pharmaceutical (H.K.) Ltd.
QBE Insurance Asia Pacific
Sanofi-Aventis Hong Kong
Santa Fe Relocation Services
St John Ambulance Brigade Youth Command
Watson's Water
上輝鮮果
九龍第1661旅童軍旅團

個人 Individuals

Mr Rusy M Shroff, BBS, MBE

糖尿病眼睛併發症講座 Diabetes Eye Workshop

公司或團體 Companies/ Organizations

Clarity EyeCare
健康眼睛基金

聖誕聯歡暨良好血糖控制證書頒發典禮2016 Christmas Party and Blood Glucose Control Certificate Award 2016

公司或團體 Companies/ Organizations

Queen's Cafe
Operation Santa Claus HK

義工 Volunteers

Albert Sze
Benny Lo
Celia Lee
Chan Su Mee
Cherish Law
Dennis Ng
Dicky Poon
Dorcus Mak
Dr But Wai Man
Dr Gloria Pang
Dr Jeff Hui
Dr Jennifer Tsang
Dr Joanna Tung
Dr Kiran Belaramani
Dr Samantha Lee
Dr Sammy Wong
Dr Yau Ho Chung
Fong Chi Leung
Frances Tong
Guo Dong Hui
Ho Kin Yan
Hugo Tung
Iris Poon
Joei Tsoi
Julie Fried
Kelvin Wong
KK Leung
Lai Lai Chu Betty
Lam Man Hay
Law Chin San
Lee Tat Hei
Leung Hoi Kit
Li Ka Yi
Luo Lu Juan
Ma King Hung
Maisy Mok
Natalie Ma
Ng Shui Kuen
Prof PT Cheung
Raymond Choi
Sammi Tsang
Sean Cheng
So Suet Yim
Stella Tse
Suyi Chan
Tang Siu Cheong
Theresa Yeung
Victor Yuen
Wendy Kwan
Wong Hoi Man
Wong Suet Fung
Xiao Jin Tao
Zhang Min

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Ms Joanna Hotung 何苗春輝女士

Chairperson 主席

Ms Fina Cheng 鄭馮亮琪女士

Hon Treasurer 義務司庫

Ms Tina Lee 李佩君女士

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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 their 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/本公司願意每年捐款予此計劃。

I / My company will donate to this programme on a recurring 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.