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Action

兒童糖尿協會

# YDA today



news  
letter



2017



issue  
48



## Challenging Teens 成長的挑戰

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## 編輯的話

### FROM THE EDITOR

你還記得青少年時候的自己嗎？（這個問題當然只是針對成年讀者！青少年讀者比我更懂回答這個問題吧！）也許要說得更準確的話，你能想出三組詞語去形容你的青蔥歲月嗎？會不會是：人生轉捩點、友誼、學業壓力、男朋友 / 女朋友、好玩、朋輩壓力、青春期、派對、與父母吵架、獨立和社交壓力？我的青少年回憶酸甜參半、成敗得失，這些都成就了現在的我。在這個重要的人生交叉點所作的決定，每每能建立或摧毀自我；在這階段的所有經歷，或許影響着，甚至形成我們作為一個獨立而成熟的成年人之世界觀。

現在再試想一下，你在處理青少年時期種種難關之外，還要面對一個長期病患的挑戰。而這個病患如果處理不當，會帶來非常嚴重的副作用；一連串的醫護程序，使你在朋友圈中變得不一樣，有時還會有尷尬情況發生；你不能隨時自由吃你愛吃的食物，和朋友一起外出用餐變得不便；服食的藥物可能會改變你的體重；攝取酒精也要特別小心。你又會如何應付這些狀況？更甚的是，當你已不再是小孩子，以為可以獲得一點點的自由，但因為這個長期病患，父母需要24小時全天候監測你的情況方可安心……你會怎樣呢？

今期月刊會探討糖尿病青年人如何盡力活出精彩人生，以及分享他們的積極態度。他們的而且確需要面對極大的生活挑戰，但仍能找到路向！一起來看看吧！

Do you remember what it was like to be a teenager? (I am talking, of course, exclusively to our adult readers. Our teenage readers are infinitely wiser about this topic than I am.) Or better yet, think of three words or phrases related to your teenage years. Here are some possible words: *life-changing, friendship, academic pressure, boyfriend/girlfriend, fun, peer pressure, puberty, parties, fighting with parents, independence, social pressure*. I remember my teenage years as a bittersweet mix of triumphs and failures, that were ultimately instrumental in shaping my life as an adult. The choices we make at this important life juncture can make or break us, and our experiences at this time may define how we view the world as we become independent and full-functioning citizens of our society.

Now, imagine you have to navigate through all the challenges of the teenage years while managing a chronic disease – a disease that, if not managed properly, can have many devastating side effects. A disease that requires medical management that makes you stick out from your friends and can potentially be embarrassing. A disease that places restrictions on what and when you can eat – when all you want to do is hang out with your friends and socialize around food. A disease that requires medication that may affect your weight. A disease that makes alcohol consumption tricky – even if you really want to try. How will you handle all this? And one last thing – this disease also makes your parents monitor you 24/7 because they are always worried about you, when all you want is a little independence because you are not a little kid anymore. Now then – how do you cope?

This issue will explore what it feels like for teens with diabetes to live their best life, and most of all, be happy! It is a lot to manage, but it is very possible. Read on and find out.

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## 成長的挑戰 Challenging teens



「糖尿病就是我一部份。」

Brittany Fried

你在幾歲時被確診？當時是如何被診斷出患上糖尿病的？

我在11歲時確診糖尿病。那時我連續兩個月出現喉嚨痛的症狀，體重大幅下降，一直口渴想喝水，有一次還尿床了。醫生以為只是比較嚴重的喉嚨發炎，直至我媽媽要求做血液測試，才發現我的腎功能不正常。後來是腎臟科專家確診我患有糖尿病。

每天重覆的醫護程序曾令你覺得疲憊嗎？

當我的血糖持續過高或過低時，我有時候也會很有挫敗感，為什麼血糖指數一直這樣？我的父母和醫生會給我改善血糖的建議，也會一起嘗試找出血糖指數升降的原因。除此之外，我沒有因為糖尿病而感到疲憊。糖尿病就是我一部份，我與它是共生共存的。我一直記着的是要把這病控制好，而不是記着它令我有挫敗。

家長如何在被確診後的過渡期中做到支援的角色呢？

家長最需要注意的，就是千萬不要強逼孩子去改變他們的生活方式，而是支持孩子去找出一個糖尿病與生活的平衡點。患上糖尿病並不等於要放棄所有的碳水化合物食物、甜品和運動，而是要吃得健康、活得健康。家長別要求孩子放棄他們愛吃的食物和興趣，反而要幫助他們找到合適的方法來把他們喜歡的事物和糖尿病的生活模式融合起來。

你有什麼想向患上糖尿病的青少年分享呢？

需要幫助的時候，便勇敢說出自己的需要。父母和醫生就是你最好的朋友：他們或許不能完全體會你的感受，但他們願意盡全力支持你。請他們幫你降低血糖指數、提醒你要檢查血糖、帶上升糖補充品，以防萬一。在控制糖尿病情上，不要害怕去讓別人幫助你。

你對青少年子女患上糖尿病的家長有什麼建議呢？

與子女一起討論處理和管理病情的做法；相信他們有能力照顧好自己，同時也讓他們清楚知道你是他們的最強後援。與子女訂立清晰界線，比方說，我父母可以隨時查看我的連續式血糖監測儀結果，他們知道我可以把病情控制好，但我們都一致同意，如果我的血糖讀數低於55 mg/dL (3.1 mmol/L)，他們便會打電話來看看我的情況。所以這樣做，我覺得自己可以管理好自己的病況，也同時知道父母親在我需要時一定會幫助我。

*"My diabetes is an integral part of me"*



Brittany Fried

How old were you when you were diagnosed, and how did you find out?

I was diagnosed at age 11. For two months I'd had a sore throat, lost lots of weight, drank water incessantly, and once even wet the bed. My doctor thought it was a bad throat infection until my mother prompted him to take a blood test, from which he discovered my kidneys weren't functioning properly. The kidney specialist diagnosed my diabetes.

Have you ever felt tired of having to keep up with your medical routines every day?

When my blood sugar is consistently low or high, sometimes I would get frustrated and ask myself, "Why can't I fix this?" My parents and doctor help by giving tips on how to better control my blood sugar, and helping to brainstorm different reasons for my highs/lows. Other than these rare occasions, I generally do not feel frustrated by my diabetes. My diabetes is an integral part of me. It's always in the back of my mind because it is important to manage my condition well, but it does not frustrate me.



## What can parents do to make the transition to being diagnosed with diabetes easier?

The most helpful thing parents can do is to avoid forcing their children to change their lifestyle. Instead, offer to support them in finding their own way to live healthily with diabetes. Having diabetes does not mean giving up all carbs or desserts or sports; instead, it means eating and living healthily. Parents should not push their children to quit the things that they love (be it things to do or to eat). Instead, help them find healthy and appropriate ways to integrate these things into their life with diabetes.

## What would you say to teenagers who are struggling with diabetes?

Do not ever be afraid to ask for help. Your parents and doctors are your best friends: they may not know exactly how you're feeling, but they want to do all they can to support you. Ask for their help in lowering your HbA1c level, reminding you to prick your finger, or carrying extra glucose-raising supplies, just in case. Don't ever be ashamed to ask for a hand with your diabetes management.

## What advice would you give to parents who have teenagers diagnosed with diabetes?

Talk with your child about how you are going to manage their diabetes, as a team. Trust your child to take care of themselves, and make it clear that you are their greatest supporter, should they need it. Talk with your child to set clear limits. For instance, my parents have access to my Continuous Glucose Monitor (CGM) results at all times; they know I can manage my diabetes, but we have arranged that if my blood sugar falls below 55 mg/dL (approx 3.1 mmol), they will call to make sure I'm ok. This way, I feel in control of my diabetes, but always know that my parents are there to support me when needed.

「既然你可以選擇，  
為何不選擇快樂？」

徐子軒



## 你在幾歲時被確診？當時是如何被診斷出患上糖尿病的？

我在10歲時被確診的。因為我那時愈來愈瘦，在檢查身體時，我媽媽跟健康中心的醫生說了這情況，醫生便建議我到醫院專科求診。當醫生告訴我有糖尿病的一刻，我是很冷靜的。因為我不相信自己的耳朵，我以為這只是開個玩笑而已，所以並不緊張。後來我發現自己真的確診了，那時候我已經接受現實。

## 你第一次血糖過低時的情況是怎樣的？

我第一次血糖過低時，饑餓感很強烈，很容易動怒，手也在抖。要形容這感覺不容易啊，我那時候覺得非常不舒服。

## 你曾因為糖尿病而被欺凌嗎？

我從沒有因為糖尿病而被欺凌，我覺得香港人都很熱心助人和富同情心。我身邊的朋友都很友善，他們更鼓勵我去面對病情。這些鼓勵給予我勇氣去活得快樂，而不是抱怨和哀愁。既然你可以選擇，為何不選擇快樂？

## 家長如何在被確診後的過渡期中做到支援的角色呢？

父母是孩子生命裏最重要的人。我認為家長最能夠做的，就是讓孩子知道你對他們的關愛。他們在經歷低潮時，很需要身邊人的支持。家長的支援能令孩子不再感到孤獨，也讓他們知道幫助是隨時隨在的。這一點足以使孩子在康復路上走得更快。

## 你覺得你已經把病情控制住了嗎？

我透過與其他家長交流和閱讀相關書本，在過去兩年學到了很多有關控制糖尿病的方法，我覺得我已經把病情控制住了。可是我知道還有更多的需要學習，對我來說，這個病依然是個重大的挑戰；但我並不害怕 — 我知道我是可以克服過來的。

*"If you can choose, why not choose happiness?"*

Henry Chui

## How old were you when you were diagnosed, and how did you find out?

I was diagnosed with diabetes when I was 10 years old. I found out because I kept losing weight. When I had a body check, my mom pointed it out and the doctor in the health centre suggested that I go see a specialist in the hospital. When the doctor told me I had diabetes, I was very calm. That was because I couldn't believe my ears and I thought it was just a joke. That's why I wasn't nervous. When I realised that I was really diagnosed with diabetes, I had already accepted this fact.

## What happened the first time your blood sugar got too low?

I felt very hungry and I got angry easily. Also, my hands were shaking. It isn't easy to describe that feeling. I felt very uncomfortable.



## Have you ever been bullied because of your diabetes?

I have never been bullied because of my diabetes. I think people in Hong Kong are generally helpful and sympathetic. My friends are very nice and they even encourage me to face my diabetes. Their encouragement gives me the courage to live happily, instead of complaining and feeling sad all the time. If you can choose, why not choose happiness?

## What can parents do to make the transition to being diagnosed with diabetes easier?

Parents are the most important people in a child's life. I think the most important thing they should do is show that they care. Kids need someone's help when they are down. With their parents' help, kids can be reminded that they are not alone and there is always someone beside them to help them. This can help the kids recover quicker.

## Do you feel like you are in control of managing your diabetes right now?

In the past two years, I have learnt a lot about how to manage diabetes through other parents and reading books. Now I feel like I am in control of managing my diabetes. However, I know I still have plenty to learn and it is still a colossal challenge for me. But I am not afraid of it - I know that I can get over it.

「能有這樣的朋友，  
實在讓我感激不盡。」  
蔡祖堯

## 你在幾歲時被確診？當時是如何被診斷出患上糖尿病的？

我在三歲時被確診，當時是2003年。

## 你有曾經因為患上糖尿病而感到尷尬嗎？

我常常和家人及朋友待在一起，我們經常外出用餐。我在注射胰島素時，餐廳裏有時候會有些人輕聲談論，甚至是直盯着我，這些年來最讓我感到尷尬的就是這種情況了。我在小時候每次都會很生氣，可能也會回嘴幾句；現在我已漸漸適應了，不再理會他們的目光。

## 你怎樣把自己患有糖尿病的事告訴朋友？他們當時反應如何？他們現在如何支持你呢？

其實我只是直接告訴朋友，他們大部份的反應都很正常。他們平常也會幫忙提醒我，在吃飯時和運動時也會特別照顧我。能有這樣的朋友，實在讓我感激不盡。

## 家長如何協助你面對糖尿病呢？

因為我在很小的時候已被診斷出患上糖尿病，所以我的父母在我與這病的戰鬥中佔了一個很重要部份。他們也成為了糖尿病的專家，因此他們知道很多關於維持血糖正常水平的知識。

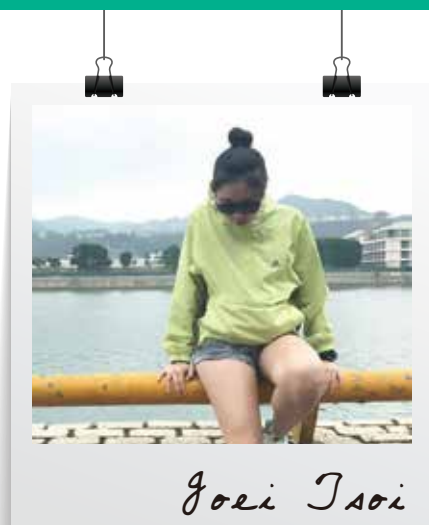
## 你覺得你已經把病情控制住了嗎？

絕對是的。在過去四年，爸媽都很少管理我的糖尿病情況，他們對我很有信心，相信我可以把病情控制得好。

"I feel really grateful to have friends like them."

## How old were you when you were diagnosed, and how did you find out?

I was diagnosed when I was three, in 2003.



## Have you ever felt embarrassed about your diabetes?

I hang out with my friends and my family very often, and we always have meals in restaurants. Sometimes when I am injecting insulin, other diners in the restaurant would whisper about me or even stare at me directly. Those have been the most embarrassing moments for me over the years. When I was younger, I would definitely feel angry and I would want to say something to them. Now that I am more experienced with this, I have gradually adapted to this situation and I have learnt to ignore them.

## Tell me about your friends. How did you tell them about your diabetes? How did they react? How do they support you now?

Actually I have just told my friends directly. Most of them reacted quite normally. They also help to give me reminders and take extra care of me when we are having a meal together or doing exercise together. I'm really grateful to have friends like them.

## How have your parents coped with your diabetes diagnosis?

As I was diagnosed at such a young age, my parents were a big part of my journey to combat my diabetes. They have definitely become experts in diabetes also. That's why they are very knowledgeable about how to maintain a healthy glucose level.

## Do you feel like you are in control of managing your diabetes right now?

Yes, absolutely. For the past four years, my parents rarely got involved in my diabetes management. They have faith in me that I have the ability to manage my diabetes well.





# 糖尿爸媽小貼士

# Tips for Parents



**不要把血糖值和糖化血紅素（HbA1c）當作考試分數：**若孩子每次「篤手指」度數超標，都被視為做得不夠好，如「肥佬」般挨罵，沒有負面情緒和抗拒才怪！與孩子一起解決問題，父母請先放下「問責」的思維吧！

**先回應感受，避免說教：**血糖管理是一場人生馬拉松，孩子是跑手，父母是伴跑。當中的困倦、艱辛、挫敗，孩子是以第一身去承受。將心比己，面對這處境，難免有自暴自棄、自憐自嘆的時候，使父母禁不住的嘮嘮叨叨。輕輕一句「我睇得出你因為嘅血糖搞極都唔靚好艷自己。」或「你擔心嘅朋友點睇你，所以唔想人知你有糖尿病。」，讓孩子知道你明白他的感受，勝過嘮叨說教。

**學做聆聽者：**當父母不清楚怎樣處理孩子的情緒時，請別勉強自己要說些什麼，只管聆聽着就可以了。有時孩子抱怨這個那個，可能只是想父母在旁聆聽。父母沒有讓孩子完整表達自己的感受就急於提出意見，反而容易在片面解讀下給了不中用、不中聽的忠告。

**避免比較：**父母拿子女態度或行為跟其他人比較，引來子女反彈的情況屢見不鮮。青少年着重自尊和自我形象，一些如「人哋控制血糖咁俾心機，睇吓你吓…」的評語，恐怕起不到激勵作用，只會惹來反感。

**小提示，大幫忙：**在日常血糖處理上給一點「溫馨提示」或「小貼士」，「阿仔，你啲針咀、試紙用晒未呀？」從容不迫，點到即止。

**放膽討論敏感議題：**當青少年糖尿病友長大，生活圈子逐漸擴闊，開始涉足成年人的世界，他們所面對的是非抉擇跟常人無異。家長須有準備與他們討論網絡罪案、性行為、酗酒、濫藥等棘手議題，引導他們在這些事情上作明智、負責任的抉擇。

**終須放手：**終有一天孩子會成年，要自行管理打針、驗血、飲食、運動、覆診，以至生活上其他大小事情，獨立的過程不會一蹴而就，卻要父母「冒險」讓孩子「撞板」的勇氣。成長，少不了的是從錯誤中累積經驗，當父母太害怕孩子犯錯，孩子就更不敢體驗新經歷，封在窄小的安全區中無法成長。若一些孩子自己應緊張的事，父母比他更緊張，他就不會學懂對自己負責了。

## Glucose levels and HbA1c levels are not exam scores.

If you punish your child every time they get a glucose level that is too high when they do their blood glucose test, you are just pushing them to feel negative. Parents need to put away this sense of "performing to expectations", and help manage challenges together with your child.

## Prioritize emotional needs and avoid lecturing.

Think of glucose management as a marathon not a sprint – your child is the runner; parents are merely their running partners. Your child experiences all the struggles and failures first hand, and it's unavoidable that at times they may feel down and unmotivated, and equally unavoidable that at times parents feel the need to nag. Deal with these situations gently with an easy approach like, "I can tell that you're upset because it's tough to manage your blood glucose just right", or "It's hard for me to tell how your friends would react, and that's why I didn't tell them about your diabetes." Your child will value that you understand their feelings, much more than a long lecture!

## Learn to be a good listener.

When you can't figure out how to handle your child's mood, it's often more effective to be brief with your words, and instead focus on listening. Sometimes children may complain a lot, and in fact all they want is to have you listen to them. Try to avoid giving out advice too prematurely or unnecessarily, without allowing your child to fully express themselves and figure things out for themselves.

## Avoid comparisons.

Children hate it when their parents compare them with their peers, and they will often rebel against them. Adolescents value their self-image and pride, and comments like "Look at how they are doing so well in controlling their blood glucose; how come you can't do it?" do not help to encourage positive behaviour.

## Helpful reminders.

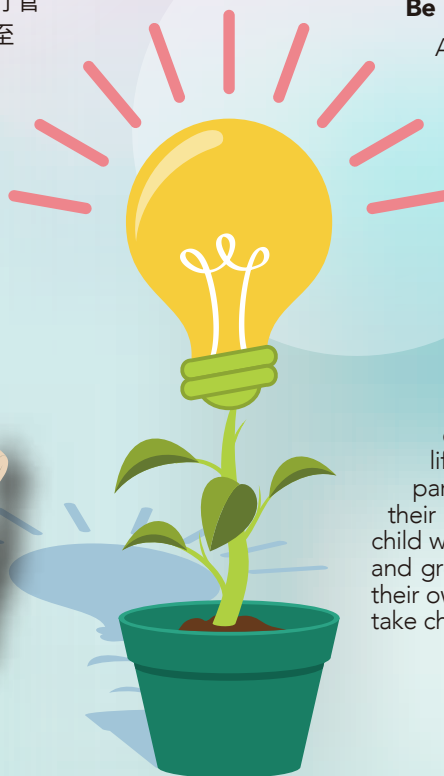
You can try to give some useful reminders like, "Have you used up all your needles or test strips yet?" It can seem casual but it can still be effective.

## Be brave and talk about sensitive topics.

As children grow up, their social circles expand and they start entering the adult world and they are faced with new challenging choices – this is the same for teenagers with or without diabetes. Parents need to be prepared to talk about important and often tricky issues like cyber-crime, sexual activity, alcohol use, and substance abuse. Having these open discussions can help guide teens to make the best and most responsible choices.

## In the end, you must let go.

One day, your child will grow up and have to take care of their own disease management, diet, exercise, medical care, and all other aspects of daily life. The journey to independence is a rocky one, but parents must let their child take risks and learn from their failures. We learn the most through failure, and a child who grows up in a protected bubble will never learn and grow. The child needs to learn to be responsible for their own wellbeing, and parents need to learn to let them take charge.







## 活動花絮

# 春日愛心樂悠悠2017

兒童糖尿協會在4月29日（星期六）於九龍灣國際展貿中心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「Transatlantica」，是指跨越大西洋的黃金時代。著名設計師Silvio Berge 的巧手把宴會廳幻化成豪華郵輪，為賓客帶來一個充滿魅力、優雅和神話般的晚上。當晚的模擬遊艇比賽把氣氛推至高潮，好不熱鬧。勝出的嘉賓善長可獲得香檳及包括異國情調的豪華遊輪假期等不同名貴大獎。

是次晚宴籌得善款300萬港元，令兒童糖尿協會得以繼續為患上糖尿病的兒童及其家庭提供服務，特別是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。





## EVENT HIGHLIGHTS

# Spring Fling 2017

Youth Diabetes Action hosted its annual fundraiser Spring Fling on Saturday, 29 April, at the Glass Pavilion of KITEC, with over 300 celebrated guests in attendance.

This year's theme was Transatlantica. Under the talented hand of designer Silvio Berge, the venue was transformed into a stunning representation of an ocean liner for one magical night. Our guests dressed up in their finery. Entertainment was provided in the form of boat race lucky draws, which created great excitement amongst the guests as they cheered on their selected boats. The Schmidt Marketing Medal, The Rusy M Shroff and Purviz R Shroff Cup, and The Accelera Yachts Trophy provided the opportunity to win bottles of champagne as well as fantastic grand prizes, including a fabulous luxury yacht tour.

The goal of the gala dinner was to raise funds to continue supporting children with diabetes and their families. Youth Diabetes Action will continue to support financially-needy families in subsidising medical supplies for their diabetic children.

Thank you to all the sponsors, donors, esteemed guests and volunteers for the event!







## 活動花絮

# 英國艾斯特大學醫學院 諾爾摩根教授演講

5月22日，來自英國艾斯特大學醫學院的糖尿病研究專家諾爾摩根教授（Professor Noel Morgan），特別為兒童糖尿協會的醫療顧問及委員會成員，就他的一型糖尿病研究項目最新進展演講。摩根教授針對確診後的一型糖尿病病人之胰臟變化進行研究，在為期10年的研究中，於初期階段已有令人欣喜的發現。期望他的研究繼續順利進行，令一型糖尿病的病理知識及治療向前跨進一大步！

艾斯特大學亦專注研究有關幼兒糖尿病及一型糖尿病的差別，尤其對被錯誤診斷的患者有重要影響和幫助。



## 醫療顧問分享

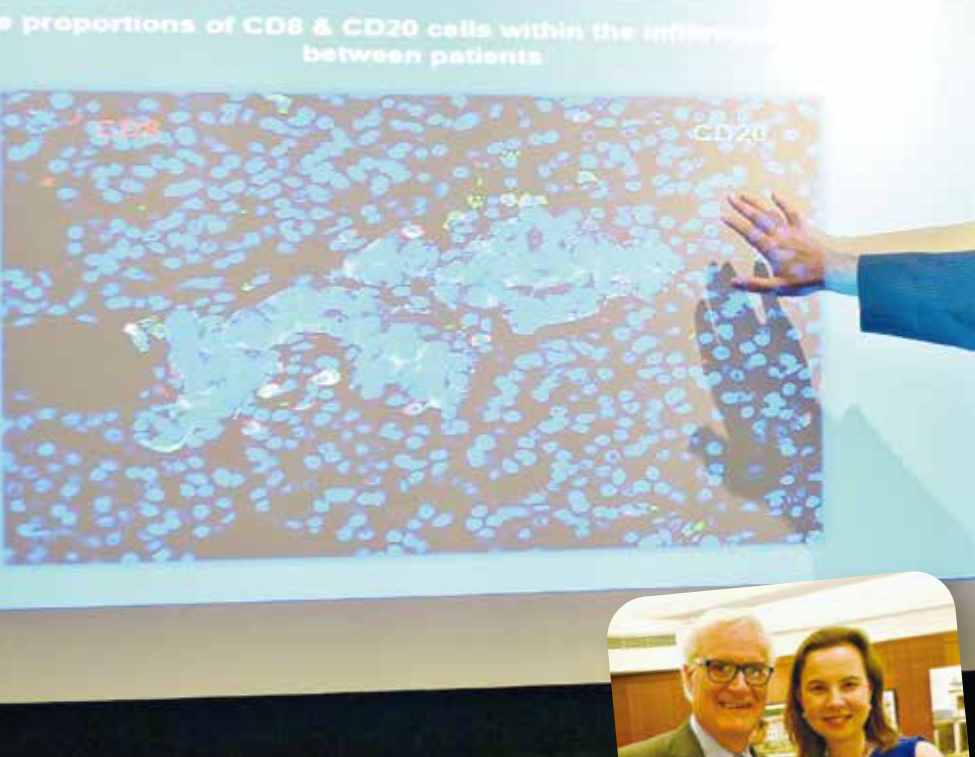
### 莫碧虹姑娘：

摩根教授帶來了一型糖尿病的革命性新資訊，突破現存的知識。透過摩根教授的尖端影像科技圖片，我認識到新確診一型糖尿病病人的胰臟β細胞變化，從而了解其病因、種類及病況發展。希望通過免疫學和基因的研究，將來可以治癒及預防一型糖尿病。

### 馬青雲教授：

摩根教授是糖尿病及胰臟β細胞生物學的專家，他與他艾斯特大學的研究隊團目前在進行一個很有意思的研究，這晚的精彩演講正是有關他的新發現。摩根教授研究一型糖尿病兒童的胰臟，發現即使確診多年，胰臟仍然可能有相當數目的胰島素分泌細胞。他們又發現一型糖尿病之下還可細分出子類型，有不同的胰臟病理變化，病況進展亦有差別。這些研究發現，令將來或許可能透過加強剩餘β細胞的胰島素分泌，作為治療一型糖尿病的新希望。





#### EVENT HIGHLIGHTS

## Special speech by Professor Morgan, University of Exeter

On 22 May, Diabetes research expert Professor Noel Morgan from the University of Exeter gave a special seminar for our council members and medical advisors. Professor Morgan's current major study focuses on the progression of type 1 diabetes from the point of diagnosis. Significant findings were discovered in the initial stage of the 10-year study. We wish Professor Morgan's research every success to bring transformative benefits for people with type 1 diabetes.

The University of Exeter is also responsible for identifying the difference between neo-natal and type 1 diabetes which has transformed the lives of many wrongly diagnosed diabetes.



### Sharing from Medical Advisors

#### Ms. Maisy Mok:

Prof. Morgan gave me the groundbreaking information on type 1 diabetes beyond our existing knowledge. I learnt about the journey of beta cell changes from new diagnosis by the advanced imaging technology to understand the causes, types and progression of this disease. I hope we can find the cure and prevent type 1 diabetes through the immunology and genetic studies in future.

#### Prof. Ronald Ma:

Professor Morgan, an expert in diabetes and beta-cell biology, gave an excellent talk about the exciting work he is undertaking with his team at Exeter University, UK. He described how, using a precious collection of pancreas from children with type 1 diabetes, they found that there are significant insulin-producing cells even years after type 1 diabetes. They also found subgroups of type 1 diabetes with different pathological changes in the pancreas, and different rates of disease progression. His findings offer the exciting hope of enhancing residual beta-cells to secrete insulin as a possible treatment strategy for type 1 diabetes in future.



## Members' Activity Highlights & Upcoming Activities



12/2/2017

奇妙家庭時刻

**Disney's Magical Family Moment**

得到香港迪士尼樂園贊助，10個朋輩大使家庭帶領其他會員暢遊樂園，還參觀了最新的「鐵甲奇俠飛行之旅」，非常難忘！

With the generous sponsorship from Hong Kong Disneyland, ten mentor families led our members to have a fun day in the Disney's Magical Kingdom. They even had a chance to explore the new Marvel-themed ride – Iron Man Experience. What an enjoyable day!

## 活動預告 Upcoming Events

米埔螢火蟲之旅 Mai Po Firefly Visit

今年8月，讓我們一起走進香港特有的螢火蟲棲息處，認識香港的自然生態及文化遺產。

Let us explore the natural habitat of fireflies this August, and learn more about the Hong Kong's natural ecology and cultural heritage!

日期 Date : 9/8/2017

地點 Location : 米埔自然保護區 Mai Po Nature Reserve

對象 Attendees : 會員及家人 (4歲或以上) All members and families (age 4 and up)

親子同樂日 Family Outing

炎炎夏日，最適宜到戶外走走，共享天倫之樂！

Come join us for some summer fun with the whole family!

日期 Date : 8月 August

地點 Location : 待定 TBC

對象 Attendees : 會員及家人 All members and families

「童行有您」2017

**Hike for Youth Diabetes 2017**

第三屆「童行有您」將於11月舉行，約定你一起參加！

The 3rd annual Hike for Youth Diabetes is coming soon in November, mark your dairy now!

日期 Date : 12/11/2017

地點 Location : 大潭郊野公園 Tai Tam Country Park



17/03/2017

龍脊樂優遊

**Family Hike – Dragon's Back**

會員和家長在義工帶領下，遊覽亞洲區最佳市區遠足徑之一的龍脊。大家都興奮不已，雖然中途經歷大雨，路徑亦變得溼滑難行，但我們最後還是完成整個旅程了，真的為大家感到自豪！

Members and their families were so excited to visit the Dragon's Back, one of the best urban hiking trails in Asia. It rained heavily during the trip and the trail became wet and slippery. But we completed it safe and sound. We were really proud of our teamwork!

05/06/2017

Team YDA 吐露港單車之旅

**Team YDA Cycling Tour**

Team YDA再次為會員和家長舉辦單車之旅，體驗騎單車的樂趣。在隊長民希的帶領下，全部小朋友都順利完成23公里的路程，十分厲害！

Team YDA held a Cycling Tour for our members and parents again. With the guidance of Captain Man Hay, all of the children completed the whole 23 km journey. What a great achievement!





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\*Scanning the sensor does not require lancets.  
\*A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycaemia or impending hypoglycaemia is reported by the System or when symptoms do not match the System readings.  
The FreeStyle Libre Flash Glucose Monitoring System Sensor is indicated for measuring interstitial fluid glucose levels in people (age 4 and older) with diabetes mellitus.  
The indication for children (age 4-17) is limited to those who are supervised by a caregiver who is at least 18 years of age.  
ADCM1611FSLDHK20PB

 **Abbott**

# 鳴謝 ACKNOWLEDGEMENTS

兒童糖尿協會衷心感謝下列機構、團體及人士於2017年1月至5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 January to May 2017, 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)

## 春日愛心樂悠悠 Spring Fling 2017- Transatlantica

### 個人 Individuals

Adam and Candice Moss  
Alisha Shroff  
Alix Fownes  
Amber Huang  
Amie Cheng  
Amol S Naik  
Andrew Gordon  
Andrew Work  
Angel Cai  
Angel Wong  
Angelina and Henry Lee  
Anna and Sandro Treier  
Annie and Patrick Ting  
Aradhna and Prasoon Dayal  
Audrey Puckett  
Banu Babayeva  
Cally Leow  
Carisse and Alois Mueller  
Carla Jane  
Carla Pahl  
Carmen and David Beaves  
Cathy and Dennis Ziengs  
Cheng Lung Don  
Chitra Chellaram  
Clara Li  
Danilo Giannoni  
Debby and Jeremy Amias  
Deirdre McCloskey  
Denise Wyllie  
Dr Olga Roh of Inchdrewer  
Elizabeth Rowlinson  
Esmeralda Moreno  
Farida Shroff  
Fina Cheng  
Gary Munz  
George and Paulette Ho  
Hamish Pope  
Hans Michael Jebson  
Hugo Barrett  
Hunz Gary  
Ivan Leong  
Jane Lam  
Jean Ng  
Jessica Zhang  
Joanna and Michael Hotung  
Joo Soo Tang  
Joy Slosar  
Julie and Colin Farrell  
Julie and David Fried  
K.K. Wong  
Kate Chan  
Kelly England-Prehn  
Kim Lai  
Kim Lintern-Smith  
Laila Harilela  
Lam Chi Kuen  
Lau Lai Shan Lisa  
Lavina Lim  
Lee Andrew Yeng  
Leslie Loh  
Leyla Aliyeva  
Lien Jang  
Lynn Lam  
Mark Finnie  
Mark Walker  
Mary Anne Choo  
Melissa and Simon Brewster  
Michael Lintern Smith  
Micheal Wellsted  
Nancy So  
Natalia and Giles Scott  
Nicholas Wong  
Nicolas Prehn  
Nigel Shroff  
Olly Stratton  
Paul Gerard Joseph  
Paula Mok  
Pegasus Wong  
Peter Kwong  
Rachel Monballiu  
Raymond Chuk  
Reyna Harilela  
Ricky Chim  
Ricky Samtani  
Rina and Hareh Wadhvani  
Robert Chui  
Rose Leng  
Ruby Fang  
Rusy M Shroff BBS MBE & Purviz R Shroff  
Sajjid Haider Pashp  
Sajjid Joi Pasha and Janana Suleymanli Pasha  
Sarah Dyer Dana  
Shek Wai Ying Isis  
Shirley Chan  
Shirley Hiranand  
Simon Eckersley  
Tan Wing Ming  
Tim Chow  
Vicky Kwan  
Vincent Li  
Wasan Ranoo  
Wendy and John Barnes

Wendy Ip  
Winfried Engelbrecht-Bresges  
Wong Mei Yuk Maya  
Wu Siu Wai Vivian  
Yumiko Honda  
曹磊

### 公司或團體 Companies / Organizations

Accelera Yacht Limited  
ActiveKids Ltd.  
American Chinese Commerce Association  
Amorosso Fine Wines Ltd.  
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AP Consultancy (International) Limited  
Asia Medical Specialists  
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Yacht Style  
北京恒遠鑫達科技集團

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Lau Wan Yee  
Ko Yuk Kuen Cara  
Chui Tsz Hi  
Han Sophia  
Cheng Tsz Ching  
Lee Sze Wing  
Lee Lai Fong  
Chan Pui Ying  
Chan Ka Tsun  
Lam Man Hay  
Poon Ching Yan  
Josephine Yip  
Felicity Yeung  
Poon Ka Ki  
Wilbert Ip  
Lo Yuen Tung Karis  
Chung Mei Tak

## 一般捐款 General Donations

### 個人 Individuals

Chang Shou Chung  
Cheung Leung Sin Ha  
Hui Fai Wa  
Hussain Nasub Begum  
Lam Andrew Saiyun  
Lam Kai King  
Lee Chun  
Leung Wai Man  
Ma King Kuen  
Ng Fung Lan Cindy  
Ng Wai Hing  
Ng Yiu Fai Bede  
Olivia Wai  
Or Wai Ella  
Sin Pui Ting  
Sze Maria  
Wan Chi Hin Henry  
Wan Chi Kwong  
Wan Tsz Chun  
Wang Eddie  
Wong Suet Fung  
Wu Chi Sang  
Yue Chung Yan Agnes

### 公司或團體 Companies / Organizations

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St. Monica's (T.W.) P.T.A.  
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# 兒童糖尿協會委員會及顧問

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**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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Mr Manoj R Dani  
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Prof Clive Cockram 郭克倫教授  
Prof Ronald Ma 馬青雲教授  
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Dr Sammy Wong 黃偉進醫生  
Dr Shirley Wong 黃敏儀醫生  
Dr Yau Ho Chung 游可聰醫生  
Ms Maisy Mok 莫碧虹姑娘  
Ms Theresa Yeung 楊海明姑娘

**Family Hike - Dragon Back**  
Raymond Ng

**Family Hike - Tao Fung Shan**  
Lam Man Hay@Team YDA

**Family Cycling - Science Park**  
Lam Man Hay@Team YDA

**Children Development Workshop**  
Children Development Centre





## 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/本公司願意每一年捐款予此計劃。  
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.: 

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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。

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