



Youth Diabetes
Action

兒童糖尿協會

YDA today



2017



issue
49



news
letter

Clear Up Misconceptions Raise Awareness 清除誤解 喚起關注

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一直以來公眾對於一型糖尿病的了解十分有限，往往連普通科醫生都未能正確判斷出孩子患有一型糖尿病。

一型糖尿病屬於自體免疫性疾病，而二型糖尿病則是代謝紊亂失調所引致。簡單來說，一型糖尿病病人不能製造胰島素，而二型糖尿病病人雖然能製造胰島素，但份量仍低於足夠水平。大部份人會以為一型糖尿病兒童身體機能有嚴重問題，要禁止孩子的所有體育活動，才是預防併發症的最佳方法。同時，他們血糖過低時，其他人也未能及時發現。另一方面，二型糖尿病病人數量急劇上升，唯有為這些孩子訂立飲食餐單及運動模式，才能改善現時的大趨勢。對於糖尿病的預防和教育亦不能忽視。

剛進行問卷調查了解會員有關治療糖尿病的經濟壓力，竟發現有超過 7 成受訪者會為節省開支而重用針頭及採血針，情況非常令人關注。糖尿病所影響的不只是患病孩子和他們的家庭，更會影響整個社會。香港政府作為最基本的醫療服務提供者，對於滿足糖尿病患者需求及保持高質素的疾病管理，實在是責無旁貸。如果政府一直漠視我們的需求，後果最終會由整個社會來承擔。

There is a severe lack of awareness about diabetes among the public, resulting in many cases where even general practitioners misdiagnose children with type 1 diabetes.

Type 1 diabetes (T1D) is mainly caused by auto-immune failure, while type 2 (T2D) is due to a metabolic disorder. In short, T1D patients cannot produce insulin at all, while T2D patients can produce insulin, but not at a sufficient rate. Common public misconception of children with T1D holds that they cannot function physically like other children. This misunderstanding leads to their exclusion from physical exercises in order to avoid complications. Also symptoms of low blood sugar are often overlooked due to confusion between T1D and T2D. On the other hand, there has been a sharp increase in T2D cases, where patients can even reverse the effects of diabetes through improved personalized food and exercise regime. Public education is essential to the prevention and effective management of diabetes!

We recently conducted a survey to YDA members focusing on their financial challenges dealing with diabetes. It is very discouraging that over 70% of the respondents reuse their needles and lancets to cut down on expenses. The disease not only affects the children and their families, but also the community at large. If the Hong Kong Government, as the fundamental medical provider for children with diabetes, does not address their needs and ensure the benefits of good diabetes management, eventually all of us will suffer from the ignorance of government bureaucracy.

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消除誤解 喚起關注

Clear up misconceptions – raise awareness

由於公眾對一型糖尿病一知半解，很多時一型及二型糖尿病都會被混為一談，產生不少的誤解，給糖尿病童帶來不少負面影響。今期我們找了3位會員與大家分享不同階段遇到的困難和解決方法。

The public often confuses type 1 and type 2 diabetes. This can create misconceptions and negative impact to children with diabetes. We invited three members to share the difficulties they have encountered with poor general understanding of diabetes.



陳晞彤
Chan Hei Tung

7歲小學二年級女生，
於今年初確診一型糖尿病。
A newly diagnosed 7-year-old girl
in Primary 2.



李樂軒
Moses Lee

13歲中二男生，
於2008年確診一型糖尿病，
至今與糖尿病一起走過9年。
A 13-year-old boy studying in Form 2,
diagnosed in 2008. This is his
9th year living with T1D.



劉韻儀
Ruby Lau

成年時確診一型糖尿病，
今年10月與糖尿病一起走過5年。
Diagnosed as an adult,
this is her 5th year living with T1D.

公眾的誤解？遇到的困難/ 尷尬

Misconceptions? Any difficulties and awkward situations

晞彤：最普遍的誤解就是認為家族遺傳或吃太多糖就會患上糖尿病，而且很多食物（例如：飯、生果、糖）都完全不可以吃，但暫時沒有感到困難及尷尬。我認為最重要是保持正確的心態，有糖尿病要打針，就如感冒要吃藥一樣，不需要太介懷別人的眼光或說話。

Hei Tung: The most common misconception is about the cause and control of type 1 diabetes (T1D). People think you can only get T1D if you eat too many sweets, or if you have a family history of diabetes. They're also under the impression that people with T1D cannot eat foods like rice, fruits, or sugar at all. So far, I am not offended or embarrassed by these misunderstandings. "Stay positive" is my motto. Insulin injections for T1D patients are as normal as people taking medicine for a cold. Don't take the ignorant comments of others to heart.

樂軒：最普遍遇到的是有些人會根據糖尿病的名字而對它有誤解，以為糖尿病人士尿液中會含糖份。有時都會感到尷尬。

Moses: The most common misconception about diabetes comes from its Chinese name. They assume people with diabetes have sugar in their urine, which can sometimes be a little embarrassing and exasperating to deal with.

韻儀：可能因為名稱影響，很多人都誤以為1型糖尿病比2型糖尿病嚴重。有時，一個不當的疾病名稱會累積大眾對我們的誤解。以「腦退化症」為例，當大眾透過公眾教育了解「老人痴呆症」不是失憶那麼簡單，自然地不再沿用這個名稱。為何我們不可以把糖尿病改稱為「胰島素缺乏症」？

Ruby: A lot of people seem to think T1D is a more critical stage of T2D, rather than a different type of diabetes. I think choosing a suitable name for the disease is important in influencing public opinion. Take the Chinese name of dementia as an example – due to the great success of their public awareness campaign, the Chinese name of dementia had been changed from 「老人痴呆症」 ("dim-witted elderly disease") to the less discriminative 「腦退化症」 ("brain deterioration syndrome"). So why can't diabetes be renamed as "insulin deficiency syndrome"?

確診糖尿病時，你的反應是…？

你怎樣克服？

When first diagnosed, what was your reaction? How did you overcome it?

晞彤：當時好愕然、好難接受，所有想法都好負面。在女兒面前會扮堅強，但背後就自己躲起來哭。傷心完後，我們選擇極積去面對，向女兒解釋什麼是糖尿病，更讓她多參加YDA活動，令她有信心及勇氣去面對。讓她知道自己並不孤單的，而是有一大班人同路人陪她走這條路。正因為我們用正面的心態面對這個病，女兒自然受到我們所影響，會主動、樂意地向同學及身邊人解釋自己有糖尿病。調整心態，積極地去面對這個病，糖尿病者只是對「糖」份比較敏感，正如其他人有食物敏一樣，這並不是一件「唔見得光」的病，唔需要因為別人的眼光、說話而影響到自己。

Hei Tung: We were devastated when we first got the news. We put up a strong front for our daughter, but we cried long and hard in private. Afterwards, we decided to stop wallowing in sadness and face it with a positive attitude. We taught our daughter about diabetes and encourage her to join various activities through YDA. This gave her the courage to face all difficulties with confidence, as she knows she is not alone in living with T1D and that there are many others on this journey with her. Greatly influenced by our positivity, she is happy to take the initiative to explain T1D to her friends and classmates. Try to face the situation with a positive mentality. Think of it like this: people with diabetes are sensitive to glucose intake, just like how people with food allergies are sensitive to certain foods. There is nothing shameful about it, and don't let the ignorance and prejudices of others affect your mood.



糖尿病有影響你融入社會嗎？

Do you think it's hard to fit in because of diabetes?

樂軒：我比較幸運，在學校上、社交上也沒有因為這個病而遇到大問題。有時同學還會主動送上問候，關心我打針的情況。

Moses: I am lucky that I haven't encountered any problems at school or in my social life so far. Sometimes, my classmates even actively cheer me up and ask me about my injections.

韻儀：我有時候會跟朋友笑說，一型糖尿病或許會促成我成為哲學家。道理上我可以說這是一個不可怕的免疫系統疾病，因為只要學懂應用胰島素，我是可以自主健康，可是我覺得每天打四針像是告訴我 --- 你不能忘記，它佔據了我很多思想空間，初確診時我覺得依時打針後還要考慮兩小時後的血糖是否達標，四小時後會否低血糖，那是一個思考訓練及生活鍛鍊，很難樂在其中的IQ題。可是當我不知不覺間學習糖尿病知識，了解血糖的多變跟人生無異，我才慢慢領略想法會產生行為，行為會產生結果，所以我不再著眼什麼絆腳石，我的職場心得是「我必須非常努力，才能看起來毫不費力」。

Ruby: Sometimes I joke that having T1D will turn me into a philosopher. Let me be clear, this is not a scary disease. It's relatively easy to handle once you know how to apply insulin, so it's not impossible to be in control of your own health. In the beginning, however, having to inject myself four times a day was an inescapable reminder that I'm a diabetes. I couldn't stop thinking about it when I was first diagnosed. At the time, my life felt like a brain-teaser – not only were there the insulin injections, but I also had to monitor my blood sugar in the 2-4 hours after each injection, and I constantly thought about what steps I should take to achieve ideal readings. It was a mental and physical challenge that took time and experience to navigate. But as I slowly picked up knowledge about diabetes through my daily life, I came to view the fluctuations in my blood sugar as an extension of the ups and downs in everyone's lives. I realized that your mindset influences your actions, which then affect the outcome. I no longer think of my diabetes as an obstacle. Instead, I deal with it the same way as I handle my career – by working hard at it.





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我們希望對公眾/病友說的話

Our words to others with diabetes and the public

晞彤：擁有一個健康的身體必不是必然，要愛惜生命。無論遇到什麼困難，都要積極去面對。

Hei Tung: Health is not a guarantee, so remember to treasure your life. Always face hard times with a positive attitude.

樂軒：如果被同學取笑或者拿你的病來開玩笑，就即管無視他們，不要讓他們的閒言閒語影響到自己，結識其他朋友吧！

有糖尿病的朋友們，加油！要好好控制血糖呀！盡量避免有併發症呀！一齊為自己的健康而奮鬥！

Moses: Ignore any classmates who make fun of you for diabetes. Make friends who support you, and hang out with them!

To all friends with diabetes: cheer up! Remember to closely monitor your blood glucose levels to try and avoid complications. Let's fight for our health together!

韻儀：我們需要愛與尊嚴。記得前年我預起背囊到新疆走一趟，回來後有一好友很驚訝我可以做得到，令我反思一型糖尿病兒童及青少年未必有成熟的思想去處理社會人士對他們的看法，而身邊朋友也可能缺乏這方面的認知。我希望我們不要氣餒，先好好處理自己的血糖健康，愛惜身體，他們的誤解便站不住腳。

偶然從報章得知英國首相文翠珊也是一型糖尿病人士，跟我同年(2012年) 確診，她形容自己只是免疫系統出了毛病，只要飲食定時定量，勤測血糖，社會無需要把它跟自己的工作能力扯上關聯。我想每一個人的生命總會遇有一些難題，但只有正面思想及負責任的行為才可以走下去。

Ruby: We need love and dignity. I backpacked through Xinjiang in 2015, and a close friend was very surprised because they didn't think I could accomplish the trip. Children and teenagers with T1D may find it difficult to respond to misconceptions about diabetes, especially if their friends don't know much about it. Don't give up! The best way to throw those misconceptions back in their faces is to have good control of your blood sugar and take care of your health.

I found out from the news that Theresa May, the UK Prime Minister, was also diagnosed with T1D the same year I was (in 2012). Her approach to T1D is that as long as she keeps a consistent diet and monitors her blood sugar regularly, it is unnecessary for the public to correlate her leadership abilities to T1D. Everyone has difficulties in their life, but the only way to move forward is to think positively and act responsibly.



Ruby要同時管理血糖及工作壓力，總會有無助的時候。令她堅持的動力就是做到自己喜歡的事情，如背包旅行。
(攝於新疆喀納斯雪山景區)

Ruby feels helpless sometimes, as she has to manage her blood glucose and stress from workplace at the same time. Doing what she loves – such as backpacking – is her motivation.

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References:

1. Toujeo 300 units/ml solution for injection in a pre-filled pen (SoloStar) instructions for use. sanofi-aventis U.S. LLC. 2. Sanofi-aventis. Sanofi-aventis'SoloSTAR® insulin pen for Lantus and Apidra receives the prestigious GOOD DESIGN Award. [Press release]; 2008 Feb 14. 3. Data on file. 4. Hancu N, Czupryniak L, Genestin E, et al. A Pan-European and Canadian prospective survey to evaluate patient satisfaction with the SoloSTAR insulin injection device in type 1 and type 2 diabetes. J Diabetes Sci Technol; 2011 Sep 1.5(5):1224-34.



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正視糖尿病患者的需要 提供更多支援

Recognize T1D needs – support our members

一型糖尿病的患者每天要進行多次的血糖測試及注射胰島素才能維持生命，他們每日面對著不同糖尿病管理、情感上及經濟上的挑戰。超過20%會員參與是次問卷調查。

People with T1 diabetes need multiple blood glucose tests and insulin injections daily to stay alive. They face difficult challenges everyday on diabetes management, both emotionally and financially. More than 20% of our members responded to the following questionnaire.

91%

受訪會員每天需注射胰島素**4次或以上**。

91% of respondents need more than 4 insulin injections daily.

83%

會員每天進行**3-5次或以上**的血糖測試。

83% of respondents check their blood glucose 3-5 times per day.

總括而言，他們每天需受最多8- 10次刺針，
費用

\$35

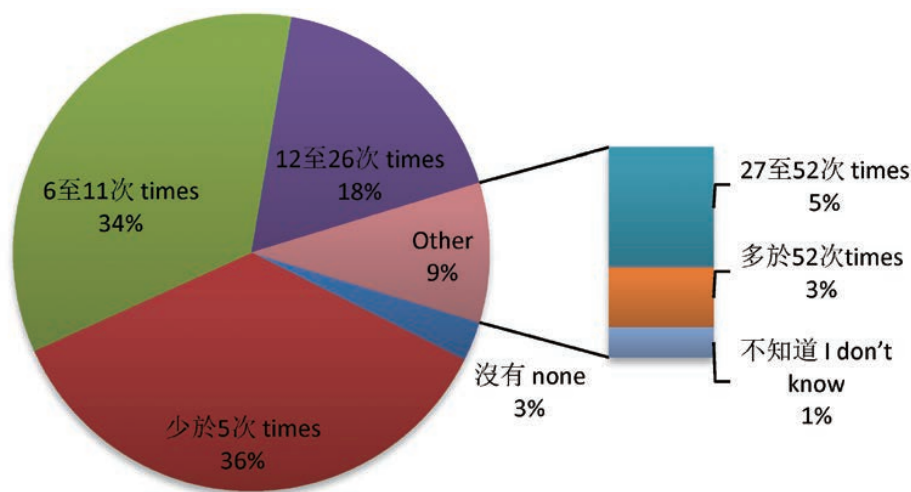
In other words, a large number of our members are pricked 8-10 times with needles every day! And it costs \$35

86%

受訪會員擔心**併發症病**的出現，他們最擔心的分別是**腎衰竭**、**視網膜病變**及**心血管疾病**等。

86% of respondents worried about complications, in order of renal failure, diabetic retinopathy, and cardiovascular disease.

過去3個月出現血糖過低的次數 Hyp in the past 3 months



97%

受訪者過去三個月都出現過**血糖過低**的情況。

An overwhelming 97% of respondents have experienced hypoglycemia in the last 3 months.

血糖過低時可造成胰島素休克，如未能及時處理可能會威脅生命。

Hypoglycemia has to be treated immediately because very low blood sugar can lead to insulin shock, which can be life threatening.

32%

擔心影響其社交生活

Worry about impact of social life

28%

為應付糖尿病相關費用減少社交活動
Reduce social activity to cope with diabetes-related costs

23%

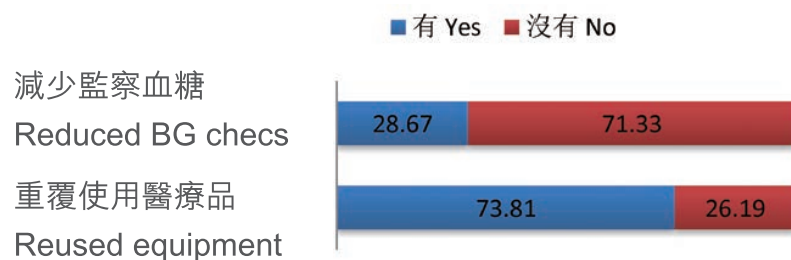
擔心受人歧視

Fear of discrimination

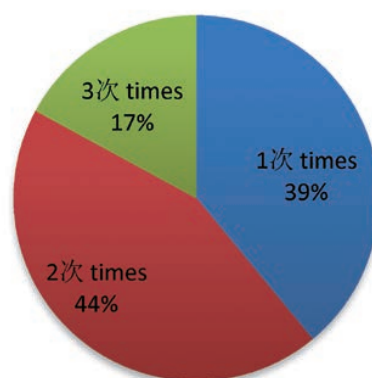
社交生活對於每一個人都是非常重要的，糖尿病童不應因為社會的歧視或經濟困難，而影響人際發展。

Social life is important to everyone. Children with diabetes should not be affected by social discrimination or economic difficulties.

為了減省開資，你曾試過： To Minimize spending, have you:



平均每日血糖測試減少次數：
BG checks skipped per day:



自行減少監察血糖及重覆使用採血針、針咀等用品情況實在令人驚訝，衛生問題必須要考慮。
This shocking figure reflects respondents' strong desire to minimize medical expenses. The hygiene issues of reusing needles and other medical equipment is a huge concern.

本會及99%的受訪會員要求政府為所有一型糖尿病童提供資助購買糖尿消耗品。

YDA and 99% of respondents request the government to provide subsidies to all children with type 1 diabetes for necessary diabetes supplies.

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參考文獻

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超人父母也累了

Tiring super dad and mom

做人父母甚艱難。全天候廿四小時候命之餘，更要面對很多突如其來的人生起伏。更何況當個一型糖尿病小孩的父母？來自不同方面的壓力都會令你手足無措。坊間有很多的資訊及支援，不過大多數著眼於孩子以及疾病本身，而他們父母的需要卻往往被忽略。

要好好控制一型糖尿病是很困難的，孩子的所有生活細節都要作出考慮，包括飲食、玩耍、角色、學習、人際關係等等。照顧者要時刻打醒12分精神去確保孩子血糖穩定及身體健康。若你是孤軍作戰的話，那種壓力更非普通人能理解。

有研究顯示，孩子確診一型糖尿病初期，有很多父母會出現創傷後的負面情緒，例如壓力、憂鬱、焦慮等等。父母的壓力主要與「低血糖」有關，他們會擔心得徹夜未眠，整晚監察着孩子的血糖水平。有時候，憂慮總會突然來襲，例如當孩子偏食、挑選保姆、開學、第一次在外過夜、參加宿營等等。父母的擔心總是沒完沒了！

Being a parent is a tough job. The hours are horrible, vacations are rare, and it's full of ups and downs. Add to that, having a child diagnosed with type 1 diabetes, and it can become an overwhelming and emotional ride. There's so much to learn and worry about, and while there's a lot of information and support available, most of it focuses on the child. But what happens to mom and dad?

Management of type 1 in young children has been described as 'unrelenting'. Thoughts related to diabetes encroach on nearly all of a young child's daily activities: play, meals, sleep, sibling interactions, school/daycare. Caregivers are forced into a state of constant vigilance to keep their child safe and blood sugars under control. This role can become even more stressful if you tend to shoulder the brunt of the care alone.

Research has found it is common for parents to have increased incidences of post traumatic stress, anxiety, and depressive symptoms in the initial months following a T1D diagnosis. Much of the fear parents feel is in relation to hypoglycemia, affecting sleep as you worry and checking blood sugars throughout the night. This stress can pop back up at times – such as picky eating phases, finding a babysitter, starting school, first sleepover, going away to summer camp, and so on. A parent's worry never ends!

如何能克服難關？

So how to get through the rough times?

像YDA的病人組織很重要。我們是父母間的資訊交流平台，團結了一班面對相同問題的父母，對一型糖尿病作無私的分享，讓大家都有所得著。

不妨跟你相熟的醫護人員傾訴一下，他們能提供適切的建議及情緒支援。甚至有關孩子發展、孩子生病時的特別安排、托管服務、與學校聯繫等等都能幫得上忙。他們是你的最強後盾。

更重要的是，不要孤單面對困難。找尋合適的醫護人員及病人組織跟你同行。

Organizations like YDA can help. Parents need information, as well as contact with other parents who are going through the same experience. Just hearing and sharing about day to day life as a T1D family can make a difference.

Turn to healthcare providers who also offer advice and emotional support to you, as well as guidance on child development, having a plan for sick days, empowering alternative caregivers, working with schools, etc. They need to be the village that supports you.

Most importantly, don't go it alone. Take the time to find the right care team, organization, or online group that works for you.

Tracy Simaika

註冊營養師及認可糖尿病工作者

RD AD CDE Registered Dietitian (Canada)

Accredited Dietitian (Hong Kong)

Certified Diabetes Educator (Canada)

青少年營是會員每年最期待的盛事，是學習糖尿病管理及認識新朋友的難得機會。今年反應特別踴躍，有超過50名青少年會員及21位醫療義工參與，十分熱鬧！

對於10歲以上的參加者而言，是次活動的重頭戲非「海上歷奇」莫屬！一系列令人心驚膽戰的活動，包括在船上的頂層甲板跳海，絕對能激發每位會員的小宇宙。用創意解決問題：用勇氣面對逆境！至於年紀較小的參加者則要拿出他們的膽量，挑戰高空繩索及攀石，更有一連串遊戲訓練團隊精神！

雖然青少年營因颱風關係而需要縮短，但相信各位參加者都玩得開心並從中有所得着吧！

The annual Youth Camp is a golden opportunity for YDA members to learn more about their own diabetes management and make new friends. This year, we had over 50 of our young members and 21 medical volunteers join the camp at Cheung Chau Don Bosco Youth Centre on August 26.

Older participants joined the heart-thumping Sea Adventure, with a host of activities – including diving off the top deck of the ship, to the giddy excitement of participants. This encourages creative problem-solving and facing one's fears with a positive attitude. Younger participants stayed at the campsite to test their mettle against the high altitude rope course and rock climbing, as well as various team-building exercises. Though the trip was unfortunately cut short due to typhoon, it was nonetheless a wonderful time for all!



Dr Sammy Wong (Chairman of the the organising Committee) 黃偉進醫生 (活動籌委會主席)

今年的兒童糖尿營有超過50位會員參加，可說是破了以往的記錄。這次我們還邀請了一些較年幼，年齡介乎八至十歲的小朋友參加。當然籌委會亦需要花上更多的時間和心機去籌備這次活動，在此要衷心感激他們的努力，同時亦要多謝各位醫護人員的大力支持。

那天我大部份時間都和一些青少年會員待在海上訓練船上。有別於往年的水上遊戲需要考驗他們的體力及參與各樣的比賽，今年在船上的活動似乎是勇氣和信念的挑戰，目的是幫助他們建立更多自信。站在船上甲板的邊緣，你是否能克服恐懼、鼓起勇氣走出第一步，踏上那只有數吋闊、像平衡木一樣的木條，慢慢在藍藍的大海上走一圈呢？而你又怎樣去鼓勵和幫助其他的同伴去衝破他們內心的掙扎呢？有數個我認識的會員，起初我還懷疑他們是否願意嘗試完成目標，但最後結果卻又令我刮目相看。年青人的潛能真是不可低估啊！

唯一美中不足的是，因為颱風和安全的關係，我們需要提早離開營地，但我還是相信各位小朋友、年青人都已經享受了一個充實、愉快的周末。各位YDA會員，我們明年再見吧！

We had over 50 young members joining the camp this year, which was a new record for us. We invited some younger kids (8 – 10 years) to join us this year, which comes with its own challenges. Big thanks to every committee member and medical volunteer for paying considerable effort and time to make the camp a great success.

I spent the day at sea with our teenage participants. Unlike previous years, which focused on team competition and physical endurance, this year's Sea Adventure was a journey of courage and faith to develop self-confidence. When you're standing on the edge of the deck, can you pluck up your courage and walk alone on the narrow plank right above the sea? How do you embolden your teammates to step out from their comfort zone? There was a moment when I was unsure if all our members could overcome these challenges, but their performance proved my worries were unfounded. A teenager's potential is truly impressive!

The typhoon was the sole regret of this trip. We had to leave early due to the weather, but I'm sure all of us had an enjoyable and fulfilling weekend together. Hope to see familiar faces again next year!



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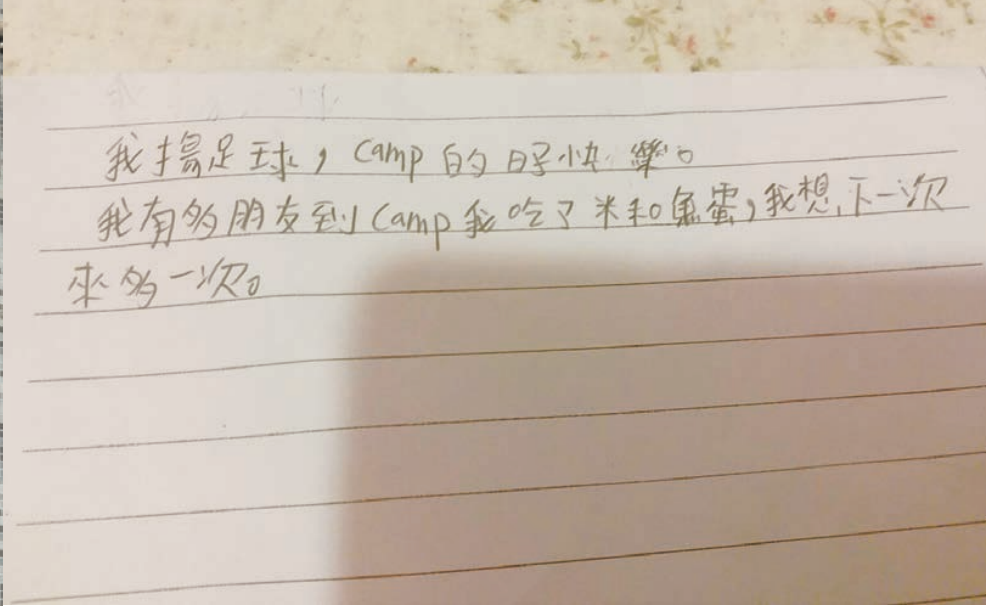
黎詠思
Li Young Si
(age 9歲)

我覺得青少年營好玩。因為有助我提高自理能力。我最喜歡攀石（攀岩）環節，因為可以減輕我的畏高感覺。

下一年我都想參加，可以減少對父母的依賴、和結交多點朋友。我想增加烹飪節目，因為我想表現廚藝。

Youth Camp was so fun! Rock climbing was undoubtedly my favorite part of the camp. I overcame my fear of heights because of this great experience. I made so many friends! More importantly, I learned how to take care of myself better and be more independent. I am looking forward to next year's camp! It will be even better if we can add cooking activities; I love cooking and can't wait to show off my skills!





馬杜男

Ahmed Muhammad Abdullah (age 10歲)

I had a great time in the camp. I played football and had a wonderful dinner. I met a lot of friends during this camp and definitely will join again next year!

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Divija Virmani
(age 12歲)

我很享受今次的青少年營。所有水上活動都很好玩！我也喜歡往年青少年營的活動，如烹飪、夜行、高空繩索等等。透過參與YDA的不同活動和宿營令我認識了其他有一型糖尿孩子，有些更成為了好朋友。我一定會參加下次的YDA Camp!

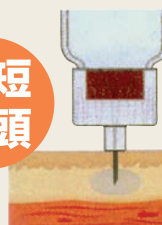
I have enjoyed all the camps. We did many fun activities such as water games, as well as cooking, night games, rope climbing, etc. Going to YDA events I have met many children and people with type 1 diabetes, and have made friends with a few. There is lot of teamwork and sharing of responsibilities. I would love to go to YDA camp again next year!



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會員活動

Members' Summer Activity Highlights

今年夏天，我們提供了多姿多采的活動給本會會員，讓大家可以好好享受暑假。

This summer was absolutely jam-packed with a variety of engaging activities for our members!

細味品嚐美食 Finger-lickin' Good

一眾YDA小廚神精心炮製各種美味的菜餚！這些誘人的美物包括鮮美肉嫩的烤春雞，彈牙多汁的肉丸及香噴噴的低糖紅桑子雪紡蛋糕，讓豐富的一餐有個甜美的句號。

Our culinary members spent the summer learning to make a variety of delectable dishes! These tantalizing treats included spring chickens baked to perfection and juicy meatballs, followed by a low sugar raspberry chiffon cake for dessert.



與大自然同行 A Walk in Nature

今個暑假，YDA 會員親身體會到香港獨特的自然生態環境！一起去大埔探望螢火蟲，到米埔濕地候鳥區觀鳥及有機448農莊餵山羊，親親大自然。

Environmentally conscious members had the opportunity to spend time in some of the most unique ecosystems in Hong Kong – often with a friendly critter in tow! Members visited the Tai Po firefly habitat and Mai Po Marshes before concluding our idyllic encounters with nature at organic Farm 448.



共享天倫之樂 Fun with the Family

夏天當然要和和朋友及家人一起度過！在燦爛的陽光之下，YDA 會員齊聚一堂，前往小欖海灘燒烤。雖然火炭單車活動期間天氣不太理想，但大家都無懼風雨，順利完成是次旅程。

Summer is best spent with friends and family! Members got together to enjoy a fun beach barbeque outing at Siu Lam on a bright and sunny day. While the weather was less cooperative during the cycling activity in Fo Tan, our members certainly didn't let the rain stop them from completing the journey!



家長工作坊: 告別血糖過山車

Parents' Workshop: Say Goodbye to Blood Glucose Fluctuations!

高低血糖真的可以預防嗎? 如何做好自我管理, 血糖才能更理想? 是次工作坊邀得內分泌及糖尿科陳諾醫生跟我們講解及分享如何計劃有效的自我血糖管理。

Are you worried about hyper- and hypoglycemia? Ever wonder how you can improve your blood sugar? Join Dr Norman Chan and learn how to devise an efficient strategy for keeping your blood sugar under control!

日期 Date : 1/12/2017

時間 Time : 7-9 PM

地點 : 香港遊樂場協會304室

Location : Hong Kong Playground Association Room 304

對象 Attendees : 會員及家人 All members and families

聖誕聯歡會

Christmas Party

一年一度的聖誕聯歡會將於12月16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 16 December. There will be a buffet lunch, fun games and great prizes organized 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 : 16/12/2017

地點 : 悅來酒店3樓Panda Café 香港荃灣荃華街3號

Location : Panda Café, 3/F Panda Hotel, 3 Tsuen Wah Street, Tsuen Wan

對象 Attendees : 會員及家人 All members and families

親子夢幻之旅

Magical Journey

今年我們將會帶大家走進迪士尼童話故事般的夢幻國度, 和你最愛的迪士尼卡通人物見面, 一起享受奇妙的一刻!

This year, we will enter a dreamy kingdom inspired by fairy-tales to meet your favorite friends in Disneyland. Let's have a magical moment together!

日期 Date : 14/1/2018

對象 Attendees : 會員及家人 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2017年6月至9月的捐款及鼎力支持，使我們能為各會員提供更多服務。(排名不分先後)

Thanks to the generous support of those companies, organisations and individuals during June to September 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)

個人 Individuals

Allan Joseph Finnerty
Andreas Stalder
Chang Shou Chung
Colin Farrell
Eddie Wang
Horace Cheng
Jotwani Naresh
Keyo Soo Lik
Lam Wai Yee
Lee Chun
Leung Wai Man
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