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Action

兒童糖尿協會

# YDA today



2018



issue  
50



news  
letter

## Food, Glorious Food! 美食展繽紛

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## 編輯的話 From the Editor

適逢佳節，總少不了吃喝玩樂，品嚐聖誕大餐或者賀年食品對於一般人來說，是一件平常事。但一型糖尿病童每餐進食前都要計算碳水化合物份量以及注射胰島素的劑量，面對節日種種的美食誘惑，以及生活節奏的轉變，為孩子準備食物及處理血糖高低也經常遇到不同的問題及困難，糖尿病童家長往往感到彷徨無助。

我們深信糖尿病不應是孩子成長的障礙，糖尿病童亦應可享受節日的歡愉及美食。本會特別在過去數月舉辦了多個飲食及血糖控制工作坊，於兒科醫生及註冊營養師的指導下，協助家長制定良好血糖控制及醣質換算的策略。聖誕聯歡會更是一年一度的盛事，透過各個的食物標籤，讓會員可從實踐中學習換算，享受一樣的聖誕大餐。

無論是飲食或運動，最重要是選擇適合自己的，只要預先制定好糖尿病管理計劃，糖尿病童亦可享受每一個節日！

When it comes to celebrating the holidays, indulging in traditional festival delicacies is natural for most people – but it is not so simple for children with type 1 diabetes. For these children who have to calculate carbohydrates and inject the correct amount of insulin for every meal, it can be overwhelming for both children and parents alike to navigate the holiday season when faced with all the tempting treats and sugary traditional festival foods.

With our mission to ensure “no child will be held back because of diabetes”, we believe that children with diabetes have every right to enjoy these festivities. We have organized a series of workshops and activities focused on diet and blood sugar control in the past few months. Under the guidance of pediatricians and registered dietitians, we assist parents to develop useful strategies in maintaining good glucose control and provide them with essential carb-counting knowledge, and our annual Christmas Party lets members put all those tips into practice to enjoy a delicious Christmas feast.

For children with diabetes, the most important thing is to find a tailored regimen that works for them. As long as there is a good diabetes management plan in place, enjoying the festivities is no obstacle!

編輯 Editor:  
Anty Ho

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

義務文字編輯 Voluntary Copy Editor:  
Greeny Chan

印刷 Print:  
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## 聯絡我們 Contact us

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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# 皓澈的快樂聖誕

## Ho Chit's Holiday Diary

2017年12月24日 — 燒烤聚會

這晚燒烤，我們預備了豐富的食物，我一共進食了55g碳水化合物！把資料輸入胰島素泵後，設定了2小時的square mode，萬事俱備開餐了！先吃我最喜愛的香腸夾麵包和各式肉丸……香噴噴，熱辣辣的食物不停奉上，太美味了！燒烤是一個很好的活動，可以到遊樂場跑跑跳跳邊玩邊吃不亦樂乎。

24 December 2017 – Barbecue party

My holiday was packed with exciting activities! We went barbequing with friends tonight and had lots of delicious food! I ate 55g of carbohydrates. After putting the necessary information like my blood sugar level and estimated carb consumption into my pump, we set the insulin input with a 2-hour square mode. I had my favourite grilled sausage with bread and relish, followed by yummy meatballs and fish balls – it smelled so good and the food was delicious. I really love barbeques because I can play and eat at the same time!



2017年12月25日 — 聖誕大餐

今天是聖誕節，我們一家四口去吃聖誕大餐。今晚的菜式很豐富，我告訴媽媽：「聖誕節一定要吃火雞呀。」還有我期待已久的夏威夷薄餅及燒春雞，飯後甜品是我最喜歡的雪糕新地，為晚餐劃上完美的句號。如果YDA可以在這裏開派對就好了！

25 December 2017 – Christmas dinner

It's Christmas today, so our family of four had a festive Christmas dinner together. We had lots of food tonight. "We have to eat turkey at Christmas!" I said to my mum. We also ordered a crispy-based cheesy Hawaiian pizza (finger-lickin' good!) and roasted spring chicken. After we finished the main meal, we got ice-cream sundaes for dessert, my favourite! I hope YDA can throw a party here someday!



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## 2017年12月27至28日 — 長洲露營

精彩活動一浪接一浪，我們和朋友們一起到長洲露營2日1夜。到達長洲後先在茶餐廳吃簡單的午餐，然後去踏單車。因為踏單車運動量較大，所以我把胰島素泵設定了 temp basal，90% 2小時。這天天氣特別好，踏單車很舒服。4時入營，安頓好後，就去參加營內活動。直至晚上6時，大家肚子也餓了，興高采烈地跑去燒烤場。翌日早上在營內吃簡單的自助早餐。這是我第一次去戶外露營，很特別，很開心！

## 27 - 28 December 2017 – Camping at Cheung Chau

We went with friends to Cheung Chau for an overnight wilderness camp. After a simple meal at a Chinese diner near the Cheung Chau Pier, we went cycling near the campsite. I set the temp basal of my insulin pump to 90% for 2 hours, since I would be doing a lot of exercise. The weather was super nice, so I had a fun time on my bike! We settled into the campsite, and went to join the group activities there until the evening. We were all hungry by then, so we excitedly started our barbeque dinner. We had a simple breakfast buffet the next morning at camp. This was my first time camping outdoors, and I had a great time!

---

我雖然是一型糖尿病患者，每天需要檢測血糖，打胰島素，控制飲食，努力地維持血糖在理想水平。但我勇於接受挑戰，學習與糖尿病共存。希望大家可以抱著積極樂觀的心態，享受過每一天，活得有意義，勇敢堅強地生活下去。

I have type 1 diabetes, and it can be a hassle to measure my blood sugar levels, inject insulin, and monitor my diet every day to maintain my blood glucose at an ideal level. But I will face these challenges head on and learn to live with my condition. I hope every T1D kid will continue to love life and enjoy every single day with a positive and optimistic attitude!

---



## Eat Smart Duning Festive Days

農曆新年美食多！參考營養師楊茜珩小姐的過年小貼士，拆解如何享用農曆新年節日美食。

Chinese New Year has just passed – and with it, dozens of tasty yet high sugar festive foods! Read the CHO tips for common festive foods by dietician Stephanie Yeung.



### 蘿蔔糕 Turnip cake

食用量serving size : 100克 per 100 g

卡路里	calories	130千卡 kcal
蛋白質	protein	3.2克 g
脂肪	total fat	5.7克 g
飽和脂肪	saturated fats	1.0克 g
膽固醇	cholesterol	8.8毫克 mg
碳水化合物	carbohydrates	16克 g
糖	sugars	3.2克 g
纖維	dietary fibers	2.7克 g
鈉	sodium	540毫克 mg
鉀	potassium	68毫克 mg

### 芋頭糕 Taro cake

食用量serving size : 100克 per 100 g

卡路里	calories	160千卡 kcal
蛋白質	protein	1.2克 g
脂肪	total fat	7.3克 g
飽和脂肪	saturated fats	1.3克 g
膽固醇	cholesterol	6.1毫克 mg
碳水化合物	carbohydrates	20克 g
糖	sugars	2.3克 g
纖維	dietary fibers	4.1克 g
鈉	sodium	460毫克 mg
鉀	potassium	130毫克 mg

### 馬蹄糕 Water chestnut cake

食用量serving size : 100克 per 100 g

卡路里	calories	140千卡 kcal
蛋白質	protein	0.16克g
脂肪	total fat	1.7克g
飽和脂肪	saturated fats	0.23克g
膽固醇	cholesterol	0毫克 mg
碳水化合物	carbohydrates	31克 g
糖	sugars	19克g
纖維	dietary fibers	1.0克g
鈉	sodium	12毫克 mg
鉀	potassium	42毫克mg

### 糖年糕 Glutinous Rice Cake

食用量serving size : 100克 per 100 g

卡路里	calories	約254千卡 kcal
蛋白質	protein	約2.6克 g
脂肪	total fat	約0.5克 g
碳水化合物	carbohydrates	約59.7克 g
糖	sugars	約25克 g
纖維	dietary fibers	約0.5克 g
鈉	sodium	約28毫克 mg

## Eat Smart Duning Festive Days

### 炒年糕 Glutinous rice cake

食用量serving size：100克 per 100 g

卡路里	calories	140千卡 kcal
蛋白質	protein	3.49克g
脂肪	total fat	1.45克 g
飽和脂肪	saturated fats	0.272克 g
膽固醇	cholesterol	4毫克 mg
碳水化合物	carbohydrates	30.21克 g
糖	sugars	3.31克 g
纖維	dietary fibers	2.8克 g
鈉	sodium	124毫克 mg
鉀	potassium	285毫克 mg

蘿蔔糕在各類的新年糕點中碳水化合物含量最低，食1片大概攝取5克醣碳水化合物。而最具「殺傷力」的便是糖年糕，食1片已差不多等於大半碗飯(約30克碳水化合物)，而且當中大部分來自於糖，容易令血糖大起大落。馬蹄糕和芋頭糕雖然不如糖年糕的含量高，但每片也約有10克碳水化合物。

想讓孩子開心分享新年食品同時妥善控制血糖，可以嘗試制作「賀年糕點MIX」供小食時間用。把糕點切成粒狀(一片分開9粒)，蘿蔔糕:馬蹄糕:芋頭糕:糖年糕的比例分佈約為3:2:2:1，如3粒蘿蔔糕、2粒馬蹄糕、2粒芋頭糕及1粒糖年糕約提供10克碳水化合物。

另外，亦可考慮選用低糖年糕，因多用麥芽糖製造對血糖控制較理想，但當然亦要注意份量。

\*註，每片糕點以50克為標準

Turnip cake has the lowest carbohydrate content among New Year foods, with 5 grams of sugar for each slice of cake. The most “devilish” choice is the glutinous rice cake, where the carbohydrate content of one slice is almost equal to a bowl of rice (about 30 grams). The majority of carbohydrates in rice cakes come from sugar, which can make blood sugar levels rise up and down dramatically. Taro cakes and water chestnut cakes do not contain as much sugar as rice cakes; however, they still consist of around 10 grams of carbohydrates per piece.

Want to share these mouth-watering snacks and control your kid’s glucose level at the same time? Prepare a “New Year assorted cake mix” ! Combine radish, water chestnut, taro, and rice cakes by dicing each slice of cake into 9 pieces and combine in a ratio of 3:2:2:1. Approximately 3 pieces of turnip cake, 2 pieces of water chestnut cake, 2 pieces of taro cake, and 1 piece of rice cake provide 10g of carbohydrates. In addition, low sugar rice cake is also a good substitute because maltose-made rice cakes have a better blood glucose controlling effect. However, we also have to pay attention to over-eating!

\* standard size: each slice weighs 50g

### 笑口棗 Sesame ball

食用量serving size：100克 per 100 g

卡路里	calories	519卡kcal
蛋白質	protein	8.4克g
脂肪	total fat	30克g
飽和脂肪	saturated fats	N/A克g
膽固醇	cholesterol	N/A 毫克mg
碳水化合物	carbohydrates	31克g
糖	sugars	19克g
纖維	dietary fibers	3.1克g

笑口棗糖份高，食7細粒左右已等於攝入10克碳水化合物。不過它的蛋白質含量相對也不俗，算是一個勉強合格的賀年「期間限定」小食，可取代平日的牛奶或梳打餅等。

煎堆最好選擇無餡小件的，進食2件若哥爾夫球大小提供約10克碳水化合物。煎堆除了醣份高外同時經油炸，大人孩子都不宜多吃。

### 煎堆 Sesame puff

食用量serving size：100克 per 100 g

卡路里	calories	253.47卡 kcal
蛋白質	protein	3.62克g
脂肪	total fat	2.7克g
膽固醇	cholesterol	1.44毫克mg
碳水化合物	carbohydrates	36.4克g
糖	sugars	21.7克g
纖維	dietary fibers	N/A克g
鈉	sodium	23.67毫克mg

Fried sesame balls have a high sugar content with 7 of them already providing 10g of carbohydrates. At the same time, they have lots of protein and are nutritious snacks compared to other lunar new year foods. They are good alternatives for milk or soda biscuits. When choosing a sesame puff, it’s better to go for the mini-size with no filling. Two golf ball-sized sesame puffs contain around 10g of carbohydrates. As well as the high sugar content, high fat is another reason for both adults and kids not to eat too much.

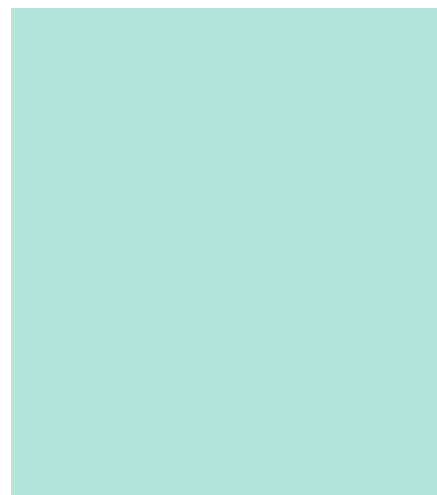
# 「童行有您」 2017

## Hike for Youth Diabetes 2017



經過多月的籌備，由兒童糖尿協會主辦的年度大型步行籌款活動「童行有您」2017年於11月12日成功舉行。是次活動多達300名參加者，由香港國際學校為起點，經過大潭水塘，終點為陽明山莊。我們十分感謝所有參加者，義工和贊助機構的鼎力支持，幫助本會籌得超過60萬港幣，並喚醒公眾對糖尿病的認識。我們感謝大家對香港糖尿病患兒的支持。

After months of preparation, Hike for Youth Diabetes 2017 took place successfully on 12 November. With over 300 participants, our charity hike from Hong Kong International School to Hong Kong Parkview helped raise over \$600,000 and, more importantly, increased public awareness of diabetes. We are grateful to all the participants, volunteers, and sponsoring organizations, who showed utmost dedication to help children living with diabetes in Hong Kong.



## 藍「飾」日 Dress in Blue Day

感謝所有的善長、醫護人員、會員及企業在11月14日藍「飾」日穿上藍衣，致力為糖尿病兒童出一份力，真是十分感動！我們非常感謝您的支持，提高公眾對糖尿病的認識！

Thank you to all of our medical associates, corporate donors, and members for making Dress in Blue Day on 14 November a huge success! It warms our hearts to see so many people devoted to making a difference for children with diabetes, and we are so grateful for the support we received in raising public awareness.



## YDA x Annoushka x Ana R 酒會Cocktail Event

我們很榮幸獲著名珠寶設計師Annoushka Ducas以關注1型糖尿病為主題，設計出Sugarplum吊墜，並將部分收益捐獻給兒童糖尿協會。酒會當日更有名模Ana R到場支持，我們感謝有這麼多慷慨的嘉賓加入我們這個有意義的活動！

Thanks to the generous support of jewelry designer Annoushka Ducas, and her specially designed Sugarplum pendant to support children with diabetes, YDA was able to raise awareness and funds for our member programmes.



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## Fish Taco 魚肉墨西哥夾餅



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材料：

- 1/3杯麵粉
- 1茶匙煙薰辣椒粉
- 1茶匙小茴香粉
- 2隻雞蛋，輕輕拌打
- 3杯麵包糠
- 500克牛鰵魚魚柳，切成小條
- 用於油炸的芥花或葵花籽油
- 10塊迷你玉米餅
- 1/4個生菜，切絲
- 酸忌廉（可選）
- 辣醬或切碎的長紅辣椒
- 1個芒果，切碎
- 1個牛油果，切小粒
- 1/2個紅洋蔥，切碎
- 2湯匙芫荽，切碎
- 1個青檸榨汁調味

Crispy Fish Tacos with mango salsa

Ingredients:

- 1/3 cup flour
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 2 eggs, lightly beaten
- 3 cups panko breadcrumbs
- 500g flathead fillets cut into strips
- canola or sunflower oil to deep fry
- 10 mini tortillas
- 1/4 head lettuce, shredded
- sour cream (optional)
- hot sauce or finely chopped long red chilli serve
- 1 mango, chopped
- 1 avocado, diced
- 1/2 finely chopped red onion
- 2 tbsp cilantro, finely chopped
- juice of 1 lime plus wedges to serve

**Directions:**

1. Combine flour and spices in a bowl and season.
2. Place the egg and breadcrumbs in separate bowls. Dip the fish pieces first in flour, then egg and finally coat with the breadcrumbs. Chill for 15 minutes.
3. For the mango salsa, combine all the ingredients, then season and set aside.
4. Preheat oven to 150C. Place enough oil in large pan to fry the battered fish.
5. In 4 batches, cook the fish for 1 minute or until golden and crisp. Remove with a slotted spoon and drain on paper towel. Transfer to a baking tray and keep warm in the oven while you cook the remaining fish.
6. Enclose tortillas in foil and warm in the oven as you cook the final batch of fish.
7. Top tortillas with lettuce, fish, mango salsa, sour cream, hot sauce or chilli and extra cilantro. Serve with lime wedges.

**製法：**

- 1.將麵粉和香料放入碗中調味。
- 2.將雞蛋和麵包糠分別放進兩個碗。首先將魚塊拍上麵粉，然後浸入雞蛋中，再蘸上麵包糠。冷凍15分鐘。
- 3.將製作芒果莎莎醬的材料混合，調味及混合，放於一旁。
- 4.將焗爐預熱至150℃。將足夠的油放在大鍋裡用作炸魚柳。
- 5.將魚柳分成4批，炸1分鐘或直到金黃酥脆。用勺子取出，並放在吸油紙上吸走多餘油份，然後放到焗爐內焗至全熟。
- 6.在烹煮最後一批魚柳時，把玉米餅放入焗爐中加熱。
- 7.把魚柳及配料如生菜，芒果莎莎醬，酸忌廉，辣醬或辣椒，放芫荽進玉米餅，用青檸汁調味。

This recipe makes 10 tacos total, up to 27 grams net carbs per taco (depending on your taco shell). This version without the shell: 20 grams net carbs per taco.

這個版本是製作10份玉米夾餅的食譜。每份包含大約27克淨碳水化合物（取決於您選用的玉米餅）。扣除玉米餅，每個墨西哥夾餅有20克淨碳水化合物。

**Light version:**

These crispy fish tacos are light, summery, and amazing with just a plain fillet (no breading) of white fish in a crisp taco shell topped with lettuce, mango, avocado, lime juice, and cilantro. It's a great way to avoid having to fry the fish and also reduce the number of carbs per serving, leaving more room for the crunchy taco shells and extra mango! Carbs per serving filling only (without taco shell) = 3.0g net carbs.

**輕怡版本：**

在墨西哥夾餅中加入生菜，芒果，牛油果，青檸汁，芫荽以及白魚柳，是一個更清淡，適合夏天的美妙配搭。炸魚柳的過程中不加入麵包糠，是個很好的方法去減少攝取澱粉質，留下更多的空間食更多墨西哥夾餅和額外的芒果！這個方法烹調的夾餅餡料，淨碳水化合物只有3.0克。



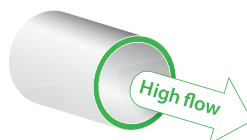
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Amylin Pharmaceutical	Byetta 5 mcg, Byetta 10mcg

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# 過往活動

## Activity Highlights:

### 聖誕聯歡會2017 Christmas Party 2017

大約250位會員於2017年12月16日參加了本會的聖誕聯歡會！我們享受美味的自助餐和刺激的遊戲的同時，結交了很多新朋友。我們還頒發了50多個獎項給那些能夠保持優秀的日常管理，並取得良好的HbA1c讀數的會員。特別感謝黃嘉慧作為今次聯歡會的司儀，還有張峻瑜，徐泰怡和韓紫璇為我們準備了如此精彩的表演！

About 250 members attended YDA's annual Christmas Party on 16 December 2017! They had a great time making new friends while enjoying the delicious buffet and exciting games. We also gave out over 50 awards to members who achieved outstanding daily blood glucose management and achieved good HbA1c readings. Special credits to YDA member Selina Wong for her wonderful job as MC, and members Theo Lassus, Seo Taeyi, and Sophia Han for giving us such enjoyable performances. We hope to see you all again next year!

### YDA 連繫多D系列 — (1) 控糖有法及 (2) 告別血糖过山车 YDA Connect Seminars: (1) Good Control = No Complications (2) Say Goodbye to Glucose Fluctuations

非常感謝賽諾菲 - 安萬特香港有限公司贊助，分別邀請了游可聰醫生和陳諾醫生擔任工作坊的講師，為我們介紹一些有關治療/監察糖尿病的新技術發展，並分享保持良好血糖水平的策略。

Many thanks to Sanofi-Aventis Hong Kong Ltd for sponsoring the two seminars of our YDA Connect series. We invited Dr Yau Ho Chung and Dr Norman Chan as guest speakers to introduce the latest innovative technologies for diabetes control and working towards a cure, as well as some efficient strategies for maintaining good blood glucose levels.

### YDA 連繫多D系列 — (3) 揀飲擇食 YDA Connect Seminar: (3) Eat Wise

由羅氏診斷(香港)有限公司贊助，我們邀請了營養師楊蓓珩小姐，重溫一下醣質換算的原理，及分享為糖尿病童安排健康美味膳食的小貼士。

Sponsored by Roche (Limited) Hong Kong, we invited dietitian Ms Stephanie Yeung to refresh our members on the principles of carb-counting and share tips on how to prepare healthy and delicious meals for children with diabetes.

### 繪畫樂悠油 Paint Party Jam

我們的會員與義工一起踏上了藝術之旅，繪出漂亮的圖畫，探索內心無盡創意！各位小畫家都發揮了他們無限的藝術細胞呢！非常感謝星展私人銀行 — 義工隊贊助這個活動。

Our members embarked on an artistic journey with volunteers to create beautiful drawings and explore their inner creativity, and our little artists did a great job! Many thanks to DBS Private Bank - Volunteer Team for sponsoring this event.



### YDA x SAR Philharmonic Orchestra x Kids' Gallery Concert

為慶祝復活節，本會將與香港愛樂團及Kids Gallery攜手合作，表演曲目彼得與狼及動物狂歡節。

Come support YDA in our charity concert! YDA will collaborate with the SAR Philharmonic Orchestra and Kids' Gallery to put on a dazzling performance of *Peter and the Wolf* and *The Carnival of the Animals* to celebrate Easter.

日期 Date : 8 April 2018年4月8日  
時間 Time : 下午4時至6時 4-6pm  
地點 Venue : 香港大會堂音樂廳 Concert Hall, Hong Kong City Hall



### 兩岸四地夏令營

### Greater China Youth Diabetes Camp 2018

今年我們將邀請來自香港，台灣，北京和上海的小朋友一起參加3天的糖尿夏令營。大家打成一片，有很多好玩有趣的節目之餘，亦可以學習不同處理病情的方式。請大家踴躍參與！

T1D kids from Taiwan, Beijing, and Shanghai will join together in our Youth Camp 2018! Let's make new friends over three fun days. Apart from the exciting games sessions, this will also be a great chance to learn about different ways to handle our various needs with diabetes.

日期 Date : 27-29 July 2018年7月27-29日  
地點 Venue : 香港科技大學 Hong Kong University of Science and Technology





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# 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10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 during October and December 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)

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Roche Diagnostics (Hong Kong) Limited  
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#### YDA Connect Series

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### 個人 Individuals

Dr Yau Ho Chung  
Dr Norman Chan  
Ms Stephanie Yeung

### 繪畫樂悠油 Paint Party Jam

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DBS Private Bank - Volunteer Team

### 聖誕聯歡會 Christmas Party 2017

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