



Youth Diabetes  
Action  
兒童糖尿協會

# YDA today



Getting ready for exams  
準備開考

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# Guardian™ Connect

## 連續葡萄糖監測系統

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Reference:  
1. Iturralde E, et al. The Diabetes Educator. 2017; 43(2):223 - 232  
2. Bergenstal, R. M. et al. JAMA. 2016; 316 (16): 1407 - 1408  
3. Garg SK et al. Diabetes Technol Ther. 2017 Mar;19(3):155-163

## 編輯的話

### From the Editor



對於大多數人來說，考試是一個緊張的時期。不幸的是，壓力也是一型糖尿病患者血糖水平大幅波動的常見原因。

低血糖會影響專注力，令考生不能集中精神。如果不及時處理，有機會導致昏迷，甚至死亡。儘管可以在約15分鐘內把低血糖處理好，但學生的表現卻要在血糖水平回復正常後1-2小時才能夠達到最高水平。

另外，高血糖也會令認知能力受損。因此，能讓考生注射胰島素使血糖回復正常水平，是非常重要的。

對患有糖尿病的考生最大幫助是讓他們在考試期間有機會監測血糖，並糾正過低或過高的血糖度數，從而讓他們與其他學生一樣能夠發揮應有的水準。

Exams are a stressful time for most people, even without diabetes in the mix. Unfortunately, stress is a common cause for fluctuating blood glucose levels in people with Type 1 diabetes.

Low blood glucose levels (hypoglycaemia) can cause confusion and disorientation. If untreated, it can lead to unconsciousness and even death. While hypoglycaemia can be treated in about 15 minutes, it can take 1-2 hours following normalisation of blood glucose levels before students are able to achieve a maximum level of performance.

High blood glucose levels can also cause distractions, and it is important that the student can bring their glucose level down to a normal range by taking insulin injections.

It is vital that during an exam, candidates with diabetes are given the means to monitor their blood glucose and to administer any treatment that may be required. Being able to keep blood glucose within the normal range will ensure a level playing field with other candidates.

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

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會員小檔案 Member Profile

心怡 Sammi

2011 年確診，現時 16 歲，  
將於 2019 年 4 月應考香港中學文憑考試 (DSE)。  
Diagnosed in 2011, currently 16 years old.  
Will be taking the DSE in April 2019.



你如何在校內管理一型糖尿病?

Tell us a little bit about your school and how you manage your Type 1 diabetes at school.

我在真道書院就讀中六，是一間本地的直資學校。學校有一間醫療室供學生休息，但並沒有學校護士。

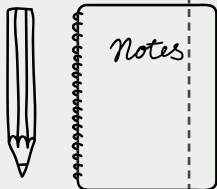
當我確診時，醫生準備了一封信給學校來解析糖尿病需留意的地方及其處理方法。我每學年都會聯繫我的班主任老師，提醒老師我的情況。我的同學也知道我的病情。

每天午餐時，我都會在教室內檢查血糖及注射胰島素。如果我在課堂上感到低血糖，我會立刻舉手來告訴老師，讓我能夠即時處理。

I'm a student at HKCCCU Logos Academy, a local DSS school. We have a medical room at school but no school nurses.

When I was diagnosed eight years ago I was given a letter outlining my condition from my doctor because it's important everyone knows about my diabetes. So at the start of every academic year, I contact my homeroom teacher to refresh their understanding of my diabetes and how it needs to be treated. All my classmates also know about it.

I check my blood sugar and inject insulin in the classroom every day. If I have a hypo in class, I'll tell the teacher and take care of it.



你以往考試有試過低血糖嗎?

Have you had a hypo during a previous exam?

有一次我在數學考試中低血糖，必須馬上處理。現在，每次考試我都會帶備一些甜食和餅乾以備不時之需。

Yes, I had an experience of a hypo during my maths exam and I had to treat it immediately. Now I bring candies and snacks with me to the exam room in case of emergencies.



“

在考試期間，你會向誰尋求支持或有關管理糖尿病的建議呢？

**Who do you turn to for support and guidance in managing your diabetes during the exam period?**

我的家人總是在我身邊支持我，我的糖尿科護士也在我覆診時給我建議。跟你的醫療團隊多談談，他們可以幫助你！

My family is always there for me, and my diabetes nurse also gives me guidance when I go in for check-ups. Be honest and open with them! Don't be afraid to ask for advice if you need it or have any concerns.

”



“

你申請特別安排的原因是...

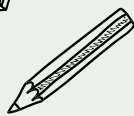
**Why did you choose to apply for special arrangement?**

特別安排可以幫助我控制好我的糖尿病。例如我可以每隔45分鐘休息一下，這樣我就可以檢查我的血糖，吃點零食或者進行矯正注射。這真的很有幫助！

我已經對即將到來的文憑試(DSE)申請了特殊考試安排，除了上面提到的短暫休息時間，我的學校將為我提供一個特殊的房間應考所有科目(口語科目除外)。

It helps me manage my diabetes. I am allowed to take a short break every 45 minutes to check my blood sugar. I can also take my hypo kit and insulin into the exam room in case of emergencies. It really helps a lot!

I also take my exams in a special room, so I can manage my blood sugar without disrupting the other candidates.



”



“

對其他面臨考試而又有糖尿病的人，你有什麼建議給他們？

**What would be your top tip to others in a similar position who have their exams coming up?**

緊記帶備你的醫療用品，尤其是血糖機，一定要隨身攜帶。確保有糖果和零食來處理低血糖，也有胰島素來治療血糖過高。

Keep your medical kit with you at all times. Make sure your blood glucose meter is within easy reach, and bring enough candies and insulin to treat any hypo or hyper symptoms.

”

## 考試小貼士

事先了解公開考試的政策，以避免不必要的麻煩！

以下情況可能需要事先獲得許可：

- 帶上血糖機
- 帶備處理低血糖的食品
- 如有需要，延長休息時間來處理糖尿症狀。

有特殊需要考生應考全港系統性評估、香港中學文憑考試和其他國際及專業考試都可申請特殊考試安排。請向香港考試及評核局查詢。

[http://www.hkeaa.edu.hk/tc/Candidates/special\\_needs\\_candidates/index.html](http://www.hkeaa.edu.hk/tc/Candidates/special_needs_candidates/index.html)



## Exam Tips

Find out about the accommodations policy for your public examination ahead of time to avoid unnecessary trouble!

It may be necessary to request advance permission to:

- Bring in a blood glucose meter
- Have access to snacks to treat hypoglycaemia
- Be able to take an extended break, if necessary, to take care of high blood sugar or other diabetic needs.

Students with special needs may apply for special arrangement for TSA, HKDSE, and other international and professional exams. Please contact the HKEAA for details.

[http://www.hkeaa.edu.hk/en/Candidates/special\\_needs\\_candidates/index.html](http://www.hkeaa.edu.hk/en/Candidates/special_needs_candidates/index.html)



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辦公時間：星期一至五9:00a.m. - 12:00p.m., 1:00p.m. - 5:30p.m.

## 考試殺到...未驚過!

踏入春天，又是各大考試的日子，相信不少糖兄、糖姊將要投入備戰。非常時期血糖值出現波動不足為奇——壓力荷爾蒙上升、運動減少和為減壓多吃零食有可能令你血糖增高，另一方面，溫習過勞、廢寢忘餐有機會導致低血糖。血糖搞不好，應試期間 hyper 或 hypo 都會干擾集中力和判斷力，影響成績。因此「咪書」之餘，對血糖的管理也要格外留神。謹此提供幾個小提示，希望對各位同學有用。

### 1. 溫習期間安排小休，勿忘運動

人沒法長時間維持專注，有效的溫書計劃必須預留小休時間，作鬆弛減壓，補充能量和驗血糖之用。備戰時期也不應整天埋首書叢，做點運動，讓心境舒泰，亦有助穩定血糖。

### 2. 維持飲食規律，切忌廢寢忘餐

怎樣忙碌也好，胰島素不能不打、飲食要堅持定時。別挨更抵夜「通頂」，作息一亂，血糖亦隨之而亂。休息不夠，免疫力下降，病倒了就前功盡廢！

### 3. 「篤手指」不能疏懶

身體受壓時血糖值波動會較大，須更緊密監察，好讓自己更了解身體在考試壓力下的反應。更可以籍校內測驗和模擬考試，收集血糖變化的實戰數據，作為正式考試的參考。

### 4. 與學校或考評當局溝通

考試前須先知會校方或考評當局，你作為一型糖尿病患者的特別需要和應試時可能出現的狀況——如隨身帶血糖機和小吃以備不時之需等。

### 5. You Are Not Alone

考試期間對血糖控制有疑問，勿猶豫，請教你的醫生和糖尿姑娘。營養師也能在血糖起起伏伏中給你一點飲食指導。精緒受困時，你的社工和輔導員都樂意做你的樹洞。最後請緊記，家人永遠是你最強的后援。

ALL THE BEST! (祝考試順利!)

馮偉正醫生  
資深兒科專科醫生  
婚姻及家庭治療師





# Exams? Minimise stress!

For many students, springtime heralds the arrival of exams. It's common for blood sugar levels to fluctuate during this time — the decrease in exercise, coupled with an increase in stress hormones and snack consumption for stress relief, may increase your blood sugar. On the other hand, overworking and sleepless nights spent studying may cause hypoglycaemia. Hyper or hypo during the test interferes with concentration, so don't forget to monitor your blood sugar while studying! Here are a few tips to help you.

## 1. Take breaks and exercise

People cannot maintain concentration over a long time. An effective study plan includes short breaks for relaxation to boost energy. Don't sit at the desk all day: do some exercise and let your mind unwind. This will also help stabilise your blood sugar.

## 2. Maintain your regular schedule

No matter how busy you are, don't neglect your insulin injections, and eat at regular times. Don't stay up all night and mess up your sleep schedule — think of all the wasted effort if you got sick before the test! Plus, the more chaotic your schedule, the more your blood sugar levels will fluctuate.

## 3. Check your blood sugar — don't be lazy!

Your blood sugar level will fluctuate greatly when you're under pressure. It needs to be closely monitored so that you can understand your body's reactions better. Collect data from school and mock exams to prepare for the real deal!

## 4. Communicate with your school or assessment authority

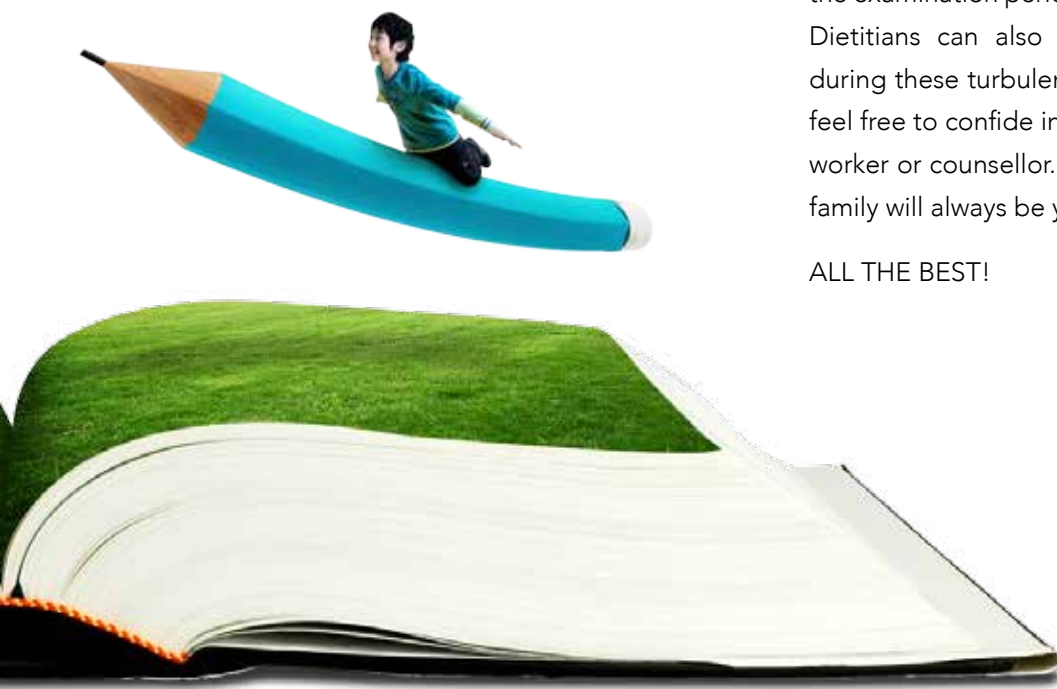
Inform the school or the assessment authority of your needs as someone with diabetes, and the complications that may occur during the test — such as hypo- or hyperglycaemia — to get permission to bring your medication and emergency snacks.

## 5. You are not alone

Don't hesitate to ask for tips to control blood sugar during the examination period from your doctor and DM nurses. Dietitians can also give you some dietary guidance during these turbulent times. If you're in trouble, please feel free to confide in a trusted adult, such as your social worker or counsellor. Finally, please remember that your family will always be your strongest supporters!

ALL THE BEST!

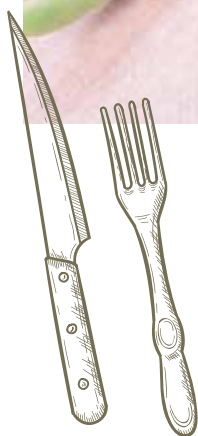
Dr Aurelius Fung  
Specialist in Paediatrics  
Marriage and Family Therapist



## 冬菇四季豆鮮竹結

# Bean Curd Sticks with Chinese Black Mushrooms and Green Beans

Serves 4 人分量



大部分農曆新年慶節食品都較肥膩，容易吃滯。佳節過後想吃得清淡一些，不妨試試以下的有營素食菜式！

It's possible that you may have over-indulged with all the delicious, yet greasy, foods that Chinese New Year had to offer. If you're looking for a healthy alternative after the holidays, why not try this vegetarian dish with the family?

### 每份 Per serving

碳水化合物 Carbohydrate	蛋白質 Protein	脂肪 Fat	膳食纖維 Fibre
11g	12g	8g	1.5g



### 調味料 Seasoning

鹽	1/2 茶匙
Salt	1/2 teaspoon
生抽	1 湯匙
Soy sauce	1 tablespoon
麻油	1 茶匙
Sesame oil	1 teaspoon
糖	1 茶匙
Sugar	1 teaspoon
清水	2/3 杯 (約 160 毫升)
Water	2/3 cup (160 ml)

### 材料 Ingredients

鮮腐竹	12 條 (約90克)
Tofu skin	12 pieces (approx 90g)
冬菇 (乾)	3 隻 (約12克)
Chinese black mushrooms (dried)	3 pieces (approx 12g)
四季豆	2 兩 (80克)
Green beans	2 taels (80g)
紅蘿蔔	1/2 條 (約75克)
Carrots	1/2 piece (approx 75g)
植物油	3 茶匙
Vegetable oil	3 teaspoons

### 芡汁 Thickening sauce

生粉	1 1/2 茶匙
Cornstarch	1 1/2 teaspoon
清水	2 湯匙
Water	2 tablespoons

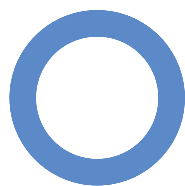
### 做法

1. 鮮腐竹沖淨浸軟，切段及打結，備用。
2. 冬菇浸軟、去蒂後切條，四季豆洗淨去硬邊後切段，紅蘿蔔去皮、洗淨及切段，備用。
3. 於易潔鑊下油，加入冬菇、四季豆、紅蘿蔔同炒，加入調味料及腐竹結煮滾，蓋上鍋蓋煮至入味。
4. 最後拌入芡汁理芡便成。

### Method

1. Soak and section the tofu skin and tie into knots.
2. Soak, trim, and slice the mushrooms. Rinse, trim, and section the green beans. Peel, rinse, and section the carrot.
3. Heat the oil in a non-stick wok or pan. Stir-fry the mushrooms, beans, and carrot. Stir in the seasoning sauce and tofu skin and bring to boil. Cover and braise.
4. Stir in the thickening sauce and serve.

你可以在以下網頁找到更多不同款式的低醣食譜：  
 You can find more diabetes-friendly recipes here:  
[http://www.pco.gov.hk/english/resource/diabetes-friendly\\_recipes.html](http://www.pco.gov.hk/english/resource/diabetes-friendly_recipes.html)



world diabetes day

14 November

## 「藍月·十一」 Blue November

雖然11月已經過去，但我們會繼續為糖尿病患者爭取他們應有的權利和幸福。

感謝所有的善長、醫護人員、企業贊助商、會員及朋友用行動證明糖尿病患者並非孤軍作戰。作為香港唯一致力為糖尿病患兒童、青少年及其家庭提供支援的慈善機構，我們感謝所有支持者為深受糖尿病影響的人們作出有意義的改變。讓我們一起繼續提高公眾對糖尿病的認識！

期望今年的藍月·十一再與大家見面！



November may be over, but we will continue our mission to advocate for children with diabetes and their families.

Thank you to all of our medical associates, corporate donors, YDA members, and friends. The Blue November's charity hike and the Dress in Blue selfies proves that with your dedication and action, people with diabetes are not alone. Let's keep on raising awareness and fighting diabetes together!

See you again during Blue November this year!





## 聖誕聯歡會 Christmas Party 2018

我們的會員於2018年12月15日參加了一年一度的聖誕聯歡會!享受美味的自助餐和刺激的遊戲的同時，也結交了很多新朋友。希望我們下年繼續一起歡渡聖誕!

Our members had a great time making new friends while enjoying the delicious buffet and exciting games at our Annual Christmas Party on 15 December 2018.

Hope to see all of you at this year's Christmas Party!



## 茶點製作 × 看圖對話工作坊 Snack Corner x Conversation Map

一眾會員於是次活動製作美味的關東煮及糖不甩之餘，更透過潘姑娘帶領的看圖對話小組討論與其他朋輩分享自理糖尿病的心得!

各位青年會員透過此活動增長有關糖尿病的知識，一起實踐適合自己的自理計劃。

Aside from making delicious snacks at this workshop, members at our conversation map session shared their experiences in self-management under facilitator Ms Poon's lead.

Through the conversation map workshop, young members were able to learn more about diabetes and empower themselves in developing action plans in diabetes management.

## 家有一型糖尿病人工作坊 Diabetes Conversation Map

**日期** : 3月9日(六)  
**時間** : 下午2時30分至4時30分  
**地點** : 兒童糖尿協會中心  
**對象** : 本會10歲以下會員之家長  
**費用** : 全免  
**活動以廣東話進行**

**Date** : 9 March 2019 (Sat)  
**Time** : 2:30 - 4:30 pm  
**Venue** : YDA Centre of Excellence  
**Participants** : Parents of YDA members aged under 10  
**Activity fee** : Free  
**Language** : Cantonese

患有糖尿病的小朋友在日常生活當中會面對種種挑戰。他們不僅要保持嚴格的飲食習慣，還要在學校或旅行中控制好血糖。作為父母應如何幫助他們克服這些挑戰？讓資深糖尿科莫姑娘在是次工作坊告訴大家吧！既可與其他家長分享照顧一型糖尿病小朋友的經驗，又能學到新東西！是次活動對象為10歲以下會員的家長。

Children with diabetes face challenges in a variety of situations. Not only do they have to carefully manage their diet, they also need to consider how diabetes will impact their daily life; such as how to manage at school, participating in sports, going on vacation — the list is endless. As parents, how can you help them overcome these challenges? Find out in the conversation map workshop led by experienced DM nurse Ms Maisy Mok. This workshop is intended for parents of children under 10 with Type 1 diabetes.



## 樂遊南生圍 EcoTrip @ Nam Sang Wai

**日期** : 3月23日(六)  
**集合地點** : 屯門西鐵站大堂  
**集合時間** : 上午9時30分

**Date** : 23 March 2019 (Sat)  
**Meeting place** : Tuen Mun West Rail station lobby  
**Meeting time** : 9:30 am

南生圍位於香港元朗，被廣闊的紅樹林、蘆葦田及池塘包圍，這裡的濕地也是候鳥天堂。在義工Raymond叔叔的帶領下，會員及家人不單可以近距離接觸大自然，了解香港自然生態，還可以欣賞優美風景，在大草地上野餐玩樂！

Nam Sang Wai is located in Yuen Long. It is surrounded by vast mangroves, reed fields and ponds. The wetlands here are also a paradise for many birds. Under the guidance of eco-tour guide Uncle Raymond, YDA members and family members can get close to nature and understand Hong Kong's natural ecology, as well as enjoy beautiful scenery and spend time on the grassy fields!



# 鳴謝

## Acknowledgements

兒童糖尿協會衷心感謝下列機構、團體及人士於2018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。

Thanks to the generous support of the following companies, organisations, and individuals during October to December 2018, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, thank you!

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## 試想像一下.....

你只是個小孩子，每天卻需要注射四至六次胰島素才能維生；只有注射胰島素後才能進食；每次外出玩耍、做運動和吃零食前，都必須刺一下手指頭先驗血糖指數.....

## 試想像一下.....

作為孩子的父母，每日每夜也要小心監督和執行這種嚴格的生活方式，同時也得用心地為孩子的未來計劃.....

兒童糖尿協會於2001年成立，致力為患上糖尿病的兒童提供支援。我們每年舉辦各種具教育意義的活動，以支持數百個患病兒童的家庭，並向有需要的兒童提供財政資助，以補貼血糖檢測必需品的開支。

我們致力籌得足夠款項，繼續為患有糖尿病的兒童提供醫療、情感、教育輔導服務，且為他們提供最新治療技術和方法的最新資訊。

請捐助我們，讓糖尿病不再是孩子們的障礙!



### Imagine...

being a child who has to do four to six injections every day to stay alive, who can only eat once an injection has been done, who has to prick a finger and measure blood glucose before going out to play, participate in sports, or have a snack ...

### Imagine...

being the child's parent who has to supervise and enforce this strict regimen day after day while trying to plan ahead for the child's future ...

Youth Diabetes Action was founded in 2001 to support children suffering from diabetes. We organise educational activities and events throughout the year. These activities and events support hundreds of afflicted families, and provides financial subsidies to many needy children to cover the expense of blood testing equipment and other necessary supplies.

Our goal this year is to raise funds to provide medical, emotional, and educational counselling, and to provide access to the latest technology and better treatment methods for children and families living with diabetes in Hong Kong.

With your support, no child will be held back by diabetes! Join us by filling out the donation form or email [support@yda.org.hk](mailto:support@yda.org.hk) to find out more about how you can get involved.



## 請捐款支持我們！ Every single dollar counts!

### 捐款種類 Donation Type

本人願意支持兒童糖尿協會

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

- 每月港幣200，可資助1名糖尿病兒童購買1個月的採血針費用  
Monthly HK\$200 – help a child with diabetes for a month's worth of blood test lancets
- 每月港幣300，可資助1名糖尿病兒童購買1個月的採血針及針頭費用  
Monthly HK\$300 – help a child with diabetes for a month's worth of lancets and insulin pen needles
- 每月港幣600，可資助1名糖尿病兒童購買1個月的血糖試紙費用  
Monthly HK\$600 - help a child for one month of blood glucose test strips
- 港幣10,000 (助養兒童計劃)，可資助1名糖尿病兒童購買1年的醫療消耗品費用，以改善其家庭生活  
HK\$10,000 (Sponsor a Child) - sponsor the life of a child with diabetes and purchase diabetes medical supplies for one year
- 其他金額 Other amount HK\$ \_\_\_\_\_

### 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     Amex

信用卡號碼 Credit Card No.:

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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 authorisation 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

捐款港幣100或以上可憑捐款收據申請扣稅。

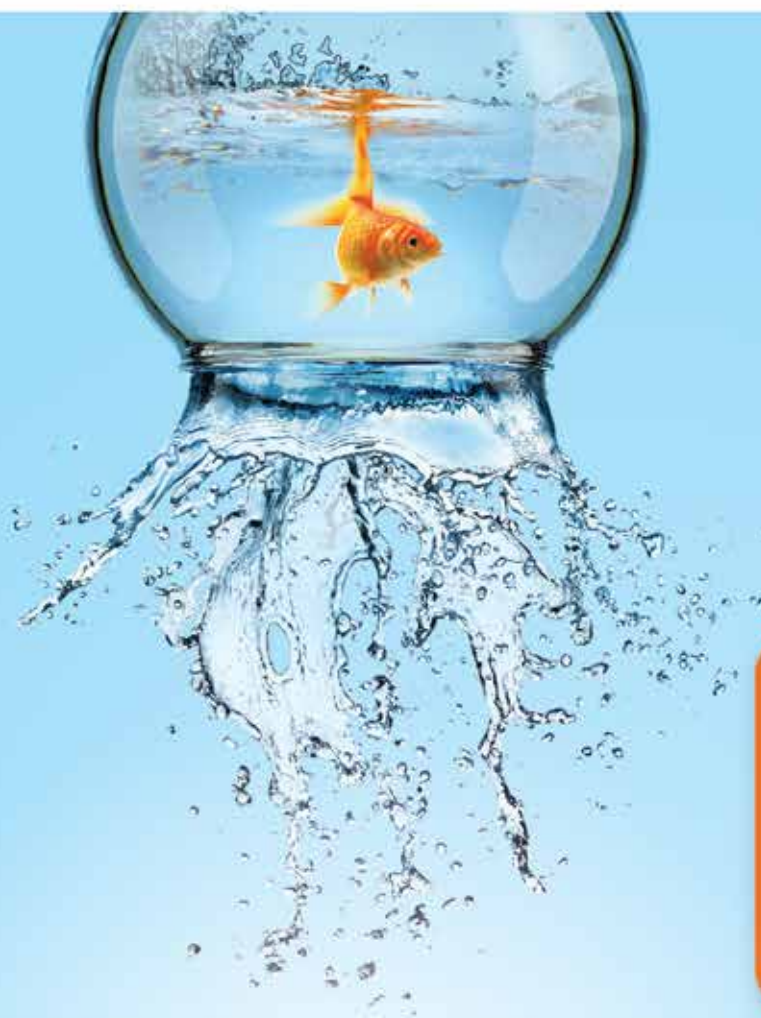
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