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2019

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letter

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New Technologies 糖尿新科技

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Reference:
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編輯的話

From the Editor

當一般人面對確診一型糖尿病，不免會感到難以接受。為了控制病情，生活上迎來不少挑戰－每日注射胰島素、每日數次血糖檢測，若血糖水平不穩，又要想方法控制。患者除要應付控制病情的日常程序，還要面對巨大的情緒壓力以及經濟負擔。不少一型糖尿病人的家屬會感孤立無援。有些家庭會因為所需用品昂貴，會選擇重用一些本應要用完即棄的用具，以省開支。

“醫療用品資助計劃”誕生的原因－就是希望確保低收入家庭可以為家中一型糖尿病的孩子提供必須的基本護理。這計劃提供醫療協助、情緒支援、教育服務，還會助家庭與其他人建立聯繫。

請翻到第二頁，了解更多“醫療用品資助計劃”怎樣大大改變了盧柏濠小朋友一家的生活，以及如何出一分力支持這重要計劃。

A diagnosis of Type 1 diabetes can be such a shock. There is so much to take in with managing this complex condition – the daily injections, multiple blood tests, how to control fluctuating glucose levels. Beside managing the condition itself, there is also a huge emotional and financial burden. Often families will feel isolated and helpless. The cost of diabetes equipment can be very costly, with some families having to reuse medical equipment intended for one-use only to save on costs.

This is the reason the Sponsor a Child programme exists – to ensure families with limited income can still provide the necessary basic care for their child with Type 1 diabetes. The programme provides medical assistance, emotional support and educational services, as well as connecting families with others.

Find out more about how the Sponsor a Child programme has made a huge difference to Fanny and Alden Lo's lives, and how you can help to support this vital programme, on page 2.

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我們希望本刊能繼續為你提供有趣及貼切的信息。請填寫以下簡單問卷，讓本刊更進一步：<https://bit.ly/2F7OUUY>

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

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專題 Feature Story

會員柏澔媽媽Fanny告訴我們加入本會醫療用品資助計劃如何為他們的生活帶來新轉機。

Alden Lo's mum, Fanny, tells us how joining the YDA Sponsor a Child programme has made a huge difference to their lives.

會員小檔案 Member Profile

盧柏澔 Lo Pak Ho Alden

5歲，2018年確診。

每天驗血6次及注射胰島素4次。

5 years old, diagnosed in 2018.

No. of daily injections: 4

Average no. of daily blood glucose tests: 6



柏澔一年前被診斷有一型糖尿病。我注意到他經常口渴並經常尿床，尿液有異味。他沒有精力，坐起來也會倒下。我很擔心，立刻把他帶到一家私人診所，認為這樣可以節省時間，但實際上大多數私人診所只接納17歲以上的糖尿病患者。值得慶幸的是，醫生注意到這些跡象並將他轉介到聯合醫院(UCH)。回想起來，我很高興在他患糖尿病酮症酸中毒之前就帶他去了醫院。

我當時對柏澔一型糖尿病的診斷非常震驚，我真的很害怕。沒有家族病史，我根本不理解糖尿病是什麼。兒子確診前我只在電視上看過一段關於一型糖尿病的簡短片段，記得女孩注射胰島素的畫面，這真的令人震驚。

Alden was first diagnosed over a year ago. I noticed Alden was constantly thirsty, despite drinking lots of water. He was also frequently bed wetting, and his urine had a strange smell. He had no energy and it got to the point where he'd collapse while sitting up. I was so worried, I took him to a private clinic thinking it'd save time, but actually most private clinics only admit people with diabetes who are over 17 years old. Thankfully the doctor noticed the signs and referred him to United Christian Hospital (UCH). Looking back, I'm grateful that I took him to a hospital before he got diabetic ketoacidosis.

Alden's diagnosis of Type 1 diabetes was such a shock and I was really scared. There's no family history. I had seen a brief segment about Type 1 diabetes on TV and I only remember the image of the girl getting injections, which was really shocking.

我忍不住想知道，為什麼這件事發生在我的兒子身上？我做錯什麼了嗎？有一段時間我所能做的就是獨自哭泣。反而柏濬很快適應了。因他也有自閉症，所以醫院為卡片提供了圖像，讓他知道他每天必須做的事情。雖然他還需要一段時間才能夠自理病情，但至少他可以按照檢查血糖和注射的步驟。

除了應對情緒挑戰和努力學習如何管理病情外，也造成了經濟負擔。我們突然面臨著糖尿醫療消耗品的巨額開支。他每天必須檢查六次血糖。這些血糖檢查的測試條真的很貴，但它是必需品。我知道這不衛生，但我以前會重複使用採血針以節省成本——我不知道還能做什麼。胰島素針頭的成本也很昂貴，畢竟柏濬每天需要進行四次胰島素注射。

我發現批量購買更具成本效益，這意味著一次過支付大筆費用。然而不能一次過負擔這筆花費，而導致柏濬的自閉症訓練課程要延遲。

這一切都令我覺得無助，孤獨，沒有人了解我們正在經歷的事情。幸好醫生和護士真的很熱心，告訴我可以申請兒童糖尿協會的醫療用品資助計劃。我於2018年9月加入該計劃，加入兒童糖尿協會並與其他父母保持聯繫對我來說是一個巨大的幫助。能夠與了解照顧患有糖尿病的孩子的人交流信息和經驗，已經教會了我很多。我很高興看到其他父母談論他們已長大成人的孩子，因為這意味著我的兒子也可以有一個美好的人生。

有了醫療用品資助計劃，柏濬在糖尿病及其他方面都能夠獲得他需要的幫助，我不必擔心訓練課程要延遲。我們現在有足夠的試紙和胰島素來治療他的糖尿病。

我非常感謝所有慷慨的捐助者。醫療用品資助計劃確實給我們的生活帶來了巨大的變化，我對柏濬的未來充滿希望。

I couldn't help but wonder, why did it happen to my son? Did I do something wrong? For a while all I could do was cry by myself. Alden, on the other hand, adapted very quickly. Alden is also on the autism spectrum, so the hospital provided flashcards with pictures to show him his new routine and what he had to do. Although it'll be a while before he can manage his diabetes on his own, he has no problem following the steps to check his blood sugar and take injections.

As well as dealing with the emotional challenges and learning how to manage Alden's diabetes, the diagnosis also created a financial burden. We were suddenly faced with hefty expenses for his diabetes kit. He has to check his blood glucose over six times a day. The test strips for these blood glucose checks are really expensive, but it's not something that can be skimmed on. I know it's not hygienic, but I used to reuse blood taking lancets to save on costs – I didn't know what else to do. The cost of pen needles also added up, since Alden needed to take four injections every day.

I found it was more cost effective to buy in bulk, which meant spending a large lump sum all at once. However, this resulted in delaying Alden's autism behavioural and training classes because we'd used the money for his diabetes supplies.

It was all very overwhelming and at times it felt lonely – no one understood what we were going through. The doctors and nurses have been really helpful. It was one of the nurses at UCH that told me about YDA and the Sponsor a Child programme, and I joined the programme in September 2018.

Joining YDA and being put in touch with other parents have been a huge help to me. Being able to exchange information and experiences with people who understand what it's like to take care of a child with diabetes, has taught me a lot. It also gives me hope to see parents talk about their older kids because it means my son has a future.

Being on the Sponsor a Child programme and the funds that it has provided, has meant Alden is getting the care he needs to manage both his diabetes and his autism, and I don't have to worry so much about unexpected expenses. We now have enough test strips and insulin to manage his diabetes.

I'm so grateful for all the generous donors and sponsors who have made the programme possible. It has really made a huge difference to our lives and I am hopeful for Alden's future.



如果您想了解更多有關醫療用品資助計劃的資訊，歡迎發電子郵件至support@yda.org.hk或致電2544 3263聯絡我們。

If your child has Type 1 diabetes and you want to know more about the Sponsor a Child programme, please get in touch with us by emailing support@yda.org.hk or call us on 2544 3263.

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

I. Caswell et al. Diabetes Technol Ther 2015; Vol17, No.3
*ISO 15197:2013 準確度標準要求在葡萄糖濃度 < 5.55 mmol/L 時，偏差可達 ±0.83 mmol/L；或在葡萄糖濃度 > 5.55 mmol/L 時，偏差可達 ±15%。

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糖尿與 現代科技的關係

隨著技術的進步，越來越多硬件，儀器和軟件可幫助糖尿病患者控制血糖水平，以預防併發症和改善生活質素。以下游可聰醫生會詳細講解這些新技術。

1 有哪些不同的糖尿病技術？現時有不同類型的胰島素泵用來將胰島素注入體內，例如留泵和貼片泵，它們運用的基本原理相似。設定基礎胰島素劑量，可將胰島素以不同基礎速率注入體內。另外，若需胰島素控的餐後血糖，可計算好劑量並輸入指令，於餐前將胰島素注入體內。有高血糖水平時也可透過注入修正劑量的胰島素以調整血糖。

血糖監測方面，現在有血糖監測器可以連接到手機應用程式，令自我血糖監測(SMBG)更方便。還有不同種類的連續血糖監測(CGM)例如實時掃描和間歇掃描，也稱為瞬間血糖監測器。這些監測器可測量間質液葡萄糖7至14天。它們的運作方式略有不同。有些需要自我血糖監測進行校準，有些可以連接到手機應用程式，把數據儲存並與人分享，還有些可直接用手機掃描來讀取血糖數值。甚至有一些CGM，可連接到胰島素泵，並根據血糖數值來調整胰島素輸送劑量(實時動態胰島素泵治療)。

2 與傳統技術相比，這些新技術有甚麼好處？胰島素泵可令糖尿病患者生活更彈性，血糖控制更理想。例如，患者可根據每日不同的活動來調整胰島素基礎輸送率；準備好用餐時才指令注入餐前所需胰島素；在需要運動時設置合適的基礎傳輸率，以預防低血糖。

由於連續血糖監測儀會「持續」監測血糖，它可計算用家血糖趨勢，預測低血糖水平。若與胰島素泵結合使用，可於血糖過低時或之前暫停胰島素輸注。這有助於減少尤其在夜間血糖過低的情況。

利用連續血糖監測儀器產生的血糖數據，糖尿病患者和醫護人員都可更清楚血糖趨勢，這有助教育患者如何適當地改變行為和助醫護人員調整治療方案，幫助患者改善血糖控制。

3 有哪些缺點？連續血糖監測儀不斷提供詳細的血糖數據和趨勢有可能反而為使患者和家庭帶來壓力。因此，醫護人員的教育和培訓對患者非常重要。即使患者使用連續血糖監測儀器，也應得到持續的支援。

而且與所有科技一樣，裝置可能會出現故障，不能完全倚賴。因此，患者和家屬應該隨時準備要用回傳統的胰島素注射和自我血糖監測方法。

4 連續血糖監測儀器可否取代傳統的自我血糖監測？雖然連續血糖監測儀器裏的細胞間質液中的葡萄糖值通常與血糖水平相關，但兩者之間有時間上的誤差。這導致連續血糖監測儀量度的血糖值和實際血糖值有偏差，尤其是當血糖急升或急降時。因此，大多數醫護人員建議患者在葡萄糖水平過低或過高時用自我檢查血糖，再決定治療方案。

5 這些技術是否減少了對胰島素注射和血液檢測的需要？若使用胰島素泵，胰島素注射次數會更少。但泵使用者應每3天更換一次輸液器，並確保在泵出現故障時，有足夠胰島素供應儲備。

而且，若使用工廠校準的連續血糖監測儀器，大多數醫護人員會建議患者和家屬仍應定期進行自我血糖監測。

6 這些技術是否適合所有糖尿病患者？原則上，胰島素泵治療適用於不同年紀患有糖尿病的兒童和青少年。然而，患者和家屬應該在開始使用胰島素泵之前了解胰島素泵的原理，知道如何正確計算每餐碳水化合物量以配合餐前胰島素劑量，如何決定胰島素修正劑量，還有如何應付泵故障等。

連續血糖監測儀器為我們提供了大量的葡萄糖數據，但患者和家屬都應同樣在開始使用之前接受培訓，學習如何處理及理解這些數據並採取適當行動。



.....
如果了解更多資訊，請與您的醫護專業人員商討。雖然互聯網載有大量關於不同糖尿病技術的資訊，但建議糖尿病患者和家屬在使用胰島素泵或連續血糖監測儀器之前接受適當的教育和培訓。

游可聰 醫生
中大醫學院兒科學系名譽臨床助理教授



DIABETES AND TECHNOLOGY

With advances in technology, there are an increasing number of hardware, devices, and software available to help people with diabetes manage blood glucose levels, prevent complications, and improve quality of life. Dr Yau Ho Chung explains more about these new technologies.

1. What are the different diabetes technologies available?

For insulin delivery, there are different types of insulin pump, namely tethered pump and patch pump, but the basic principle is similar. A basal insulin is set to deliver small amounts of insulin at different basal rates, while a meal bolus is calculated and delivered at meal times. Correction bolus can be given to correct high blood glucose.

For glucose monitoring systems, there are now blood glucose meters that can connect to mobile apps which will aid self-monitoring of blood glucose (SMBG) from the meter. There are also different kinds of continuous glucose monitor (CGM) namely real-time and intermittently scanned, also known as flash glucose monitor. These monitors measure the interstitial fluid glucose for 7-14 days. They can all work slightly differently; some will require SMBG for calibration, some can connect to mobile apps for which data can be stored and shared with others, some can scan the sensor with just the mobile phone. There are even some CGMs, which when connected to an insulin pump, can help in adjusting the insulin delivery as well (sensor-augmented pump therapy).

2. What are the benefits of these new technologies compared with the traditional ones?

The insulin pump can offer people with diabetes a more flexible lifestyle and allows for better glucose control – for example adjusting different basal rates for different daily schedules, giving a meal bolus only when ready for a meal, or setting a temporary basal rate during exercise to prevent low blood glucose.

CGM measures interstitial fluid glucose “continuously” so there is a better idea on the glucose trend. When combined with the use of insulin pump, the algorithm helps to predict low blood glucose, thereby suspending insulin infusion on or before low blood glucose. This helps to reduce hypoglycaemia, especially at night-time.

With the glucose profile generated from a CGM, both people with diabetes and healthcare providers can have a better understanding of the glucose trend. This can help to educate patients on behavioural modification and healthcare providers on treatment adjustment.

3. What are the disadvantages?

The information on glucose trends provided by CGMs can sometimes flood the patients and families with too much information causing distress. Therefore, it's important to receive education and training from healthcare providers. On-going support should also be received when using a CGM.

As with all technology, there will be a chance of machine failure. Therefore, patients and families should be prepared to revert back to the traditional methods of insulin injections, and SMBG.

4. Can CGMs replace the traditional SMBG?

Although the interstitial fluid glucose levels in CGM usually correlate with blood glucose levels, there is a time lag between the two. This will result in a discrepancy between the CGM glucose and blood glucose values, especially when the blood glucose rises or drops very quickly. As a result, most healthcare providers suggest the patients check blood glucose when CGM glucose levels are too low or too high, before they decide on any intervention.

5. Do these technologies reduce the need for insulin injections and blood tests?

With the use of insulin pump, the number of insulin injections will be fewer. But pump users should change their infusion sets every 3 days and have insulin supplies in case of pump failure.

Also, for those using factory-calibrated CGM, most healthcare providers suggest that patients and families should still use SMBG regularly.

6. Are these technologies suitable for everyone with diabetes?

In principle, insulin pump therapy is appropriate for children and adolescents with diabetes, regardless of age. However, patients and families should understand how the insulin pump works, how to count carbohydrates correctly for meal bolus, how to decide for correction bolus, how to handle pump failure, etc, before they start using insulin pump.

Similarly, CGM provides lots of glucose readings but patients and families should receive training on how to handle these data, how to interpret them correctly and how to take action properly before they start using CGM.

.....
If you would like more information please discuss with your healthcare providers. Although the internet has a lot of information on different diabetes technologies, people with diabetes and families are recommended to receive proper education and training before using an insulin pump or CGM.
.....

Dr Yau Ho Chung
Specialist in Paediatrics
Prince of Wales Hospital
The Chinese University of Hong Kong



越南米紙卷食譜

可千變萬化，如加入不同蔬菜種類。以下的食譜用了雜菇菌、青瓜、和生菜。

Rice Paper Roll

This recipe is very versatile and can be made with different kinds of vegetables. The recipe below uses mixed mushrooms, cucumber and lettuce.



越南米紙卷 Vietnamese rice paper rolls

Makes 2條分量

每條 Per Roll

碳水化合物 Carbohydrate	糖 Sugar	脂肪 Fat	蛋白質 Protein
13g	1g	0g	2g

材料 Ingredients

越南米紙	2片 (~31cm)
Vietnamese rice paper	2 pieces (~31cm diameter)
薄荷葉	2片
Mint leaves	2 pieces
雜菌	100克
Mixed mushrooms	100g
青瓜	50克
Cucumber	50g
生菜	2大片
Lettuce	2 large pieces



做法

1. 將青瓜和生菜洗淨。
2. 用熱水焗煮雜菌。然後把雜菌和青瓜切片絲，備用。
3. 用冷開水將米紙沾濕。在米紙的中間，鋪上已切好的青瓜絲、薄荷葉、雜菌絲和生菜。
4. 先將米紙的左右兩邊往中間摺疊覆蓋餡料，再從米紙上或下端往另一端捲摺三分一長度。重覆捲摺至完成。

Method

1. Rinse the cucumber and lettuce.
2. Boil the mushrooms in hot water. Shred the mushrooms and cucumber. Set aside.
3. Dampen the Vietnamese rice papers with water. Put the shredded cucumber, mint leaves, shredded mushrooms and lettuce in the middle of each Vietnamese rice paper.
4. Fold each rice paper double; then fold up one-third over the filling. Continue to roll the rice paper to enclose the filling.

有營小貼士 Tips

1. 把每條米紙卷切成2-3件以便進食。
 2. 可隨喜好加入雞肉、瘦豬肉或蝦來增加蛋白質!
1. Cut each roll into 2-3 pieces to serve for easy handling.
 2. Feel free to add some chicken, pork or shrimp for additional protein!

春日愛心樂悠悠2019 Spring Fling 2019



歡 迎來到金法老王的宮廷!兒童糖尿協會在5月3日(星期五)於香港港麗酒店舉行一年一度的籌款晚宴—春日愛心樂悠悠。在設計師Silvio Berge才華橫溢的設計下,超過300多位嘉賓踏入了金法老的優雅宮廷。

是次晚宴籌得善款200萬港元,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,抒緩他們的負擔。謹此向各位慷慨解囊的善長人翁致謝,使今年的晚會圓滿結束。有您們的幫助,糖尿病不再是孩子的障礙!





A big thank you to all our sponsors, donors, esteemed guests and volunteers for your generous support in making this year's gala a resounding success! With your help, we are now one step closer to realising YDA's goal of ensuring that no child in Hong Kong will ever be held back because of diabetes.



Welcome to the court of the Golden Pharaoh! Under the talented hand of designer Silvio Berge, over 300 celebrated guests attended the elegant court of the Golden Pharaoh at the Grand Ballroom of Conrad Hong Kong for YDA's fundraising gala on Friday, May 3.

With the support of our generous guests, we were able to raise over HK\$2 million, which will let us continue our programmes and expand our current services to support children with diabetes and their families. Throughout the year, we organise educational seminars, cooking classes, parents' gatherings, art therapy support groups, outdoor camps, and many other activities for our members and their families. We will continue our Financial Assistance Programme to support families in subsidising medical supplies for their child living with diabetes.



1.27

樂園同樂日 Magical Disney Day

感謝香港迪士尼樂園的贊助，讓40多個家庭在星級家庭的陪伴下度過了美好的一天。孩子們從星戰絕地武士廟穿梭到反斗奇兵大本營，真是一個夢幻之旅！
With generous sponsorship from Hong Kong Disneyland, more than 40 families spent a wonderful day visiting the Magic Kingdom under the guidance of YDA mentor families. From the Jedi temple to Andy's Toy Box and everything in-between, our members had the time of their lives!



3.23

樂遊南生圍 EcoTrip @ Nam Sang Wai

Raymond叔叔又帶我們出遊了！今次去了有名的南生圍，會員們過了一個開心健康的早上。YDA members and their families had a great time at the beautiful Nam Sheng Wai with volunteer Uncle Raymond!



3.30

水墨藝坊 Ink x Art Workshop

感謝大華銀行贊助，讓一眾會員體驗製作水墨畫的樂趣，發揮無限創意！

Sponsored by United Overseas Bank, our members took a tour of Art Central and created their own ink art masterpieces.

4.27

控「糖」管理達人— 實時血糖監測工作坊 Real-time glucose monitoring workshop

一眾會員在傅醫生的解說下，對持續性血糖監測系統(CGM)有更深入了解。
Our members learned about the clinical benefits of real-time continuous glucose monitors (CGM) with Dr Fu.



鳴謝

Acknowledgements

兒童糖尿協會衷心感謝下列機構、團體及人士於2019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。
Thanks to the generous support of the following companies, organisations, and individuals during January to May 2019, 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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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
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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\$ _____

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