



Youth Diabetes
Action
兒童糖尿協會

YDA today



2019



news
letter



issue
56



Blazing your own trail
出外旅遊

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編輯的話

From the Editor



夏天到了！我們為你準備了許多出外旅行的貼士。

會員黃家榮將會與大家分享他的旅行經歷。他對遠距離長跑和越野跑的熱情鼓勵他進行多次登山旅行。家榮告訴我們在旅行和做劇烈運動時如何管理他的一型糖尿病。

資深糖尿病專科護士楊海明姑娘會指導我們小朋友在沒有家長陪同的情況下旅行需要準備的事項。

患有一型糖尿病不會阻止你出外旅行。只要細心收拾行李，計劃飲食，留意氣候，所有問題都會迎刃而解。

Summer is here and we have lots of useful tips for those looking to go on holiday and travel.

YDA member Henry Wong, who has had Type 1 diabetes for 16 years, shares his travelling tips. He has a passion for long-distance and trail running which has led him to take several mountaineering trips. Henry tells us about how he manages his Type 1 diabetes whilst travelling and doing an extreme sport.

There are also recommendations from Diabetes Specialist nurse, Ms Theresa Yeung, on the preparations needed when travelling without parents.

Having Type 1 diabetes shouldn't be a barrier to going on holiday. Careful planning on what to pack, what foods to eat and the climate, will help to avoid any problems.

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夏天是度假的最佳時機，但如果這是你第一次自己出外旅行該怎麼辦？不用擔心，且聽本會會員家榮分享他的經歷吧。

Summer is the perfect time for a holiday – but what if it's your first trip alone overseas? Never fear! Let's hear from YDA member Henry for some great tips for travel and life in general.

會員小檔案 Member Profile

家榮 Henry

26歲，10歲時確診，與一型糖尿病同行16年。

喜愛的運動：爬山，越野跑，長跑。

26 years old. Diagnosed at 10, living with Type 1 diabetes for 16 years.

Favourite sports: Mountaineering, trail running and long-distance running.



請與我們分享你確診的經歷。

我10歲確診。雖然很快就學會自行監測血糖，但剛剛確診的時候媽媽也會幫我打針。我確診後，我們一家更加關注飲食習慣，減少外出用餐，因為有許多隱藏的糖和其他不健康的成分，會影響血糖水平。

Tell us about your Type 1 diabetes diagnosis.

I was diagnosed at 10, so in the beginning my parents did a lot to help me monitor my blood glucose. I picked up the finger pricking quickly, and my mum helped me with the injections at first. She also made my meals through primary school and secondary school. Our family paid a lot more attention to our dietary habits after I was diagnosed. We cut down on eating out as there are so many hidden sugars and other unhealthy ingredients that can mess with blood glucose levels.

你認為控制糖尿病病情有哪些需要關注的地方？

運動和飲食是最重要的。經常鍛煉身體對控制糖尿病有很大的幫助。當我有恆常運動時，我的血糖會保持穩定，不會像過山車那樣波蕩起伏。

雖然飲食於控制血糖的效力相對較短，大多都是從一餐到下一餐，但也要注意飲食，熟知自己身體對不同食物的反應。畢竟長期和短期兩方面都做好，才是良好血糖管理的基石。

What would you say are the key steps for having good diabetes control?

Exercise and diet are the most important in my experience. Having regular exercise helps a lot in sustainable long-term control especially since it helps with metabolism. When I do regular exercise, my blood glucose stays steadily within range, without having dramatic highs and lows like a 'roller-coaster'.

While the effects of food and diet are on a shorter time frame, it's also important to pay attention to what you eat, and to know how your body reacts to different foods. Good diabetes control relies on both long- and short-term aspects.

你認為運動對糖尿病管制很重要。你小時候對運動有興趣嗎？

其實我小時候比較沉靜，對運動沒有甚麼興趣。不過，我在中學時開始對長跑產生興趣。媽媽也受我影響，喜歡上長跑，還會要求我幫她報名參加比賽呢。

長途跑步和越野跑能吸引我，因為它不僅僅是速度，還有耐力。每當我參加比賽時，我學到了很多東西。例如，我在比賽中低血糖時，我會借鑒過去的經驗來解決。當我的賽跑成績有進步，我會感受到巨大的成就感。越野跑真的很有挑戰性，這就是我喜歡它的原因！

You mentioned that exercise is important to good diabetes control. Have you always had an interest in sports since you were young?

This is kind of funny, because I wasn't into sports when I was younger; I was the quiet type. But I got into long-distance running when I was in secondary school. I

actually got my mum into it as well, and now she makes me sign up to competitions for her.

Long-distance running and trail running are appealing to me because it's not just about speed, but endurance too. I learn a lot when I'm participating in competitions – for example, when I get a hypo in the middle of competing, I draw on my past experience to help me treat it. And whenever I improve my scores, I feel such a huge sense of achievement. In short, trail running is a challenging sport, but that's what I love about it!

你參加過不少登山旅行，在2017年和剛過去的復活節分別去了富士山和臺灣的玉山。你的糖尿病病情有造成什麼問題嗎？你如何處理這些問題？

最重要是保持靈活，充分瞭解自己的經驗，以便快速調整，因為在旅行期間往往有些事情會在你控制範圍之外。注意你的身體，並相應地做出調整。因為我會做很多劇烈運動，所以一定要調整針藥及進食時間。

像我這樣要登山的話，處理的方法是以「少食多餐」為原則。因為長時間走動，只吃3餐不可能提供足夠能量。但每餐吃太足，反而會不上力，身體既要運動又要消化會不舒服，容易疲倦。寧願多打幾針分多餐進食。

不過大家也不用過分緊張，太緊張不單會影響到旅遊的樂趣，還有機會影響血糖。自己一個去旅行都無問題，給自己預留一點時間去處理血糖和補充小食。自己去旅行的好處就是自己可以隨時彈性調整旅程啊。縱有失誤，也不用害怕，這會成為你寶貴的經驗，為下次旅遊作更好準備！



You've been on several mountaineering trips, such as the hike to Mount Fuji in 2017 and a hike to Yu Shan in Taiwan this Easter. Have you ever encountered any problems because of diabetes whilst travelling? What did you do?

In my experience, the most important thing is to be flexible and have enough experience with your own condition to adjust quickly, since some things will be out of your control during your trip. Pay attention to what your body is telling you and make changes accordingly. In my case, I'll be doing a lot more exercise on my mountaineering trips, so I'll make changes to my insulin treatment plan and the way I eat.

I tend to have small meals throughout the day on trips like these. Since I'll be exercising the whole day, having three regular meals isn't enough – as eating too much at once is bad for digestion, and it's worse when you add intensive exercise into the mix. I'd rather split my meals and inject smaller doses each time.

That said, don't be overly self-conscious; if you're too anxious, it'll cause your blood glucose levels to fluctuate and suck all the fun out of your trip. You won't have any problems travelling by yourself if you put in the time for emergency snack runs and monitor your blood glucose. The great thing about planning your own trip is that you can be flexible. Don't be afraid of making mistakes either; instead, think of it as an opportunity to learn more in preparation for your next trip!

出外旅行有什麼需要注意的地方？

不要因為自己有糖尿病就把自己的需要隱藏，覺得會麻煩到別人。當我上富士山，第一次跟我的隊員見面時，我就跟他們說清楚我的情況。其實只要你願意交心，熱心幫你的人多的是。例如你要帶應付低血糖的食物，可以叫同行友人也為你帶一點，以應付不時之需。

還有，出遊前必須清楚理解自己身體狀態。去到陌生環境隨時會有突發的事情需要靈活處理，所以你必須從日常生活中累積控糖經驗，熟知你身體的血糖反應。平日有做好，遇到困難時也可從容應付。

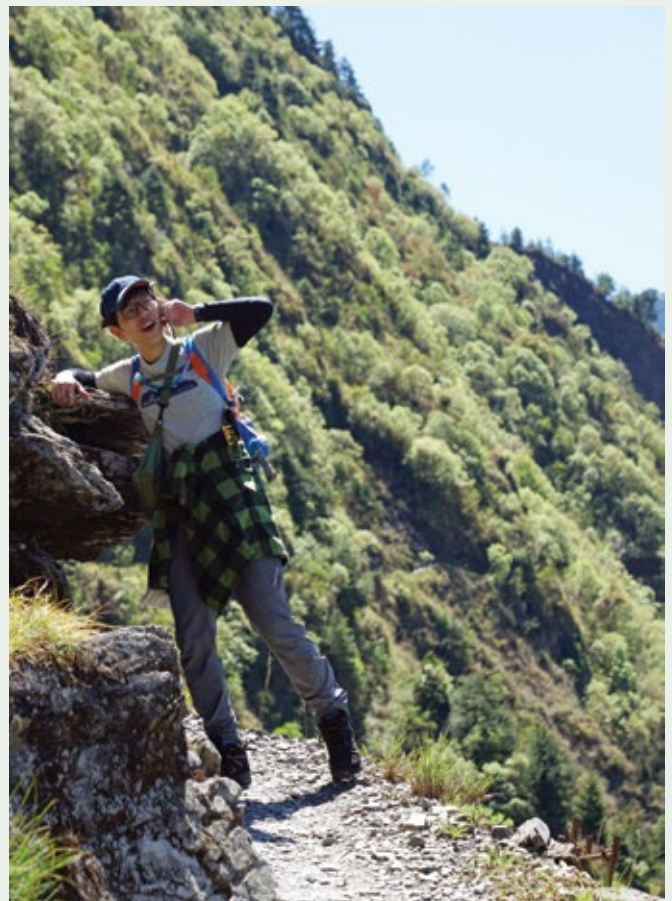
小貼士：旅行時，有時候不方便測血糖，所以要熟知你高/低血糖的徵狀以及時作出適當的判斷和處理。確保針藥和補糖小食隨身就萬無一失。

還有，要多飲水！我發現水飲不夠時血糖通常都會偏高。反正喝水對身體好，那就多喝一點吧。

What should people with diabetes keep in mind when going overseas?

Don't hide yourself away or think you're fundamentally different from others just because you have diabetes. When I first met my teammates for the Mount Fuji trip, I was open with my diabetes around them. Don't think of yourself as a burden, think of yourself as part of the team! As long as you're willing to communicate with others, most people are happy to lend a hand, for example, by helping you carry extra hypo treatments in case you aren't able to get to yours quickly.

I also think it's very important to have a handle on your condition before you go on your own. As mentioned before, there are a lot of unknown factors when you're



in a foreign country, so having accurate instincts for how your body will react is a definite advantage. After all, you need to be flexible and adapt to unforeseen circumstances, and the only way you can gain this sixth sense is through your past experience.

Here's a tip for you: be familiar with your reactions to hypo- and hyperglycemia. It may be difficult to find the place or time to check your blood glucose when you need it, so having the instinct to administer the correct treatment is a must. Make sure you have your insulin and hypo treatment kit with you at all times.

Also: hydrate yourself! I've noticed that my blood glucose readings are not as good if I haven't drunk enough water. Plus drinking water is good for you anyway, so this is an extra incentive.



謝謝你與大家分享經歷！你還有什麼想跟大家說嗎？

首先，不要將糖尿病視為一種負擔——它只是生活的一部分，而且對它的過度擔憂並不能幫助你控制血糖。保持警惕並盡力而為便足夠了。如果你經常陷入細節之中，那麼你可能會錯過了整個森林。

此外，開放自己，與他人溝通，不要害怕在有需要時尋求幫助。糖尿病不是一個不能說的秘密。你不必向所有人宣佈，但大多數人都願意瞭解，並在你需要的時候伸出援手。



Thanks for sharing your experiences, Henry! Any general advice for people living with diabetes?

First of all, don't think of diabetes as a burden – it's just part of life, and obsessing over it won't help you with blood glucose control. Be vigilant and do your part to monitor it, but if you get too bogged down in the details you may be missing the forest for the trees.

Also, be open to communicate with others, and don't be afraid to ask for help when you need it. Diabetes is not a shameful secret. You don't have to announce it to everyone you come across, but most people are willing to learn and lend a hand when you need it.

想知道家榮上玉山更多經歷，可上Facebook看他的文章：
<https://bit.ly/2Yuj5km>

To know more about Henry's recent trip to Yu Shan, check out his Facebook post here (Chinese): <https://bit.ly/2Yuj5km>

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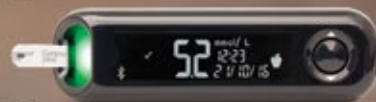
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沒有父母陪同的旅行

糖尿病患者可以享受各種休閒旅行，只要他們預早計劃及與醫護人員相議。若獨自與朋友去旅行，或參加遊學團，便要小心準備行裝了。糖尿專科護士有以下的建議：

旅行前的準備：

- ★ 諮詢學校或舉辦機構行程安排。某些活動，可能需要調教胰島素。
- ★ 與醫護人員討論你的行程和使用藥物的時間。請醫生給予一封醫療信（列明使用的藥物及任何過敏症，糖尿病用品）。
- ★ 預備緊急情況下的專科醫生名單。
- ★ 購買旅遊保險。
- ★ 出發前48小時，預訂糖尿病餐。
- ★ 如有需要，旅行前一個月接種疫苗。

執拾行李：

- ★ 攜帶醫療證件（卡片/手銬）。
- ★ 攜帶糖果或葡萄糖片和一些零食。
- ★ 攜帶**至少兩倍**的藥物和監測血糖用品，分別裝入2個透明密封袋，放入手提行李。請不要將胰島素寄艙。
- ★ 胰島素筆應存放於30度以下的環境，但若果長時間作戶外活動，建議使用冷藏袋儲存胰島素。
- ★ 攜帶其他藥物，如抗腹瀉或止嘔藥片。

注意事項：

- ★ 食物已在餐桌前，才可注射（速效）胰島素。
- ★ 定期監測血糖。胰島素在炎熱的氣候中會被更快吸收，可能需要作適量調整。
- ★ 如你需要在海外購買胰島素，務必謹慎！在一些國家，胰島素的處方可能是用U-40或U-80（HK是U-100）。必需配用適當的注射器！
- ★ 對於胰島素泵使用者，不建議他們通過X光身體掃描儀作檢查。他們應預先通知檢查人員，要求人手進行體檢。

有了以上資訊，海外旅行難不倒你！

楊海明姑娘
糖尿科專科護士



Travelling without parents

People with diabetes can enjoy all kinds of recreational travelling as long as they plan ahead and discuss it with their healthcare professionals. Packing for all eventualities is a must for anyone with diabetes travelling alone with friends or for a school trip. Diabetes educators suggest the information below:

Before the trip:

- ★ Check the trip schedule from your school or the travel organisation. Insulin adjustment may be required for certain types of activities.
- ★ Discuss with your healthcare professionals about your trip and medication times, especially when travelling between time zones. Get a letter detailing prescribed medications (including any allergies) and equipment needed to manage diabetes.
- ★ Prepare a list of foreign specialists for emergency.
- ★ Get travel insurance.
- ★ Request a diabetic meal 48 hours before departure (optional).
- ★ Get immunisation shots one month before the trip (if necessary)

Packing supplies:

- ★ Carry a medical ID (card/bracelet)
- ★ Pack a hypo-kit with candies or glucose tablets and some snacks.
- ★ Pack **at least twice** as much medications and blood-testing supplies into two separate clear and sealed bags. The bags should be placed in your hand luggage. Do not put insulin in your check-in luggage.
- ★ Insulin should be kept under 30° at all times. If you will be outdoors in a warm climate, please prepare a cooling bag for storing insulin.
- ★ Carry other medications such as anti-diarrhea or anti-nausea tablets.

Things to keep in mind:

- ★ Only inject insulin when food is served in front of you.
- ★ Regular glucose monitoring is important. Insulin may need adjustment, as it will be absorbed faster in hot climates.
- ★ If you need to purchase insulin overseas, be cautious. Insulin may come as U-40 or U-80 strengths in some countries (HK is U-100). The appropriate syringes are required.
- ★ For pump-users, it's not recommended to go through the X-ray body-scanner. Inform the officer conducting the screening about your pump beforehand.

With these tips, travelling overseas is a breeze!

Ms Theresa Yeung

Advanced Practice Nurse (Diabetes)



牛油果雪糕

Avocado Ice-cream

這款簡單美味的食譜可以擊退夏日的炎熱。

牛油果含有大量的膳食纖維，可以幫助穩定血糖，以及葉黃素，這對眼睛健康很重要。

牛油果的單不飽和脂肪含量也很高，可以幫助降低壞膽固醇。

Beat the summer heat with this simple and tasty recipe. Avocado contains a large amount of dietary fibre, which can help stabilise blood sugar, as well as lutein, which is important for eye health. Avocado is also high in monounsaturated fat, which can help lower bad cholesterol.



牛油果雪糕 Avocado Ice-cream

Makes 8份

每份 Per Serving

總碳水化合物 Total Carbohydrate	糖 Sugar	脂肪 Fat	蛋白質 Protein
15g	7g	19g	2g

材料 Ingredients

椰奶	14安士
Coconut milk	14 ounces
牛油果	2個，去核去皮
Avocados	2 pitted and peeled
香蕉	1條，去皮
Banana	1 peeled
楓糖漿	3湯匙
Maple syrup	3 tablespoons
檸檬汁	2湯匙
Lemon juice	2 tablespoons
薄荷葉	4-5片
Mint leaves	4-5 pieces



做法

1. 將椰奶冷凍過夜。
2. 將一個麵包盤放入冰箱中至少30分鐘。
3. 牛油果去皮去核。
4. 用攪拌機將牛油果，香蕉，楓糖漿，檸檬汁，椰奶和薄荷葉混合在一起，直至光滑如奶油狀。
5. 將混合好的材料倒入冷藏的麵包盤中，用勺子背面使之均勻分佈。放入冰箱至少4小時或過夜。
6. 為獲得最佳效果，在使用前讓其在室溫下軟化10-15分鐘。

Method

1. Refrigerate the coconut milk overnight.
2. Chill a loaf pan in the refrigerator for at least 30 minutes.
3. Pit and peel avocados.
4. Blend together the avocado, banana, maple syrup, lemon juice, coconut milk and mint leaves in a high-speed blender, until smooth and creamy.
5. Pour the mixture into the chilled loaf pan and use the back of a spoon to distribute evenly. Place in the freezer for at least 4 hours or overnight.
6. For best results, let it soften for 10-15 minutes at room temperature before serving.

有營小貼士 Tips

- 用無糖甜菊糖漿代替楓糖漿可以減少碳水化合物的數量。
Substituting maple syrup with sugar free stevia syrup can reduce the carb count.
- 為獲得最佳效果，請在48小時內食用冰淇淋。
For best results, eat the ice-cream within 48 hours.

25/05



SuperPark動感歷奇 SuperPark Adventure*

準備，GO！透過SuperPark動感歷奇活動，一眾會員與隊友們一起挑戰各種任務，建立自己的朋輩網絡。

Ready, set, go! Our members had an action-packed day at SuperPark, testing their teamwork and mettle through various team-building activities.

22/06

Nerf神射手Nerf Sharpshooter*

刺"擊"的神射手活動，大家都做好準備！一齊衝啊~!
Welcome the next generation of sharpshooters!

朋輩大使分享會 × 天然止痕驅蚊膏班 Mentorship Sharing × DIY Mosquito Repellent*

我們邀請了本會的朋輩大使分享他們如何讓初確診糖尿病患的家庭獲得鼓勵及支援。隨後參加者一同製作天然防蚊膏，為迎接夏日做足準備。

Our YDA Mentors shared their experiences with helping newly diagnosed families come to terms with diabetes. This informative session was capped with an organic mosquito repellent workshop as all participants prepare for the summer holidays.



06/07



惜食廚房Mindful Cooking

會員在義工帶領下自製美味菜餚，並從中學習如何減少浪費食物！此活動由Morgan Stanley 贊助。

Sponsored by Morgan Stanley, our members prepared a delicious meal together with volunteers using donated food, and learned how to prevent food wastage in the process!

13/07

夏日廚房分享會Parent Support*

夏日炎炎，一眾家庭會員學習如何製作美味的牛油果雪糕，更自製漂亮的蝶豆花特飲！牛油果雪糕食譜可參考本刊第8至9頁。

YDA members beat the heat with diabetes-friendly avocado ice-cream and dazzlingly refreshing drinks in this Summer Cooking workshop! See pages 8-9 for the avocado ice-cream recipe.

21/07

綠園樂悠游Greenfield Family Fun*

會員們一家大小透過綠園樂悠游活動結交朋友建立自己的朋輩網絡。你也可以通過我們的家庭活動認識其他家庭哦~

Members and their families spent the day with old friends and made new ones at Greenfield Family Fun. You too can get to know other families through our family events.



*此活動由香港公益金贊助

This activity is sponsored by The Community Chest of Hong Kong

如果你有興趣成為會員或與本會合作，請瀏覽我們的網站 www.yda.org.hk 或電郵至 event@yda.org.hk 了解詳情。

If you are interested in becoming a member or sponsoring an activity, please visit our website at www.yda.org.hk or email event@yda.org.hk for more details.

鳴謝 Acknowledgements

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兒童糖尿協會衷心感謝下列機構、團體及人士於2019年6月至7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 June to July 2019 we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, thank you!

贊助及捐款 Sponsors & Donors

公司或團體 Companies/Organisations

Equity Trustee Limited
Medtronic Hong Kong Medical Limited
Morgan Stanley
The Community Chest of Hong Kong

義工 Volunteers

Bryan Ho
Felicity Yeung
Hazel Chan
Lee Yin Ting

個人 Individuals

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Balasubramaniam Haresh
Cheung Leung Sin Ha
Cheung Vanessa Tih Lin
Debourbon Maria
Eddie Wang
Fathing Jessica
Fung Kai Ming
Hall Ma Camina Sentos
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Jansson Timmie
Kathleen S Y Poon
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Wan Chi Kwong
Wan Tsz Chun
Wong Suet Fung
Yau Yuk Shan Sandy
Yue Chung Yan Agnes



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主席 Chairperson

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試想想.....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...

試想想.....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、情緒、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。

請幫助我們，讓糖尿病不再是孩子們的障礙！歡迎填寫捐款表格支持本會繼續為全港糖尿病患兒童、青少年及其家庭提供支援，或寄電郵至support@yda.org.hk了解更多。

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 to support hundreds of afflicted families, as well as provide 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 continue to provide medical, emotional, and educational counselling, as well as 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 the donation form or email **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.:

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。

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。

Donations of HK\$100 or above are tax deductible with a donation receipt.

收據抬頭 (如與捐款者不同) Recipient name (if different from the above). _____

姓名 Name: _____

地址 Address: _____

電郵 E-mail: _____ 聯絡電話 Contact No.: _____