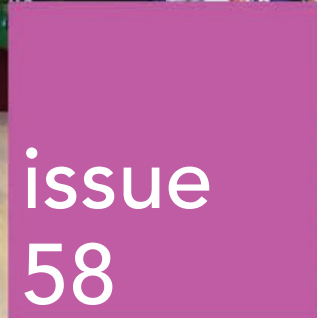




Youth Diabetes
Action
兒童糖尿協會

YDA today



Together with you
與你同行

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編輯的話 From the Editor



本會一直致力為兒童及青年糖尿病患者及其家人提供服務，輔導及關愛支援是本會四大核心服務其中兩項。近年，我們除了提升現有項目，亦有努力開拓新的服務。

由確診到出院，這只是與糖尿病同行的開始。我們希望可以為所有兒童、青年糖尿病患者及其家人提供全面服務，讓他們在各個階段都獲得支持。

新確診家庭往往感到焦慮、無助，透過我們的醫院外展工作及新確診家庭輔導，能減輕這些負面情緒，並向他們提供控糖信息，幫助他們適應與糖尿病同行的生活，積極面對病情。

我們亦有朋輩大使計劃、互助小組工作坊、個人發展訓練及其他關愛支援，讓與糖尿病共存已經有一段日子的糖友可以與同路人互勉。

本會也設立了專門熱綫，讓有需要的人士進行個別查詢。無論有任何問題或疑慮，本會的輔導及關愛支援服務都致力為各位糖友及其家人給予支持。有關服務詳情，請參閱本期會訊，或致電2544 3263聯絡我們的社工同事。

Here at YDA, we have been working hard on improving our services available to children and young adults with diabetes and their families. Counselling and Care Support are part of the four core services we provide, and we are pleased that not only have we managed to enhance some of the existing activities and programmes, we have also added some new ones.

Learning about diabetes doesn't stop when you leave the hospital after diagnosis – this is just the beginning. Our services are aimed at all children and teens/young adults living with diabetes and their families during all stages.

A new diagnosis is daunting for families. However our new hospital outreach and new case connections have been set up to help combat the feelings of fear and helplessness with the aim to provide families with information and the tools to adapt to life with diabetes.

For those who have lived with diabetes for a while but are in need of extra support from others in the same situation, there are services such as the Mentorship Programme, support group workshops, personal development training and personal care.

There is also the confidential hotline that you can contact for advice on more personal matters.

Whatever the issue or concern, YDA's Counselling and Care Support services are here to provide you with the help you need. Please find out more in this issue of *YDA Today*, or contact one of our social workers on 2544 3263.

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Contributions are welcome

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If you would like to submit an article (not more than 120 words), please email: project@yda.org.hk.

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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The information in this magazine is for general information only, and should not be construed as medical advice or recommendation. The content presented in these pages is not intended to replace the care of your own doctor, whom you must consult before making any changes in the diabetes management plan. Contributions from members are based on personal experience only. Advertisements shall not be deemed to endorse, recommend, approve, guarantee, or introduce services and products.

輔導及關愛支援 Counselling and Care Support

糖尿病是一個複雜的疾病。無論是剛確診還是與糖尿病同行多年的糖友，都有遇到孤單或受到困擾，需要找人傾訴的時候。因此，本會提供輔導及關愛支援服務給所有會員，包括患有糖尿病的兒童，青少年及其家人。

Diabetes can be a complex condition to manage, whether you are dealing with a new diagnosis or have lived with it for many years – there will be good days and bad days, and times when you don't know where to turn or who to talk to. YDA's Counselling and Care Support services are aimed at all children and teens/young adults living with diabetes and their families.



透過本會服務，我們希望

- 為**兒童**提供接受及適應與糖尿同行的工具；
- 給**青少年**一個朋輩網絡，讓他們可以在因病情而感到孤單或困擾的時候與同路人傾訴；
- 向**照顧者**提供控糖信息，讓他們與子女一起管理好病情，並培養小朋友的自理能力。

We provide

- **Children** with the tools to accept and adapt to life with diabetes.
- **Teens and young adults** a support network that they can turn to during times of emotional need and feelings of alienation brought on by diabetes.
- **Parents and caregivers** the information they need so they can teach and nurture their children's independence and management of diabetes.



朋輩大使計劃

為新確診或需要援助的家庭提供1年的配對計劃，由經驗豐富及經過培訓的會員或其父母擔任朋輩大使，分享日常糖尿病管理經驗、緩解壓力的心得。朋輩大使可以通過電話或會面為配對家庭提供支援。

醫院外展服務

經醫護人員轉介，為新確診的病童及家長在留醫期間提供即時心理輔導。

新確診家庭輔導

本會社工同事會為新確診家庭提供6個月全面的輔導服務，幫助他們適應與糖尿病同行的生活，內容包括：如何處理糖尿病所帶來的壓力、重返校園及與親友保持良好關係等等。



本會的輔導及關愛支援服務包括：

互助小組工作坊

本會定期舉辦工作坊，增強糖尿病病童及家長的糖尿病管理知識，並協助他們建立朋輩支援網絡，彼此互相扶持。

個人發展訓練

向患有糖尿病青少年提供領導才能培訓活動，促進會員之間互動，以實現助人自助的精神。透過培訓活動，提高年輕會員的自我管理能力，引導他們在實踐個人健康及人生目標中能夠做出明智的選擇。

外展輔導

一型糖尿病暫時還沒有根治方法，糖尿病童面對的情緒壓力也會隨著年齡有所不同。我們透過安排定期的關愛支援活動，幫助病童在每個成長階段中都能夠建立積極的態度面對糖尿病。

支援熱綫

本會熱綫由專業輔導員為糖尿病童及照顧者提供糖尿病資訊與電話輔導，提供即時情緒支援及了解個人的壓力，協助會員解決疑難。

如果你或你認識的人對以上服務有興趣，歡迎致電2544 3263聯絡我們的社工同事了解詳情。

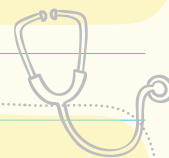
Mentorship Programme

This is a one-year support programme for newly diagnosed families or those looking for some extra support. They will be paired up with experienced parents or YDA members for peer support, who can share experiences on daily management in order to help ease any stress and anxieties. All mentors are given the necessary training beforehand and peer mentoring sessions can take place via phone or in-person meetings arranged between mentor and mentees.



Hospital outreach

This provides immediate counselling services to a newly diagnosed child and their parents before being discharged from the hospital after referral by their medical team.



New case connection

Six months intensive counselling is given to each newly diagnosed family. Over this period, we work together with the family and provide emotional support to help them in adjusting to life with diabetes, for example with diet and nutrition, going back to school, facing family and friends, etc.

YDA counselling and care support services include:



Support group workshops

Regular group workshops for children and teens/young adults with diabetes and their parents, to update their knowledge of diabetes management across different aspects. This also provides an opportunity for them to meet with others and gain mutual support.

Personal development training

The leadership training series is targeted at teens and young adults with diabetes. The aim of the training is to engage them to lead activities, facilitate member interaction, self-support and develop fellowship among members. They will be given the tools to aid in self-management, and make informed choices towards achieving their personal health and life goals.

Personal care (outreach counselling)

Type 1 diabetes is a lifelong disease, and different emotional issues arise as children grow up. Therefore we organise regular care support activities to assist a child in their development and establishing a positive attitude towards the role of diabetes in their lives.

Hotline support

Our confidential helpline is staffed by trained social workers who have extensive knowledge of diabetes. We can provide expert information about the condition and take time to talk and explore emotional, social, psychological, and practical difficulties.

If you or anyone you know would like to get in touch to discuss any of the services provided, please contact our social workers on 2544 3263.

朋輩大使計劃

Mentorship Programme

初確診糖尿病時，無論患者及家長往往都會感到徬徨無助。透過朋輩大使與新會員及其家長的分享及傾訴，以同路人的經驗分享心得，讓他們適應轉變及克服新的挑戰。

本會現正招募有興趣協助及提供支援服務的會員及家長成為朋輩大使，擔任朋輩大使的條件包括：

- 為本會會員或其家人
- 年齡16歲以上
- 正面樂觀、積極主動
- 一個好的聆聽者
- 願意分享個人經歷

支援服務可以通過電話聯繫或以小組形式進行，朋輩大使與配對家庭可自行選擇聯繫方式及見面地點。本會將提供訓練工作坊予各參加的朋輩大使，講解有關的支援技巧。



We understand that a new diagnosis of diabetes can cause families to feel helpless and anxious. Through our Mentorship Programme, experienced mentors can help newly diagnosed families by providing diabetes-related information and share personal experiences and tips.

We are seeking mentors with the following attributes:

- YDA members with diabetes or a family member of a child with diabetes
- Aged 16 or above
- Compassionate and proactive
- A good listener
- Willing to share personal experiences

Peer mentoring can take place via phone, or in-person meetings as arranged between mentor and mentees. Training sessions will be provided for mentors.



如有興趣參與成為朋輩大使，請將個人資料電郵至 socialworker@yda.org.hk 與社工同事忻姑娘或 sw2@yda.org.hk 馬姑娘聯絡。

If you would like to help other YDA members as a mentor, please email YDA social workers May Hsing (socialworker@yda.org.hk) or June Ma (sw2@yda.org.hk) and provide any previous mentoring experiences you may have.



一型糖尿病 Type 1 diabetes



港人普遍對一型糖尿一知半解，對此病不單有“攝取過量糖份才會患上一型糖尿病”等錯誤理解，更不知道一型糖尿病發時有什麼徵狀。為了消除誤解及提高意識，我們邀請了黃偉進醫生分享有關一型糖尿病的知識。

什麼是一型糖尿病？

一型糖尿病是一種自體免疫性疾病，患者身體不能製造胰島素。胰島素是胰臟產生的一種激素，幫助食物中的葡萄糖進入細胞，從而獲得能量。當一個人進食時，胰臟會釋放適量的胰島素使葡萄糖變成能量。沒有胰島素，葡萄糖便會留在血液中，不能被細胞吸收。

一型糖尿病患者的免疫系統攻擊體內生產胰島素的β細胞，導致身體完全無法產生胰島素。一型糖尿病並非由單一誘因觸發，任何人都有機會患上一型糖尿病，與生活習慣無關。

一型糖尿病的治療目標是什麼？

最終目標是確保一型糖尿病患兒童能夠與其他小朋友一樣，過一個愉快、正常的童年。因此，一型糖尿病患者及其醫療團隊必須共同努力，以監測和維持飯前血糖水平在4-7 mmol / L的目標範圍內。一型糖尿病患者須要接受胰島素治療，大部分患者平均每天注射最少4次人造胰島素，以使葡萄糖不會在血液中積聚。

維持及控制血糖于目標範圍內對於預防併發症很重要，其中包括：

- 酮酸中毒
- 低血糖症

……以及其他由大、小血管受損所引起的併發症，如糖尿病眼，神經、腎臟及心臟病變等長期併發症。

什麼是酮酸中毒？

當血糖水平長期高企，便會出現酮酸中毒。患者身內的胰島素嚴重不足，不能將葡萄糖轉化成能量，轉而分解脂肪。在分解脂肪的過程中會釋放出酮，令患者的血液變得過酸。

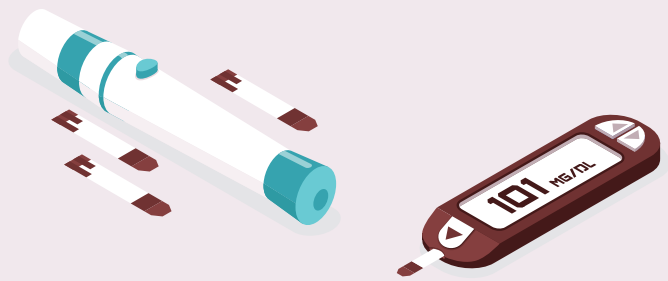
大約40%的兒童及青年一型糖尿病患者是因酮酸中毒到醫院急症室才被確診的。多了解一型糖尿病的病徵可以幫助患者中酮酸毒之前確診並接受適當的治療，減少酮酸中毒的機會。

一型糖尿病有哪些常見病徵？

糖尿病病徵在病發早期就會出現，但一般人有可能需要一段時間才能識別出來。一型糖尿病的病徵包括：

- 尿頻 - 這是身體告訴你腎臟正在清除血液中多餘葡萄糖的警號
- 口渴 - 尿頻有機會導致脫水
- 經常疲倦、乏力
- 經常肚餓及體重驟降 - 無法從食物中到足夠的能量。這是酮酸中毒的症徵，一般較遲出現
- 在嚴重的情況下，會出現酮酸中毒症狀，如嘔吐，腹痛和嗜睡等

黃偉進醫生
雅麗氏何妙齡那打素醫院
兒童及青少年科
兒科專科醫生



Type 1 diabetes (T1D) is easily misunderstood in Hong Kong, from common misconceptions like “eating too much sugar causes Type 1 diabetes” to trouble spotting T1D symptoms. To dispel misconceptions and raise awareness, we have invited Dr Sammy Wong to share some facts about T1D.

What is Type 1 diabetes?

T1D is an autoimmune condition whereby the body produces no insulin. Insulin is a hormone made by the pancreas, which helps glucose from food get into your cells to be used for energy. When a person eats, the pancreas releases the exact amount of insulin needed to turn the glucose into energy. Without insulin, the glucose stays in your blood and doesn't reach or get used by your cells.

In T1D, the immune system attacks the body in such a way that beta cells in the pancreas are destroyed and unable to make insulin. There is no single trigger for T1D; it can happen to anyone and it is not caused by lifestyle choices.

What are the goals in treating Type 1 diabetes?

The ultimate goal is to ensure that children with T1D can enjoy a normal childhood. To accomplish that, people with T1D and their medical team must work together to monitor and do their best to maintain blood glucose within the target range of 4-7 mmol/L (before meals). People with T1D are placed on insulin treatment, where artificial insulin is injected into the body on an average of four times per day, so that glucose will not build up in the blood.

Maintaining blood glucose in the target range is important in preventing potentially acute complications, which can include:

- Diabetic ketoacidosis (DKA)
- Hypoglycaemia

... and other long term complications caused by damage to large and small vessels such as diabetic eye, nerve, kidney and heart disease, etc.

What is diabetic ketoacidosis?

Diabetic ketoacidosis (DKA) occurs when blood glucose levels are too high for too long and when there is a severe lack of insulin in the body. The body is unable to use the glucose for energy, so it breaks down fat instead. Ketones are the by-product and can cause the patient's blood to become acidic if built up.

Around 40% of children and adolescents with T1D were diagnosed only after they had already gone into DKA. Knowing the symptoms of T1D can help children get the correct diagnosis and receive appropriate treatment before they go into DKA.

What are some common symptoms of Type 1 diabetes?

Although the signs of diabetes can begin to show early, sometimes it takes a while to recognise the symptoms. T1D symptoms include:

- Frequent urination – the body's way to tell you that the kidneys are trying to remove excess glucose in the blood.
- Excessive thirst – the frequent urination will result in dehydration.
- Increased fatigue.
- Extreme hunger and unusual weight loss – this could be because the body isn't able to get adequate energy from the food you eat. It is a late sign and often presented as DKA.
- In severe cases, symptoms of DKA such as vomiting, abdominal pain and drowsiness.

Dr Sammy Wong
Specialist in Paediatrics

Department of Paediatrics and Adolescent Medicine
Alice Ho Miu Ling Nethersole Hospital



團圓綠茶丸子 Green tea glutinous rice balls in red date soup



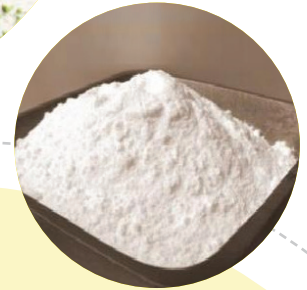
在寒冷的日子與家人共享一碗熱騰騰的糖水真是一種享受。我們邀請了註冊營養師林思為小姐及張翠芬小姐為我們介紹一道美味低糖甜點，與家人好友一起團圓。

There's nothing better than sharing a bowl of sweet soup on chilly days with family! Here is a delicious and healthy rice ball dessert recipe from dieticians Ms Sylvia Lam and Ms Lorena Cheung to enjoy with your loved ones.

每份 Per serving		Makes 6 份 (共24粒 total 24 balls)	
碳水化合物 Carbohydrate	脂肪 Fat	蛋白質 Protein	纖維 Fibre
18.7g	0.3g	1.1g	1.4g

材料 Ingredients

糯米粉	100克
Glutinous rice flour	100g
粘米粉	15克
Long grain rice flour	15g
綠茶粉	約5克
Green tea powder	approx. 5g
代糖	約75克
Artificial sweetener	approx. 75g
紅棗	10粒
Red dates	10 pieces
水	1.25公升
Water	1.25L



做法 Method

1. 紅棗洗淨去核，泡浸1小時備用。
Wash red date and remove pit. Soak for 1 hour.
2. 拌均糯米粉、粘米粉、綠茶粉及約30克（2湯匙）代糖，用80毫升凍開水拌均。
Combine glutinous rice flour, long grain rice flour, green tea powder and approximately 30g (2 tbsps) of artificial sweetener. Mix well with 80ml cold boiled water.
3. 將麵糰搓成約一厘米直徑的丸子，共24粒。
Roll mixture into balls of around 1cm diameter; about 24 balls in total.
4. 煲滾水，加紅棗，用慢火煲滾約10分鐘。
Add red dates into boiling water. Boil over low heat for 10 minutes.
5. 放入丸子，煮至浮面，加入剩餘的代糖至溶解便成。
Add rice flour balls into the boiling water and cook until they float to the surface. Add the remaining artificial sweetener until dissolved. Serve hot.

有營小貼士 Tips

- 綠茶含有兒茶素，可以幫助預防冠心病。
- Green tea contains catechin, which can reduce the risk of coronary heart disease.
- 你可嚐試不同品種的綠茶，如：日本綠茶、龍井和烏龍
- Here are some green teas you can try: Japanese green tea, Lung Ching, Oolong tea



你可以在《糖尿病營養師甜美食譜》找到更多不同款式的低醣食譜！
You can find more diabetes-friendly recipes at 《糖尿病營養師甜美食譜》！

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Chairperson of HKDA

張翠芬
美國註冊營養師
Lorena Cheung
Registered Dietician (USA)

糖尿研討會 2019 Diabetes Conference



糖尿研討會於2019年11月9日舉行。我們籌辦這個全面性的活動，讓年輕患者、照顧者和醫療專業人士了解糖尿病的醫療新科技和管理技巧。

研討會以馬青雲教授的主題演講“糖尿新進展”拉開序幕，隨後是6個圍繞糖尿病患者日常生活的互動講座及論壇。

我們衷心感謝贊助商的支持，使我們能夠籌辦如此出色的活動。對於各位出席這次研討會的嘉賓講者，為你們給予香港糖尿兒童及青年們的專業知識和熱情支持，本會非常感激。也感謝各位參加者來到與同路人一起互相學習，分享知識及擴闊視野。

The YDA Diabetes Conference 2019 was held on 9 November. It was our honour to provide an all-inclusive forum for patients, caregivers and healthcare professionals to hear about the latest development and management techniques for young people with diabetes.

The conference kicked off with the keynote “Advances in Diabetes” presented by Professor Ronald Ma. This was followed by six interactive workshops on topics centred on the impact of diabetes. These ranged from practical information to emotional concerns about living with diabetes.

We would like to extend our heartfelt thanks to our sponsors, for enabling us to offer such a great programme; to our wonderful speakers, whose expertise and passion to support the youth diabetes community in Hong Kong is truly gratifying; and to our attendees, for opening their minds and hearts to share in our programme.

14/12

聖誕聯歡會 Christmas Party

今年我們邀請了聖誕老人來參加我們的聖誕聯歡會，慶祝會員在過去一年的成就！我們在頒獎典禮上頒發了50多個獎項，以表彰會員在日常控糖管理方面的努力。非常感謝本會會員劉韻儀小姐，文智樂先生及家庭會員江景豪先生抽出寶貴的時間為我們擔任活動司儀及攝影師。

This year Santa himself joined our jolly Christmas party to celebrate the achievements of our members throughout the year! Over 50 awards were given out at our awards ceremony, to acknowledge the hard work with best practices of daily diabetes management. Many thanks to our members Ruby Lau, Louie Man and YDA Family Member Mr Eddie Kong for giving their time to be our MC and photographers at the event.



28-29/12

2019糖尿大曬營 YDA D-Camp 2019

我們的會員在2019糖尿大曬營中學習有關糖尿病的管理方法，與新結識的朋友們共度愉快的時光！除了將他們對控糖管理的知識實踐之外，參加者在團隊及個人層面上成功完成了各種刺激的挑戰。非常感謝我們的醫療義工，為所有參加者帶來了安全又好玩的營地體驗。

YDA members had a great time learning about diabetes management and making new friends at our annual YDA D-camp! Aside from putting their knowledge of diabetes management into practice, our members overcame many exciting challenges both as a team and as individuals. Many thanks for the wonderful support from the medical volunteers who made the camp a safe and enjoyable experience for all the participants.



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 joining our member programmes 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

兒童糖尿協會衷心感謝下列機構、團體及人士於2019年11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 November to December 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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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 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 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.: _____