



Youth Diabetes  
Action  
兒童糖尿協會

# YDA today



2020



news  
letter



issue  
59



## Overcoming fears 共度難關

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# 編輯的話 From the Editor

當孩子確診患上一型糖尿病時，家長往往在照顧孩子時感到無助、為孩子的未來憂心，甚至因孩子患病而自責或感到內疚。患者家庭除了需要面對情緒困擾，也要應付醫療費用的負擔。

一型糖尿病人必須每天多次檢測血糖及注射胰島素來維持生命。糖尿病的醫療用品都是自費的，成本可以非常昂貴，這筆開支對於基層家庭來說更是足襟見肘。

本會醫療用品資助計劃為低收入家庭提供經濟援助，讓病童可獲得他們所需的醫療用品。此計劃還提供情緒支援、教育服務以及與其他家庭聯繫的機會。

面對目前的疫情，糖尿病童能夠獲得所需的醫療用品非常重要，幫助他們控制病情，過上健康的生活。

When a child is diagnosed with diabetes, it can be devastating for the whole family. Parents are often left feeling helpless about how to look after a child with diabetes, anxious about their child's future and even guilty by blaming themselves for their child's diagnosis. Those are one of the many emotional challenges a family could face having a child with diabetes. In addition, there is the financial burden of managing and treating diabetes.

For children with Type 1 diabetes, they need multiple finger-prick tests and insulin injections every day to stay alive. The cost of all the diabetes equipment can be very costly, especially for those on a low income.

The YDA Sponsor a Child programme provides low income families with financial assistance to subsidise the cost of diabetes equipment and medical appointments. The programme also offers emotional support, educational services, and opportunities to connect with other families.

Especially now with the current health situation, it is important that children with diabetes are able to access the supplies they need. This will enable them to manage their diabetes in order to live a healthy life.

幫助我們，讓會訊做得更好！請將你寶貴的意見告訴我們：

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# 專題 Feature

孩子初確診一型糖尿病時，家人都會感到焦慮、無助，甚至內疚。對於低收入家庭來說，這個長期病更帶來沉重的經濟負擔。YDA會員心靜與媽媽小春與我們分享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。

Many parents feel anxious, helpless, and even guilty when their child is diagnosed with diabetes. For low-income families, a life-long disease like Type 1 diabetes can become a huge financial burden. We invited Sum Ching and her mum Siu Chun to talk about how joining the YDA Sponsor a Child programme has made a difference to their lives.



## 會員小檔案

### Member Profile

姓名 Name

阮心靜 Yuen Sum Ching

年齡 Age

6

確診年齡 Age of diagnosis

4

每天打針次數 No. of daily injections

4次 times

每天驗血糖次數

Average no. of daily finger-prick tests

4-6次 times

## 心靜何時確診？是怎樣發現小朋友有糖尿病的？

我女兒在2018年9月尾確診。確診前兩星期，心靜每天都喝很多水，差不多每隔半個小時就要上廁所，而且每次吃完飯沒多久便肚餓，但卻越吃越瘦。最記得有一次帶她去銅鑼灣吃晚飯，行了三條街口已經要找兩次廁所，但當時都並未為意。有一天和家裏長輩吃晚飯時談起她症狀，長輩說有可能是糖尿病，所以當晚我就帶心靜去在家附近的急症室看醫生。當時心靜的血糖已經高至差不多30度，要馬上入院治療。

## When was Sum Ching diagnosed with Type 1 diabetes? How did you find out she has diabetes?

My daughter was diagnosed in September 2018. Around two weeks before she was officially diagnosed, she kept drinking lots of water and going to the bathroom every 30 minutes. She also kept complaining about being hungry after finishing her meals, but her weight kept dropping no matter how much she ate. The most vivid memory was when we were dining out in Causeway Bay – within three streets we had to scramble for a bathroom twice. But still, we didn't pay much attention to it.

It wasn't until I was chatting with an older relative that they mentioned Sum Ching's symptoms sound like diabetes symptoms, so I took her straight to the emergency room. Her blood glucose was almost 30 at the time.

### 心靜初確診時，你有什麼感受？

我和丈夫都好難過，好難接受。我當時非常自責，在醫院陪心靜時，我心裏有過無數種想法，當看到她每次吃東西時都要篤手指、打針，我都在想為什麼這些事會在我們家發生，是否我做錯了什麼要報應在女兒身上？我有4個孩子，我丈夫上班要返通宵更，所以我只能白天在醫院陪心靜，晚上等她睡著後我就要回家照顧心靜的哥哥姐姐。我只記得當時我睡覺都睡不熟，腦海裏不斷重複問自己“為什麼...”

### How did you feel when Sum Ching was diagnosed?

My husband and I were crushed, we had a hard time accepting it in the beginning. I blamed myself. There were a million thoughts running through my mind. I stayed in the hospital with Sum Ching – every time she had to prick her finger or get an injection, I couldn't help but think I did something wrong, that my daughter is suffering for some kind of mistake I made. I have four kids, and my husband works the graveyard shift. So I would take care of Sum Ching during the day and rush home to the other kids at night. I didn't sleep well – the whys and maybes plagued me.



### 小朋友對自己的病情有什麼感想？適應與糖尿病同行的生活嗎？

心靜初期在醫院時每天都會哭，問我為何只有她需要打針才可以吃東西，覺得自己與其他小朋友不同。現在她已確診一年多，已經接受病情。有時同學請她吃糖果，她會大聲講“我有糖尿病，所以唔可以食糖架！”

### Has Sum Ching gotten used to her diabetes?

In the beginning she cried a lot! She felt different from other kids, and she used to ask me why she's the only one who needed to do finger pricks and injections before she can eat. But after more than a year of living with diabetes, she's accepted it. Nowadays she even tells other kids "I can't eat candies because I have diabetes!" when they give her sweets at school.

### 在接觸本會及醫療用品支助計劃前，你及孩子與糖尿病同行的路上遇到什麼挑戰？

醫療用品的費用對我家是一個負擔。我有4個小朋友，我要在家照顧他們，只有丈夫工作。還有，社會上仍然缺乏一型糖尿病的資訊，我初時不知道應該煮什麼給女兒吃，及怎樣計算碳水化合物。醫院糖尿科姑娘介紹了兒童糖尿協會的醫療用品支助計劃給我們，幫了我們很大忙。

### Before joining YDA and Sponsor a Child programme, what sort of challenges have you and Sum Ching faced?

The cost of medical disposables is a huge burden to us. My husband and I have four children, and I can't work because I have to take care of the kids. I was also troubled by the lack of accessible information on diabetes; I don't know what kind of meals I should make Sum Ching, and where to find the carbohydrate value for various foods. It was a big help when the nurse at our hospital told us about YDA and the Sponsor a Child programme.

### 本會及醫療用品支助計劃為你們帶來了什麼改變？

首先，可以減輕我家的經濟負擔，讓我所有的孩子都可以擁有一個開心健康的童年。另外，讓我們知道我們並不是獨自一個人，還有很多同路人與我們一起面對難關。



### What changes have the Sponsor a Child programme brought to your lives?

It definitely helps our financial situation. We're no longer scrambling to make ends meet, all four of my children can have a safe and happy childhood. It also let us know that we're not the only ones facing the challenges that living with diabetes brings. There is so much warmth and hope from the other parents we met through YDA.



多謝各位善長及兒童糖尿協會，給予我們一絲絲的溫暖及希望！  
I'm so grateful for all the help we've received from donors and YDA!

一型糖尿病是一種長期疾病，任何人都有機會患上一型糖尿病，與生活習慣無關。患者需終生檢測血糖及注射胰島素以監測病情。不妥善處理病情可以導致生命危險，如引起心臟、視網膜及腎臟病變等嚴重併發症。

監察血糖和注射胰島素是一型糖尿病患者日常生活的重要一環，他們所需的基本醫療用品必須自費。這筆費用並不是一個可以忽略的成本，因為一型糖尿病患者需要長期監測及控制病情才可以維持生命。

面對在目前的疫情，糖尿病童能夠獲得所需的醫療用品非常重要，幫助他們控制病情，过上健康的生活。

通過醫療用品資助計劃，您的捐款可以幫助有經濟困難的家庭每月節省高達60%的醫療費用，以及聯繫面臨相同困難的家庭。

請慷慨解囊，捐款支持醫療用品資助計劃，幫助像心靜一樣的糖尿病童及其家人！

Type 1 diabetes is a life-long condition that requires constant management. It cannot be prevented and it's not caused by anything that someone did or didn't do. If Type 1 diabetes is left untreated it can lead to life-threatening complications, such as heart disease, retinopathy, kidney disease.

All medical equipment needed for blood testing and insulin injections can be very costly, and unfortunately it is not a cost that can be overlooked. It is needed for people with Type 1 diabetes, in order for them to stay alive.

It is especially important now, with the current health situation, that children with diabetes are able to access the supplies they need. This will enable them to manage their diabetes in order to live a healthy life.

Through our Sponsor a Child programme and the aid of donations from sponsors, children from low-income families, like Sum Ching, can save up to 60% on monthly medical expenses and connect with other families facing the same challenges.

Donate to the Sponsor a Child programme and you can make a difference to the lives of children like Sum Ching and their families!



你的捐助可讓糖尿病童活出更精彩人生，捐款請前往 [www.yda.org.hk/sponsor](http://www.yda.org.hk/sponsor)，或將封底捐款表格交回本會。  
Help us to support children with diabetes to live a better life. Visit [www.yda.org.hk/sponsor](http://www.yda.org.hk/sponsor) or return the form on the back cover.

## 醫療用品資助計劃 Sponsor a Child

- 每年只需10,000元（每天28元），便可以支持像心靜一樣的孩子獲得必需的醫療用品，及改善其生活。  
For only \$10,000/year (that's only \$28/day), you can ensure a child like Sum Ching receives the necessary medical equipment and emotional support to manage their diabetes.
- 每月600元，即可支持 1 位確診糖尿病的孩子 1 個月的血糖試紙費用。  
For \$600/month, you can ensure a child with Type 1 diabetes receives a month's worth of blood glucose test strips.
- 每月300元，可支持 1 位確診糖尿病的孩子 1 個月的採血針及針頭費用。  
For \$300/month, you can ensure a child with Type 1 diabetes receives a month's worth of blood test lancets and insulin pen needles.
- 每月200元，即可支持 1 位確診糖尿病的孩子 1 個月的採血針費用。  
For \$200/month, you can support a child with Type 1 diabetes for a month's worth of blood test lancets.



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## 專家點睇

### 糖尿知多啲：低血糖症

每名患有一型糖尿病的兒童都曾經歷低血糖症，低血糖症病徵出現時的血糖數值會因人而異，即使是同一名患者，低血糖症病徵出現的血糖數值，也會受到該特定時間內的平均血糖值及血糖下降的速度而有所不同。但總括而言，我們會以低於4.0 mmol/L [度]的血糖值作為治療的門檻。

由於腦部幾乎完全依賴葡萄糖作為其主要燃料，嚴重低血糖症可導致癲癇。經常嚴重低血糖症則可影響認知功能，並且可導致「低血糖不自覺」（我們會在稍後再談及此題目）。

嚴重低血糖症的風險因素有：

- 過於嚴格地把糖化血紅素(HbA1c)控制在低範圍內
- 幼童
- 已發病較長時期的一型糖尿病患者
- 長時間運動
- 睡眠或夜間低血糖症
- 攝取酒精
- 低血糖不自覺

這個系列共有三篇文章，第一章先講述低血糖症與運動的關係。

### 第一章：運動與低血糖症

運動經常導致低血糖症是因為運動會：

- 消耗更多葡萄糖化作能量
- 提升血液循環並增加胰島素的吸收
- 提升胰島素敏感度
- 消耗儲存的葡萄糖
- 導致反調節荷爾蒙欠缺

運動導致的低血糖症可在運動期間或運動後出現，甚至可在運動後7至11小時才出現。我們應注意以下因素，以避免由運動引發的低血糖症：

- 運動時間的長短及強度
- 運動的種類
- 運動的時段，並要特別留意運動期間的胰島素水平 (即基礎水平或高峰期水平)
- 是否可補充碳水化合物及體內的儲備

運動引發的低血糖症，可透過以下方法預防：

- 額外攝取碳水化合物
- 調整胰島素劑量



## 額外攝取碳水化合物

- 在運動前、運動期間及運動後或需要額外攝取碳水化合物
- 在進行少於30分鐘中等運動前，以及處於基礎胰島素情況下運動，或無需額外攝取碳水化合物
- 在進行多於30分鐘運動前，並處於基礎胰島素情況下，應額外攝取碳水化合物，份量為每公斤體重每小時0.2-0.5 克
- 在處於高峰值胰島素情況下運動，應額外攝取碳水化合物，份量為每公斤體重每小時1-1.5 克

**運動前是否需要額外攝取碳水化合物，該因應運動前的血糖值而定：**

血糖	碳水化合物及葡萄糖管理策略
< 5 mmol/L	在開始任何運動前，先攝取10-20克碳水化合物 推遲運動直至血糖值回升至5.0 mmol/L以上，並持續上升
5-6.9 mmol/L	在帶氧運動前攝取10-20克碳水化合物
7-10 mmol/L	開始前毋需攝取碳水化合物，但隨後應立即攝取 可以開始帶氧及無氧運動
10.1-14 mmol/L	可以開始帶氧及無氧運動
>14 mmol/L	若高血糖原因不詳，檢測血中酮體值 若血中酮體值大於0.6 mmol/L，應先處理酮酸，並延遲運動

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- ✓ 若持續運動超過30分鐘，運動期間要繼續補充額外的碳水化合物
- ✓ 無氧運動有可能導致血糖值上升

**運動後要額外攝取碳水化合物的注意事項：**

- ✓ 運動後1至2小時內應適當進餐
- ✓ 若睡前血糖值低於7.0度，入睡前要額外進食小食

## 胰島素的調整

- 避免在大量參與肌肉活動的位置注射胰島素
- 若活動持續少於30分鐘，可毋須減少胰島素劑量
- 當出現以下情況時，須進一步降低餐前快性胰島素的劑量：
  - ✓ 注射後一小時內運動 [速效型胰島素]
  - ✓ 注射後三小時內運動 [短效型胰島素]
  - ✓ 視乎運動時間的長短，餐前快性胰島素的劑量，可減少高達25-50%
- 晚間運動
  - ✓ 晚餐前的速效型胰島素應減少25-50%
  - ✓ 在運動前及後，或需額外攝取碳水化合物
- 在運動當天，晚間的長效胰島素應減少20%
- 最好保持睡前血糖值在7度或以上
- 睡前進食約每公斤體重0.4克碳水化合物小食，亦可減低在運動後出現夜間低血糖症的機會

**防止運動引發低血糖症的一般建議：**

- 在運動前、運動期間、運動後及睡前，多檢測血糖水平
- 視乎進行運動的時間、性質及長短，調整基礎長效胰島素及餐前快性胰島素的劑量
- 在運動期間及運動後攝取額外的碳水化合物
- 糖尿病患者不應獨自運動

關彥華醫生  
東區尤德夫人那打素醫院  
兒童及青少年科顧問醫生



# Professional View

## Diabetes Focus: Hypoglycaemia

Every child with type 1 diabetes has experienced an episode of hypoglycaemia from time to time. The exact value of blood glucose (BG) when hypoglycaemic symptoms develop varies, even in the same individual. That is because when symptoms develop, it's also affected by the average BG within that period of time and how fast the BG is dropping. But generally speaking, we take a BG of < 4.0 mmol/L as the threshold value for initiation of treatment.

The brain is almost entirely dependent on glucose as its main fuel. Severe hypoglycaemia may result in a seizure and recurrent severe hypoglycaemia may affect cognitive function. Recurrent hypoglycaemia may also result in 'hypoglycaemic unawareness' (we will cover this topic in a later issue). The risk factors for severe hypoglycaemia are:

- Strict glycaemic control with low glycosylated haemoglobin (HbA1c)
- Young age
- Longer duration of type 1 diabetes
- Prolonged exercise
- Sleep or nocturnal hypoglycaemia
- Alcohol intake
- Hypoglycaemic unawareness

For this first part of a series of three articles, we will cover hypoglycaemia in relation to exercise.

### Part 1: Exercise and Hypoglycaemia

Exercise often results in hypoglycaemia because it:

- Increases glucose utilisation as energy
- Increases insulin absorption due to increased circulation
- Increases insulin sensitivity
- Depletes glucose stores
- Results in exercise-induced counter-regulatory hormones deficit

Hypoglycaemia related to exercise can occur during or immediately after exercise, and even up to 7 to 11 hours after exercise. We should take these factors into consideration to *avoid exercise induced hypoglycaemia*:

- Duration and intensity of the exercise
- Type of exercise
- Time of the day, with special reference to the *ambient insulin level during exercise* (ie. During basal or peak insulin levels)
- Availability of supplemental and stored carbohydrates

Exercise induced hypoglycaemia can be prevented by:

- Extra carbohydrate
- Insulin adjustment



## Extra carbohydrates

- Extra carbohydrates may be required before, during and after exercise
- Extra carbohydrate may not be required prior to moderate exercise of less than 30 minutes duration and when exercise during basal insulin conditions
- Extra carbohydrate for exercise > 30 minutes under basal insulin conditions: 0.2-0.5 g/kg/hour of exercise
- Extra carbohydrate for exercise during peak insulin levels: 1-1.5 g/kg/hour of exercise

### Reference for extra carbohydrates before exercise:

Blood glucose	Carbohydrates and glucose management strategies
< 5 mmol/L	Ingest 10-20 g carbohydrates before starting any exercise Delay exercise until BG > 5 mmol/L and is rising
5-6.9 mmol/L	Ingest 10-20 g carbohydrate before starting aerobic exercise
7-10 mmol/L	No carbohydrates needed before start but soon afterwards Aerobic and anaerobic exercise can be started
10.1-14 mmol/L	Aerobic and anaerobic exercise can be started
>14 mmol/L	If high BG is unexplained, check blood ketones If blood ketones > 0.6 mmol/L, actions are required before starting any exercise

● Adopted from  
ISPAD Clinical  
Practice Consensus  
Guidelines 2018

- ✓ More carbohydrates will be needed with continuous exercise
- ✓ Anaerobic exercise can result in a rise in BG

### Extra carbohydrate after exercise:

- ✓ Appropriate meals within 1-2 hours of exercise
- ✓ Extra snack at bedtime if BG < 7.0

## Insulin adjustment

- Avoid injection into sites that will be heavily involved in muscular activity
- No need to reduce insulin if activity lasting < 30 mins
- A greater need for reduction of bolus insulin when the dose is given:
  - ✓ Within 1 hour of exercise for rapid-acting insulin analogs
  - ✓ Within 3 hour of exercise for regular insulin
  - ✓ The reduction can be up to 25-50% of the bolus dose depending on duration of exercise
- For evening exercise
  - ✓ Reduce rapid acting insulin analogs by 25-50%
  - ✓ Extra carbohydrate before and after exercise may also be required
- Reduce basal insulin by 20% at night on the day of exercise
- It is best to keep bedtime BG ≥ 7 mmol/L before bed
- A carbohydrate snack of around 0.4 g/kg before bed also reduces nocturnal hypoglycaemia after exercise

### General recommendation for prevention of exercise-induced hypoglycaemia:

- Frequent BG monitoring before, during and after exercise, and before bed
- Adjust both basal and bolus insulin doses depending on timing, nature and duration of the exercise
- Consume carbohydrate during and after exercise
- People with diabetes should not exercise alone

Dr Elaine Kwan  
Consultant (Paediatrics & Adolescent Medicine)  
Pamela Youde Nethersole Eastern Hospital

# 健康食齋 Food Corner

青瓜壽司都可以千變萬化！以下食譜採用新鮮時令蔬果，做出一款嶄新的壽司，讓你與親友一齊分享。這道菜式不單止適合多個場合，還可以簡單地調配個人口味，好食又得意，啱晒一家大細 😊

This cucumber sushi recipe is not to be missed! Fresh seasonal ingredients offers a brand new way of enjoying sushi with friends and family. It is a versatile dish that can be easily adapted to suit personal tastes, and fun to make for both parents and kids 😊

## 青瓜壽司 Cucumber Sushi

4份 (共20件)  
Makes 4 (total 20 pieces)

每份 Per serving	碳水化合物 Carbohydrate	脂肪 Fat	蛋白質 Protein	纖維 Fiber
	約 approx. 21g	約 approx. 5g	約 approx. 7g	約 approx. 3.2g



### 材料 Ingredients

青瓜・大	2 條
Cucumber, large	2 Whole pieces
煙三文魚	100 克
Smoked salmon	100 g
牛油果	100 克
Avocado	100 g
紅蘿蔔	100 克
Carrots	100 g
紅燈籠椒	100 克
Red bell peppers	100 g
米飯・熟	100 克
Rice, cooked	100 g



## 做法 Method

- 01 徹底清洗新鮮蔬菜，將青瓜、牛油果及紅蘿蔔去皮。  
Wash the fresh vegetables thoroughly, then peel the cucumbers, avocado and carrots.

- 02 將煙三文魚、牛油果、紅蘿蔔及紅燈籠椒切成細條，分開放進小碗待用。  
Cut the smoked salmon, avocado, carrots and red bell peppers into thin long strips. Set aside for use later.

- 03 將每條青瓜切開一半，然後用刀或匙羹去籽，直至成為4條空心青瓜。

Cut each cucumber in half and hollow them out by removing the seeds with a knife or spoon, with total of 4 cucumber 'tubes' at the end.



- 04 將少量米飯放入半個青瓜中，然後向一側擠壓，以騰出空間容納其他配料。再加入三文魚、牛油果、紅蘿蔔及紅燈籠椒，直至青瓜塞滿。



Place a small amount of rice inside one half cucumber, then compress towards one side to make room for the other ingredients. Carefully add the smoked salmon, avocados, carrots and bell peppers, compressing as you add until the cucumber is packed full.

- 05 重複直至所有青瓜都釀好，切成共20片。  
Repeat for the remaining cucumbers. After all the cucumbers are stuffed, slice into 20 pieces total.

- 06 可以立即食用，或沾上醬汁。  
Serve immediately, or with condiments if desired.

## 會員活動 Activity Highlights



### 聖誕烘焙班 Christmas Baking Class

12月23日的兩個烘焙班讓會員們開心迎接聖誕！上午時段我們的青少年會員與義工哥哥姐姐們一起手作可愛公仔餐包，下午親子班\*會員家長與小朋友齊齊製作慶節的聖誕樹形公仔麵包塔。

Our members created adorable and delicious handmade Christmas treats at our two baking classes on 23 December. In the morning class, our young members crafted cute cartoon dinner rolls together with volunteer helpers, while participants of the afternoon parent-child class\* created festive Christmas tree-shaped cartoon bread piles.



### 團圓湯丸班 Rice ball dumpling class\*

農曆新年最緊要團團圓圓！在此活動我們的小會員與成年會員大哥哥大姐姐一起製作人氣卡通湯丸開心過年。從搓糯米粉到最後的裝飾都由會員們一手一腳親自製成。

Sweet glutinous rice ball dumplings for your Chinese New Year dessert is a must. Our young and adult members work in pairs to make cute rice ball dumplings decorated as popular cartoon characters. From kneading the dough to the final decorations, every part of the sweet treat was handcrafted from scratch.

\*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](http://www.yda.org.hk)或電郵至[event@yda.org.hk](mailto:event@yda.org.hk)了解詳情。

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兒童糖尿協會衷心感謝下列機構、團體及人士於2020年1月至2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 February 2020 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
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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  
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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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