



Youth Diabetes
Action
兒童糖尿協會

YDA today



2020



news
letter



issue
60

Staying active
保持運動

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編輯的話 From the Editor

因應現時新型冠狀病毒疫情，一型糖尿病兒童很多時都留在家中，導致運動量減少，影響血糖指數的穩定。而且家長需要搶購防疫物品，令他們更感壓力，誠熙媽媽會和我們分享她如何渡過這幾個月。另外為了讓一型糖尿病兒童維持健康生活，他們可以和家人一起進行一些室內運動，以避免低血糖症。

在這艱難的時候，有些家長或許對照顧一型糖尿病兒童感到壓力。如你需要額外支援，可致電2544 3263，聯絡我們的社工。

The coronavirus pandemic has affected us all. We have had to adjust and change the way we go about our daily life. Children with Type 1 diabetes have had to spend much more time at home, thereby reducing the level of physical activity, which can affect their blood glucose levels. Parents have also found it especially challenging trying to find and purchase various hygiene products, which has led many to worry about sourcing enough supplies for their children. Read more about how Shing Hei's mother has managed over the past few months.

In order for children with Type 1 to stay healthy, they should do some indoor exercise to prevent hypoglycaemia. There are some tips on how to stay active at home – not just for a child with diabetes but for the whole family.

During these challenging times, it is vital to ask for support if you are feeling overwhelmed about your child's diabetes. If you need extra support, please don't hesitate to contact one of our social workers on 2544 3263.

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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www.yda.org.hk/ydatodaysurvey

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專題 Feature

患上一型糖尿病的病人每天需要最少注射4次胰島素及定期覆診，而疫情令市面上酒精棉紙、酒精搓手液、成人或兒童口罩等用品供應不穩，讓不少家長感到非常徬徨。因此，於疫情期間，YDA向會員派發了400個防疫包，以解他們燃眉之急。為了瞭解會員抗疫期間的生活及感受，我們邀請了林誠熙媽媽和我們分享她遇到的情況。

People with Type 1 diabetes need to inject insulin at least four times per day and have regular follow-up consultations. In this unexpected epidemic, parents have also been worried about sourcing enough supplies of swabs and hand sanitisers for their children. Therefore, YDA distributed 400 care packs to our members to ease their worries. We spoke to Shing Hei's mother to find out more about the challenges their family have been facing over the past few months.

疫情如何影響生活呢？

誠熙患有一型糖尿，由於擔心他是高危一族，疫情期間大部份時間都留在家中以減少與人接觸，缺乏運動、加上情緒鬱悶，以致他的血糖控制不穩，甚至經常出現血糖偏高的情況。

How has the pandemic affected Shing Hei's family life?

Since Shing Hei has Type 1 diabetes, Shing Hei's mother was concerned that he would be in the high-risk group of catching coronavirus.

Therefore, they seldom go out and have avoided meeting up with other people. The lack of exercise and low mood made his blood glucose level unstable and he would often have a high blood glucose level.



疫情有否影響其他家庭成員的情緒？

學校停課，小孩常在家中，難免會多吃零食而影響血糖的穩定性。而且，誠熙媽媽要在家工作同時要照顧家人，讓她倍感吃力。當需要排解壓力時，誠熙媽媽會與朋友及同事傾訴，或到公園散步半小時。

How has the pandemic affected the emotions of other family members?

Due to the school suspension, Shing Hei had to stay at home and always wanted to eat more, which made his blood glucose level fluctuated much more. Shing Hei's mother also found it difficult to handle work and household chores at the same time. When she needed to release her stress, she would talk to her friends or colleagues, or go for a short walk in the park.



對派發防疫包有什麼感想呢？

在疫情初期，誠熙媽媽感到為家人搜羅防疫物資很困難。因此，當YDA宣佈派發防疫包時，誠熙媽媽覺得十分實用，亦可分擔家長們的經濟壓力。

How did the YDA care packs help?

At the beginning of this pandemic, Shing Hei's mother found it difficult to purchase hygiene products for her family. She thought the distribution of care packs was very useful and could help to lessen the financial burden for them and other families in the same situation.



對YDA的未來發展有什麼建議？

因考慮到孩子日漸長大，快要踏入青春期，誠熙媽媽希望YDA能針對不同的年齡層，提供合適的支援。

How can YDA improve and develop their services?

Shing Hei's mother hopes YDA can continue to provide different levels of support for different generations, taking into consideration the stages of development a child goes through, especially during the teenage years.

疫情過後，我們還可以做...

After the pandemic, what can we do...

考慮到家長們的困難，YDA進行了短期措施，與他們共同渡過疫情。同時，亦為有需要的家庭提供「醫療用品支助計劃」，減輕他們的經濟負擔，讓孩子們擁有一個愉快健康的童年。

計劃詳情可於網址 (www.yda.org.hk/fap) 了解更多。

如欲捐助，亦可到本會網址：www.yda.org.hk/donate。

YDA understands these difficulties and will work together with our members to ensure we are providing the right services for members during this pandemic. YDA has been providing the Sponsor a Child programme for families in need to ease their financial burden and to allow children to have a happy and healthy childhood.

If you are not part of the programme, you can find out more here:

www.yda.org.hk/fap

If you want to Sponsor a Child or make a donation to help YDA continue our work in giving children with diabetes a better life, please consider making a donation:

www.yda.org.hk/donate



留在室內的運動建議 Tips for staying active indoors

根據世界衛生組織（世衛）建議，健康的成年人最少每天要做30分鐘運動，或每星期進行150分鐘中等強度運動或75分鐘劇烈運動。兒童應每天進行1小時運動。以下是一些留在室內運動的建議：

The World Health Organisation (WHO) recommends that all healthy adults do at least 30 minutes per day of physical activity, or alternatively, at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week. Children should be physically active for at least 1 hour per day. Here are some recommendations to stay active indoors:

1

訂立固定運動時間

Set a regular time for exercise

計劃一個一星期的運動時間表，在家中持之以恆地實行，更可與家人一起參與。

Create a weekly exercise routine to keep you active at home, and get the whole family involved to make it more fun.

2

進行網上運動課程

Do an online exercise class

在YouTube上有許多免費的運動影片，你可以因應孩子的體能，挑選及嘗試適合自己及小朋友的運動影片。

Many exercise videos on YouTube are free. Try a few different videos to find one that suits you or your child's ability. Be careful when performing these exercises, especially when doing it for the first time; be aware of your own limitations.

3

進行肌肉伸展及平衡訓練

Do some muscle strength and balance training

有助改善骨骼及肌肉的強度，以及增加平衡力和柔軟度。如沒有合適的運動器材，你可以利用家中的物品，如椅子、水樽、毛巾等，進行簡單的運動。

This will improve bone and muscle strength as well as your balance and flexibility. You can use items from around your home if you don't have the right equipment, like chairs, water bottles, towels etc.

4

聽歌跳舞

Dance to music

播放你最喜愛的歌曲，與家人一起隨著音樂起舞。

Put on your favourite songs and dance to them. It's a great way to get the whole family moving.

5

跳繩

Try skipping

這是一項可增強心臟的有益活動。

This is a good activity to get your heart rate up.

6

放鬆

Relax

冥想及深呼吸有助保持身心平靜。瑜伽是一項可於家中或有限空間進行的運動，除了可以讓有效地放鬆，同時可以加強柔身體軟度。

Meditation and deep breathing can help you remain calm. Yoga is good for relaxation whilst also improving your flexibility, and can easily be done at home or in limited spaces.

在家運動的示範 Examples of home-based exercise*



手肘觸膝 Knee to elbow

按自己適合的速度，用手肘觸碰相反方向的膝蓋，大約維持1-2分鐘，然後休息30-60秒，重覆動作5次。這運動有助提升心跳和呼吸頻率。

Touch one knee with the opposite elbow, alternating sides. Find your own pace. Try to perform this for 1-2 minutes, rest for 30-60 seconds, and repeat up to 5 times. This exercise should increase your heart and breathing rates.



椅子屈臂支撐 Chair dips

抓緊椅子座位，雙腿與椅子保持半米距離。然後彎曲雙臂，向地面壓低身體，再伸直手臂撐起身體。進行此動作10-15次，然後休息30-60秒，重覆動作5次。這運動有助增強三頭肌。

Hold onto the seat of a chair, with your feet about half a metre away from the chair. Bend your arms as you lower your hips to the ground; then straighten the arms. Perform this exercise 10-15 times, rest for 30-60 seconds, and repeat up to 5 times. This exercise strengthens your triceps.



嬰孩式 Child's pose

雙膝跪在地上，臀部坐在兩隻腳跟之上。把肚皮貼近大腿並放鬆，雙臂向前伸展。保持正常呼吸，維持動作20-30秒以上。這運動可伸展背部、肩膀及身體兩側位置。

With the knees on the ground, bring your hips to your heels. Rest your belly on your thighs and actively stretch your arms forward. Breathe normally. Hold this position for 20-30 seconds (or more). This position stretches your back, shoulders and sides of the body.

*資料摘取自世衛指引 Information is from WHO guidance "Stay physically active during self-quarantine":

<https://bit.ly/3dNY08J>

患有糖尿病的兒童正需要您的幫助

一型糖尿病是長期疾病，任何人都有機會患上，與生活習慣無關，也沒有預防方法。不妥善處理病情可以引起心臟、視網膜及腎臟病變等致命併發症。患者需終生檢測血糖及注射胰島素以控制病情，維持生命。但他們所需的基本醫療用品必須自費，價錢可以十分高昂，卻又不能減省。

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%的醫療用品費用，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，幫助糖尿病童及其家人！

詳情請瀏覽www.yda.org.hk/sponsor或填妥並交回封底表格。

Children with diabetes need your support now more than ever

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 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 and their families!

Visit 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1位孩子獲得必需的醫療用品，改善其生活。
For only \$10,000/year (that's only \$28/day), you can ensure a child 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.



第二章：晚間低血糖

低血糖症及其恐懼是實現理想血糖控制的主要障礙，亦可能對日常生活質素產生重大影響。其中夜間低血糖症，更有機會影響患者翌日的心理及精神狀態。Pediatric Diabetes 期刊在 2018年發表了一個在一型糖尿病患照顧者對低血糖恐懼的研究報告，發現照顧者最大的擔憂是患者入睡後發生低血糖症。而事實上，夜間低血糖症很常見。近期有關使用連續血糖監測儀（CGM）的研究顯示，一型糖尿病兒童及青少年在研究期間，有高達8.5%至25%的晚上都曾經歷夜間低血糖。其中一個研究更指出，夜間低血糖的平均時間高達81分鐘，而約有一半次數的低血糖症沒有被患者或照顧者發現。



夜間低血糖為何如此常見？

- 一型糖尿病患者的反調節反應在睡眠過程中較正常兒童減弱，因此大大降低他們察覺到低血糖的可能性
- 不能長期徹夜採血檢查血糖

夜間低血糖的風險因素：

- 年幼
- 較低的糖化血紅素（HbA1c）水平
- 前一天有運動或低血糖的經歷

沒有一固定的睡前血糖水平，能夠可靠地預測夜間低血糖的風險，但有一個使用CGM進行的研究顯示，若睡前血糖值高於5.5度，夜間發生低血糖的機會可以減低一半。

夜間低血糖症的徵狀包括：

- 早餐前低血糖
- 患者夜間精神恍惚，發惡夢或癲癇發作
- 患者醒來時思緒混亂、萎靡不振、情緒改變或頭痛

「黎明現象」與「反彈現象」

黎明現象

我們的血糖一般都會在早上5點後開始上升，導致早餐前血糖偏高。我們稱之為「黎明現象」。

■ 黎明現象出現的原因：

- ✚ 夜間生長激素分泌增加，身體對胰島素的抗拒性亦增加
- ✚ 肝臟於清晨時份增加葡萄糖輸出
- ✚ 中長效胰島素於清晨時藥效減弱

■ 「黎明現象」在青春期較常見，但年幼兒童卻可能有相反現象（即清晨5點前的血糖值較高）。

■ 如遇上「黎明現象」，睡前應增加基礎胰島素劑量。

反彈現象

■ 低血糖出現時，身體會產生其他荷爾蒙去抗衡及提升血糖，但這矯正反應有時會超越目標，引致血糖過高。若這情況在半夜發生，便會形成早餐前有高血糖的現象。我們稱之為「反彈現象」。

■ 如遇上「反彈現象」，睡前應減少基礎胰島素劑量。

區分「黎明現象」和「反彈現象」的最佳方法，是在凌晨3時檢測血糖。若那時血糖讀數低，顯示早上高血糖是「反彈現象」引致。若那時血糖值過高，則顯示早上高血糖是「黎明現象」引致。

如何避免或減少晚間低血糖出現：

■ 睡前吃含有碳水化合物的小食

- ✚ 如果使用中效胰島素作為基礎胰島素，如Protaphane或HumulinN等，這類胰島素在半夜會出現高峰期，晚上出現低血糖的機會較高。吃睡前小食是有效減少晚間低血糖的方法。
- ✚ 但如果使用超長效胰島素，如Glargine, Detemir或Degludec，則可能沒有這個需要。
- ✚ 若當天曾經運動或曾出現低血糖的情況，睡前小食亦會減低晚間低血糖的機會。

■ 使用藥效平穩的基礎胰島素，如超長效胰島素

■ 使用連續血糖監測儀CGM

- ✚ 具有低血糖警報功能的CGM，可以喚醒患者及時處理低血糖，從而減少夜間低血糖的機會。但青少年被聲音吵醒的門檻一般較兒童高，即使有警報也有可能聽不到。
- ✚ Diabetes Care期刊在2001年發表了一個研究報告，指出在接受強化治療的一型糖尿病患者中，使用CGM能減少低血糖的時間，並能降低HbA1c水平。

■ 胰島素泵療法

- ✚ 使用胰島素泵可以減少夜間低血糖，尤其是使用備有傳感器功能的胰島素泵，並能通過傳感器檢測或預測到低血糖時，能暫時停止基礎胰島素輸注，直至血糖回復安全水平的系統。這類胰島素泵，更能有效減低低血糖出現。

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

Part 2: Night time Hypos / Nocturnal Hypoglycaemia

Hypoglycaemia and its fear present major barriers to achieve optimal blood glucose control and may have a significant impact on quality-of-life measures. Nocturnal (night-time) hypoglycaemia may impact one's sense of well-being on the following day. In a study in USA on parental fear of hypoglycaemia in young children with Type 1 diabetes published in *Pediatric Diabetes* in 2018, the greatest worries of parents were related to hypoglycaemia during sleep. Yet nocturnal hypoglycaemia is actually very common. Recent studies using continuous glucose monitors (CGM) showed that nocturnal hypoglycaemia occurred in 8.5 to 25% of the nights studied, in children and young adults with Type 1 diabetes. In one of the studies, the mean time spent in nocturnal hypoglycaemia was 81 minutes. About half of these episodes were undetected by the kids or caregivers.

Why is nocturnal hypoglycaemia so common?

- The counter-regulatory responses are weakened during sleep in patients with Type 1 diabetes, making them much less likely to be awakened by hypoglycaemia
- It is impractical to check blood glucose (BG) by finger pricks throughout the night

Risk factors for nocturnal hypoglycaemia:

- Young age
- Lower glycosylated haemoglobin (HbA1c) levels
- Exercise and/ or hypoglycaemia the day before

There is no safe BG level before sleep that can reliably predict a low risk of hypoglycaemia overnight. However, a study using CGM showed that the chance of hypoglycaemia was cut by half if bedtime glucose is > 5.5 mmol/L.

When to suspect nocturnal hypoglycaemia?

- Blood glucose before breakfast is low
- Child experiences disorientation, nightmares or seizures during the night
- Child experiences impaired thinking, lethargy, altered mood or headache on waking

Dawn and Somogyi Phenomena

Dawn Phenomenon

- BG tends to rise in the morning after 5 am, prior to waking. This will give rise to high BG before breakfast. We called this 'Dawn Phenomenon'.
- This is caused by:
 - ✚ Increased growth hormone secretion and insulin resistance at night
 - ✚ Increased glucose output by the liver in early morning
 - ✚ Weaning insulin level (for intermediate insulin) in early morning
- The Dawn Phenomenon is more potent in puberty but may be the reverse in young children (i.e. Higher BG before 5 am).
- In this situation, before bed basal insulin should be increased.

Somogyi Phenomenon

- BG may overshoot when the body tries to counteract hypoglycaemia occurring at night that is not noticed by the patient, resulting in high BG before breakfast. We called this 'Somogyi Phenomenon'.
- In this situation, before bed basal insulin should be decreased rather than increased.

The best way to differentiate between Dawn Phenomenon and Somogyi Phenomenon is to check BG at 3 am. You will see a low BG in Somogyi Phenomenon and a high BG in Dawn Phenomenon.

How to prevent or decrease nocturnal hypoglycaemia

- Carbohydrate snacks before bed
 - ✚ This is recommended if you are using basal insulins with peak action, i.e. Intermediate-acting insulin, such as Protaphane or Humulin N. However, it may not be necessary if you are using ultra-long acting insulin analogues, such as Glargine, Detemir or Degludec.
 - ✚ A carbohydrate snack before bed may also be needed if you exercised or had hypoglycaemia in the daytime.
- Use basal insulin analogues with a flat insulin profile (ultra-long acting insulin).
- Continuous glucose monitor (CGM)
 - ✚ CGM with alarm function for low BG may decrease nocturnal hypoglycaemia. However, adolescents have a high acoustic arousal threshold from sleep and may sleep through the alarms.
 - A study published in *Diabetes Care* in 2001, in children and adults on intensive therapy for Type 1 diabetes, showed that use of CGM reduced the time spent in hypoglycaemia with a concomitant decrease in HbA1c.
- Insulin pump therapy
 - ✚ Nocturnal hypoglycaemia can be reduced with the use of an insulin pump, especially a sensor-augmented pump that can suspend basal insulin with sensor-detected or sensor-predicted hypoglycaemia.

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

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ASCENSIA
Diabetes Care

DC.20200501a



日式蕎麥冷麵
Japanese-style Cold Soba

炎炎夏日，胃口不佳，又不想吃熱食，不如試試日式蕎麥冷麵。營養均衡，而且又適合一家大細，是迎接夏天的一道美味菜式。

People may not have the same appetite or want to eat warm dishes in summer. If you want to have a healthy and cold dish this summer, let's try this Japanese-style Cold Soba recipe.



2人份量

Makes 2 portions



每份 Per serving

熱量 Energy

309.2 卡路里 (Kcal)

碳水化合物 Carbohydrates

約 approx. 56.6g

蛋白質 Protein

約 approx. 9g

膽固醇 Cholesterol

約 approx. 195mg

脂肪 Fat

約 approx. 5.2g

纖維 Fibre

約 approx. 4.5g



材料 Ingredients

雞蛋

2 隻

Eggs

2 pc

蟹柳

90 克

Imitation crabmeat sticks

90 g

青瓜

80 克

Cucumbers

80 g

紅蘿蔔

60 克

Carrots

60 g

蕎麥麵 (乾)

120 克

Dried buckwheat soba

120 g

蔥粒

2 湯匙

Chopped spring onion

2 tbsp

日式冷麵汁

1 杯

Japanese cold soba sauce

1 cup



做法 Method

- 1 將蛋打勻，加入1茶匙油，在易潔鑊煎成蛋皮，切絲備用。
Beat eggs, add 1 teaspoon of oil to a non-stick frying pan and fry as a thin layer of egg. Remove and slice egg layer thinly.
- 2 將青瓜及紅蘿蔔去皮切絲；蟹柳撕成絲。
Peel and shred the cucumbers and carrots. Shred imitation crabmeat sticks.
- 3 燒一鍋水，將麵條煮熟，立刻用凍開水浸冷，取出上碟。
Boil a pan of water. Cook soba and rinse in cold water. Drain and dish up.
- 4 排上蛋絲、蟹柳絲、青瓜絲及紅蘿蔔絲，撒上蔥粒，伴以冷麵汁。
Arrange the shredded eggs, crabmeat, cucumbers and carrots on top of cold soba. Sprinkle with spring onion and serve with cold soba sauce.



有營小貼士 Tips

蕎麥麵在所有麵食中所含纖維素最豐富，其低升糖指數對血糖升幅的影響也較低。

Buckwheat soba has the highest fibre content among all noodles. It has a low glycaemic index which exerts less effect on blood glucose level.



你可以在《金牌營養師的糖尿病甜美食譜》
找到更多不同款式的低糖食譜！

You can find more diabetes-friendly recipes in
《金牌營養師的糖尿病甜美食譜》！



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袋鼠牌低升糖指數白米

袋 鼠 牌 低 升 糖 指 數 白 米 關 注 血 糖 人 士 之 選 ！

屬低升糖指數(Glycemic Index/GI)食品，
相對高升糖指數食品，此米是緩慢被消化及吸收，
食用後體內血糖及胰島素上升比較緩慢。



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會員活動 Activity Highlights



派發「YDA賽馬會愛心抗疫包」* Distribution of "HKJC Care Pack" *



因新型冠狀病毒疫情持續，本會於5月期間向會員派發400個防疫包，以供他們應付日常衛生需要。防疫包內的物品包括：酒精棉、口罩、濕紙巾、酒精噴霧、酒精搓手液、口罩套及食譜。為了鼓勵會員勤做運動，防疫包內亦包括了運動用品，希望他們多做運動，保持血糖穩定。

Due to the continuing COVID-19 pandemic, YDA distributed 400 care packs to members in May, in order to help them cope with their daily hygiene needs. The care packs included alcohol swabs, masks, wet wipes, alcohol sprays, handrubs, mask cases, and a cook book. Also, to encourage members to keep active and do exercise regularly, the care packs contained sport games to assist with maintaining good blood glucose levels.



獲贈 The YouMatter Organisation x SENsational 防疫包 The YouMatter Organisation x SENsational Care Packs

因應疫情進一步加劇，The YouMatter Organisation x SENsational 捐出約100個防疫包，包括口罩及洗手液，為大眾抗疫出一分力。

YDA kindly received a donation of almost 100 care packs from The YouMatter Organisation x SENsational, in response to the current COVID-19 pandemic. The care packs included masks and liquid hand wash, to help YDA members to overcome and fight this pandemic.



*此活動由香港賽馬會慈善信託基金贊助

*This activity is sponsored by The Hong Kong Jockey Club Charities Trust

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2020年3月至6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 March to June 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
- ☐ 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\$ _____

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