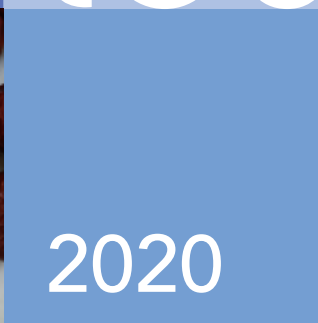




Youth Diabetes
Action
兒童糖尿協會

YDA today



Diabetes Wellbeing 糖尿病健康

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編輯的話 From the Editor

一型糖尿病兒童身邊的支援者包括其家庭成員、朋友、學校老師、醫生和護士等，必須對一型糖尿病一定要有正確的認識，否則，對患病兒童的健康會有壞影響。我們誠邀你參與「藍月·十一」，提高對糖尿病的關注。我們準備了一系列活動，如「藍『飾』自拍」和「童行有您」等，讓大家可以向患有一型糖尿病的兒童表示支持。我們對一型糖尿病的討論越多，社會對這種疾病的認識就越深入。活動詳情可於本會訊或網址 (www.yda.org.hk/zh-hant/blue-november/) 了解更多。

在疫情肆虐期間，保持健康和擁有一個強大的支援網絡十分重要。讓我們支持所有患有一型糖尿病的孩子，與他們同行。

It is vital for everyone in a child's support network to have a good understanding of Type 1 diabetes, as this can have a big impact on the health of the child living with the condition. This includes everyone from family members, friends, school teachers, doctors and nurses to every person that comes into contact with a child with Type 1.

We are inviting you to join our Blue November awareness raising month. We have a number of activities that will help you to show your support for children with diabetes, including our Dress Blue Selfie and Hike for Diabetes. The more we talk about Type 1 diabetes, the more awareness it raises. Get everyone involved! You can read more about our activities in this issue of *YDA Today* or visit www.yda.org.hk/bluenovember.

Being in good health and having a strong support network has never been more important than during a pandemic. Let's show children with diabetes the support they deserve and that they are not alone.

在這非常時期，如你對孩子的病情感到徬徨無助，請馬上致電2544 3362/ 2543 0555聯絡我們的社工尋求協助。

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 3362/ 2543 0555. Both English and Chinese language consultations are available.



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

疫情爆發大半年間，大部分學生都在家網上學習。為了更了解在學會員在抗疫期間如何適應學業和良好管理一型糖尿病，我們邀請了正就讀中學的徐子軒進行訪問。

Students have been spending most of this year doing distance learning due to the coronavirus outbreak. To find out how YDA members have adapted to their studies and Type 1 diabetes management during the pandemic, we invited Tsz-Hin to talk about his experience.

會員小檔案 Member Profile



會員名稱 Name

徐子軒 Chui Tsz Hin

確診年份 Year of diagnosis

2014

年齡 Age

17

疫情期間如何應付網上學習？

學校把網上上課的時間縮短到半日，只在上午進行網上學習，但每堂的課時則增長了，令同學更容易跟上學習進度。為了更能掌握課堂內容，我每天在課堂結束後亦會進行自習，因此現時的學習進度都不錯。

“How do you deal with e-learning during the pandemic?”

I only have online studying in the morning as my school has shortened the length of online classes to half a day. However, there is an increase on the time spent per subject, so I can still keep up with the school syllabus. I self-study after class every day, to help me have a better understanding of my school work.



長期在家如何保持樂觀開朗？

朋友是我能夠保持樂觀心態的其中一個很關鍵因素，疫情期間與朋友的交流更顯得重要。雖然未能與朋友外出見面，但我每天都會於社交網站與他們保持聯絡，閒時亦會和他們進行視像通話，甚至相約一起在網上打機。

“How do you remain positive?”

I believe communicating with friends is one of the biggest ways to stay positive during the pandemic. Although I cannot meet my friends in person, I interact with them on social media every day, and I make video calls with them during my free time.

對於在家中運動，你有什麼好建議？

為避免長時間坐下，我每天都幫忙做家務，既可以保持家中整潔又可以讓身體多活動。由於在疫情期間不能外出運動，我嘗試在家裡跳繩。此外，網上亦有很多不同的運動短片可以參考，不用擔心家中位置不夠。

“Do you have any suggestions for staying healthy and exercising at home?”

I help out with the housework every day to avoid sitting down for the whole day, which also keeps the house tidy. Since I can't go out to exercise, I think skipping is a great way to keep active at home. There are also lots of different exercising videos available on the internet too.



如何維持平常的糖尿管理和相關檢查？

我每天都定時為自己進行血糖檢查，在疫情嚴重，未能到醫院覆診時，醫生和護士都很關心我，他們都會定期打電話給我，查看我的血糖指數；當我遇到有關病情的問題時，亦會向他們尋求意見。在疫情期間，醫生和護士都向我提供了不少抗疫貼士，例如減少外出，多留在家中以避免接觸到病毒，勤做運動，增強抵抗力。



“How are you keeping up with your diabetes management and related medical checkups?”

I have been checking my blood sugar regularly like usual. When the pandemic situation was getting serious, the doctors and nurses from hospital would call me on the phone and check on me. If I encountered any difficulties or questions about my Type 1 diabetes, I would call them as well. As the doctors and nurses regularly call to check on me, I feel safe even when I'm not able to go to the hospital for my checkups. Also, they give me advice on how to stay healthy and safe during the pandemic such as staying at home and doing exercises.

若你對孩子的糖尿病病情有任何疑問，請與他們的醫療團隊聯絡，或致電2544 3263/2543 0555與本會社工聯絡。

If you have any concerns about your child's diabetes, please get in touch with their diabetes healthcare team, or contact our social workers on 2544 3263/2543 0555.



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。通過助養兒童計劃，您的捐款可以幫助有經濟困難的家庭每月節省高達50%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，捐款支持助養兒童計劃，幫助糖尿病童及其家人！

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 can save up to 50% 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.



助養兒童計劃 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.

糖尿病健康 — 「護士可以作出改變」 Diabetes Wellbeing – “Nurses Make the Difference”

本期專題請來糖尿病資深護師楊海明姑娘為大家細談醫療團隊如何協助病童及照顧者能做到糖尿病健康的確念。

Diabetes Specialist Nurse, Ms Theresa Yeung, explains how parents and medical professionals can work together to have a positive impact on a child's health and wellbeing.



糖尿病是一種慢性疾病，要控制好病情，除了過程充滿著挑戰，亦要在生活上不斷作出調整。對長期患病的兒童、青少年及其家庭成員的身心，都是一種沉重的負擔。

Diabetes is a chronic disease and its management is associated with various challenges and adjustments. Living with diabetes can be a heavy burden for children, adolescents, and their families both physically and psychologically.



當得知孩子患上糖尿病，會覺得有壓力，但只要有適當的關顧和護理，情況可以得到改善。病童、家人及醫護人員之間的配合和溝通是重要關鍵，所以定期讓專業團隊跟進病情是必需的。專業團隊可以為患者提供不同的新資訊和策略提示，協助他們處理日常生活的問題。病童應每半年至一年與營養師見面，覆核卡路里攝取量，以確保他們有均衡的飲食，能正常地成長及發展。兒科醫生會為病童安排定期的糖尿併發症篩查評估，探討有否併發症風險；需要時可轉介他們到其他專科診治。若病童家庭遇上經濟問題，兒科醫生亦可以轉介他們到醫務社工尋求協助。

Although it can be stressful for a child to be diagnosed with diabetes, the condition can be managed with proper care and attention. It is collaborative work between patients, their families, and healthcare professionals (HCP). Regular follow-up with a multi-disciplinary team is important; each HCP can provide updated information and tips on strategies in tackling or handling daily concerns or issues. Children should meet up with a dietitian once or twice a year to review their calories intake in order to safeguard that they have a balanced diet and are maintaining normal growth and development. Paediatricians will arrange periodic complications-screening assessments for children/adolescents to rule out potential risks and refer them to see other specialists as necessary. In addition, they can refer families to the Social Worker for assistance if they have financial problems.

管理好糖尿病需要終身學習。研究指出家庭成員的付出和參與，對控制糖尿病的健康是很重要的。若家長能抱着正面的態度，跟孩子有效地溝通，給予關懷與愛心，這些行為會令病童更積極去遵守治療方案。面對糖尿病，家長們並非孤立無援的；我鼓勵他們遇到任何困難時，向糖尿病科護士查詢。糖尿病科護士會與病童及其家人討論和制定個人的治療計劃。遵守治療方案對於青

少年這個年齡層來說是困難的，他們需要身邊人給予支持和鼓勵，引導他們接受這個疾病。護士是一個很好的聆聽者，她們可以安排友儕聚會，讓一眾青少年患者互相分享個人經歷和問題，並一同參與決策，克服障礙。



It is a lifetime of learning to manage diabetes. Research shows the importance of the family function in relation to health behaviours and metabolic outcomes. Effective communication with positive and caring parental involvement is associated with better adherence to treatment regimens. Parents are encouraged to contact their nurses for any difficulties in coping with diabetes – it is important to remember that they do not have to deal with the

disease alone. Diabetes nurses discuss personalised management plans with patients and their families to navigate diabetes. For adolescents, adherence difficulties are common in this age group. They need support and positive reinforcement to guide them in accepting the disease. Nurses are good listeners. They can arrange peer group gatherings to share similar problems and involve all the adolescents in decision-making to overcome their barriers.





除解答家庭遇到的問題外，糖尿科護士亦可聯繫學校老師或護士，確保孩子們在校園有一個安全的學習環境。她們可向老師提供教育手冊作參考，及提交醫生信函說明病童的治理方案，使兒童或青少年可以維持正常的校園生活。此外，糖尿科護士會跟病童和照顧者講述嶄新的檢測血糖技術，例如採用24小時血糖感測器，全天候監測血糖水平，以減輕低血糖/高血糖症的風險和併發症。

Apart from dealing with home issues, diabetes nurses can also liaise with the school nurse/teachers to ensure children have a safe learning environment at school. They can provide teachers with educational pamphlets for reference and a school letter to explain the treatment plan as all children/adolescents have the right to maintain normal school activities. Nurses can also review using new technology devices, such as blood glucose sensors to monitor 24 hours glucose pattern to minimise the risk of hypo/hyperglycaemia to prevent complications.

2020年世界糖尿病日的主題是護士與糖尿病 - 「護士可以作出改變」。病童得到家人的關愛和支持去面對糖尿病，再加上專業醫療團隊的全面支援，是預防情緒困擾和維持活力的最佳方法。我們樂觀地支持病童及其家人，陪伴他們走過每一個里程碑，使他們活得健康和快樂，積極地與糖尿病共存。

The theme of World Diabetes Day 2020 is Nurses Make the Difference. A caring, supportive family backed up by a multi-disciplinary team is the best approach to prevent emotional distress and maintain dynamic wellbeing. As nurses, our goal is to support the entire family coping with diabetes in a positive way through every milestone; thus the children can live healthy, active and happy lives with diabetes.



楊海明姑娘
Theresa Yeung
資深護師 (糖尿科)
Diabetes Specialist Nurse

專家點睇

糖尿知多啲：低血糖症



第三章：無症狀低血糖

正常人在血糖下降時，胰島素會停止分泌，而升糖素、皮質醇、生長激素、腎上腺素和去甲腎上腺素等反調節激素分泌則會上升，令血糖恢復到正常範圍。但這個反調節機制在一型糖尿病兒童中有所缺失，特別是升糖素對低血糖的反應會逐漸消失，只能依賴腎上腺素和去甲腎上腺素等的激素去運作。

低血糖症的症狀可源於自主神經系統的激活使腎上腺素 / 去甲腎上腺素大量分泌（腎上腺素反應）或源於大腦缺乏葡萄糖而引起的神經功能障礙（神經缺糖性反應）而引起。

- 腎上腺素反應的症狀：顫抖、心跳加快、飢餓、出汗等。
- 神經缺糖性反應的症狀：頭痛、煩躁、嗜睡、集中力不足、癲癇等。

在正常情況下，低血糖的徵狀應先源於自主神經系統激活的症狀，但反復的低血糖會導致反調節激素分泌機制失效。當一個人對低血糖的感覺消減或無法感到低血糖時，這就是低血糖意識受損或無症狀低血糖。

無症狀低血糖的風險和成因

若經常有低血糖的情況出現，為了不會經常受到低血糖影響，患者的身體會降低誘發自主神經系統激活反應的血糖水平，亦會加速身體回復正常的速度。這些都是身體的「適應反應」；但這些本能反應卻會在另一方面引發無症狀低血糖的現象，大大增加了持續及嚴重低血糖的風險。

令自主神經系統產生反應的血糖水平，反調節激素的上升幅度和低血糖徵狀的嚴重性，都會受低血糖的頻率、運動及睡眠等因素而下調，但誘發神經缺糖性反應的血糖水平，卻不會受這些因素影響。當觸發自主神經系統的血糖水平因經常低血糖而下降致低於觸發神經缺糖性反應的血糖水平時，低血糖首先出現的徵狀已是神智不清或癲癇發作，而失去了因腎上腺素分泌而引起的「預告」徵狀，如心跳加快、顫抖等。這現象我們稱之為「無症狀低血糖」。

如何克服無症狀低血糖？

無症狀低血糖是由經常低血糖引發，避免低血糖一段時間（數週至幾個月）能有效地恢復低血糖的徵狀。以下是避免低血糖的方法：

1. 增強監察及訂立新的控制目標

- 經常監察血糖值（SMBG血糖自我監察）
- 每星期至少2至3次於凌晨3時進行血糖自我監察，以檢測夜間有否低血糖的情況
- 把餐前血糖目標訂立於5.6-8.3之間
- 容許較為寬鬆的血糖目標幾個月

2. 教育

- 訓練患者識別出低血糖，並迅速作出有效治療（BGAT）
- 教育患者避免低血糖是還原無症狀低血糖的最有效方法

3. 飲食介入

- 建議要吃睡前小食
- 確保隨身攜帶能迅速令血糖上升的食物

4. 運動小貼士

- 運動前、中及後期均需自我監察血糖值
- 若運動前血糖低於7.8度，需於運動前額外攝取碳水化合物
- 運動時及運動後血糖低於7.8度，均需額外攝取碳水化合物
- 根據運動的長短及性質，減少快速胰島素或長效胰島素的劑量（詳見59期會訊中「第一章：運動與低血糖」）

5. 藥物調整

- 調整胰島素劑量以避免低血糖
- 使用速效及長效胰島素

6. 新科技

- 連續式血糖監測儀（CGMS）
- 具有低血糖懸浮及預測低血糖懸浮功能的強化版感應式胰島素泵

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 3 Hypoglycaemic unawareness

When blood glucose drops in a normal individual, insulin secretion is shut down and counter-regulatory hormones including glucagon, cortisol, growth hormone, adrenaline, and noradrenaline are secreted to bring the blood glucose back to the normal range. However, this counter-regulatory mechanism is defective in children with Type 1 diabetes. In particular, glucagon responses to hypoglycaemia are gradually lost in almost all diabetic patients after a few years. The counter-regulatory mechanism has to rely on other hormones, especially adrenaline and noradrenaline.



The signs and symptoms of hypoglycaemia are due to autonomic activation (adrenergic response) with increased adrenaline/noradrenaline secretion and/or neurological dysfunction from glucose deprivation in the brain (neuroglycopenic response/neuroglycopenia).

- Symptoms due to adrenergic response: shakiness, fast heart rate, hunger, increase sweating, etc
- Symptoms of neuroglycopenia: headache, irritability, drowsiness, poor concentration, seizure, etc

In a normal individual, the initial symptoms of hypoglycaemia should result from activation of the autonomic nervous system. However, recurrent episodes of mild hypoglycaemia will result in defective counter-regulatory hormonal responses to subsequent low blood glucose levels. When the ability to detect the onset of hypoglycaemia is diminished or absent, we say the person has impaired awareness of hypoglycaemia or simply hypoglycaemic unawareness.

What, why, and when of hypoglycaemic unawareness

Lowering the glucose level to trigger the autonomic response to hypoglycaemia is actually the body's adaptive response to recurrent hypoglycaemia, allowing patients to perform better during hypoglycaemia. The time required to attain full cognitive recovery is also faster in patients with hypoglycaemic unawareness. But it is also maladaptive in another sense because defective glucose counter-regulation and the resultant hypoglycaemic unawareness substantially increase the risk of severe, prolonged, and life-threatening hypoglycaemia.

The blood glucose threshold for autonomic response, the amplitude of counter-regulatory hormones secreted, and severity of symptoms elicited by these hormones can all be down regulated by glycaemic control, antecedent hypoglycaemia, antecedent exercise, and sleep. On the other hand, blood glucose threshold for neuroglycopenic response is not so much affected by level of glucose control and antecedent hypoglycaemia. This results in a dissociation of neuroglycopenic response and autonomic response. When the threshold that triggers autonomic response is below the threshold that triggers neuroglycopenic response in an individual, they are said to have developed hypoglycaemic unawareness. The first sign of hypoglycaemia will then be confusion or seizure in these individuals.

How to overcome hypoglycaemic unawareness

While hypoglycaemic unawareness can be caused by recurrent hypoglycaemia, it is also reversible by scrupulous avoidance of hypoglycaemia for a few weeks to a few months. This can be achieved by:

1. Monitoring and goal setting
 - Frequent blood glucose monitoring (SMBG)
 - SMBG at 3am at least 2-3x per week to detect nocturnal hypoglycaemia
 - Allow higher pre-meal BG target at 5.6 – 8.3
 - Set and allow less stringent glycaemic targets for a few months
2. Patient education
 - Train patient to recognise and respond promptly to hypoglycaemia (blood glucose awareness training BGAT)
 - Educate patient on importance of avoidance of hypoglycaemia in the reversal of hypoglycaemic unawareness
3. Dietary intervention
 - Recommend bedtime snacks
 - Ensure access to readily absorbable glucose at any time
4. Exercise counseling
 - SMBG before, during, and after exercise
 - Additional carbohydrate intake if pre-exercise BG is < 7.8
 - Additional carbohydrate during and after exercise if BG < 7.8
 - Reduce bolus and basal insulin as required

[Please refer to the article on hypoglycaemia and exercise, in issue 59.]
5. Medication adjustment
 - Adjust insulin regimen to avoid hypoglycaemia
 - Use rapid-acting and basal insulin analogues
6. New technologies
 - Continuous glucose monitoring system (CGMS)
 - Sensor-augmented pump therapy with low glucose suspend or predictive low glucose suspend features



花菇響螺燉雞湯

Chicken Soup with Mushrooms and Conches

秋天天氣開始乾燥，花菇響螺燉雞湯既能鎮靜安神，又能滋潤皮膚，十分適合這個季節。

Autumn brings drier weather. This chicken soup with mushrooms and conches is great for this weather and helps to keep the skin moisturised.



4人份量

Makes 4 portions



每份 Per serving

熱量 Energy

75.6 卡路里 (Kcal)

碳水化合物 Carbohydrates

約 approx 12.0 克 (g)

蛋白質 Protein

約 approx 5.7 克 (g)

膽固醇 Cholesterol

約 approx 18 毫克 (mg)

脂肪 Fat

約 approx. 0.7 克 (g)

纖維 Fibre

約 approx 1.5 克 (g)



材料 Ingredients

乾花菇 (大)

4-6 隻

Large dried shitake mushrooms

4-6 pcs

鮮響螺頭 (中)

200 克

Fresh conches (medium size)

200 g

瘦雞

1/2 隻

Chicken (lean)

1/2 chicken

紅棗

4 粒

Red dates

4 pcs

薑

3-4 片

Ginger

3-4 slices

蔥 (切段)

1 條

Spring onion (sectioned)

1 stalk

水

5 杯

Water

5 cup

鹽

2/3 茶匙

Salt

2/3 Tsp



做法 Method

- 1 花菇洗淨，紅棗洗淨去核，泡浸1小時，備用。
Wash dried mushrooms; wash red dates and remove pits; soak both for 1 hour.



- 2 響螺頭洗淨，雞洗淨去皮去肥，備用。燒滾水，加薑片及蔥；響螺頭及雞汆水。
Wash conches. Wash chicken and remove skin and fat. Blanch conches and chicken in boiling water with ginger and spring onion.



- 3 於燉盅加入花菇、響螺頭、紅棗、雞及水，中火燉4小時，下鹽調味，撇去湯面雞油即可飲用。
Add all ingredients and water in a stewing pot, and simmer for 4 hours on a medium heat. Add seasoning and remove the chicken fat on the surface of the soup. Serve hot.



有營小貼士 Tips

菇菌含有豐富纖維素，同時亦含有多醣體物質，有調節免疫力的功效。

In addition to being a source of fibre, mushrooms and fungus also have oligosaccharides which boost immunity.



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醣食譜！

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



林思為 Sylvia Lam

澳洲註冊營養師

香港營養師協會會長

Registered Dietician (Australia)

Chairperson of HKDA

張翠芬 Lorena Cheung

美國註冊營養師

Registered Dietician (USA)

○ 藍月十一 Blue November

藍月·十一 Blue November 2020

為了響應世界糖尿病日，本會將會舉辦一系列「藍月·十一」的活動。

To mark World Diabetes Day, YDA will be running our Blue November awareness raising month.

童行有您2020

Hike for Youth Diabetes – It's going virtual!



第五屆的「童行有您」將會和以往的行山活動有所不同，今年大家可以自己選擇喜歡的路線和距離，與朋友或家人一同完成這個任務。只要大家於11月內完成活動，為糖尿病兒童籌集善款，並與我們分享行山的照片，你就有機會得到我們悉心準備的獎勵。

You can form your own team with your friends and family, plan your own route and distance. Please complete your hike with your loved ones in November for children with diabetes, raise as much money as you can, and share photos of your hike with us. There will be awards for participants.



有關活動詳情和報名表格，請掃描二維碼或瀏覽以下網址。
www.yda.org.hk/zh-hant/event/hike-for-youth-diabetes/

To find out more and to register, visit the YDA website.
www.yda.org.hk/event/hike-for-youth-diabetes/



藍「飾」自拍 Dress BLUE Selfie



11月14日是世界糖尿病日，請大家於當天穿上藍色服飾和YDA藍月道具拍照，把照片上載到Facebook或Instagram並標註#YDADressBLUEselfie，一起實踐「你並不孤單」。

To show your support, simply dress in blue with the YDA Blue November prop, take a photo, and upload your photos onto Facebook or Instagram tagging us #YDADressBLUEselfie. Let's show children with diabetes the support they deserve and that they are not alone.



今個11月，與YDA一起支持所有患有一型糖尿病的孩子，詳情可瀏覽網址 (www.yda.org.hk/zh-hant/blue-november/) 或致電2544 3263了解更多。

To find out more about YDA and Blue November, please visit www.yda.org.hk/blue-november/, or contact us on 2544 3263.

會員活動 Activity Highlights

輔導小組

Parents Support Group

中秋節當然離不開一個「食」字！為了讓YDA會員可以安心地享用月餅等應節食品，YDA社工與幾位家長透過ZOOM分享和探討如何為孩子分配合適的進食份量，亦邀請了一位會員家長教導大家如何自製健康月餅迎中秋。

Mid-Autumn Festival is all about feasting on mooncakes and fruits! In order to allow members to enjoy different festive food, our social workers discussed with several parents how to allocate appropriate portions for their children through Zoom. A parent was invited as guest to teach everyone how to make healthy mooncakes to celebrate the festival.



中秋水果贈送活動

Distribution of Mid-Autumn Fruits

為了讓YDA會員歡度中秋佳節，我們得到韓國食品公司「韓印紅」的贊助，為接受醫療用品資助計劃的會員準備了不同的時令水果，讓他們可以在中秋佳節一邊賞月，一邊與家人享用美味水果。

To spread our Mid-Autumn blessings, YDA prepared different Mid-Autumn fruits sponsored by Korea food company HanYinHong for members under the Financial Assistance Programme. We hope all members enjoyed the fruits with their families under the full moon.



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7月至9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 July to September 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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Save HK 群組
Chanel Hong Kong Limited
Morgan Stanley Asia Limited
Peace Union Limited
Stacy Chan & Family
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Youth Diabetes
Action
兒童糖尿協會

請捐款支持我們！

Help us to support children with diabetes to live a better life.

請填妥此表格並郵寄至：九龍土瓜灣道94號美華工業中心B座9樓B17室。您也可以前往 www.yda.org.hk/zh-hant/donate-now 完成網上捐款。
To make a donation, please complete this form and return to: B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, Kowloon.
Alternatively, you can donate online at www.yda.org.hk/donate-now.

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.: _____

☐ 信用卡 By Credit Card ☐ VISA ☐ MasterCard ☐ AE

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.: _____