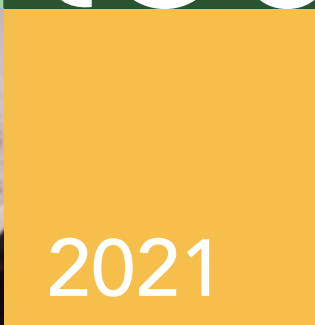




Youth Diabetes  
Action  
兒童糖尿協會

# YDA today



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Make a Difference  
帶來改變

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# CONTOUR<sup>®</sup>PLUS ONE 智能血糖儀

## 助您自我管理血糖

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高於目標範圍



低於目標範圍



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† 可登錄 <http://compatibility.contourone.com> 查看相容性

參考文獻：

1. Bailey TS. J Diabetes Sci Technol 2017 Jul; (11)4:746-743  
2. CONTOUR<sup>®</sup>PLUS ONE BGMS User Guide (November 2017)

血糖機使用示範影片



初始設定示範影片



# 編輯的話 From the Editor

自2001年起，兒童糖尿協會一直關愛和支援受糖尿病影響的兒童及其家庭，並以「糖尿病不再是孩子的障礙」為宗旨，與糖尿病童及其家人同行，至今已邁進第20個年頭。

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，而相關的醫療消耗品都是自費的，成本可以非常昂貴。本會一直從會員的基本需要著手，早於2004年推出醫療用品資助計劃，為生活足襟見肘的基層家庭提供經濟援助，舒緩他們的壓力。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，全方位關顧糖尿病童及其家人的身心需要。

適逢2021年為兒童糖尿協會的20週年紀念，本會將繼續各項會員服務及資助計劃，並提高公眾對兒童糖尿病的關注。除一如既往舉辦「藍月·十一」及恆常的會員工作坊及講座外，更將籌辦「春日派對」、「夏日嘉年華」、出版兒童繪本等，藉此增加社會大眾對兒童糖尿病的認識和關注。

不論是捐助「醫療用品資助計劃」或參與本會的活動，都代表著對糖尿病兒童及其家人的支持，我們誠邀您同行，為糖尿病童踢走障礙。

Since 2001, Youth Diabetes Action has provided care and support to children and families affected by diabetes. Our vision – No child held back because of diabetes – has been at the forefront of all that we have done for the past 20 years.

People with Type 1 diabetes need multiple blood glucose 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. YDA understands the basic needs of families affected by diabetes, and launched the Sponsor a Child Programme in 2004 to provide low-income families with financial assistance by subsidising the cost of diabetes equipment and medical appointments. The programme also offers emotional support, educational services, and opportunities to connect with other families.

To celebrate YDA's 20th anniversary in 2021, we will continue to provide all our support and care services whilst also increasing community awareness of the disease. As well as our signature "Blue November" campaign, regular workshops and seminars for YDA members, YDA will be organising celebration events for the public, including Spring Fling Anywhere, Summer Sports Carnival, Lee Tung Avenue True Blue Street Party, publishing a storybook, and much more, to raise public awareness and knowledge of diabetes.

We sincerely invite you to join us, donate to the Sponsor a Child Programme, or participate in one of YDA's events to show your support to children with diabetes and their families.



請將你寶貴的意見告訴我們，讓會訊做得更好！

Help us make this magazine better! Please give us your feedback:

[www.yda.org.hk/ydatodaysurvey](http://www.yda.org.hk/ydatodaysurvey)

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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 your 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.



## 專題 Feature

會員希言已加入本會的醫療用品資助計劃一年了，我們邀請了希言的媽媽Candy與我們分享這計劃為他們的生活帶來甚麼轉變。

Sarah has been a member of the YDA Sponsor a Child Programme for one year. In this issue of YDA Today, we welcome Sarah's mother, Candy, to share how the programme has changed their lives.

### 會員小檔案 Member Profile



會員名稱 Name

何希言 Ho Hei Yin Sarah

確診年份 Year of diagnosis

2019

年齡 Age

6

加入醫療用品資助計劃年資  
Years participating in the  
Sponsor a Child Programme

1

### 希言確診的經過是怎樣的？

希言於4歲時確診，雖然她2歲時已戒尿片，但4歲的她卻經常於晚上尿床，加上體重下降及容易疲倦，我們便懷疑她的身體出了問題。由於家中有成員患有糖尿病，所以有血糖機，我們便為她驗血糖，發現血糖值很高，於是立即把希言送院，後來確診了一型糖尿病。

### When was Sarah diagnosed?

Sarah was diagnosed at the age of four. We suspected there was something wrong with Sarah's health when we noticed some of the symptoms, such as constant bed wetting, decreasing body weight, recurring tiredness, etc. We found out her blood glucose level was very high when we carried out a blood glucose test on her. She was sent to hospital immediately and diagnosed with Type 1 diabetes.





## 初確診時遇到了什麼難題？

由於希言確診時只有4歲，家中成員，特別是我，要重新適應如何照顧她，例如替她打針時，怕技術不好會弄傷女兒；飲食上亦需要作出調節，了解她可以進食的食物等等。由於我們是雙職父母，白天需要上班，每天晚上要避免希言低血糖，半夜時需要為她驗血糖，為我們增加了不少的壓力和擔憂。

## What challenges did you encounter when Sarah was diagnosed?

When Sarah was diagnosed, the whole family, especially me, had to adapt to living with this new medical condition. It was stressful for me, and I was always afraid that I would hurt her when doing the insulin injections. We also needed to make a lot of

adjustments to her diet and learn about eating habits for someone with diabetes. To prevent Sarah from getting low blood sugar, we also had to check her blood glucose in the middle of the night. With both my husband and I working full-time, it created a lot of pressure and worry for us.



## 希言確診糖尿病，加上疫情肆虐，對你們經濟狀況的影響大嗎？

希言日常所用的針頭、血糖試紙等等的消耗品都需要我們自費購買，為家庭經濟增加了不少負擔。加上過去一年的疫情，除了打擊經濟外，亦令我們增加了不少額外開支，如為希言網上上課而添置的用品等等，對我們都形成了壓力。

## How have diabetes and the pandemic affected your finances?

The purchase of many diabetes consumables, such as needles and blood glucose test strips, has added a huge burden to our finances. Moreover, during the past year, the pandemic has increased many additional expenses, such as supplies for Sarah's online classes, which put more pressure on us.





## 醫療用品資助計劃如何幫助你們與糖尿同行？

我們十分感謝YDA的醫療用品資助計劃，減輕了糖尿病相關用品的開支，紓緩了我們在醫療費用上的負擔。計劃中一半的資助用於購買針頭、血糖試紙等消耗品，而另一半的資助則用於安裝在手臂上的血糖監測儀。血糖監測儀對剛升上小一的希言來說十分重要，讓她在學校時不必每天拮手指驗血糖，能更容易適應新的校園生活。2020年間，反覆的疫情令希言的血糖變得不穩定，血糖監測儀亦方便了我們隨時查看她的血糖。

## How have YDA and the Sponsor a Child Programme helped?

We came across YDA through the doctors and nurses at the United Christian Hospital. We are grateful for the Sponsor a Child Programme which eases the cost of purchasing diabetes-related supplies, and reduced many of the burdens associated with Sarah's medical expenses.

Half of the subsidy is being used to buy diabetes-related consumables while we spend the other half on Sarah's Freestyle Libre. The Libre is very important to Sarah as she just started primary school this year. She has been able to adapt to the new environment without having to do finger-prick blood glucose tests every day. Moreover, it is easier for us to check on Sarah's blood glucose levels as the uncertainty around the current pandemic has been causing more fluctuations.



## 醫療用品資助計劃為你們帶來了什麼改變？

醫療用品資助計劃能減輕我們的經濟負擔，讓我們把節省下來的金錢用來添置希言的學習用品及其他物品，如低醣食品、滾軸溜冰鞋等，讓她能以健康的身體，享受同齡小朋友所擁有的生活樂趣。作為父母，資助計劃使我們輕鬆了不少，經濟壓力降低，能以愉快的心境陪伴希言與糖尿同行。



## What impact has the Sponsor a Child Programme had on you and Sarah?

The Sponsor a Child Programme has helped to alleviate the financial burden we faced. The money we save can now be reserved for Sarah's other daily necessities and special items such as low GI food, roller skates, etc. As parents, we wish Sarah could feel the same happiness as children of the same age, while maintaining good health. The programme has relieved us of many financial pressures, and has meant that we can focus more on how to live a fulfilling life with Sarah, without diabetes holding her back.



## 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血管、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%的醫療用品開支，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！

## 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 cardiovascular disease, retinopathy, and 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, our member 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!



### 助養兒童計劃 Sponsor a Child

只需每天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 \$28/day, you can provide necessary medical equipment and emotional support for a child with diabetes.



您的捐助可讓糖尿病童活出更精彩人生，請掃描二維碼捐款，或填妥封底捐款表格交回本會。

Help us to support children with diabetes to live a better live. Scan the QR code or return the donation form on the back cover to donate.

## 專家點睇 Professional View

疫情持續未退，在逆境之中如何維持和睦的家庭關係？  
一起看看馮醫生的錦囊妙計吧！

How can we maintain family harmony during the pandemic? Here are useful tips from Dr Fung.



### 1 儘量保持規律 Maintain a regular routine

疫情期間停課停學，有人甚至要檢疫隔離，生活規律被打亂，父母發現子女難管教了很多，自己的脾氣也差了不少，怎麼辦呢？

盡量持守一個簡單的生活規律，非常時期除打針驗血糖指定動作外，起居飲食都定時定候，作息有序，家中大小事運行暢順，爭執也會減少！

With the suspension of classes, and the increased amount of time spent indoors, etc, our lives have been disrupted during the pandemic. Parents are finding it harder to discipline their children, while they themselves are losing their own temper more often. What can they do?

Try to maintain a simple and regular daily routine. Other than doing injections and blood glucose tests, having a regular eating and resting schedule can reduce arguments and help to make things easier at home.

### 2 為自己和子女定下目標 Set goals for yourself and your children

疫情不知何時才完結，經濟未見起色，很多計劃都可能要擱置，望天打卦「等運到」，失去目標和方向，很沮喪吧？

為孩子訂下一些任務：一家人執拾房間，清理雜物；手機和電腦囤積了數以萬計的相片，也可以趁現在來一次去蕪存菁；一家人更可以來個健身習作，有計劃、有目標地起「動」一番，強健身心，對血糖控制也有好處。以上就是所謂「細藝」，生活充實一點，心情也好一點。

As we cannot foresee the end of the pandemic, and the economy is yet to come out of the woods, many plans are having to be suspended. The loss of direction and goals can be frustrating.

You can set smaller goals for children, such as tidying up their rooms, sorting out photos on mobile phones and the computer, etc. Moreover, you can do workouts with the whole family which are beneficial to everyone's health and help with blood glucose control. By completing the smaller goals, life can feel more fulfilling and your mood can improve.

### 3 試試新「搞作」 Try something new

長時間在家，大家可能會感到百無聊賴，可以嘗試一些新事物。不少人在社交平台分享他們在疫情期間的各種新「搞作」：「無飯夫妻」忽然下廚當廚神；從不做運動的人開始練跑，不知不覺跑了個「半馬」；有人養魚種花；有人做手作放在網上售賣，甚至開始經營網店，各適其適，為沉悶的抗疫生活添上色彩。

You can try something new during the pandemic to kill boredom. Many people share their new activities on social media, such as cooking, exercising, fish farming, flower planting, selling handicrafts online, and even operating online shops. You can make your life more colourful by trying out or doing new things.



#### 4 苦中作樂 Remain positive

過去一年大家都過得不容易，而艱辛的日子不知幾時才到盡頭，所以懂得苦中作樂很重要。一家人暫時放下煩惱，無厘頭搞搞笑，大人重拾一下童真，傻兮兮的跟子女瘋癲一番，調劑生活，亦可以減壓。

The past year has not been easy for everyone and the good days are still to come. It is important for us to develop ways to remain positive and mentally strong during these tough times. Put your worries and stresses aside, have some fun, and enjoy the time with your children.

#### 5 教仔有時 Disciplining your child

一家上下呆在家中困獸鬥，親子衝突增加在所難免，過去一年我見過不少父母因小朋友行為失控，弄得自己情緒也瀕臨崩潰。其實，管教要看時機，當子女躁動，而你扯着火對他訓話，恐怕難有什麼好效果。

Staying at home together for long periods of time can easily lead to conflict. In the past year, many parents feel they have lost control of their children's behaviour and suffered mental breakdowns because of it. Timing is important when disciplining a child. It is hard for your child to listen and less effective if you are agitated and angry. Take some time to calm down and reflect before talking to your child.

#### 6 留白 Reserve some "me time"

習慣每天的日程預留一點「空白」時間，期間什麼都不做、極其量泡壺茶，坐在窗邊欣賞風景，或者打坐默想，目的是「熄機」，讓自己休養生息，洗滌心靈是也。

Having "me time" every day can recharge your health and happiness. It can be as simple as doing nothing, enjoying the view with a cup of tea, or even meditating to have some rest.

#### 7 關心社區 Care for the community

即使要保持社交距離，我們仍可以關心身邊的人和事，發揮守望相助的精神。「助人自助」，逆境之中幫助他人，亦能提高個人自信，無形中幫自己克服難關！

We can still care for the people and things around us while social distancing. We can help each other out in adverse circumstances which also increases our confidence. This can eventually help us overcome our own difficulties whilst also "helping people to help themselves".

#### 8 撐住！ Hang in there!

抗疫令我們的生活遇上很多不便和限制，使我們感到無奈、擔心，甚至憤怒。

雖然有很多事情我們無法改變，但有一些事我們仍可堅持，如做好個人及家居防疫，事事謹慎，切勿鬆懈，艱難的日子終會過去，「希望在明天」啊！

Many inconveniences and limitations in life due to this pandemic make us feel helpless, worried, and even angry. Although we cannot change everything, there are some things we can persevere with, such as maintaining good personal hygiene and being cautious in everything that we do to prevent the spread of this virus. The hard days will pass and tomorrow is another day!

## 會員活動 Activity Highlights

### 《兒童糖尿手冊》正式出版

### Release of YDA Children Diabetes Handbook

《兒童糖尿手冊》為患有糖尿病的兒童及其家人提供全面的糖尿病資訊及日常自理方法，讓糖尿病不再是孩子的障礙。手冊免費派發予本會會員及新確診糖尿病的兒童及其家庭，如欲索取，請與YDA或你的兒科醫生聯絡。

The YDA Children Diabetes Handbook aims to provide daily self-care methods for children with diabetes and their families so that no child is held back because of diabetes. The handbook is distributed to our members and newly diagnosed children and their families for free. Please contact YDA or your pediatrician if you would like a copy. Currently the handbook is only available in Chinese.



### YDA健康短片

### Release of YDA videos



疫情爆發，YDA發佈了一系列居家健康短片，陪你一起在家抗疫！YDA製作了一系列推廣健康生活的短片，內容包括煮食、運動、健康小貼士等等，陪伴你、你的孩子和家人一起抗疫，健康生活！



With the ongoing pandemic, YDA has launched a number of cooking and exercise videos to help keep children and the whole family healthy whilst at home.



請訂閱 YDA YouTube 頻道，並開啟新片通知 🛎。

Subscribe to the YDA YouTube Channel and press the notification bell 🛎 to keep up-to-date with the latest YDA videos!

## 新春水果贈送活動

### Distribution of Chinese New Year fruits

適逢新春佳節，韓國食品公司「韓印紅」為接受醫療用品資助計劃的會員準備了香甜的濟洲橘子，鳴謝「韓印紅」的慷慨捐贈，讓他們可以在農曆新年與家人享用美味水果。

To celebrate Chinese New Year, Korean food company HanYinHong provided fruity Jeju tangerines to our members under the Financial Assistance Programme. We are very thankful to HanYinHong for their generous donation. We hope all members enjoyed the fruits with their families.



## YDA網上工作坊

### YDA Online Workshops

YDA舉辦了一系列的網上工作坊，如家長和諧粉彩工作坊、藝術小組、金盞花潤手霜工作坊等，讓會員和家長都可以一起安在家中感受製造手作的樂趣。

YDA held a series of online workshops including Parents Pastel Nagomi Art Workshop, art groups, Calendula Hand Cream Workshop, etc. Parents and children were able to enjoy the handicrafts workshops in the comfort and safety of their own homes.



## 營養師分享

### Dietician Seminar



我們很榮幸邀請到香港營養師協會認可營養師莫穎嫻小姐作分享，跟家長們一起探討如何為患有一型糖尿病的子孫揀選美味又健康的零食，以及重溫碳水化合物之計算方法。片段已上載到YDA YouTube channel以供重溫。

We were honoured to invite Dietician Sabrina Mok to our online seminar. She shared some tips for choosing healthy snacks for T1D children, and reviewed carbohydrate counting with us. This video has also been uploaded to the YDA YouTube channel.







Youth Diabetes  
Action  
兒童糖尿協會

20 years

## 二十週年誌慶 20<sup>th</sup> Anniversary Celebrations

兒童糖尿協會成立於2001年，致力為全港糖尿病兒童、青少年及其家庭提供支援。為慶祝本會成立20週年，我們將舉辦一連串活動以支持糖尿病兒童及增加大眾對兒童糖尿病的了解。請加入我們，與糖尿病童同行。

Youth Diabetes Action was founded in 2001 dedicated to supporting children and adolescents with diabetes and their families in Hong Kong. To celebrate its 20th anniversary, a series of events will be organised to raise public awareness and to support children with diabetes. Please join us and show your care and support to children with diabetes.

### 春日派對 Spring Fling Anywhere



今年，YDA的春日派對將移師到你家裏及辦公室舉行！由你來開一個YDA春日派對，邀請家人和朋友一同參與！

This year, our legendary Spring Fling event will take place at your home and office! Be a Spring Fling Anywhere host and invite your family and friends to a YDA Spring Fling Anywhere Party.

### 夏日運動嘉年華 Summer Sports Carnival

運動對維持糖尿病患者的健康尤其重要。夏日運動嘉年華將包括一系列刺激又好玩的活動、遊戲、比賽和獎品，想一家人一同玩樂就千萬不要錯過了。

Exercise and sports are important to maintaining a healthy life, especially for a child with diabetes. Our Summer Sports Carnival will include a wide range of exciting activities, games, competitions, and prizes. This will be a fun day out for the whole family.

## BlueTube挑戰 BlueTube Challenge



我們將於社交媒體發起挑戰，鼓勵大家時時都要保持活力！承諾每日運動20分鐘，隨著運動時間的增加，你的健康和健身目標也會逐步提升——並藉此表達對糖尿病兒童的支持！

This will be a social media challenge to encourage everyone to get motivated! Pledge to exercise for 20 minutes a day. As the minutes add up, you'll be enhancing your health and fitness goals – and supporting children with diabetes!



## 利東街藍色街頭派對 Lee Tung Avenue True Blue Street Party



穿上代表世界糖尿病日的藍色服飾，參與我們的藍色街頭派對！約定你於11月14日（星期日）——世界糖尿病日，為勇敢的糖尿病童打氣，並提高大眾的認知，陪伴糖尿病童與糖同路。

Wear blue for diabetes and join our True Blue Street Party at Lee Tung Avenue! Raise awareness on Sunday, 14 November – United Nations World Diabetes Day – and make a difference as we celebrate the bravery of children living with diabetes.



掃描二維碼或到 [www.yda.org.hk/20years/](http://www.yda.org.hk/20years/)  
了解更多有關YDA 20週年的詳情


For more about YDA's 20th anniversary and all associated events,  
scan the QR code or visit [www.yda.org.hk/20years/](http://www.yda.org.hk/20years/)

# 健康食齋 Food Corner



## 意大利咖啡芝士餅 Tiramisu

 4人份量 Serves 4

 營養分析 Nutrition facts (每人份量提供 per serving)

熱量 Energy	330.8 卡路里 (Kcal)
碳水化合物 Carbohydrates	13.8 克 (g)
蛋白質 Protein	11.3 克 (g)
膽固醇 Cholesterol	105.3 毫克 (mg)
脂肪 Fat	25.6 克 (g)
纖維素 Dietary Fibre	0.4 克 (g)

### 材料 Ingredients

意大利馬士卡邦芝士 Mascarpone cheese	250 克 250 g
甜味劑 (Equal或Splenda) Artificial sweetener (Equal or Splenda)	3 湯匙 3 tbsps
淡忌廉 Whipping cream	60 毫升 60 ml
意大利手指餅 Italian biscuit fingers	6 條 6 pcs
純可可粉 Unsweetened cocoa powder	½ 湯匙 ½ tbsps

### 咖啡汁材料 Coffee mixture ingredients

特濃黑咖啡 Strong black coffee	120 毫升 120 ml
咖啡酒 (可免) Kahlua liqueur (optional)	2 湯匙 2 tbsps

\* 每人份量可換算作2湯匙飯。  
Each serving can be exchanged for 2 tbsps cooked rice.

### 做法 Steps

- 1 特濃黑咖啡與咖啡酒拌勻作咖啡汁。  
Mix strong black coffee with Kahlua liqueur.
- 2 將手指餅排在容器底，淋上2/3咖啡汁，讓手指餅吸收透咖啡汁，餘下咖啡汁備用。  
Arrange biscuit fingers on the base of the container. Pour 2/3 coffee mixture on the biscuit fingers and allow to absorb well. Set aside the remaining coffee mixture.
- 3 淡忌廉用電動打蛋器打至企身備用。  
Beat the whipping cream with an electric egg beater until stiff.
- 4 意大利馬士卡邦芝士及甜味劑用電動打蛋器打至軟身，用膠刮拌入淡忌廉及餘下的咖啡汁拌勻。  
Beat mascarpone cheese with artificial sweetener until smooth. Use a plastic spatula to fold in whipping cream and the remaining coffee mixture. Mix well.
- 5 將芝士糊倒在手指餅上鋪平，放進雪櫃冷藏至凝固。享用前撒上可可粉即可。  
Pour cheese mixture onto the well-soaked biscuit fingers and put in the fridge until set. Sprinkle with cocoa powder before serving.



### 營養師提醒你 Tips from dietician

人人都喜愛意大利咖啡芝士餅，但這道甜品必須採用傳統意大利馬士卡邦芝士 (mascarpone cheese) 才可達到最佳效果，因而脂肪含量亦較高，只宜偶爾少量享用。特濃黑咖啡可用2湯匙即溶純咖啡粉加120毫升水代替。  
Tiramisu is one of the most-loved Italian desserts. One essential ingredient is mascarpone cheese, which is high in fat content; therefore people with diabetes should only enjoy it as an occasional treat. Strong black coffee can be prepared by using 2 tbsps instant coffee powder mixed with 120ml of water.



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》！

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)



# 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11月至2021年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 November 2020 to February 2021, 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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Youth Diabetes  
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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](http://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](http://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.: \_\_\_\_\_