

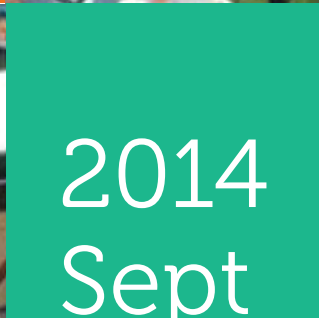


Youth Diabetes
Action
兒童糖尿協會

YDA today

issue
38

news
letter



Diabetes at School
糖尿病與學校生活

目錄 INSIDE

主席的話	FROM THE CHAIR	1
鳴謝	ACKNOWLEDGEMENTS	1
專訪	INTERVIEW	2
青年角度	YOUTH VIEW	6
專家建議	EXPERT ADVICE	8
生活	LIFESTYLE	10
會員活動	MEMBERS' ACTIVITIES	11
職員介紹	STAFF INTRODUCTION	12

活動預告 ■ UPCOMING EVENTS

兒童成長小組 - 情緒多面睇

Youth Group – All about emotional understanding

日期 Date: 10/2014
對象: 8-12歲青少年會員
Attendees: Young members aged 8-12

透過不同的體驗活動及互動遊戲，讓參加者認識不同的情緒對我們的影響及學習正確表達和處理不同情緒的方法。By taking part in different activities and interactive games, participants will hopefully learn how to recognise different emotions and how these emotions impact individuals differently so we can learn how to properly express our feelings and process them.

世界糖尿病日 記者招待會

World Diabetes Day Press Conference

日期 Date: 11/2014
對象: 傳媒
Attendees: Media

世界糖尿病聯盟及其成員每一年都會在11月14日慶祝世界糖尿病日。本會希望藉此機會提高公眾人士對糖尿病兒童的關注。The International Diabetes Federation and its members mark World Diabetes Day on November 14th every year. YDA will take this opportunity to raise public awareness for children with diabetes in Hong Kong.

* 詳情請留意本會稍後寄出的活動通告。
* Please stay tuned for further details of members' activities.

家庭日@大澳 Family Day at Tai O

日期 Date: 12/10/2014
對象: 6-16歲青少年會員及其家庭
Attendees: Young members aged 6-16 and their families

走進香港現存最著名的漁村 — 大澳，認識和體驗歷史悠久的漁業文化及歷史。而透過是次活動，會員家庭可以互相認識，建立朋輩關係。To reach deep into the famous fishing town – Tai O and learn about its past and present. This activity gives member's families opportunity to meet other families and build their network.

家長減壓小組 - 有教無「慮」 Parents' Group – Teaching Without "Worry"

日期 Date: 11/2014
對象: 18歲以下青少年會員之家長
Attendees: Parents of young members below the age of 18

協助家長舒緩及以積極的態度面對管教子女的壓力和情緒，分享減壓方法，並透過與其他家長交流心得，減輕在照顧糖尿病子女過程中面對的壓力。This activity will aim to help parents gain a calmer and more positive attitude when facing the everyday stresses and emotions of their child's diabetes. By sharing their experiences with other, parents hopefully they'll feel part of a supportive network and the pressures will be reduced

小小勇士歷奇日 Little Soldier Adventure

日期 Date: 11/2014
對象: 8-17歲青少年會員
Attendees: Young members aged 8-17

會員透過活動中的考驗，以小組形式一同經歷溝通、協調、實踐及檢討，培養團結及互助精神並提升解難能力。This activity will test our members' skills of communication, coordination, and how to be a team player, hopefully teaching them the importance of teamwork and improving their problem-solving abilities.

聖誕聯歡會 及會員週年大會 2014 Christmas Party and Annual General Meeting 2014

日期 Date: 12/2014
對象: 所有會員及家人
Attendees: All members and families

一年一度的聖誕聯歡會將於12月20日舉行。屆時除了自助午餐，還安排了精彩遊戲及豐富禮品，而我們亦會延續往年的才藝表演環節，讓會員發揮所長。如有興趣參加才藝表演環節，可以預先將表演項目內容電郵至 programmes@youthdiabetesaction.org。The annual Christmas party will be held on December 20th. There will be a buffet lunch, fun games and great prizes organised for all our members. The popular talent show will continue this year giving members an opportunity to demonstrate their talents. If you are interested in participating in the talent show you can email us in advance for more details at programmes@youthdiabetesaction.org.

主席的話 ■ FROM THE CHAIR



相信大家度過了一個精彩的暑假。

收拾好心情上學了嗎？在云云要準備的事情之中，千萬別忘了安排時間與班主任見面，以便向他們講解或提醒他們注意你的糖尿病需要。從幼稚園升上小學，面對新的課程、新的時間表、新的朋友，孩子可能感到不知所措。不妨花10分鐘時間在課堂上解釋何為一型糖尿病，同學又可以怎樣幫忙。

Hope you all had a beautiful summer. Are you ready for school? Please ensure your school checklist includes a meeting with the homeroom teachers to introduce or refresh their memory of your child's diabetic needs. Transferring from kindergarten to primary school can be unsettling – new programmes, a new schedule and new school friends. You might even consider organising a 10 minute talk in the class to explain

有需要的話，請聯絡我們的社工王佩珊姑娘，以便制訂一套「個人化糖尿病護理計劃」，讓校內人員對糖尿病有更多認識，尤其是怎樣應對血糖驟升驟降的緊急情況。

兒童糖尿協會主席
馮亮琪

what type 1 diabetes is and how the classmates can help. If needed, please contact our social worker, Jenny Wong to develop a "individualised diabetes care plan" so school carers can understand the disease better, especially when dealing with high and low blood sugar symptoms.

Fina Cheng
Chairperson, YDA

鳴謝 ■ ACKNOWLEDGEMENTS

兒童糖尿協會衷心感謝下列機構、團體及人士於2014年6月至8月的捐款及鼎力支持，使我們能夠為各會員提供更多服務。(排名不分先後)

Thanks to the generous support of those companies, organisations and individuals during June and August 2014, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, Thank you! (In no specified order)

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專訪 ■ INTERVIEW

糖尿病與學校生活 Diabetes at School

我們請來兩位會員分享在校內護理糖尿病時，如何克服各種挑戰。

We ask two of our members how they have adapted to the challenge of managing diabetes at school.



1. 你是什麼時候確診患有一型糖尿病?當時讀什麼年級? At what age were you diagnosed / which level of education were you?
2. 當時家人是如何與學校溝通患上一型糖尿病? 校方如何向你提供支援? How did you liaise with the school and what reaction/support did you get?
3. 有沒有因為患病而在學校碰到困難? 如有, 你是如何解決? Have their been specific problems? Have you managed to overcome them? If so how?
4. 你現在在校的情況如何? What is the situation like now?
5. 當身邊同學知道你患有一型糖尿病時, 他們有何反應? What is the reaction of the other children, if they are told?
6. 你有什麼建議給父母或其他患有一型糖尿病的學生? What advice and tips can you share with others with diabetes (parents or peers)



Cherish

供稿 Contributed by Cherish Law

Cherish 6歲確診一型糖尿病, 現時18歲。
Cherish was diagnosed with type 1 diabetes when she was six and she is now 18 years old.

姑娘亦替我告知學校, 並告知他們我需於午飯前到醫療室打胰島素。

在讀中學後, 經常會有兩個問題出現。第一, 因為學校不能夠拿食物上課室, 所以每當搜書包時, 我都要偷偷收好食物不讓同學看見, 或者老師會把食物遲一些還給我, 在低血糖時候, 我便要到教員室拿糖果。可以的話, 我會把食物鎖在locker, 那麼我拿食物便會變得方便, 即使在課室亦能夠解決問題。第二, 因為中學需要在學校吃午飯, 到午飯時我會到醫療室打針, 但學校規定所有同學要到齊才能夠開始吃飯。為了讓同學的吃飯時間不會延遲, 我開始嘗試在洗手間打針, 就像其他同學中午去洗手間一樣, 然後便回到課室食飯。

現在比以前, 有更多人認識糖尿病。而且每個人都有不同, 每個人可能會有不同的病歷問題。所以我認為只要在需要的情況下與學校面談, 便可以解決在學校可能會遇到的問題。

初時, 我不敢告訴同學自己患有一型糖尿病。但在熟絡後, 他們知道我患有一型糖尿病, 不時會關心我有沒有低血糖, 更會在我低血糖時陪我去找老師。

不要因為怕麻煩和尷尬, 拒絕讓老師及同學知道自己患有一型糖尿病。如果你在學校出現低血糖徵狀時, 同學看見你吃糖, 他並不理解, 但那時才解釋可能會造成誤會。必須讓老師和同學知道你患有一型糖尿病, 在你出現低血糖或暈倒時, 讓老師或同學可以立刻幫你, 你會更加安全。

“我認為只要在需要的情況下與學校面談, 便可以解決在學校可能會遇到的問題。I think you should have a face-to-face meeting with your school when needed so they can help you solve any problems you might encounter at school.

I was diagnosed with type 1 diabetes at the age of six, while in primary one.

At that time, my diabetes nurse knew more about my medical situation than my parents so she was the one who informed my school. She came to my school and educated my headmaster and teachers about my situation to help them better understand how and when I might have highs and lows, and what to do if anything did happen. Again, when I went into secondary school my diabetes nurse told my secondary school teachers that I'd need to go to the school medical room before lunchtime for my insulin injections.

At secondary school I often had one of two problems. Firstly, because the school wouldn't allow food in classrooms, if I could, I would lock my snacks and food in the classroom lockers so I could take get my snacks more easily. I had to

secretly hide food whenever there was a bag search so my classmates wouldn't see, but the teacher would later give me my snacks back because they knew my situation. If I had low blood sugar, I would go to the staff room to get candy. Secondly, because the school required that everyone have lunch in school, and that everyone be present before anyone could start eating, I would try inject myself in the bathroom before lunch so I wouldn't hold anything up.

Fortunately, these days more people do know about diabetes and in fact, people have all sorts of different medical conditions, so I think you should have a face-to-face meeting with your school when needed so they can help you solve any problems you might encounter at school.

At first I didn't want to tell my classmates that I was suffering from type 1

diabetes, After I got to know them better and eventually spoke to them about the fact that I suffered from type 1 diabetes, they really showed they cared and from time to time would ask if I had low blood sugar, or they'd even accompany me when I went to the teacher with low blood sugar.

My advice for others is that you shouldn't allow your embarrassment about your condition stop you from telling teachers and students about your diabetes. If your symptoms act up and other students see you eating sweets they might not understand, but if you explain your situation you can avoid these misunderstandings. In addition, if you ever are hypoglycemic or faint your teachers and friends at school can help you immediately and you'll be a lot safer.

和第二型糖尿病混淆了。他們最初對汶希驗血糖(「篤手指」)很好奇, 有些同學會想在旁觀看; 但現在大家都會習以為常。

由於一般人對第一型糖尿病的認識並不多(甚至乎是全無認識), 因此我覺得家長應該清楚地向校方表達病童在學校所需的協助。我會在每次新學年開始前的家長日主動跟新班主任講解汶希的情況, 並把當年醫療團隊給我的醫生信和資料交給新班主任參考。此外, 我認為校方需要知道病童的病況, 同時我亦主張讓同學們知道他患上此病, 這樣便減省了很多解釋他的舉動(例如在上課期間低血糖時吃糖果, 不亂吃零食等)的麻煩。畢竟病童逗留學校的時間不少, 期間會需要檢查血糖和注射胰島素, 在發生低血糖狀況時又需要即時補充糖份。要與第一型糖尿病「和平共處」實在充滿著挑戰, 遇到應付此病的難題時, 我除了會諮詢醫護人員的意見外, 也會多看書和瀏覽相關網頁的資訊, 以及與其他病友家長和成年病友交流經驗和心得; 經常保持積極、正面的態度, 並提醒自己並非孤軍作戰也是非常重要的!



汶希 Man Hei

陳汶希媽媽供稿 Contributed by Man Hei's Mother

陳汶希6歲確診一型糖尿病, 現時10歲。
Man Hai was diagnosed with type 1 diabetes when she was nearly seven years old and she is now ten years old.

汶希在2011年1月中被證實患有第一型糖尿病, 當時她快將七歲, 正在唸小學一年級。

汶希出院前, 瑪麗醫院的醫療團隊準備了一封醫生信和一份簡單介紹第一型糖尿病的資料給我。汶希再回校上課前, 我跟當時的班主任在電話裡精簡地解釋了汶希患的是甚麼病和需要留意的地方, 然後便把醫生信和資料送到學校。我還記得班主任曾對我說:「汶希年紀那麼小也會患上糖尿病嗎?」大概是因為學校從來沒有過學生是患有一型糖尿病或其他相類似的長期疾病, 學校上上下下對第一型糖尿病的認識近乎零, 所以當時校方也算不上有甚麼支援。

汶希在患病最初的一年半, 每天是以針筒注射短、中效混合胰島素早、晚各一次, 而病發後她上學日的午餐由我送飯到校, 她每次用午餐都只需要在餐前自行檢查血糖, 並吃光我為她準備的飯盒內的食物便行。後來, 醫生提議汶希轉用速、長效的

胰島素, 每天注射四次; 於是她在二年級的暑假前便入院轉換胰島素並學習自行注射胰島素, 從三年級開始她便在校內自行注射胰島素。汶希升上四年級後, 我希望她能更好地掌握碳水化合物換算方法; 於是從去年11月開始, 我再次讓她進食學校供應的飯餐。我每天會看看學校提供的餐單, 然後跟汶希討論一下她應該每種食物吃多少和怎樣吃。為了方便量度午餐飯、麵等的份量, 汶希有一個私人的中號碗長期放在飯堂。飯商派駐學校的「飯堂阿姨」每天都會為汶希的飯盤拍一張照片, 然後用電話傳給我, 讓我看到汶希每天在學校切實地吃了甚麼。

汶希近大半年血糖水平比較高, 糖化血紅素(HbA1c)半年間由6.6%上升至7.6%, 還有持續上升的趨勢; 所以平日只好勤力地檢查血糖及調校胰島素的份量, 並嘗試增加運動量。

汶希的同學、朋友們對她患病都感到十分驚訝, 同時大部份同學、朋友都把第一型



汶希學校供應的飯餐 Man Hei's school lunch



Man Hei was diagnosed with type 1 diabetes in mid-January 2011 when she was nearly seven years old and attending primary one.

The Queen Mary Hospital medical team prepared a doctor's letter and brief explanation of Man Hei's condition, so before she returned to school I called up her teacher to explain her condition and her specific needs, and sent a copy of the hospital documents for their reference and information. I still remember her teacher saying to me: "Man Hei is so young to be suffering from diabetes isn't she?" The school probably never had a student with diabetes or any other similar long-term illness before. The school's awareness about type 1 was almost zero, so I didn't really get any support from them.

During the first year and a half of Man Hei's diagnosis, she had to take a short-acting injection every day, with intermediate-acting insulin day and night. I prepared lunch for her every day and brought it to the school myself. She'd have to check her blood glucose herself before every meal and usually, if she ate the meals I prepared for her, she'd be ok.

Later, the doctor suggested we switch to long-acting insulin injections to be taken four times a day, so Man Hei spent the summer before starting primary three at the hospital learning how to take her own insulin injections. By the start of form three she was injecting herself in school.

My hope now is that when Man Hei goes into primary four, she will have a better grasp of carbohydrate conversion,

which is why I have been letting her eat the meals provided by the school since November last year. Every day I'd check what meals were being provided at school and discuss with Man Hei what, and how much she could eat. To help her, there was a special measuring bowl and scale in the cafeteria so she could weigh her lunch, the amount of rice or noodles, etc. The wonderful school canteen cook would take a picture of the lunch that day and send it to me via text message so I could see what Man Hei would be eating at school every day.

Over the past six months Man Hei has had a relatively high glucose levels, her HbA1c has increased from 6.6% to 7.6% in this time and it seems that this trend will continue. During weekdays she diligently checks her blood sugar levels and adjusts the amount of insulin and increases the amount of physical activity she does. Unfortunately, this September her school is taking on new caterers so her school meals will be changing. Because I won't know the preparation process or whether there will be appropriate choices for Man Hei, I'll be making her meals again. We'll then decide at a later stage whether she can go back to ordering her lunches at school.

Man Hei's classmates and friends were very shocked to learn she had this illness, and many of her classmates and friends were confused about the difference between type 1 and type 2. At first they were curious how she tested her blood sugar levels with the finger prick; some students wanted to watch Man Hei while she did it but these days everyone is used to it.

Because most people's understanding of type 1 diabetes is very limited (or even no understanding whatsoever), I think parents have to clearly explain to their child's school how their child will need assistance. At the start of each school year I meet her new teachers and school nurse to explain her situation and give them a copy of her doctor's letter for their reference and information.

I think the school needs to know if your child has type 1 and I'm also in favour of letting students in the school know if another student suffers from the condition. This helps them understand from the outset why your child does certain things such as eat sweets in class when they've got low blood sugar, or why they can't eat certain snacks, etc. A child spends the majority of their time in school where they'll have to check their blood sugar and take insulin injections. Situations where they become hypoglycemic might arise and they will need sugar straight away.

It's hard to live with type 1 diabetes, and every day is full of challenges and problems. I will often consult medical staff and ask for their opinion and I'm always reading everything I can and researching relevant information, as well as speaking to other people with diabetes and adults with type 1 to share and exchange experiences and ideas. It's important to stay positive and remind yourself that you're not alone.

立刻捐款

如果您有意以捐助形式支持本會，請瀏覽我們的網站 www.youthdiabetesaction.org，並下載捐款表格。您可以選擇一次過捐款、助養兒童或安排每月捐款。

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糖尿病與大學生活

Adapting to University Life with Diabetes

By Hannah Farrell

我11歲確診一型糖尿病，至今已9年，平日使用胰島素泵。作為溫哥華英屬哥倫比亞大學的國際生，我已經完成首年大學課程。 Diagnosed at 11, I have had type 1 Diabetes for nine years and use an insulin pump. I have now successfully completed my first year at UBC in Vancouver, Canada as an international student.



最大的挑戰和最意外的是什麼？

最大的挑戰是要一力承擔日常的糖尿病護理責任，包括確保有齊適當的胰島素泵配件、應付低血糖的食物、糖尿試紙等等。最意外的是出現低血糖的次數，尤其是在冬天。

首先，我嘗試了解為何經常出現血糖驟降的情況，務求治本，而不是單單治標。我發覺因為天氣寒冷，身體需要更多葡萄糖去保持體溫，因此需要較少胰島素。此外，我每天單是上課便要步行約6公里；換言之，我必須降低胰島素基礎劑量。認識及解決糖尿病的種種困難是一項非常重要的技能。

獨立生活是一項挑戰，但離港之前，我已逐步學習過渡至完全獨立的生活方式。我一直都是自己負責管理日常的糖尿病護理，並在家人、朋友、醫生，還有其他病友和兒童糖尿協會的支持下解決各種難題。這些經驗讓我能夠在入讀大學後好好管理病情。

可以分享一些貼士和建議嗎？

- ▶ 及早開始。一上中學，便要開始學習如何獨立處理自己的日常糖尿病護理，日後出門，父母會較為放心，病情也不會出現反覆。
- ▶ 預早計劃。確保隨時隨地有足夠的糖尿病物資和食物，以免錯過任何活動。
- ▶ 向朋友坦誠相告。讓旁人知道你是糖尿病患者，教他們在緊急情況下怎樣幫你，以保安全。患上糖尿病並不是一件羞恥的事。
- ▶ 尋求支援。無論身在何處，都要聯繫醫護人員，讓他們助你應付糖尿病病。
- ▶ 犯錯乃人之常情。從錯誤中可以學到應付不同狀況的方法，以及如何面對糖尿病對你的種種刁難。

記住，糖尿病不是你人生的全部。

What were the greatest challenges and surprises?

My greatest challenge was the transition to being fully responsible for every aspect of my diabetes. This included making sure I had all the correct pumps, supplies, hypoglycemia food, blood sugar strips and everything else. My biggest surprise however, was the number of hypoglycemic episodes I had, especially in the winter.

First of all, with the low blood sugars I tried to understand why they kept

happening so I could stop them, instead of treating the symptoms. I realised that due to the cold weather, my body was burning more glucose to keep warm and I therefore needed less insulin. In addition, I was walking around 6km a day just to get to lectures. This meant I had to lower my basal rates. This ability to understand and work through diabetic issues is an extremely useful skill to develop.

Becoming independent was challenging but it was something that I had

been building up to by transitioning to being fully independent while still at home. I have always been the primary person in charge of my diabetes, and have faced and worked through issues with the help of family, friends, doctors, other diabetics and the YDA. This equipped me with the tools to manage diabetes at university.

Any tips and advice?

- ▶ **Start early.** Begin the process of being independent and in charge of your own diabetes by secondary school so that leaving home is an easier transition for both parents and diabetics.
- ▶ **Plan ahead.** Make sure you always have enough supplies and food handy so you don't have to miss out on any event.
- ▶ **Tell your friends.** Letting people know you are diabetic and telling them what to do in an emergency will help to ensure you are safe. There is no shame in having diabetes.
- ▶ **Get some support.** Wherever you are it is important to have a medical team set up to help you with your diabetes.
- ▶ **It's okay to make mistakes.** Through making mistakes you will learn how to manage different circumstances and how to deal with all that diabetes can throw at you.

Just remember, diabetes should only be one part of your story.

朋輩壓力 Peer Pressure

By Brittany Fried

青少年的挑戰: 同輩壓力

Challenges of peer pressure as an older teen

確診糖尿病後第一天上學，小學的駐校護士告訴我，每天可在午飯時間替我檢查血糖及注射胰島素，以免其他人知道我有糖尿病。她話音一落，我便收拾好自己的胰島素針藥、採血針、血糖機和酒精消毒綿，逕自離開。「多謝你的幫忙。我答應你一出重大狀況一定來找你。不過.....是時候讓朋友認識這個全新的我了。」我邊說邊走出門，當時才不過五年班。

六年後，糖尿病不再是遭受排斥的理由，反而成為自己的個人特徵。搬到新加坡後，首項公益活動是向學生組織演說，講解接納自己身體的重要性。入讀新校才幾個星期，我已經向接近1,200個陌生人透露自己患有糖尿病。一般人認為，隱瞞總比公開真相好，按照這套邏輯，我們的做法是自絕於天下。但事實並非如此。我得到極大的支持。他們向我索取健康飲食貼士，又讚我堅強，更主動提出有關糖尿病的問題，以增進對這個病的認識。

我們都聽過融入社交圈子的最佳方法是做個正常人。不要突出自己。不要有糖尿病。盡力融入人群。但是，假如希望別人欣賞真正的自己，我們不但要擁抱糖尿病，更要提高別人對這個病的認識。不要躲在校內醫療室病床的掛簾之後，勇敢走出來，打破傳統框框，證明學校既容得下你，也容得下糖尿病。

“**糖尿病不再是遭受排斥的理由，反而成為自己的個人特徵。 My diabetes is far from an ostracising tool, but has instead become a defining feature of my person**”



Brittany 博客網址：
Follow Brittany at
divingintodiabetes.wordpress.com

On my first day back at school after being diagnosed with diabetes, my primary school nurse told me I could hide my diabetes by letting her check my BG and deliver my insulin injections every day during lunch. As soon as she said this, I gathered my injections, my needles, my finger pricker, my BG meter, and my alcohol swabs, and headed for the door. "Thank you very much for your help. I promise I'll be back if I have any major issues. It's just... I think it's time my friends get to know the new me a little better." The words slipped out of my grade 5 mouth as I walked my diabetes out the door.

Six years later, my diabetes is far from an ostracising tool, but has instead become a defining feature of my person. When I moved to Singapore, my first public address was a speech to the student body discussing the importance of being at peace with your body. Within weeks of moving to

this new school, I had disclosed that I have diabetes to nearly 1,200 strangers. Following the common perception that hiding is better than embracing the truth, this should have been social suicide. Yet I found that the support I gathered was overwhelming. People asked me for healthy eating tips, they commended me on my strength, and they asked to find out more about the disease.

Usually, we are told that the best way to fit in is to be normal. Don't stand out. Don't have diabetes. Just fit in. However, if we want people to appreciate us for who we truly are, we need to not only embrace our diabetes, but also spread awareness about it. I challenge you to not be the one hiding behind the curtain in your school nurse's office, but instead to defy the traditional stereotypes and prove that your diabetes belongs at school just as much as you do.



專家建議 ■ EXPERT ADVICE

個人化糖尿病護理計劃 Individualised Diabetes Care Plan

設計一套校內糖尿病護理計劃需要教職員、家長和醫護人員群策群力。為促進三方溝通，兒童糖尿協會特別制定了一份護理計劃範本，而協會的社工王佩珊姑娘會講解個人化糖尿病護理計劃的詳情。 Creating a plan for how diabetes will be managed at school should be a team effort that includes school staff, family, and health care providers. YDA has created a care plan document that will help smooth communication and YDA social worker, Jenny Wong, explains how the Individualised Care Plan works.



「糖尿病護理計劃」是一份很有用的護理文件，詳細記錄了糖尿病學童的個人資料、醫護人員聯絡資料、血糖水平監察、在校用膳及小食的特別需要、運動及過低或過高血糖的處理方法。

兒童糖尿協會瞭解學校在患有糖尿病學童的照顧上扮演重要角色。我們希望透過「糖尿病護理計劃」協助學校教職員掌握基本的糖尿病知識、懂得如何處理緊急情況，及具體了解糖尿病學童的需要。

每逢新學年，一些家長或會主動聯絡新班主任並討論有關子女的糖尿病狀況，方法因人而異。因此本會構思及制定一份較詳細的「糖尿病護理計劃」，讓家長更有效地與校方溝通。

家長、學童及學校教職員之間的有效溝通是很重要的。教職員可了解學童的情況及需要並作出相應配合。

為能適當照顧患有糖尿病學童，教職員必須了解學童如何自行管理他們的病況，遇有緊急情況，如過低或過高血糖時，其處理程序及如何適當地提供協助。

有效的糖尿病管理對於患有糖尿病學童的切身安全及長期健康非常重要，同時亦可確保學童於學習和參與學校活動前已有充分的準備，並盡量減低與糖尿病有關的突發事件。

歡迎家長向本會索取「糖尿病護理計劃」的文件，為自己子女整理一份詳盡的護理計劃（可能需要向醫護人員查詢部份資料）。在與學校相討有關學童患有糖尿病及其具體情況時，本會社工可提供協助。

家長應鼓勵需要與患病學童接觸的教職員閱讀此計劃。本會建議家長應最少每年更新計劃內容以便校方掌握學童的最新情況。

“ 家長、學童及學校教職員之間的有效溝通是很重要的。Effective communication between parents, students and school staff is very important.

歡迎查詢

如欲詢問有關本服務資料，請向本會王姑娘查詢，電話：2543-0555

Enquires

To ask for more information about this service, please contact Miss Wong, Tel: 2543-0555.

The “Diabetes care plan” is a very useful nursing documentation, it’s a detailed record of all the personal data of diabetic students, including, medical personnel contact information, blood glucose level monitoring charts, special meals and snack requirements at school, for sports, and low or high blood sugar situations.

The Youth Diabetes Association understands the important role the school plays in a child’s care and safety. We hope that the “Diabetes Care Plan” will assist school staff gain a better basic knowledge of diabetes and know how to handle emergency situations, and be able to understand the specific needs of diabetic students.

During each new school year, many parents will take the initiative to contact the new teacher to discuss their child’s diabetes and to discuss the various

options to help the child manage diabetes in school. Because of this YDA decided to develop a more detailed “Diabetes Care Plan” so that parents have a better way to communicate more effectively with the school.

Effective communication between parents, students and school staff is very important. If school staff can understand the situation and needs of students with diabetes then they can take the appropriate action if the occasion arises.

To be able to properly take care of a diabetic emergency, such as when the blood sugar is too low or too high, the school staff must understand how to manage and properly assist the diabetic child.

Effective diabetes management is very important for the immediate safety and long-term health of children with

diabetes, it will also ensure that diabetic students are well prepared to learn and participate in school activities and minimize diabetes-related emergencies.

Parents can obtain the “Diabetes Care Plan” document and organise a personalised detailed plan of care (health care workers may need to check some of the data) for their own children. For discussions with the school about your diabetic child and their specific circumstances, our social worker can provide you with assistance you need.

Parents should encourage their children to speak to their school nurse or medical staff about this plan. We also suggest parents keep the plan updated at least annually to keep the school students up-to-date with the latest situation.

糖尿病護理計劃表格 Diabetes care plan form

解讀營養標籤 簡易三步曲

3 Simple Steps to Reading Nutrition Labels

麥嘉儀，澳洲註冊營養師供稿

By Dorcus Mak, Accredited Practising Dietitian

看懂營養標籤，從而準確地計算食物中的碳水化合物含量及換算進食份量，能幫助我們更有效地控制血糖水平，並且享受更多元化的食物選擇，增添飲食的樂趣。

From nutrition labels, we can calculate the correct carbohydrate contents and make the appropriate food exchanges. This also helps us to achieve a better diabetes control and to enjoy a wide variety of food.

第一步 留意標籤上的食物參考量

「食用份量」是一般人每次慣常食用的份量，不一定是整個包裝食物的份量，也不一定是應該進食的份量。不同品牌或者不同包裝的食物，其食用份量都可以不同。

例：這盒餅乾有6個食用份量，每個食用份量是1小包，重27克「每100克」（液體食物則用「每100毫升」）也是常見的標示方法，用以直接比較不同品牌的同類食物的營養含量。

第二步 計算實際進食份量的碳水化合物含量，作出適當換算

依照標籤上的食用份量進食，便會攝取到所標示的碳水化合物含量。

例：這款餅乾每食用份量含19.4克碳水化合物，即1小包餅乾等於2份換算、2小包餅乾等於4份換算、如此類推。

利用每100克所標示的資料亦能簡單地按比例計算出自己的攝取量。例：這款餅乾每100克含71.8克碳水化合物，若進食40克餅乾（約1.5小包），所攝取的碳水化合物就是 $40 \times 71.8 \div 100 = 28.7$ 克，等於3份換算。

第三步 比較不同品牌的食物，選擇「三低一高」

透過比較不同品牌的食物營養資料，避免或減少選用高脂肪（包括總脂肪、飽和脂肪及反式脂肪）、高鹽份（即鈉）和高糖份的食物。相反，膳食纖維有助腸胃暢通、降低血脂、延緩血糖上升及增加飽肚感等功效，可以多選含較高纖維的食物。

營養資料 Nutrition Information	
Servings Per Container: 6	每盒份數(食用份量): 6
Serving Size: 27 g (1 Pack)	食用份量: 27克 (1包)
	每食用份量: 27克 Per Serving 27g
	每100克 Per 100g
能量 Energy (千卡/Cal)	119.1 441.0
蛋白質 Protein (克/g)	2.0 7.6
碳水化合物 Carbohydrate (克/g)	19.4 71.8
- 糖 Sugars (克/g)	7.7 28.6
膳食纖維 Dietary Fiber (克/g)	1.1 4.0
- 可溶性纖維 Soluble Fiber (克/g)	0.5 1.8
- 不可溶性纖維 Insoluble Fiber (克/g)	0.6 2.2
脂肪 Total Fat (克/g)	3.7 13.7
- 飽和脂肪 Saturated Fat (克/g)	1.6 6.0
- 反式脂肪 Trans Fat (克/g)	0 0
鈉 Sodium (毫克/mg)	143.1 530.0

STEP 1 Take note of the reference amount of food in the nutrition label

“Serving size” is the amount of food people customarily eat at each time. It is not necessarily the amount of the entire package, nor the amount you should eat. Products of different brands or in different packaging may have different serving size too.

For example, there are 6 servings of biscuits in this box and each serving is 1 individual pack that weighs 27 g. “Per 100 g” (or “Per 100 mL” for liquid food) is commonly used to directly compare the nutritional contents among products of different brands.

STEP 2 Calculate the carbohydrate content and exchange in the amount of food you eat

If you follow the serving size, you will get the stated amount of carbohydrate. For example, each serving of biscuit contains 19.4 g of carbohydrate, which is around 2 carbohydrate exchanges. That means, you will get 2 carbohydrate exchanges if you eat 1 pack of biscuits, 4 carbohydrate exchanges if you eat 2 packs, and so on.

You can also use the “Per 100 g” information to calculate the carbohydrate contents too. For example, this biscuit contains 71.8 g of carbohydrate per 100g. If you eat 40 g of biscuits (about 1.5 individual packs), you will get $40 \times 71.8 \div 100 = 28.7$ g of carbohydrates, which is around 3 carbohydrate exchanges.

STEP 3 Compare products and choose “3 low, 1 high” food

By comparing the nutritional contents of different products, you can make smarter food choices. Avoid the food with high fat (including total fat, saturated fat and trans fat), high salt (also called sodium) and high sugar contents. On the other hand, you can look for the one higher in fiber that is good for your bowel health, to lower your blood lipid profile, to slow down the rise of blood sugar and to promote satiety.

低脂: 每100克含少於3克脂肪(固體食品) 或 每100毫升含少於1.5克脂肪(液體食品)

低糖: 每100克含少於5克糖份

低鈉: 每100克含少於120克鹽份

Low Fat: Containing not more than 3 g of fat per 100g of solid food, OR Containing not more than 1.5 g of fat per 100mL of liquid food

Low Sugar: Containing not more than 5 g of sugar per 100g/mL of food

Low Sodium: Containing not more than 120 mg of sodium per 100g/mL of food



小小漁民

Be a Fisherman

約20名會員聯同義工在炎熱天氣下，乘船到南丫島的漁民文化村認識本港的漁民歷史及嘗試無鈎釣魚。午膳時，在大哥哥和大姐姐的協助下，他們學習計算所需的碳水化合物份量，獨立地管理日常的糖尿病護理。

透過是次活動，會員之間互相認識並建立屬於他們的朋輩網絡。

About 20 members and volunteers took a boat to a village on Lamma Island in the hot weather to learn about the cultural history of the fishermen from the village and how to fish without a hook. During lunch, with the help of our volunteer big brothers and sisters, members learnt to calculate the required amount of carbohydrates to help manage their daily diabetes care independently.

Through this activity, awareness and networks were built between peers and other members.

家庭沙灘樂

Beach Party

炎炎夏日，20多個會員家庭參與本會的家庭沙灘樂。當天他們分成5組進行堆沙比賽，每一組都發揮出團隊合作及創意，堆砌出不同的海洋生物。比賽後，為讓新確診會員與其他家庭分享在照顧患病子女的經驗，本會特別安排燒烤午餐，讓他們互相傾談。This summer over 20 members and their families joined us for a family beach fun day. Groups of five used teamwork and creativity, to create different marine life sculptures in our sand competition. Afterwards, we arranged a barbecue lunch to give members a chance to share their experiences of being newly diagnosed and talk about the care for their children with other families.

會員活動 ■ MEMBERS' ACTIVITIES

青少年營 Youth Camp

本會每一年都會舉辦青少年營，讓會員可以在3日2夜的宿營中加深對其他會員的認識及學習獨立地管理日常糖尿病護理。今年共有25位青少年會員和十多位醫護義工參與，當中有些會員更是在確診後，首次離開父母在外過夜，他們沒有因此而擔心或不習慣，積極參與活動並完成不同的任務。3日2夜過後，他們建立了自己的朋輩網絡，迫不及待地相約再次見面。 Each year, YDA holds a youth camp so that over three days and two nights members come to get to know each other and learn how to independently manage their diabetes care. A total of 25 members and over 10 medical volunteers participated. Some members were newly diagnosed and this was their first time away from their parents but despite this, they were not worried or scared and actively participated in all the activities and tasks. By the end of the camp they had established their own peer network and could not wait to meet up again.



兒童慈善心嘉年華

Children Charity Carnival

本會獲邀出席「兒童慈善心嘉年華」，並於嘉年華中設置攤位，讓參加者透過遊戲認識食物的升糖指數。另外，參加者亦可進行血糖測試，了解自己的血糖水平。 Members were invited to the 'Children's Charity Carnival', where a game booth was set up so that attendees could learn to recognise the glycemic index of different foods. Participants could also conduct blood tests to identify their blood sugar levels.

小小蜘蛛俠

Indoor Wall Climbing

本會在7月份舉辦了室內攀石體驗活動，目的是鍛煉會員的集中力及身體協調。當天共有20名會員參與，他們在導師的指導下攀上六米高的攀石牆，成功挑戰自我並提昇自信。 Held in July, our indoor rock climbing activity was designed to train our member's concentration and physical coordination skills. A total of 20 members participated on the day and under the careful guidance of instructors, they climbed a six-meter high climbing wall. Meeting such a challenge with such success boosted everyone's confidence.

家長互助小組工作坊:智營一族

Parent Support Group Workshop

本會邀得林潔妍小姐（美國註冊營養師）出席今次的工作坊，令到家長和子女學習到食物營養標籤並選擇合適的小食及外出用膳的小貼士。他們可以增加選擇食物的種類及減少換算錯誤食物的醃質食物換算。 Some parents new to diabetes don't yet know how to calculate carbohydrates and the conversion method, which can be very difficult. This is why YDA invited Miss Lam Kit Yin (USA registered dietician) to lead a workshop to give parents and members the opportunity to learn how to read food labels and how to choose suitable snacks, with tips on how to eat out at restaurants, increasing the variety of their food choices and reducing the risk of conversion errors and carbohydrate counting.

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- 提供專人操作指導及網上操作示範短片



4個受訪者中3人首選 Accu-Chek 試紙，認為使用Accu-Chek 試紙比其他試紙更加方便^{1,2}

與其他採血筆比較，大部份試用者認為用 Accu-Chek 採血筆顯著減少厲手指的疼痛³

Accu-Chek® Fastclix 採血筆
按一下即可採血，快捷方便，
採血彷彿如無痛。



兒童糖尿協會優惠

<p>優惠1</p> <p>Accu-Chek Performa 卓越血糖機套裝</p> <p>HK\$400</p> <p>送 Accu-Chek Performa 卓越血糖試紙 50條2盒 + Accu-Chek Fastclix 採血針 102粒1盒</p> <p>買6送1</p>	<p>優惠2</p> <p>Accu-Chek Performa 卓越血糖試紙50條</p> <p>每盒 HK\$200</p> <p>買6送1</p>	<p>優惠3</p> <p>Accu-Chek Fastclix 採血針102粒</p> <p>每盒 HK\$110</p> <p>買5送1</p>
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此優惠只適用於兒童糖尿協會會員，如有任何爭議，羅氏診斷(香港)有限公司保留最終決定之權利

¹ Strip Size Handling Report, (SIEM) Systems – the influence of test strip size on the ease of use in self-monitoring of blood glucose. EDT-1121-IRM. Date on file.

² Weisbroff A, Schmidt C, Zach D, et al. Relationship between size of test strip and handling of test strips for self-monitoring of blood glucose. Poster presented at the 47th Annual Meeting of the German Diabetes Society (DDG), May 2010, Stuttgart, Germany.

³ Kucher B, Tsheringa JET, Knubek M. Comparison of lancing devices for self-monitoring of blood glucose regarding lancing pain. J Diabetes Sci Technol. 2009;3(3):1126-1133.

⁴ Date on file. ISO 15197:2013, in vitro diagnostic test systems: requirements for blood glucose monitoring systems for self-testing in managing diabetes mellitus include tighter requirements for accuracy and new criteria for hemolysis and other interferences.

非凡體驗 誰說不可能

ACCU-CHEK®

職員介紹 ■ STAFF INTRODUCTION

王佩珊 Jenny Wong



作為協會入職的首位註冊社工，不經不覺已有一年的時間。我在這日子裡認識了很多會員及家長，在傾談中每每提到他們的經驗都讓我獲益良多。孩子的勇敢堅毅，父母的關愛之情，大家不斷學習及成長並與糖尿病一起並肩前行，當中的寶貴經驗及生活點滴是讓人鼓舞的積極例子。

在我接觸初確診家庭時，家長均表示需要學習很多東西，亦擔心孩子的情況及情緒，然而透過本會的朋輩支援計劃、茶聚及各類活動讓孩子及家長可以認識更多朋友，並擴闊圈子及視野，更感到鼓勵的是家長們都很支持及認同我們的工作。

期望在日後可以為大家舉辦更多切合孩子及家長需要的活動，讓孩子的生活更見精彩豐盛。

My first year as the YDA's first registered social worker has flown by so quickly. In this time I've met so many members and parents, and every time I speak to them I learn so much about courage, perseverance and the power of a parent's love. They are all learning how to live and grow up with their diabetes. It's been such a valuable experience for me to learn from them all, and about the challenges they face every day. These families are an inspirational example to us all.

When speaking to families during the first few weeks of their child's diagnosis, many of the parents feel they have a lot to learn and worry about their child's emotions and feelings about the diagnosis. But through peer support groups, teatime gatherings and other activities organised by the YDA, the child and the parents learn so much and make great new friends, expanding their horizons. I feel so touched and inspired by what I see at these get-togethers and really believe this is a worthwhile job.

In the future, I look forward to meeting more of the children and their parents and to organise more activities for everyone's needs, so that the child's life along with their parents, can be even more wonderful and enriched.

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糖尿病屬嚴重疾病，需要患者家人時刻的照料。本刊及其網頁提供的資料僅屬概括性，不應被視為醫學意見或診斷。本刊所載的資料、意見及建議均不能取代您的主診醫生的建議，若您想對孩子的糖尿病管理模式作出任何改變，必須先諮詢主診醫生的意見。會員的分享純粹基於個人經驗，而在本刊刊登廣告的公司純屬向病人和護理者提供資料，並不代表兒童糖尿協會承認向有關公司購買產品和服務，可得到廣告上列出的好處，並非所有產品都適合所有人的需要。Diabetes is a serious disease that requires ongoing care from the family. The information in this magazine is for general information only, and should not be construed as medical advice or diagnosis. The information, opinions, and recommendations presented in these pages are not intended to replace the care of your own doctor, whom you must consult before making any changes in the management of your child's diabetes. Contributions from members are based on personal experience only. Advertisements from interested companies are accepted for the sole purpose of providing information for patients and their caregivers, not as an endorsement by the Youth Diabetes Action of the benefits of purchasing products and services from these companies. Not all products are suitable for all persons.

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Safety at School: YDA individualised student diabetes care plan



Youth Diabetes
Action
兒童糖尿協會

為本會青少年會員制訂在校 的個人化糖尿病照顧計劃



你已跟學校的老師談
及孩子的情況嗎?
HAVE YOU TALKED
TO YOUR CHILD'S
TEACHERS YET?

- ▶ 老師是否知道甚麼是一型糖尿病?
- ▶ 老師懂得如何協助你的孩子處理出現低血糖及高血糖的狀況嗎?
- ▶ 孩子在有需要時，能否馬上於課室或操場取得含糖份的食物或飲品?

以上僅是部份讓老師及教職員知道患有一型糖尿病學童的具體狀況，並在需要時為患病學童提供適切支援，確保他們的安全。為孩子創造一個安全的學習環境，家長與學校建立良好的合作關係尤其重要。

兒童糖尿協會能作為您與學校之間的橋樑，並為學校提供個人化的糖尿病照顧計劃，讓教職員可具體掌握一型糖尿病的相關處理方法。

如需協助或正遇到與學校溝通問題，請聯絡本會協調員王小姐。

電郵：
support@youthdiabetesaction.org
電話：2543 0555

- ▶ Do all teachers know what type 1 diabetes is?
- ▶ Do all teachers know what to do when your child has low and high blood sugars?
- ▶ Is juice quickly accessible to your child in classrooms and the playground?

These are some key points that teachers and school staff should know about your child's diabetes in order to keep them safe at school. It is very important to establish a partnership with your school to create a supportive environment for your child.

Youth Diabetes Action can help you tailor an individualised DIABETES CARE PLAN that can be

shared between the parents, school and child.

Please contact Jenny Wong, our coordinator, for help with this or any other school issues you may be experiencing.

Email:
support@youthdiabetesaction.org
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