



Youth Diabetes
Action
兒童糖尿協會

20 years

YDA today



2022



news
letter



issue
64



2021 : 胰島素100年
2021 : 100 Years of Insulin

目錄

編輯的話
專題
健康食譜
二十周年活動
活動焦點
鳴謝

INSIDE

From the Editor
Feature
Food Corner
20th Anniversary Events
Activity Highlights
Acknowledgements

更短，更纖幼，
注射時更順暢

諾和針® Plus 32G 4毫米

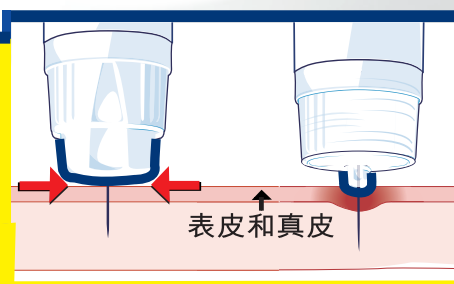
注射時更舒適，能減少注射時的痛楚！¹



平面設計
增加注射時皮膚的
接觸面，令注射時
更體貼、舒適

諾和針® Plus
32G 4毫米針頭

一般針頭



針咀超短及超幼
Ultra-short and ultra-thin

32G 4毫米針咀，能減少注射時的痛楚¹及減少注入到肌肉的風險²



注射順暢快速
Better flow, faster injections

採用了超流(SuperFlow™)技術，能夠以較少的力提供更快速的注射³



廣泛兼容性
Universal

兼容市面上所有常用的注射筆⁴

NovoFine® Plus 32G 4 mm
諾和針® Plus



32G 4mm

諾和針®



31G 6mm



30G 8mm

References: 1. Somatosens Mot Res. 2006;23(1-2):37-43. 2. Birkebaek NH et al. A 4-mm needle reduces the risk of intramuscular injections without increasing backflow to skin surface in lean diabetic children and adults. Diabetes Care. 2008;31(9):e65. 3. Clin Ther. 2013 Jul;35(7):923-933.e4. 4. Tested according to ISO 11608-2:2012.

編輯的話 From the Editor

2021年的「藍月·十一」不只是慶祝11月14日的世界糖尿病日，更是為了紀念胰島素發現100周年。自班廷醫生發現胰島素後，很多糖尿病患者因而獲得救治，但糖尿病仍是一個終生疾病，目前仍未有根治方法。糖尿病對兒童及其家庭的情緒及經濟影響巨大，並對醫療系統構成壓力。如果糖尿病患者得不到足夠的支援，引發嚴重致命併發症的風險就會更高。

大部分糖尿病患者都能獲得基本的糖尿病護理用品，但一些最新的治療方案成本較高，對許多人來說仍然遙不可及。糖尿病患者在治療的道路上仍有重重障礙，我們應藉著這個機會提高社會對糖尿病嚴重性的認識，不要讓糖尿病以及世界各地數以百萬計的糖尿病患者被忽視。與YDA和全球糖尿病群體攜手發聲，確保糖尿病得到足夠的關注。

For Blue November, not only did we mark World Diabetes Day (14 November), we also celebrated 100 years since the discovery of insulin. Millions of lives have been saved and improved because of this discovery; however diabetes is still a serious and life-long condition. It has a huge emotional and financial impact on a child and their family, as well as pressure on the health system. If people with diabetes are not sufficiently supported, they are at a higher risk of developing serious life-threatening complications.

Access to affordable diabetes care should be easy and universal for all; however some of the newest treatment options are still out of reach for many due to the cost and availability. The barriers to access and affordability are complex, and by taking this opportunity to raise awareness of the seriousness of diabetes, we are not letting diabetes, and the millions with it around the world, go unnoticed. Join YDA, and the global diabetes community, to come together and raise its voice to make sure diabetes receives the attention it requires.

編輯 Editors

Jenny Chan, Linh Lieu, Celia Liu

編輯顧問 Editorial Consultants

Fina Cheng, Angela Chow
Joanna Hotung

編輯助理 Editorial Assistant

Charlotte Wong, Charlie Tsui

印刷 Print

Pressroom Printers & Designer

設計 Design

一雙手設計工作室 One two Hand

承蒙Pressroom Printers & Designer 為本會義務印刷
今期會訊，本會謹此致謝。

With special thanks to Pressroom Printers & Designer
for sponsoring the printing of this magazine.



廣告服務 Advertising

所有廣告收益將用作資助本刊物之製作費用。如欲刊登廣告支持本會或查詢詳情，請電郵至spo@yda.org.hk。

Advertisement fees are used to subsidise the production of this magazine. If you would like to place an advertisement to support YDA, please email: spo@yda.org.hk

歡迎來稿 Contributions are welcome

如欲投稿，請把稿件(不多於120字)電郵至spo@yda.org.hk。

If you would like to submit an article (not more than 120 words), please email: spo@yda.org.hk

聯絡我們 Contact us

兒童糖尿協會 Youth Diabetes Action

九龍土瓜灣道94號美華工業中心B座9樓B17室
B17 9/F Block B Merit Industrial Centre
94 To Kwa Wan Road Kowloon

(852) 2544 3263 support@yda.org.hk www.yda.org.hk

facebook youthdiabetesactionhk

instagram yda_hk

youtube Youth Diabetes Action

linkedin Youth Diabetes Action

免責聲明 Disclaimer

本刊提供的資料只作一般資訊參考用途，不應被視為醫學上的建議或推介。本刊所載的一切內容均不能取代合資格專業醫療人士因應閣下醫療需要而提供的建議，如欲對糖尿病管理模式作出任何改變，必須先諮詢主診醫生意見。會員分享純屬個人經驗。本刊刊登的廣告，不得被視為同意、推薦、認可、保證或推介有關的服務/產品。

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

糖尿病護理 Access to Diabetes Care

現在不行動更待何時？

發現胰島素以來的100年，全世界仍有數以百萬計的糖尿病患者無法得到適當的護理。糖尿病患者需要持續的護理和支援來控制病情及避免併發症。

新冠病毒影響全球超過兩年，全球正面對極大的挑戰，對糖尿病患者更形成額外的健康威脅，據觀察，糖尿病患者更容易受到新冠病毒的嚴重併發症影響。更令人擔心的是全球資源和注意力都集中在傳染病的問題上，因而減少了所有非傳染性疾病，包括糖尿病的資源。

全世界有超過5.37億人患有糖尿病，還有數百萬人受患病威脅。在香港，大約有70萬人患有糖尿病，佔總人口約10%，平均每月有7名兒童被診斷出患有1型糖尿病。我們何不藉著胰島素發現100周年，為糖尿病帶來正面的變化。

現在是政府、政策制定者和倡導者採取行動，增加資源的好時機，從而提高人們對糖尿病護理和預防的意識，確保每個患有糖尿病的人都能獲得所需關注。

If not now, when?

100 years after the discovery of insulin, millions of people with diabetes around the world cannot access the care they need. People with diabetes require ongoing care and support to manage their condition and avoid complications.

We are living in extraordinarily difficult times, in which people with diabetes are facing an additional major health threat. Regretfully, we have seen that people living with diabetes can be more susceptible to the worst complications of COVID-19. We should worry that the legacy of the pandemic will see resources and attention focused on infectious diseases to the detriment of all non-communicable diseases, including diabetes.

There are more than 537 million people living with diabetes around the world, and millions more at risk. In Hong Kong, approximately 700,000 people have diabetes - that's about 10% of the population - and on average an additional seven children per month are diagnosed with Type 1 and Type 2 diabetes. The centenary of the discovery of insulin presents a unique opportunity to bring about meaningful change.

It's time for governments, policymakers and advocates to act to increase investment in diabetes care and prevention, and ensure everyone living with diabetes can access the care they need.



MINIMED™ 780G INSULIN PUMP SYSTEM

MINIMED™ 780G
胰島素泵系統 

An easier way to
stabilize sugars, so
you can focus on your
life — not your levels.

一種更簡單的方式
來關注您的生活，
而不是您的血糖水
平。

**For more information, please contact hotline (852) 2919 1322 or
your healthcare professionals.**

**FOR MORE INFORMATION:
MEDTRONIC HONG KONG MEDICAL LIMITED**

1104-11, 11/F, Tower 1, The Gateway, Tsim Sha Tsui, Kowloon TEL: (852) 2919 1322 FAX: (852) 2838 0749
www.medtronic.com

© 2021 Medtronic. All rights reserved. Medtronic, Medtronic logo is trademarks of Medtronic.
All other brands are trademarks of a Medtronic company.

Medtronic

專題 Feature

胰島素百年之路 Insulin 100 Timeline

醫學成就之路 The journey to a medical miracle

班廷和麥克勞德因發現胰島素而獲得諾貝爾獎

Sir Frederick and Dr. Macleod are awarded the Nobel prize for the discovery of insulin

1月23日·湯普森 (Leonard Thompson) 成為首位接受胰島素注射的患者

The first successful insulin injection is administered to Leonard Thompson on January 23

科利普 (James Collip) 加入研究團隊，協助淨化原胰島素提取物

Dr. James Collip joins the research team to help purify the crude insulin extract

班廷和貝斯特首次以提取的胰島素，調節有嚴重糖尿病的犬隻的血糖

Sir Frederick and Dr. Best first use extracted insulin to regulate the blood glucose of dogs with severe diabetes

班廷在貝斯特 (Charles Best) 的協助下進行研究

Sir Frederick begins experiments, assisted by Dr. Charles Best

班廷與麥克勞德 (John Macleod) 見面

Sir Frederick meets Dr. John Macleod

班廷 (Frederick Banting) 提出有關胰島素的研究

Sir Frederick Banting has idea for insulin research

醫療護理的革新之路 Decades of innovation to provide care

1924



第一枝專門注射胰島素的針筒
First specialised insulin syringe

1954



第一個即棄玻璃針筒
First disposable glass syringe

1955



第一種用於二型糖尿病的口服藥物面世
First oral medications for Type 2 diabetes become available

1965



第一張血糖試紙
First blood glucose test strip

1971



第一部血糖機
First blood glucose meter

1979



第一部商用胰島素泵
First commercial insulin pump



1982



推出人體胰島素
Human insulin introduced

1985



第一枝胰島素注射筆
First insulin pen



1996



推出模擬胰島素
Analogue insulin introduced

1999



首個連續血糖監測 (CGM) 裝置
First Continuous Glucose Monitoring (CGM) system

2000



首次進行胰島細胞移植
First islet cell transplantations conducted

2013



研發出第一個人造胰臟
First artificial pancreas is developed

專題 Feature

關注糖尿病 Diabetes Awareness



糖尿病正影響全球超過5.37億人

Diabetes currently affects over 537 million people worldwide

當中有超過110萬名20歲以下患有一型糖尿病的兒童及青少年

Among them, over 1.1 million are under the age of 20, living with Type1 diabetes

香港約有10%的人口（約70萬人）患有糖尿病

About 10% of the population in Hong Kong (approx. 700,000 ppl) suffer from diabetes

本港平均每月有7名兒童確診糖尿病

In Hong Kong, on average an additional 7 children per month are diagnosed with diabetes

糖尿病併發症 Diabetes Complications

發現胰島素一個世紀後，數以百萬有需要的人仍未能獲得胰島素和其他糖尿病的基本護理。如果沒有治療或足夠的支援，糖尿病患者將面對嚴重的致命併發症：

A century after its discovery, insulin and other fundamental components of diabetes care remain beyond the reach of millions who need them. Without treatment or sufficient support, people with diabetes are at risk of serious and life-threatening complications:



心臟病
Heart attack



腎衰竭
Kidney failure



下肢截肢
Lower-limb amputation



中風
Stroke



失明
Blindness



一起支援糖尿病患者。

Show your support to people living with diabetes!

CONTOUR®PLUS ONE 智能血糖儀

助您自我管理血糖

目標範圍內



高於目標範圍



低於目標範圍



即時回饋² -

使用 smartLIGHT™ 功能，結果像看紅、黃和綠顏色一樣簡單。



高度準確

高精準度¹ -

CONTOUR®PLUS ONE 系統已證明，準確度高且超越 ISO15197:2013 標準的最低準確度要求^{1*}



SECOND-CHANCE®
再次補足血樣技術

所需的樣本量非常小 -

如果首次採得的血量不足，Second-Chance® 再次補足血樣技術將提示您在60秒內重新把血液吸進試紙進行測試²。此功能令您毋須再次採血，避免浪費試紙。



使用 Bluetooth® 技術無縫連接相容的[†]智慧設備。

* ISO15197:2013 對測量毛細血管血糖濃度的體外血糖監測系統的準確度要求 (第6.3節和第8節) 是對於血糖濃度 <100mg/dL 和 ≥100mg/dL 的樣本，至少 95% 的結果應分別在均值 YSI 標準的參考結果的 ±15mg/dL 或 ±15% 範圍內。對於測試者指尖檢測，CONTOUR®PLUS ONE 血糖儀系統在結果符合率為 95% 或以上的情況下，實現的最小偏差範圍是 ±8.4mg/dL 或 ±8.4% (對比 YSI 標準)。

† 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):746-743
2. CONTOUR®PLUS ONE BGMS User Guide (November 2017)

血糖機使用示範影片



初始設定示範影片



專題 - 調節胰島素的注射量

為了有效地控制血糖，除了懂得計算食物中的碳水化合物外，計算好胰島素的注射量亦同樣重要。今次我們邀請了一位YDA資深會員，與我們分享她在控制胰島素注射量的經驗。



YDA會員

名字：LY

年齡：20

職業：學生

治療方案：多劑量胰島素注射

大家好，我有一型糖尿病6年了。我和普通女生一樣，都喜歡跟朋友外出用餐、進行戶外活動等，所以會特別注意自己的胰島素注射量。平日在注射胰島素時，我會以醫生和護士建議的注射量為基數，再根據以下三點作調整：

1 飯後的運動量

2 進食的份量

3 飯前的血糖水平



飯後的運動量

在家時，如果我計劃在飯後進行劇烈的帶氧運動，便會減少注射約2度胰島素。因為在家中補充糖分會比較方便，若稍後感到低血糖也能馬上篤手指檢測血糖水平，看有否出現低血糖的情況。若在家進行的運動不太劇烈，可不用減少太多胰島素注射量。如我計劃在戶外進行數小時的運動，如行山、踏單車等，便會減少2度的胰島素注射量。

注射量因應各人的身體反應而有所不同，請參考你的主診醫生和護士的建議。

進食的份量

如在外用餐時，因餐廳食物的調味較多，我也會進食或飲用升糖指數較高的食物和飲料，所以我會增加2度的胰島素注射量。若選擇運動後在餐廳進食，胰島素注射量一加一減後，就可能和基數差不多，不必作調整。由此可見，取得運動和飲食控制兩者之間的平衡十分重要。

注射量因應各人的身體反應而有所不同，請參考你的主診醫生和護士的建議。

飯前的血糖水平

若飯前的血糖水平過高，我會根據醫生和護士的建議增加胰島素的注射量，如下列：

血糖水平 (mmol/L)	10.0-11.9	12.0-13.9	14.0-15.9	16.0-17.9	18.0-19.9	20.0-21.9
額外胰島素注射量 (度)	1	2	3	4	5	6

注射量因應各人的身體反應而有所不同，請參考你的主診醫生和護士的建議。

如下一餐的餐前血糖水平依然未如理想或出現低血糖，便需要再作調整，例如下次進行類似的運動時或戶外活動時，參考上一次的血糖水平再調整胰島素的注射量。

很多時候進食份量、飯後的運動量，以及飯前的血糖水平和上一次的情況差不多，也不能確保血糖能夠完全達到理想水平，因為有些因素，如當下身體的狀況、食物的升糖指數等未必每次都一樣，較難控制。若希望血糖水平保持穩定、良好的話，還是應維持規律的生活習慣，並定時檢查血糖。

每個糖尿病童均有個人化的糖尿病護理計劃，請遵循你的主診醫生和護士的指導。在對胰島素劑量和注射程序進行任何重大改變前，請先尋求你的糖尿病護理團隊建議。

Feature - Adjusting Insulin Injections

In order to effectively control blood glucose, making the appropriate adjustment to the amount of insulin being injected is as important as calculating the carbohydrates in food. We invited a YDA senior member to share with us her experience of managing and adjusting insulin dosages.



Member of YDA

Name: LY

Age: 20

Occupation: Student

Therapy: Multi-dose Insulin Injection

- Hi everyone, I have had Type 1 diabetes for six years. Like others, I like to eat out with friends, participate in outdoor activities etc. I always pay close attention to the amount of insulin I inject. On a daily basis, I will follow the recommendations by my doctors and nurses, and make adjustments according to the following points:

- 1 Amount of exercise after meals
- 2 Amount of food to eat
- 3 Blood glucose level before meals



Amount of exercise after meals

If I plan to do high-intensity aerobic exercise after a meal at home, I will reduce the amount of insulin by 2 units. Since it is more convenient to supplement sugar at home, I will check my blood glucose level immediately after the exercise to see if I am experiencing hypoglycaemia.

For low intensity exercise at home, I do not normally need to reduce the amount of insulin injected. However, if I plan to do an outdoor exercise that lasts for a few hours, such as hiking, cycling, etc., I will reduce the amount of insulin by 2 units.

The amount of injection varies according to individual's body reaction, please refer to your doctor's and nurse's advice.

Amount of food to eat

When I eat out, I will increase the amount of insulin by 2 units because food and beverages tend to have more seasoning and a higher glycaemic index.

However, if I choose to eat in a restaurant after exercise, then the amount of insulin may actually be about the same as the base. Therefore, if I have increased and decreased the insulin dosages earlier in the day, and assuming my blood glucose level is within range, there is no need to make further adjustments. It is very important to achieve a balance between exercise and diet control.

The amount of injection varies according to individual's body reaction, please refer to your doctor's and nurse's advice.

Blood glucose level before meals

If the blood glucose level is too high before a meal, I will increase the amount of insulin in accordance with the following guidance from my doctors and nurses:

Glucose Level (mmol/L)	10.0-11.9	12.0-13.9	14.0-15.9	16.0-17.9	18.0-19.9	20.0-21.9
Extra amount of Insulin Injection (units)	1	2	3	4	5	6

The amount of injection varies according to individual's body reaction, please refer to your doctor's and nurse's advice.

If the next pre-meal blood glucose level is still not ideal, or hypoglycaemia occurs, the insulin dosage needs to be adjusted again. Always learn from past experiences. The next time you participate in a similar exercise or outdoor activity, refer to your previous experience with blood glucose levels and adjust the amount of insulin accordingly.

In many cases, even though the portion of food, amount of exercise after meal, and blood glucose level before meal are similar to the previous situation, it is not guaranteed that the blood glucose level can fully reach the ideal level. There are other factors to consider, such as your physical condition and the glycaemic index of foods eaten are not always the same, which makes it harder to control. If you hope to maintain a stable and good blood glucose level, you should maintain a regular lifestyle and check your blood glucose regularly.

Each person has an individualised diabetes care plan. Please follow the guidance of your doctors and nurses, and seek advice from your diabetes care team before making any drastic changes to your insulin dosage and injection routine.



KANGAROO
BRAND™

袋鼠牌

低升糖指數白米

低升糖指數白米



首創

**低升糖指數
即食飯**

只需40秒
即可食用



客戶服務熱線: 2449 0998

金源



米業

www.rice.com.hk



ISO9001 • HACCP • ISO22000

健康食齋 Food Corner



* 每人份量可換算作1滿中碗飯。
Each serving can be exchanged for 1 full medium bowl cooked rice.

低脂白汁雞絲意粉 Spaghetti with Shredded Chicken in Low-Fat Cream Sauce

2人份量 Serves 2

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

熱量 Energy	491.9卡路里 (Kcal)
碳水化合物 Carbohydrates	58.3克 (g)
蛋白質 Protein	28.0克 (g)
膽固醇 Cholesterol	68毫克 (mg)
脂肪 Fat	16.3克 (g)
纖維素 Dietary Fibre	4.2克 (g)

材料 Ingredients

雞柳 Chicken fillet	150 克 150 g
鮮蘑菇 Fresh button mushroom	6 粒 (80克) 6 pieces (80g)
雜菜 Frozen mixed vegetables	1/3 杯 (80克) 1/3 cup (80g)
意粉 (乾) Dried spaghetti	120 克 120 g
蒜茸 Minced garlic	1 湯匙 1 tbsp
洋蔥 Onion	1/4 個 1/4 chopped
橄欖油 Olive oil	1 湯匙 1 tbsp

白汁材料 Ingredients for cream sauce

低脂奶 Low fat milk	2/3 杯 2/3 cup
粟粉 Cornstarch	1 茶匙 1 tsp
鹽 Salt	2/3 茶匙 2/3 tsp

醃料 Marinade for chicken

鹽 Salt	1/4 茶匙 1/4 tsp
黑胡椒粉 A pinch of black pepper	適量
橄欖油 Olive oil	1 茶匙 1 tsp

做法 Steps

- 1 意粉煮熟及隔水；雞柳切絲，用醃料醃好；洋蔥切粒備用。
Cook and drain spaghetti. Shred and marinate the chicken fillet. Chop the onion.
- 2 下油，爆香蒜茸及洋蔥，炒熟雞柳，再加蘑菇和雜菜，炒勻上碟。
Heat oil and sauté the garlic and onion until fragrant. Stir-fry shredded chicken. Add button mushrooms and mixed vegetables. Stir well and set aside in a bowl.
- 3 調勻白汁材料，拌勻煮至少許稠，加回雞絲及雜菜等。
Mix ingredients for the cream sauce in a pan and cook on a gentle heat until slightly thickened. Return the chicken and vegetables to the pan.
- 4 將白汁雞絲鋪在意粉上，即成。
Pour the chicken and white sauce onto the spaghetti. Serve hot.



營養師提醒你 Tips from dietician

白汁通常採用牛油、忌廉和麵粉製成，含較高脂肪，糖尿病患者不宜多吃。這道菜色改用低脂奶和粟粉作為材料，烹調簡單又健康。若想意粉更吸引，可改用混有紅蘿蔔或菠菜口味的螺絲粉或蝴蝶粉，增加色彩。

White sauce is commonly made of butter, cream and flour. It is high in fat, therefore not suitable for people with diabetes. However, you can substitute the ingredients for low fat milk and cornstarch to make a healthier white sauce alternative. You can also try carrot or spinach flavoured pasta to enhance the colour of the dish.



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)

藍月·十一 Blue November

適逢兒童糖尿協會成立20周年及胰島素發現100周年，2021年藍月·十一，YDA舉辦了一連串慶祝活動，以增加大眾對糖尿病的了解及表達對糖尿病兒童的支持。

There were a number of events this Blue November to celebrate YDA's 20th anniversary and the 100 years of discovery of insulin. As well as being celebratory, the events were aimed at raising public awareness and support for children with diabetes.

百年胰島素之糖尿人生單車行 Insulin 100 – Cycle for Diabetes

適逢2021年為胰島素發現100周年，由香港青山獅子會主辦、兒童糖尿協會協辦的「百年胰島素之糖尿人生單車行」於11月14日世界糖尿病日舉行。當天活動有多位會員及其家人參加，眾人一同享受踩單車的樂趣。

Coinciding with the 100th anniversary of Insulin and World Diabetes Day on 14 November, YDA supported the Hong Kong Castle Peak Lions Club to organise "Insulin100 – Cycle for Diabetes". The event was supported by many members and their families, who had fun cycling.



活動當天獲多位工商界善長出席支持。

On the day of the event, many generous donors from business and industrial sectors attended and supported the event.



特別感謝一眾單車義工協助維持活動秩序，確保參加者安全。

Special thanks to the cycling volunteers for helping to keep the event in order and ensure the safety of participants.



大會特別為一眾凱旋歸來的「騎士」安排了午膳。

Lunch was arranged for the riders after the ride.



資深會員Vincent（左）及民希（右）在午餐時向其他會員分享平日如何平衡生活與工作。

Adult members Vincent, left, and Man Hei, right, shared how to balance their life and work to other members.



YDA20 藍色街頭派對 YDA20 True Blue Street Party

YDA20 藍色街頭派對已於2021年10月29及30日順利舉行，並為YDA「藍月·十一」揭開序幕。YDA於灣仔利東街擺放了藍色夢幻波波燈海藝術裝置，並提供糖尿病資訊，讓公眾人士一方面欣賞藝術裝置的同時認識糖尿病。承蒙利東街贊助場地，以及美敦力香港、諾和諾德及金源米業贊助是次活動，讓糖尿社群獲得關注，糖尿病童可以得到更多支援，特此鳴謝。

The YDA20 True Blue Street Party was held at Lee Tung Avenue in Wan Chai on 29 and 30 October and included a large-scale dreamy blue LED art installation and diabetes information displays. The public appreciated the artwork and learnt more about diabetes at the same time. Thank you to our generous venue sponsor Lee Tung Avenue. Also thank you to Medtronic Hong Kong, Novo Nordisk and Golden Resources for sponsoring the event, being part of the diabetes community, and supporting children living with diabetes.



YDA榮譽主席何苗春暉女士（左）為YDA20 藍色街頭派對主持亮燈儀式。

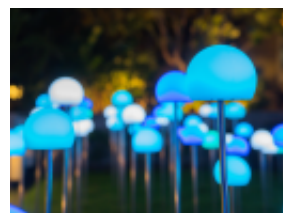
Joanna Hotung (left), Chairperson Emeritus of YDA hosted the light-up ceremony of YDA20 True Blue Street Party.



利東街沿途的20個巨型藍色LED波波燈記載著兒童糖尿協會支援香港受糖尿病影響的兒童達20載。參觀者可以一邊影相打卡，一邊掃

瞄藍色LED波波燈旁邊的QR Code，獲取糖尿病資訊及認識更多關於兒童糖尿協會的服務。

The 20 blue LED balls along Lee Tung Avenue gave visitors the chance to learn more about diabetes and the history of YDA. Visitors could scan the QR code displayed next to these blue LED balls to obtain special information posters designed by YDA's Ambassadors.



into an art installation with 100 blue LED balls to commemorate the 100th anniversary of the discovery of insulin.

諾和諾德的同事耐心地為公眾介紹胰島素的資訊。

Staff from Novo Nordisk talking to members of the public about insulin.



美敦力香港特別設計了小遊戲，讓大人和小朋友都可以簡單輕鬆地了解糖尿病。

Medtronic Hong Kong designed a mini game to introduce diabetes to adults and children in an easy way.



凱鉅展示的健康食品吸引了不少途人佇足查詢。

Hago displayed some healthy food products that drew a lot of attention.



鳴謝金源米業、香港大塚製藥及韓印紅贊助禮品包。

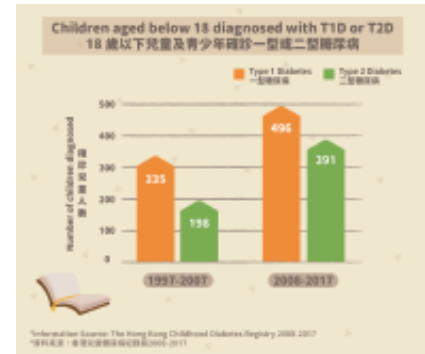
Thank you to Golden Resources, Otsuka Pharmaceutical (H.K.) and HanYinHong for sponsoring the goody bags.

兒童糖尿病紀錄冊暨兒童脂肪肝篩查結果發佈會

Press Conference: Results from the Childhood Diabetes Registry and Fatty Liver Screening

兒童糖尿協會 (YDA) 自2016年起，全力支持醫院管理局轄下12個兒科部門建立《香港兒童糖尿病紀錄冊》，以協助醫生追蹤糖尿病的長遠影響。過去5年，《兒童糖尿病紀錄冊》團隊已發表了兩份報告。報告顯示一型和二型糖尿病的發病率在過去20年中持續上升。當中確診二型糖尿病的兒童人數更是倍數上升（1997-2007年共有198名兒童確診，而2008-2017年則上升至391名），情況令人憂慮。其上升趨勢與當前全球狀況一致，預計到2030年，全球糖尿病患者將增至6.43億名，有鑑於此，團隊將繼續積極收集臨床資訊，以支持發展本地的糖尿病實證護理。

The Hong Kong Childhood Diabetes Registry was established in 2016. Youth Diabetes Action (YDA) has been fully supporting 12 paediatric departments from the Hospital Authority to assist doctors in tracking the long-term impact of diabetes. Over the past five years, HKCDR has published its first two medical reports showing that the incidences of both Type 1 and Type 2 diabetes have continued to rise over the past two decades. More significantly, the number of children diagnosed with Type 2 diabetes has almost doubled – a total of 391 in 2008-2017 compared with 198 in 1997-2007 – which is worrisome. This follows the current trend worldwide with the number of people living with diabetes expected to rise to 643 million by 2030. In light of this, the HKCDR will actively continue to collect clinical information to aid the development of local evidence-based diabetes care.



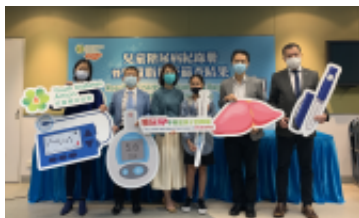
脂肪肝篩查結果 Result of Fatty Liver Screening

雖然肝臟一直都不被視為受長期糖尿病直接損害的器官，但有證據顯示糖尿病和脂肪肝疾病均與代謝紊亂有關。因此，內分泌科和腸胃肝臟科專家緊密合作，追查糖尿病和脂肪肝疾病的常見誘發因素和持續風險，希望可以預防發病及進行介入治療。

最近尚至醫療集團進行了「一型糖尿病患者的脂肪肝發病率」的先導研究，結果顯示脂肪肝有潛在機會成為糖尿病患者的長期併發症。該研究使用了無創纖維掃描方法，分別為成人及18歲以下的兒童和青少年進行了脂肪肝掃描，結果發現成人的脂肪肝發病率和肝纖維化指數遠高於兒童和青少年。研究建議應考慮把脂肪肝評估納入糖尿病患者的併發症篩查計劃內。

Although the liver is not traditionally viewed as one of the target organs selectively damaged by long-term diabetes, there has been evidence to indicate that they are linked through shared perturbations of metabolism. This connection has led endocrinologists and gastroenterologists to work more closely together to delineate common predisposing and perpetuating risk factors of diabetes and fatty liver disease, with the goals of identifying modifiable factors to aid preventative and therapeutic interventions.

A recent pilot study, led by the Virtus Medical Group on the prevalence of fatty liver amongst people with Type 1 diabetes, marks the emergence of an additional long-term complication for people living with diabetes. Through the use of a noninvasive fibroscan methodology, it has been found that there is a much higher rate of fatty liver and liver fibrosis index in adults than in children and teenagers under the age of 18. This supports the importance of including such assessment in the diabetes care of someone living with Type 1 diabetes.



兒科專科醫生張壁濤醫生（左二）、兒科專科醫生周中武醫生（右二）、內分泌及糖尿病專科醫生陳諾醫生（右一）及兒童糖尿協會主席鄭馮亮琪女士（左三）在記者會上發佈調查結果。

Dr. Pik To Cheung, Specialist in Paediatrics, left 2, Dr. Chung Mo Chow, Specialist in Paediatrics, right 2, Dr. Norman Chan, Specialist in Endocrinology, Diabetes & Metabolism, right 1, and Ms. Fina Cheng, Chairperson of Youth Diabetes Action, left 3, shared the research results on the press conference.



兒童糖尿病紀錄冊暨兒童脂肪肝篩查結果發佈會於11月10日舉行，有多間媒體出席。

The Press Conference was held on 10 November, with many media in attendance.



YDA會員Summer Wong（左）向一眾媒體分享了她患病經驗。

Our member, Summer Wong, left, shared her own story with the media.

活動焦點 Activity Highlights

YDA 工作坊 YDA Workshops

為鼓勵YDA會員保持身心靈健康、發展多元興趣，YDA舉辦了一系列工作坊，如暑期欖球訓練班、自助畫室工作坊、親子流體畫掛鐘工作坊等。很多會員都是首次接觸這類活動，活動期間他們都非常投入參與。

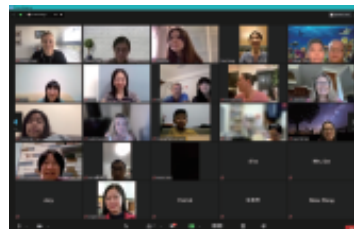
To encourage YDA members to maintain physical and mental health, and develop diverse interests, YDA organised a series of workshops, such as summer rugby course, art jam painting workshop, and family fluid painting clock workshop. It was the first time for many of the members to participant in these types of events, and they were very involved in their participation.



胰島素泵及連續血糖監測儀網上研討會 Webinar on Diabetes Technology: Insulin Pump and CGM

糖尿病科技日新月異，胰島素泵及連續血糖監測儀每年都有新發展，故YDA特別為會員及家長舉辦網上研討會，介紹最新的糖尿病科技資訊。研討會上邀得兒童內分泌科的童月玲醫生及資深護士潘綺雯姑娘講解相關資訊，更有多位一型糖尿病患者兼胰島素泵使用者和家長分享個人經驗。

Diabetes technology is constantly evolving, and insulin pumps and continuous blood glucose monitors have new developments every year. Therefore, YDA organised online seminars for members and parents to introduce the latest diabetes technology information. At the seminar, Dr Joanna Tung, a Specialist in Paediatric Endocrinology, and Ms Iris Poon, an advanced practice nurse, introduced the two different devices and how they work. YDA also invited experienced insulin pump users, and parents to share their own experiences on using diabetes technology to manage Type 1 diabetes.



水果贈送 Fruits Giveaway

踏進秋天，YDA為接受醫療用品資助計劃的會員準備了時令水果，讓會員與家人一起分享，特別鳴謝「韓印紅」贊助是次的水果。

Over the autumn period, YDA prepared fruits for Financial Assistance Programme recipients. With special thanks to Hanyinhong for sponsoring the fruits.



鳴謝 Acknowledgements

兒童糖尿協會衷心感謝下列機構、團體及人士於2021年7月至11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 2021 to November 2021, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, thank you!

贊助及捐款 Sponsors & Donors

公司或團體 Companies/ Organisations

A&A Happy Company Limited	Novo Nordisk Hong Kong Ltd.
Abbott Laboratories Limited	Shielder Hong Kong Limited
Acoustic Dynamics Limited	S.K. Yee Medical Foundation
Aq Bio Technology Group Ltd	Star Telecom Properties Limited
Ascensia Diabetes Care Hong Kong Limited	The Community Chest Hong Kong
Celki International Limited	The Shamdasani Foundation
Dragoncap Limited	南洋毛巾廠(1984)有限公司
Golden Resources Development Ltd	同發號建築材料有限公司
Kopen Electrical Co., Ltd	捷順電子塑膠有限公司
Lion Club Of Castle Peak HK	源正科技有限公司
Peace Union Limited	聯豐興業(集團)有限公司
Medtronic Hong Kong Medical Limited	艾橋生物科技集團有限公司

義工 Volunteers

Andre Ma
Annika Chu
Brian Zeng
Christy Ma
Dennis Zeng
Divija Virmani
Erin Chung
Kwan Tsz Ching
Lauren Lam
Pratyaksha Singh
Princeton Lam
Raymond Choi and cycling team
Shielder Hong Kong Limited
Vanessa Cheung
Wong Ka Yan
Wun Lai Ping
黃家榮

個人 Individuals

Agnes Wong	Hans Edlund	Lu Haitian	Viola Lee
Alex Lam	Horace L.D. Cheng	Ma Chi Hung	Wan Chi Hin Henry
Alfons Tjok	Huang Haifeng	Ma Hung Yan	Wan Chi Kwong
Annie Ma	Hui Pui Yiu Eleanor	Miu Cheung	Wan Tsz Chun
Boorzin Vankadia	Hung Siu Kwan Nicholas	Monique Ng	Wayne
Cady Chan	Irina Cheung	Mrs Nishi Doshi	Wong Suet Fung
Carol Shuyen Wu	Janana Suleymanli Pasha	Olivia Wai	Wong Yi Ki
Chan Sau Kuen Christine	Jessica Farthing	Poon Chye Hua Vincent	Yau Sandy Yuk Shan
Chan Siu Hin	Joe Wong	Professor Ma Ching Wan Ronald	施維展
Chan Wai Ling	Joyce Tsing Yee Tang	Ray Brewster	施維山
Chan Wing Chung	Judith Davison	Rio Wu	施鴻誌
Cheung Leung Sin Ha	Juliana Yu	Shirley Hiranand	灌志輝
Dennis Zeng & Brian Zeng	Kathleen S.Y. Poon	Sin Pui Ying	蔡其泰
Fe Valvekens	Ks Na	Susan Lowcock	蔡長樂
Fina Cheng	Lau Chi Tung	Timmie Jansson	蘇振華
Frederick Mocatta	Lee Chi Wai	Tsang Sau Man	黃興龍
Geraldine Henning	Lo Kai En	Tung Yuk Kwong	



兒童糖尿協會委員會及顧問 Youth Diabetes Action Council

榮譽主席 Chairperson Emeritus

何苗春暉女士 Ms Joanna Hotung

主席 Chairperson

鄭馮亮琪女士 Ms Fina Cheng

義務司庫 Hon Treasurer

李佩君女士 Ms Tina Lee

義務公司秘書 Hon Company Secretary

郭燕麗女士 Ms Queenie Kwok

義務核數師 Hon Auditor

天職香港會計師事務所有限公司
Baker Tilly Hong Kong Limited

法律顧問 Hon Legal Advisors

賴顯榮律師 Mr Henry Lai
楊明梯大律師 Ir Prof Ming-Tai Yeung

委員 Councillors

Ms Melissa Ann Brewster
周艷華女士 Ms Angela Chow
Mr Manoj Ram Dani
Ms Julie Farrell
何美雲女士 Ms Mara Hotung
林梅若梅女士 Ms Lavina Lim
Mr Andrew Maynard
Mr Haresh Wadhvani

榮譽醫療顧問 Hon Medical Advisors

郭克倫教授 Professor Clive Cockram
馬青雲教授 Professor Ronald Ma
張璧濤醫生 Dr Pik-To Cheung
關彥華醫生 Dr Elaine Kwan
陳廣達醫生 Dr. Patrick Chan
傅振祥醫生 Dr Antony Fu
潘穎瑤醫生 Dr Sarah Poon
董月玲醫生 Dr Joanna Tung
黃敏儀醫生 Dr Shirley Wong
黃偉進醫生 Dr Sammy Wong
黃慧如醫生 Dr Eunice Wong
游可聰醫生 Dr Ho-Chung Yau
林思為小姐 Ms Sylvia Lam
莫碧虹姑娘 Ms Maisy Mok
潘綺雯姑娘 Ms Iris Poon
楊海明姑娘 Ms Theresa Yeung

Dexcom G6®

連續葡萄糖監測

CONTINUOUS GLUCOSE MONITORING (CGM)



2歲以上適用

FDA APPROVED 2+ YEARS



無需手指採血、無需掃描
ZERO FINGERSTICKS, NO SCANNING

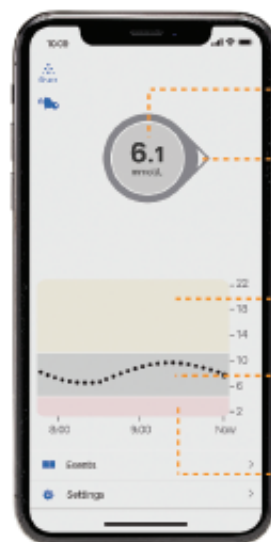
實時讀數
REAL-TIME READINGS

緊急低葡萄糖預警
URGENT LOW SOON ALERT

高、低警報
HIGH & LOW ALERTS

分享實時數據
SHARE REAL-TIME DATA

兒童糖尿協會 會員專享 Exclusively for YDA Members



葡萄糖讀數
Glucose reading

葡萄糖趨勢指示
Trend arrow

高葡萄糖警報水平範圍
High glucose alert level

趨勢圖和即時葡萄糖讀數
Trend graph and current glucose reading

低葡萄糖警報水平範圍
Low glucose alert level

20 天免費試用

Days FREE HK\$3600

• 名額只限20個(先到先得) Limited to 20 members (first come first served)

另有10天試用優惠，歡迎WhatsApp查詢詳情。
10-Day Trial is also available at special discount. WhatsApp for details.

登記試用 Enroll



<http://bit.ly/dexcom20day>

查詢 Inquiry

9818 2158

了解更多 More Info



<http://bit.ly/ydaG6>

關注我們 Follow Us



糖原共行
Live with Diabetes



Youth Diabetes
Action
兒童糖尿協會

20 years

請捐款支持我們！ Help us to support children with diabetes

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 authorise 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

姓名 Name: _____

地址 Address: _____

電郵 E-mail: _____ 聯絡電話 Contact No.: _____

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) _____



如欲捐款，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.