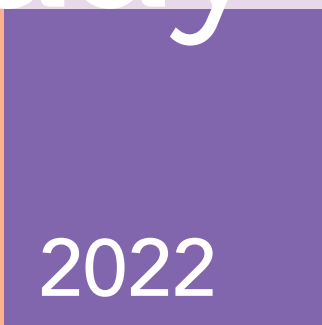
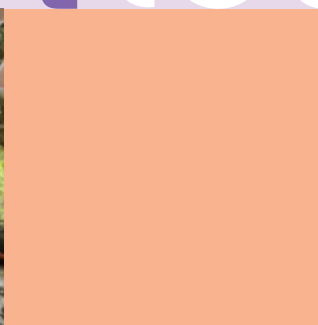




Youth Diabetes
Action
兒童糖尿協會

YDA today



2022



news
letter



issue
65

糖尿病與運動 Sports and Diabetes

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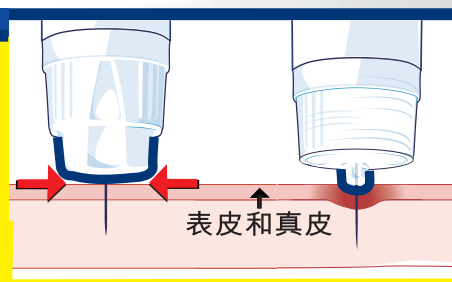
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References: 1. Somatosens Mot Res. 2006;23(1-2):37-43. 2. Birkebaek NH et al. A 4-mm needle reduces the risk of intramuscular injections without increasing backflow to skin surface in lean diabetic children and adults. Diabetes Care. 2008;31(9):e65. 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

隨著第五波疫情緩和，相信大家也想到戶外運動一下。運動既可以穩定血糖，又能舒展身心，可以說是好處多多。我們知道一型糖尿病人在運動前、中、後都要特別注意血糖，但只要仔細規劃及密切監測血糖，糖尿病患者都可以參與各項運動。今期，我們將提供一些運動小貼士，讓你循序漸進地開始運動，享受運動的樂趣。我們會介紹患有一型糖尿病的職業運動員故事，以及特別邀請YDA會員家榮為我們分享他的山地跑經驗，這或許可以鼓勵你或小朋友嘗試各種運動。正如患有一型糖尿病的美國國家女子籃球協會(WNBA)球員勞倫·考克斯說：「我希望患有一型糖尿病的小朋友知道，你可以成為運動中的頂尖高手。」請不要讓糖尿病成為你的阻礙。

疫情期間，生活習慣有所改變，血糖可能會不穩定或有大幅波動。為此，YDA主動為會員提供最新糖尿病科技資訊，日前更向合資格會員派發兩個月用量的連續血糖監測儀，讓會員及家長能更輕鬆地監測血糖。我們即將推出CGM小彩虹計劃及胰島素泵計劃，以及舉辦更多活動，讓大家一起邁步向前。

As the Covid-19 fifth wave ceases, many of you may want to enjoy the outdoors and do some exercise. Exercise helps to stabilise blood glucose, and improve our mental health and mood. As we know, people with Type 1 diabetes (T1D) need to pay special attention to blood glucose before, during, and after exercise. But as long as you plan carefully and closely monitor blood glucose levels, people with T1D can participate in a whole range of sports, and in this issue we provide tips for exercising to kick start your sporting habits. We also feature some professional athletes with T1D, and have also invited YDA member Henry to share his mountain running experience. Perhaps it might inspire you or your child to try new sports! As Lauren Cox, a WNBA player with T1D said, "I want kids with Type 1 to know that you can reach the highest level of what you're doing." Don't let diabetes hold you back.

During the challenges of Covid-19, blood glucose levels might have been particularly unstable and fluctuating wildly due to stress and ongoing challenges. Therefore, YDA is actively striving to connect YDA members with the newest diabetes technology. YDA recently issued CGMs to members to help aid the monitoring of glucose levels more closely. We will shortly be launching the CGM Little Rainbow scheme and Insulin Pump programme. We plan to organise more activities to build a strong diabetes community, so that everyone can get moving together.

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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

糖友跑山，可能不可能？

資深YDA會員黃家榮於今年1月參加了「香港100」馬拉松賽事，並藉此為兒童糖尿協會籌款。以下是家榮的投稿，分享了他的馬拉松心路歷程。



精彩全文未能盡錄

請見：www.yda.org.hk/zh-hant/henryhk100chi



黃家榮，現年29歲，10歲確診。
喜愛的運動：爬山，越野跑，長跑。



“我這個20年一型糖尿「老鬼」
初次挑戰「香港100」超級馬拉松比賽卻
跑出了19小時半的銀牌佳績，靠的是
日常「練功」加上針對性「招數」。”



「練功篇」

除了練跑外，要認識自己血糖不尋常時的身體狀態，例如血糖驟降那種虛、無力的感覺。跑山時要擠出時間篤手指是相當奢侈的，這次因贊助還多了一件法寶——連續血糖監測儀（CGM），血糖數值可以在手機上看到，還有血糖高/低警報，方便即時處理。



「迎戰篇」

第一招：有計劃地補給食物

比賽後段食物瞬間消耗，每30分鐘便要進食以補充體力。如果只吃能量啫喱，容易引起胃酸反應，若再加上低血糖，便像地獄一樣痛苦。所以，要進食麵包等食物讓血糖值緩升，再配合啫喱，血糖水平會維持得更好。



第二招：注意保暖

入夜或下雨天氣變冷，血糖下降速度可以像過山車一樣快。外套、熱食、暖飲不能少。賽前及比賽時亦要留意天氣的變化。比賽其間試過上山後體溫驟降，幸好媽媽帶了熱薑蜜，我大口大口地喝下去，身體漸漸暖和，血糖值回升，精神力氣亦回來了，簡直救了我一命！



第三招：針藥常備

除了出發前吃早餐打了一針之外，比賽期間基本上不需要打胰島素針，血糖值維持在10以下的水平。但針藥還是要帶備，以應付高血糖情況出現。

最強後盾：好的隊友

媽媽和傑佬兩位都跟我跑過無數的山，亦對糖尿病有一定的了解。賽前計劃好補給時間、地點、如何支援緊急情況、在晚間陪行等，一路為我給予激勵。

糖尿的生活原本已經難，一日三餐篤手指、食飯打針要計數、要做運動穩定血糖.....難道艱難就要放棄？我深深記得一位捐款者說過：「不是有希望才堅持，而是堅持才有希望。」

“ 跑步如人生，糖尿病是你的障礙的話，帶着堅持，
勇敢跨過就可以，美好的事物在前面等着你！ ”

特別鳴謝尚健維佳贊助家榮試用Dexcom G6連續葡萄糖監測儀一個月。

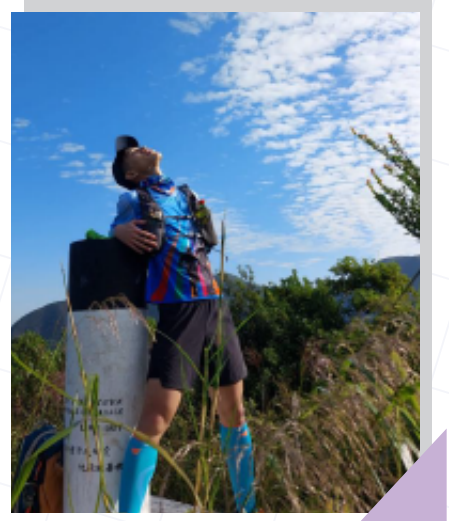
Feature

Conquering mountains with diabetes

Our experienced YDA member Henry Wong took part in the Hong Kong 100 Ultra Marathon in January while fundraising for YDA. Below is his contribution about this event.



Full article here:
www.yda.org.hk/henryHK100



Henry Wong Ka Wing, 29. Diagnosed age 10.
Favourite sports: Mountaineering, trail running, long-distance running.

“ I am a 20-year-old Type 1 diabetic, who came home with a silver medal after running for 19.5 hours in the “Hong Kong 100” Ultra Trail Race on my first attempt. It all came down to practice and a few special “tricks”. ”



Practice, practice, practice



In addition to running practice, you must know your physical state when your blood sugar is unstable, such as the feeling of weakness and powerlessness as your blood sugar plummets. In a race, it is quite a luxury to squeeze in time to prick your fingers. This time, due to sponsorship, I was given a “magic weapon” – a continuous blood glucose monitor (CGM). With it, the blood glucose value could be seen at a glance on my mobile phone and there was an alarm alerting me of high/low blood glucose, so I could treat it immediately.

My handy “tricks”

#1: Plan your food supply

In the midst of the race, any food will be consumed by your body instantly, and you have to replenish yourself every 30 minutes. Remember, taking only energy gels and energy drinks can cause a strong stomach acid reaction. If hypoglycaemia strikes, it is simply hell. Include some bread or other foods so the blood sugar level rises slowly. This will help to better maintain your glucose levels.



#2: Pay attention to the temperature and keep warm

It gets colder during the night and when it rains; your blood sugar can drop as fast as a rollercoaster. Bring a coat, warm food, and drinks. Before the game and during the run, you should also pay attention to changes in temperature. The cup of hot ginger honey from Mum saved my life! Gulping it down gradually warmed me up, raising my blood sugar level, and my mental strength returned.



#3: Have your insulin handy

Apart from having an injection at breakfast before departure, I basically did not need any more insulin injections during the competition. However, I still needed to bring my insulin kit to deal with high blood sugar.



Finally... Bring good teammates

My mother and Kit Ma have run through countless mountains with me, and have a certain understanding of diabetes. Before the race, we planned when and where the food supplies would be given to me. They were there to support me in case of an emergency, and accompany me at night to keep me motivated.

Life with diabetes is already difficult, never mind running alone with diabetes. Finger pricking for three meals a day, calculating food consumption and injections, and taking time to exercise to stabilise blood sugar... Is it easier to give up because it is too difficult? I remember one donor who donated to this challenge saying, “It is not that we persist because there's possibility, but that there's possibility because we persisted.”

“ Running is like life. If diabetes is an obstacle for you, you can overcome it with persistence and courage, and beautiful things are waiting for you! ”

Special thanks to Celki Medical Company for providing a one-month free trial to Henry of the Dexcom G6 CGM.



作為兒童糖尿協會會員，我希望透過自身的故事鼓勵大家，即使患有一型糖尿病這個終身疾病，我也可以突破自己。



謝謝家榮的身體力行努力為YDA籌款，亦感謝各位善長人翁的捐款和留言鼓勵。家榮的大滿貫挑戰為兒童糖尿協會籌得逾港幣三萬元。

一型糖尿病是一個終生疾病。患上一型糖尿病的病人每天都需要進行多次血液測試並注射胰島素，以穩定血糖。各種醫療用品，例如針頭、試紙、酒精紙等等都無可避免地大量消耗，為某些家庭造成龐大的經濟壓力。

疫情令我們的生活環境及習慣改變，糖尿病童的運動機會減少，面對生活方式轉變帶來的壓力，血糖容易波動，我們更需要確保他們能夠獲得足夠醫療用品以密切監察血糖水平。請捐款支持我們，讓我們可以幫助更多糖尿病童獲得適切的治療及情緒支援！



Being a YDA member, I want to show that having Type 1 doesn't stop you from challenging yourself.



YDA is very grateful to Henry for his tremendous effort, and for all the donors who offered their support and words of encouragement. Henry's Grand Slam challenge raised over \$30,000 for Youth Diabetes Action.

Type 1 diabetes is a life-long condition. In order to stay alive, people with T1D need to perform numerous blood tests and inject insulin every day to maintain their blood glucose level. This results in a large number of medical consumables such as pen needles, test strips, and alcohol wipes being used, creating a huge financial burden to many families.

COVID-19 restrictions have changed our lifestyle and habits. With fewer chances to exercise, and the pressure that comes along with changes in lifestyle, children with diabetes are experiencing instability in blood glucose levels. It is even more important to ensure that children with diabetes are able to access the supplies they need, so that their glucose levels can be monitored more closely. Please help and support children with diabetes so they can receive the necessary medical equipment and emotional support to manage their diabetes and live a healthy life.



助養兒童計劃 Sponsor a Child

只需每天28元，便可以為一位孩子提供必要的醫療用品及情緒支援，改善其生活。

For only \$28 a day, you can provide necessary medical equipment and emotional support for a child with diabetes.



您的捐助可以讓糖尿病童獲得更精彩人生。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

運動與糖尿病

運動好處很多，尤其是對糖尿病患者而言，不但可以幫助控制及穩定血糖，增加身體細胞對胰島素的敏感度，更可鬆弛緊張的情緒，令人精神振奮、更有自信。

哪類運動才算合適呢？

對於一些從來沒有運動習慣的兒童及青少年，開始時目標可以定得低一些，慢慢起步，先進行短時間及中等劇烈程度的帶氧運動，循序漸進。令人流汗、呼吸加重及心跳稍為加速的運動，都可視作中等劇烈程度或適量的帶氧運動。盡量選擇一些自己喜愛的運動，這樣才能持之以恆，增加樂趣。

運動的強度及時間應該量力而為，無須太過劇烈。



15分鐘

緩步跑



20分鐘

游泳



15-20分鐘

打籃球



15分鐘

跳繩



30分鐘

踏單車



30分鐘

跳健康舞

如糖尿病童患有心臟病或其他慢性疾病例如哮喘，在計劃運動前應先請教醫護人員。

運動小貼士

- 💡 運動時必須帶備容易吸收的含糖飲料或食物，例如糖果、果汁，以作迅速提升血糖之用。
- 💡 在運動期間，應盡可能有懂得處理低血糖的成人或朋友陪伴。
- 💡 避免空腹運動，減低低血糖的風險。
- 💡 **在運動前**必須進行血糖測試，以確定沒有出現低血糖（少於4mmol/L）或極高血糖（高於14mmol/L）的情況。
- 💡 運動期間，**應每30分鐘測試血糖一次**。
- 💡 **在運動後**亦應該再次測試血糖，監察血糖的趨勢。
- 💡 根據醫生的建議，以及運動量、運動時間的長短，調節胰島素的劑量。
- 💡 運動時應該注意足部的護理，穿着適當的襪子及保護性佳的運動鞋。每次運動後都應檢查足部有否損傷。
- 💡 記錄運動詳情，包括運動前後的血糖趨勢及身體狀況，並在下次運動時作出適當的調節。
- 💡 當開始進行一些新類型的運動時，亦應增加測試血糖的次數，以便更加瞭解該類運動對血糖的影響。

資料來源：兒童糖尿協會《兒童糖尿手冊》

Professional View

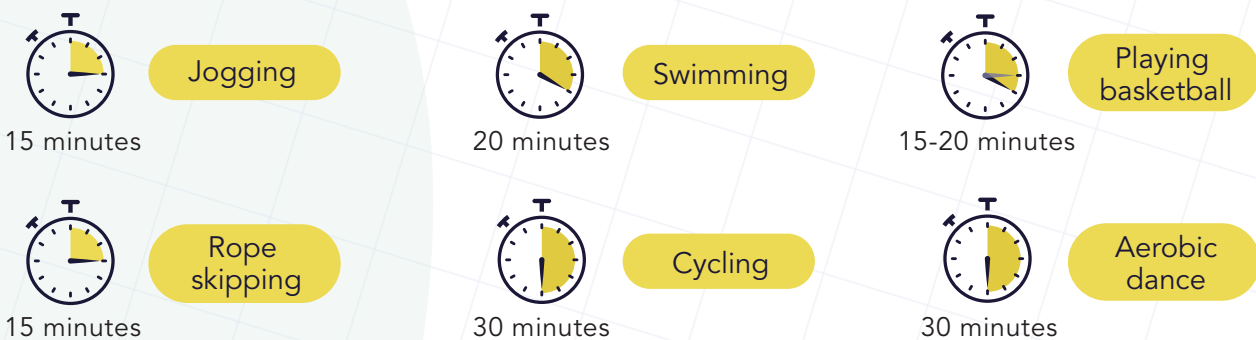
Sports and Diabetes

There are a lot of benefits to doing exercise, especially for people living with diabetes. Exercise can consume glucose to help control and stabilise blood glucose, and increase the sensitivity to insulin in the body's cells. Moreover, exercise can relax tension, and help you feel refreshed and confident.

What kinds of exercises are appropriate?

For some children and adolescents who do not exercise regularly, begin slowly, and avoid strenuous exercise. Start with a short-term and moderately strenuous aerobic exercise, and gradually pick up the pace. Activities that can enhance sweating, rapid breathing, and slightly accelerate heartbeat, can be regarded as moderate-intensity or moderate aerobic exercise. Try to choose some of your favourite exercises to help you persevere and increase the fun.

You should adjust the intensity and duration of exercise according to your ability.
The exercise should not be too strenuous.



If a child with diabetes has a heart condition or other chronic condition such as asthma, consult a medical team before doing exercise.

Smart tips for exercising

- Bring along a sugary drink or food that is easy to absorb when you exercise, such as candies or fruit juice for the rapid rise of blood glucose
- During exercise, ask an adult or a friend who knows how to deal with hypoglycaemia to accompany you
- Avoid exercise on an empty stomach to reduce the risk of hypoglycaemia
- Perform a blood glucose test before exercise to ensure you are not experiencing hypoglycaemia (less than 4mmol/L) or hyperglycaemia (above 14mmol/L)
- Perform a blood glucose test every 30 minutes during exercise
- Perform a blood glucose test again after exercise to monitor the blood glucose trends
- Adjust insulin dose according to your diabetes medical team's advice, exercise intensity, and duration
- When doing exercise you should pay attention to foot care – wear appropriate socks, and good protective sports shoes. After exercise, you should check your feet to see whether there are any injuries
- Record the details of the exercise, including the blood glucose trends and physical conditions before and after exercise, and make appropriate adjustments for the next time
- When starting a new exercise, you should also increase the number of tests to better understand the effects of the new exercise on your blood glucose

Source: *Childhood Diabetes Handbook (Chinese version)* by Youth Diabetes Action

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1. Klaff L et al. Accuracy and User Performance of a New Blood Glucose Monitoring System [published online ahead of print, 2020 Nov 26]. J Diabetes Sci Technol. 2020; <https://doi.org/10.1177/1932296820974348>. 2. CONTOUR®PLUS ELITE User Guide, November 2019, Revision 11.19. 3. Richardson JM et al. Clinical Relevance of Reapplication of Blood Samples During Blood Glucose Testing. Poster presented at the 20th Annual Diabetes Technology Meeting (DTM); November 12-14, 2020.

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糖尿病知多啲 More about Diabetes

著名的一型糖尿運動員 Famous athletes with Type 1

一型糖尿病患者也可以當上奧運選手及職業運動員，一起來看看他們勵志的故事。

People with Type 1 diabetes can become Olympians and professional athletes. Below are some inspiring stories of famous athletes with T1D.



圖片來源 Photo courtesy of International Olympic Committee

小加里·韋恩·霍爾，現年47歲，24歲確診。
Gary Wayne Hall Jr, 47. Diagnosed aged 24.

加里是第一個患有一型糖尿病的奧運金牌得主。他確診時幸好遇上Anne Peter醫生，並鼓勵他繼續游泳競賽。她說：「雖然沒人試過，但我們試試吧。」一年後，加里在4x100米自由泳接力賽中奪得一面奧運金牌。他在2008年退役並投身糖尿病的倡導工作。

Gary Hall Jr is the first Olympic gold medallist with T1D. He luckily met Dr Anne Peter after his diagnosis, who empowered him to continue with competitive swimming saying, "It hasn't been done before. But let's give it a try." A year later, he won Olympic gold in the 4 x 100m freestyle relay. He retired from competitive swimming in 2008, and has become an advocate for diabetes.



圖片來源 Photo courtesy of T1 Everyday Magic

克里斯·弗里曼，現年41歲，19歲確診。
Kris Freeman, 41. Diagnosed aged 19.



糖尿病只會在你放任它時阻礙你。
Diabetes only gets in the way when you let it.



克里斯·弗里曼是一個越野滑雪選手。作為一個參加奧運耐力賽的一型糖尿病患者，他需要精確控制血糖並仔細計劃飲食。他在溫哥華奧運會上因為低估了壓力對血糖的影響而暈倒。這一寶貴的課程啟發他通過冥想來對抗壓力，讓他能夠參加未來的奧運會。他並積極探訪糖尿病夏令營的孩子，鼓勵他們追求夢想。

Kris Freeman is a cross-country skier. To compete in an endurance Olympic event with Type 1, Kris needs precise control of his blood glucose and to carefully plan his diet. He collapsed at the Vancouver Olympics as he underestimated how stress affected his blood glucose. This valuable lesson led him to combat stress with meditation, allowing him to compete in future Olympics. He actively visits kids in Diabetes Camp to encourage them to pursue their dreams.



圖片來源 Photo courtesy of Just Women's Sports

勞倫·考克斯，現年24歲，7歲確診。
Lauren Cox, 24. Diagnosed aged 7.

“ 有了適當的管理、決心和強大的支持系統，你就可以克服障礙，做任何你決定要做的事情。 ”

With proper management, determination, and a strong support system, you can push through the hurdles and do whatever you decide to do.

勞倫·考克斯是第一位患有一型糖尿病的女性職業籃球運動員。她曾經很抗拒在公眾場合處理她的糖尿病。貝勒大學的主教練金·馬爾基主動花時間去了解一型糖尿病，成為了她不可或缺的精神支柱。貝勒大學在2017年第一次舉辦了一型糖尿友誼賽，讓患有糖尿病的籃球迷們加入比賽並與考克斯互動。那讓考克斯因此意識到她應該激勵人們，主動談論糖尿病。她目前是洛杉磯火花隊的WNBA (國家女子籃球協會) 球員。

Lauren Cox is the first female professional basketball player with T1D. She struggled when dealing with her condition in public. However, her Head Coach Kim Mulkey at Baylor University became an integral support figure who took the time to learn about T1D. Baylor University even held its first Type 1 Awareness Games in 2017, allowing fans with diabetes to join and interact with Cox. It was then that Cox realised that she could inspire people, and talk about diabetes. She is currently an WNBA player for the Los Angeles Sparks.



圖片來源 Photo courtesy of fionawylde.com

菲奧娜·懷爾德，現年25歲，18歲確診。
Fiona Wylde, 25. Diagnosed aged 18.

菲奧娜·懷爾德是一位患有一型糖尿病的世界級立划板運動員。她經常前往不同的國家參加立划板世界錦標賽以及其他水上運動項目，如滑浪風帆和風翼衝浪。她11歲開始參與滑浪風帆比賽，14歲時第一次接觸立划板比賽。菲奧娜拒絕讓一型糖尿阻礙她追尋夢想，確診後僅四天，她就與父親一起前往歐洲參加比賽並獲勝。一年後，她被診斷出患有乳糜瀉。2016年，菲奧娜贏得了她的第一個世界冠軍。她總是保持樂觀和積極，更創建了#DiabetesDoesntLimitYou (意譯：糖尿病不會限制你) 的主題標籤，讓任何人分享他們在一型糖尿病方面的經驗。

Fiona Wylde is a world-class standup paddle (SUP) athlete with T1D. She often travels to different countries to compete in SUP world championships and other water sports events such as windsurfing and wind foiling. She started windsurf racing aged 11 and SUP racing when she was 14. Fiona refuses to let Type 1 interfere with her dreams. Merely four days after her diagnosis, she travelled to Europe with her dad to race and won. A year later, she was also diagnosed with Coeliac disease. In 2016 Fiona won her first world title. She always aims to be upbeat and positive. She created a hashtag #DiabetesDoesntLimitYou for anyone to share their experience with diabetes.



更多有關 #DiabetesDoesntLimitYou 的資訊
More information on #DiabetesDoesntLimitYou

健康食譜 Food Corner



4人份量
Serves 4

果皮鱈魚節瓜湯 Dried Tangerine Peel, Dried Octopus and Hairy Gourd Soup

一起做這個消暑湯水，在炎炎夏日補充水分！

Let's make this soup together to stay hydrated for the upcoming summer!

營養分析 Nutrition facts

(1碗湯連湯渣)
(per 1 bowl of soup with solid ingredients)

熱量 Energy	33.1卡路里 (Kcal)
碳水化合物 Carbohydrates	4.4克 (g)
蛋白質 Protein	2.4克 (g)
膽固醇 Cholesterol	33.9毫克 (mg)
脂肪 Fat	0.6克 (g)
纖維素 Dietary Fibre	1.1克 (g)



材料 Ingredients

節瓜 Hairy gourds	2個 2
鱈魚乾 Dried squid	2-3隻 (約60克) 2-3 (60g)
瘦肉 Lean pork	240克 240g
果皮 Dried tangerine peel	1小片 1 piece
水 Water	10杯 (約2.5公升) 10 cups (2.5L)



調味料 Seasoning

鹽 Salt	1/2 茶匙 1/2 tsp
-----------	-------------------



做法 Steps

- 1 鱈魚及果皮用水浸軟，撕去鱈魚薄膜，備用。
Soak dried squid and tangerine peel in water until tender. Remove the membrane of squid and set aside.
- 2 節瓜去皮，洗淨，切細，備用。
Peel hairy gourds. Wash and cut into small pieces. Set aside.
- 3 煲滾水，將所有材料放入煲內，以大火煲滾，轉慢火再煲2小時，下鹽調味，即成。
Bring water to the boil. Add all ingredients and bring to boil over high heat. Reduce to low heat and simmer for 2 hours. Season with salt.



營養師提醒你 Tips from dietitian

果皮和鱈魚能帶出湯水的鮮味，來代替蜜棗或無花果煲湯，減少糖分。鱈魚本身雖含較高膽固醇，只用來調味，不吃鱈魚肉便不成問題。

Dried tangerine peel and dried squid give a full-bodied flavour and aroma to the soup. Avoid using sweetened dried dates in long-boiling soup to reduce sugar. We do not recommend eating the octopus as it is high in cholesterol.



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)

活動焦點 Activity Highlights



聖誕派對 Christmas party

YDA聖誕派對一向都是會員最期待最喜歡的活動，雖然受疫情影響，但2021年的派對仍於一片歡笑聲中順利舉行。當天我們邀請了兒童醫院的Iris姑娘和會員蕭雯恩表演跳舞，還有會員薛曦妍表演扯鈴。聖誕老人為大家帶來連場精彩魔術表演，更邀請小朋友上台擔任小助手，玩得很開心啊！最後由小朋友為醫護人員送上親手製作的植物盆栽造型肥皂，醫生護士都表示感到十分窩心。



特別鳴謝Stacy Chan家庭的贊助和支持。

The Christmas party has always been the most anticipated and favourite event for YDA members. In spite of the pandemic, the Christmas Party 2021 was successfully held with laughter and joy. At the party, we invited Nurse Iris from the Children's Hospital and YDA member Cindy Siu to create a wonderful dance performance. We also invited YDA member Sit Hei Yin to perform the diabolo. Santa Claus presented a fun magic show with little guests as assistants. Children gave DIY succulent potted soap to the medical staff as a special Christmas gift.

Special thanks to Stacy Chan and family for their sponsorship and support.



網上活動 Webinars



立即重溫疫苗分享會
Vaccination webinar
available here

由於疫情關係未能與會員見面，YDA舉辦了「糖尿病兒童疫苗注射」分享會、「鬆一鬆工作坊」及「糖尿病科技：胰島素泵、連續監測儀及智能注射筆」網上講座，照顧大家身心健康，也分享了最新糖尿病科技。

Although we couldn't meet due to COVID restrictions, YDA held a series of online events, including two webinars entitled "Vaccination for Children with Diabetes – Covid-19 sharing session" and "Diabetes Technology: Insulin Pump, CGM and Smart Pen", and a distress workshop. The events cared for members' physical and mental wellbeing, and also shared the newest diabetes technology.

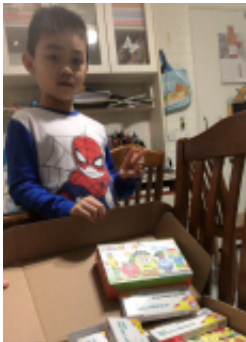


抗疫關愛包 Care pack

五波疫情來勢洶洶，快速抗原測試套裝在市面一度短缺。感謝離島扶輪社的資助，兒童糖尿協會在三月底派發了120個抗疫關愛包，內含新冠病毒快速抗原測試套裝、維他命C補充劑、成人及中童口罩以及酒精消毒棉片，讓會員能安心地居家抗疫。會員收到抗疫關愛包都感到很高興。



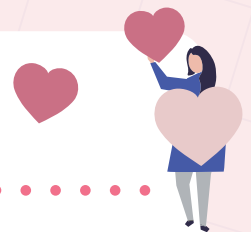
The current outbreak of COVID-19 has led to a shortage in affordable rapid testing kits. YDA was pleased to have received a generous donation from the Rotary Club of Channel Islands to support the distribution of 120 care packs to YDA members in late March. Each care pack included Covid-19 rapid antigen test kits, vitamin C effervescent tablets, masks, and alcohol swabs. Members were happy to receive the care pack.



連續血糖監測支援計劃 CGM support

疫情令我們的生活習慣改變，因此糖尿病兒童的血糖更容易波動，若不幸確診新冠肺炎，更需時刻留意血糖變化。YDA購買了1000個雅培FreeStyle Libre傳感器，為250位會員提供兩個月的連續血糖監測支援，方便全天候監察其血糖水平。

COVID-19 restrictions have changed our lifestyle and habits. As a result, children with diabetes are experiencing instability in blood glucose levels. They need to do more finger pricks to closely monitor their glucose levels, especially for those who have also been diagnosed with COVID-19. YDA purchased 1,000 Abbott Freestyle Libre CGM sensors, which helped 250 members for two months.



Online關心你 Social media highlights

疫情肆虐，Omicron確診數字節節上升，YDA特別設計「一型糖尿病童生病時的管理」和「糖尿隔離營走佬袋清單」兩個懶人包，以備你不時之需。

With the increase in the number of Omicron cases, YDA has created "Managing sick days for your child with Type 1 diabetes" and "Diabetes Quarantine Bag Checklist", for your information and future reference.

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Youth Diabetes Action
兒童糖尿病協會
20 years

一型糖尿病童生病時的管理
Managing sick days for your child with Type 1 diabetes

一型糖尿病童生病時，受胰島素的劑量、食欲及壓力荷爾蒙影響，血糖可高可低
When a child with Type 1 diabetes is sick, their blood glucose level can fluctuate widely depending on the dosage of insulin, appetite and stress hormones.

生病時正確的處理是預防酮酸中毒症的重要關鍵！
Correct sick day management is the key to prevent diabetic ketoacidosis!

- 切記不要停止胰島素注射
Do not stop insulin injections
- 小童可先行進食，視乎食量才決定快性胰島素的注射劑量
Allow the child to eat first, then determine the dosage of rapid-acting insulin based on the amount of food eaten.
- 增加檢查血糖及血/尿酮頻率
Increase the frequencies of blood glucose and blood/urine ketone checking
- 多喝開水，保持充足水分
Drink more water to stay hydrated
- 吃一些容易消化/流質的食物
Eat food that are easy to digest or are soft
- 當小童嘔吐時，需要考慮是否有酮酸中毒的情況
When the child vomits, consider the possibility of diabetic ketoacidosis

資料來源：兒童糖尿病協會《兒童糖尿病手冊》
Source: "Diabetes Handbook (Chinese Version)" by Youth Diabetes Action

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Youth Diabetes Action
兒童糖尿病協會
20 years

一型糖尿病童生病時的管理
Managing sick days for your child with Type 1 diabetes

什麼時候需要送小童入院
When to send the child to hospital

- 持續嘔吐或劇烈腹痛
Continuous vomiting or severe stomach ache
- 昏昏欲睡、神志不清
Lethargy, unconsciousness
- 糖尿病酮酸中毒的跡象
Signs of diabetic ketoacidosis
- 呼吸急促
Shortness of breath
- 頑固性持續性低血糖
Intractable hypoglycaemia
- 用了額外胰島素仍不能控制的高血糖
Unable to control high blood glucose levels with extra insulin
- 高血糖和血/尿酮測試持續呈陽性
High blood glucose level along with prolonged blood/urine ketone positive results

資料來源：兒童糖尿病協會《兒童糖尿病手冊》
Source: "Diabetes Handbook (Chinese Version)" by Youth Diabetes Action

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Youth Diabetes Action
兒童糖尿病協會
20 years

Diabetes Quarantine Bag Checklist
糖尿隔離營走佬袋清單

- 4週胰島素和醫療消耗品
4 weeks worth of insulin and medical supplies
- 額外的CGM和葡萄糖試紙
Extra CGM sensors and glucose test strips
- 低血糖時食用的餅乾、糖果或含糖飲品
Sugary snacks or drinks for hypo use
- 手機充電器
Charger for cell phones
- 幾件舒適的T恤、褲和內衣
Few comfortable T-shirts, pants and underwear
- 註明他們患有糖尿病的醫生證明(如有)
A doctor's note stating your child has diabetes (if you already have one)
- 一張寫有他們正在使用的胰島素名稱/品牌的紙
A list with the names/brands of insulin your child uses

活動預告 Preview

CGM小彩虹 CGM Little Rainbow



由公益金醫療援助基金資助的CGM小彩虹計劃將為200名患有一型糖尿病的兒童和青少年提供全年用量的連續血糖監測儀(CGM)。CGM通過掃描傳感器查看血糖，減少篤手指測試，有助糖尿管理並降低併發症風險。

With funding from The Community Chest Medical Assistance Fund, YDA's CGM Little Rainbow project aims to provide continuous glucose monitors (CGMs) to 200 children and adolescents with T1D every year. A CGM provides glucose readings by measuring the interstitial glucose level through a tiny sensor inserted under the skin, and thus reduces the number of finger prick tests. This leads to better diabetes management and reduces the risk of future complications.



十六歲或以下的一型糖尿病人均有資格申請，請掃描二維碼了解更多詳情。
This programme is open to Type 1 diabetes patients aged 16 or below.
Please scan QR code for project details.

YDA胰島素泵計劃 YDA Insulin Pump campaign

最新型號的胰島素泵可模擬人體胰腺，透過插入皮下的管道供應胰島素，讓糖尿病患者免卻重複注射的麻煩，但費用相對較高。為推動更多人使用先進的糖尿病科技，YDA在美敦力香港醫療的贊助下，將推出胰島素泵計劃，讓未能負擔胰島素泵費用的會員亦可受惠於科技的進步。

計劃將為3名YDA會員提供免費的胰島素泵，會員需自行支付其他醫療消耗品的費用。報名詳情將於6月初公佈，有興趣的會員請留意YDA社交媒體的資訊發佈。

The latest model of insulin pumps can simulate the human pancreas by delivering insulin through a cannula inserted under the skin, reducing the need to do multiple daily insulin injections for people with diabetes. However, these products are expensive and therefore have not been popular amongst the Hong Kong diabetes community. In order to promote the usage of this innovative diabetes technology, and under the sponsorship of Medtronic Hong Kong Healthcare, YDA will run an Insulin pump campaign. This campaign will allow members who cannot afford the cost of an insulin pumps to benefit from this advancement in diabetes technology.

The campaign aims to provide insulin pumps for free to three YDA members. Members will need to pay for the additional medical consumables by themselves. Further details and registration will be announced in early June. Interested members should pay attention to the announcement on YDA's social media.



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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12月至2022年3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 from December 2021 to March 2022, 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

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Louie Man and family
Katrina Cai
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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

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.