



Youth Diabetes
Action
兒童糖尿協會

YDA today

2022



news
letter

issue
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探討「連續性血糖監測系統」 Exploring CGMs

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關注血糖

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方便注射²⁻⁵

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References:

1. DOI: 10.1089/dia.2011.0110. Epub 2011 Aug 24. 2. DOI: 10.1517/17425247.2011.615830. 3. DOI: 10.1185/03007995.2011.616190.
4. DOI: 10.1586/erd.12.13. 5. DOI: 10.1177/193229681100500525. 6. DOI: 10.2337/dc22-5009.

編輯的話 From the Editor

對患有糖尿病的兒童來說，有效的糖尿病管理需要依靠每天多次檢驗血糖。最常見的驗血糖方法是「篤手指」，但卻為孩子帶來痛楚及不便。連續性血糖監測系統（簡稱CGMS）可以更準確地檢測血糖數值，並且可以減少「篤手指」帶來的痛楚，然而價格卻相對昂貴。

香港兒科醫學雜誌一項2018年的研究分析了連續血糖監測器（簡稱CGM）在香港一型糖尿病童中的使用情況。在360名患者中，只有10.6%的患者長期使用CGM，比率較其他發達國家低得多。此外，YDA最近一項調查結果顯示，三成受訪者目前沒有使用CGM，主要是因為價格高昂。

然而使用CGM對血糖管理還是有正面的影響，香港兒科醫學雜誌的研究還指出長期使用CGM有助於控制血糖和降低HbA1c水平。家長更可以隨時隨地透過CGM的應用程式來檢查孩子的血糖水平。有見及此，我們相信CGM可以改善糖尿病童的生活。

For a child with diabetes, good diabetes management relies on multiple blood glucose tests every day. Finger prick glucose testing is the most commonly used but can be painful and inconvenient, whereas the Continuous Glucose Monitoring (CGM) system can be painless, but quite expensive.

A 2018 study in the Hong Kong Journal of Paediatrics analysed the usage of CGM in children with Type 1 diabetes in Hong Kong. Among the 360 patients, only 10.6% used CGM regularly, which is much lower when compared with other developed countries. Additionally, results from a recent YDA survey showed 30% of the respondents do not currently use CGM, and mostly because of the high price.

However, we found that CGM has a positive effect on glucose management. The study also indicated that regular use of CGM can help with long-term control of blood glucose and lower HbA1c levels. Furthermore, parents can connect to the CGM's app to check their child's blood glucose levels at any time. We believe that a CGM is life changing for children with diabetes!



在公益金的支持下，YDA推出了「CGM小彩虹計劃」，為患有糖尿病的兒童和青少年提供CGM。如果你對「CGM小彩虹計劃」有興趣而仍未申請，請瀏覽我們的網站詳情。

With support from the Community Chest, YDA recently launched the "CGM Little Rainbow" programme, which will provide a CGM to children and adolescents with diabetes. If you haven't signed up to the CGM Little Rainbow programme yet but would like to, please find more information on our website.

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專題 Feature

CGM 大挑戰 CGM Challenge

一班YDA支持者早前參加了CGM大挑戰，當中包括糖尿科醫生、患者，以及患者的家人。大家都佩戴了CGM 10-14天，並在社交媒體上記錄了他們的經歷。讓我們一起看看他們佩戴CGM後的感想。

We invited YDA supporters, with or without diabetes, to take on YDA's CGM Challenge – wearing a CGM for 10-14 days and to document their experiences on social media. Here is a brief round-up of what they said.



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CGM挑戰者Carmen分享
Sharing from CGM Challenger, Carmen

Although I don't have diabetes, I volunteered to use the Freestyle Libre. Moral of my story — to keep glucose stable and avoid spikes, make sure to eat regularly!

Exercise seemed to contribute to the steep drop. In one episode, I had only walked around Art Central for a couple of hours.

The Libre was easy and simple to use. I would definitely recommend it. It's good for training yourself to be more diligent, while learning about yourself!

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My name is Chris and I was diagnosed with T1D when I was 11 (now 41). My T1D has never stopped me living a full life.

Last summer our youngest daughter, Jessie, was diagnosed at 2 years old. Being so young brings a new set of challenges, but we are looking forward to our journey ahead.

The new technologies available give us huge amounts of hope.

We control T1D; it does not control us!



CGM挑戰者Chris分享
Sharing from CGM Challenger, Chris

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It was interesting to wear the Dexcom 6 for 10 days, and experience a little bit of what our children deal with all of the time. It is not an easy job to keep the blood glucose regulated, but with the help of CGMs, it is much easier. Thank you, YDA, for arranging this challenge, and 加油努力 Type 1 kids!

CGM挑戰者Shelagh分享
Sharing from CGM Challenger Shelagh

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這次我終於親身體驗到戴著CGM時那點點壓力（會擔心血糖「爆機」）和不便（洗澡時一不小心會抓鬆甚至抓掉那個CGM sensor），所以用了CGM超過5年的女兒難免或多或少有點怨言。不過CGM這工具又實在是控糖的好幫手，尤其對一型糖尿病的兒童，或血糖變化不穩定而變化波幅又很大的糖尿病患者都有很大的幫助。

CGM挑戰者Yvonne分享
Sharing from CGM Challenger, Yvonne



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很高興有機會參加兒童糖尿協會提供的這次特別體驗活動，CGM裝置讓我可以實時查看自己的血糖水平。我也深切體會到控制血糖平穩的確不容易，YDA的小朋友們，你們個個都是堅強的勇士，加油，大家一起努力。

CGM挑戰者紫璇媽媽分享
Sharing from CGM Challenger, Min

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CGM挑戰者心怡分享
Sharing from CGM Challenger, Sammi

我和媽媽一起參加今次的挑戰。以往係媽媽透過share data嘅功能來監察我嘅血糖，今次輪到我監察媽媽，一個沒有糖尿病嘅人的血糖水平。

而我覺得今次嘅活動可以比家長體會血糖唔穩定時嘅感覺。我媽媽見到食完飯之後血糖升得好高，但係自己乜都做唔到嘅時候會好緊張，又問我點解會咁。但係其實影響血糖嘅因素好多，所以好似我呢啲有糖尿病嘅人其實好難控制到有好「靚」嘅血糖，家長都可以放鬆少少唔使過度緊張小朋友嘅血糖。

It was always my mother who used to check on my blood glucose (bg). Now it's my turn to check on hers!

This event can help parents understand more about how their kids feel when they can't control their bg. My mother asked me why her bg was going up so high after a meal, but it couldn't be answered easily, as there are many elements that effect bg level. I hope the parents of diabetic kids now understand that it is hard to control and maintain a very stable and good bg level. They shouldn't push themselves or their kids too hard on it.

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「10天的血糖監測大挑戰，結果不似預期！吃糰子血糖升得高，低GI米和減糖飯煲煮的飯可以穩定血糖；運動可以有效降低血糖等等，這些我堅信了多年的道理，一下子被推翻了！自問沒有放縱地亂吃，看著血糖不由自主地升和降，沒有一刻是可以掌握的，實在無可奈何！所以，我奉勸各位一型糖尿病小朋友的家長，還是不要太緊張、太自責，也不要責怪小朋友到底吃了甚麼了！因為無論吃或不吃甚麼，血糖都是會升的！小朋友繼續做自己喜愛的活動，晚上要有足夠休息，定期覆診，糖化血紅素(HbA1c)合格便足夠了。」

CGM挑戰者Angela分享
Sharing from CGM Challenger, Angela

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幾年前都曾佩戴CGMS兩星期，那時覺得自己還年輕、身體好，空腹血糖又正常，沒有太為意血糖的波幅，常常都忘了去scan。只覺得真的很方便，又唔痛，大力推薦給病人。

今次再戴CGMS，卻見到自己餐後血糖的波幅頗大，令自己意識到雖然已「健康生活」，身體機能並非完全是人所能控制的。這兩星期的體驗，感受良多：

負面感受：分分秒秒清楚自己血糖的波幅其實也帶來不小的心理壓力。

正面感受：- CGMS能令自己知道甚麼因素（如哪種食物、哪些活動）會影響血糖，從而可以作出適當的調節。

- 即使自己還沒有糖尿病，CGMS能令自己更瞭解血糖狀況（比抽血得到的資料更豐富），從而嘗試作出適當的調節，令自己的身體更健康。

只要我們抱着積極正面的態度，更多的資訊（CGMS提供無間斷的資訊）定能帶來更平穩的血糖，無論你是否已有糖尿病！

CGM挑戰者關醫生分享
Sharing from CGM Challenger, Dr. Kwan



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剛剛完成咗兩星期嘅 #cgmchallenge

平時小朋友返嚟覆診，大部份都有一個記錄得好詳細嘅CGM報告，記低食咗啲乜、做咗啲乜、打咗幾多度胰島素等等。雖然科技令到呢啲監察血糖同記錄嘅工作比以前方便，但係要一年365日重複咁做，真係需要好多好多嘅耐性、努力同堅持㗎，你哋真係好叻呀！（我自問呢14日都唔可以完全做到）

小朋友同家長都要繼續努力加油！相信隨住糖尿科技越嚟越進步，糖尿患者嘅生活質素將會越來越好！

CGM挑戰者童醫生分享
Sharing from CGM Challenger, Dr. Tung

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關於今次的challenge，我覺得可以令我更容易控制自己的飲食，而且更方便知道自己的血糖，因為隨時隨地都可以check到血糖。

糖尿病其實也沒有我們想像中這麼嚴重，只要我們好好控制就可以。糖尿病是我們在生活中永遠陪伴的朋友，所以我們要學懂如何與它和諧相處。Fighting!

CGM挑戰者Katrina分享
Sharing from CGM Challenger, Katrina



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完成了10天的CGM大挑戰，多謝YDA比今次機會我感受及經歷高高低低血糖指數，令我更加明白糖尿病患者更加需要自我管理/檢視自己情況。

CGM挑戰者何媽分享
Sharing from CGM Challenger, Ho Ma

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在這10天裏，感受到科技電子產品不斷發展！尤其在醫療設備上，不斷地提升從而改善患病和照顧者，在生活上，得以大大改善！引用一席話：「好嘢不會平，平嘢冇咁好！」由於費用昂貴，令人止步！政府支援莫問！只能靠社福機構的幫助！再次感謝各位有心人！請大家繼續支持YDA。

CGM挑戰者Sammi分享
Sharing from CGM Challenger, Sammi

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呢10日CGM大挑戰，最大感想係時時刻刻都戰戰兢兢，每次望到血糖高高低低，都會思想下食過乜嘢，做過乜嘢，所以長期用CGM監察血糖嘅小朋友真係好叻，要俾個like佢地。

CGM挑戰者Susanna分享
Sharing from CGM Challenger Susanna

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YDA 小朋友們：

你們全部都是我最敬佩的勇敢小戰士。

佩戴CGM並不可怕，也不用怕尷尬及別人的眼光；你看我們各位大哥哥大姐姐全都戴上了CGM，真正體驗你哋的感受。

經過今次的體會，無論大人及細路；我們已經連成一體，不分你我，全部都係CGM小勇士。

CGM挑戰者Raymond分享
Sharing from CGM Challenger, Raymond

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感謝YDA籌辦這次「CGM連續血糖監測儀」體驗活動，讓我體驗到第一型糖尿病患者安裝監測儀時的過程，了解到相關監測儀如何幫助患者監測血糖。同時讓我更深刻體會到小朋友在控制血糖時可能產生的不適及壓力。因此，勇敢堅強的YDA小朋友實在值得欣賞，就讓我們齊為他們打氣加油吧！

CGM挑戰者Nicholas分享
Sharing from CGM Challenger, Nicholas

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手機用藍芽來檢測血糖，比較方便及準確，也易看到自己的記錄，方便易用。

CGM挑戰者David分享
Sharing from CGM Challenger David

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配戴連續性葡萄糖測試監測器(CGM)小貼士 Tips for wearing a Continuous Glucose Monitor

很多家長為小朋配戴CGM時都遇上不少問題，今期我們請來糖尿病顧問護師莫碧虹姑娘來解答大家的疑問。

Many parents have encountered problems after installing CGMs for their children. In this issue, we have invited Ms. Maisy Mok, an Nurse Consultant of Diabetes, to answer questions for us.

莫碧虹姑娘
Ms. Maisy Mok

顧問護師 (糖尿病)
醫院管理局九龍東聯網
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1

配戴了CGM還需要「篤手指」嗎？ Do I need to finger prick after wearing a CGM?

連續性葡萄糖測試 (CGM) 是用感應器量度皮下組織的葡萄糖值，而「篤手指」是量度微血管內的葡萄糖。微血管內的葡萄糖會由血管壁慢慢滲透出皮下組織，所需要的時間大約是10分鐘。所以在血糖穩定的時，感應器的葡萄糖讀數和血糖度數相差比較接近，但當血糖急速上升或下降時，兩者的葡萄糖讀數相距就會變大。

因此，在低血糖或血糖極高的時候必須「篤手指」驗血糖以確認血糖的實際情況。

另外，有些連續性血糖測試是需要「篤手指」驗血糖作校準，才能顯示連續性葡萄糖監察的數據。大部分CGM型號需在餐前「篤手指」驗血糖，以調節餐前胰島素劑量。

總括來說，CGM不能完全代替「篤手指」，但可以減少「篤手指」的次數，並且獲得更多血糖變化的數據，幫助控制血糖。

Continuous Glucose Monitor (CGM) uses a sensor to measure the glucose level of the subcutaneous tissue, while finger pricking measures the blood glucose levels of the capillary. Blood glucose in capillary will diffuse slowly into subcutaneous tissue, which takes about 10 minutes, so while the readings of CGM and finger pricking would be similar when the blood glucose level is stable, the readings will have a larger difference when the levels are rapidly rising or falling.

Therefore, one must prick their finger during low or very high blood glucose levels to confirm their actual blood glucose levels. Additionally, some CGM requires a finger prick test for calibration in order to show the CGM data, and most CGM models need a pre-meal blood glucose check to adjust insulin dosage.

All in all, CGM cannot completely replace finger prick testing, but it can help with better control of blood glucose levels. CGM can provide more data on fluctuating blood glucose, while reducing the number of finger prick tests.



2

醫生可以看到我的CGM數據嗎？
Can my doctor see my CGM data?

只要你願意與醫生分享CGM的數據，在供應商的手機應用程式進行確認，醫生便可以透過供應商的加密雲端系統，取得你CGM的數據，跟進你的血糖情況。

Once you confirm that you are willing to share your CGM data with your doctor on the supplier's app, your doctor will be able to obtain your CGM data and monitor your situation via the supplier's secure cloud system.

3

配戴CGM時的注意事項？
What are the things to keep in mind while wearing a CGM?

配戴CGM時不能作X光檢查、電腦掃描、磁力共振等檢查。另外，需要做手術的時候，要與醫生商量，因為有一些止血儀器不能使用。

另外，CGM會受到不同藥物的干擾，影響感應器葡萄糖讀數的準確性，必須要向醫護人員查詢。

在旅遊前亦要取得醫生信證明CGM不能透過X光檢查，需要人手進行出入境檢查。

X-ray, CT scan, MRI and other imaging examinations cannot be performed while wearing a CGM. If you have to undergo surgery, you need to tell your doctor you are using a CGM, as some haemostatic devices may not be used. Also, different drugs may interfere with CGMs, and affect the accuracy of glucose readings. Please check with medical professionals for details. If you plan to travel while wearing a CGM, remember to obtain a doctor's letter explaining that you cannot go through an X-ray security examination and will require manual examination instead when going through border control.

4

配戴CGM時可否游水？又會否容易脫落？
Can I swim while wearing a CGM? Will it fall off easily?

現時CGM的感應器及傳送器都是防水的，游水時都可以配戴。但每個型號的CGM都有些不同，可承受水深由1米至2.4米，連續浸水時間由30分鐘至24小時不等，所以落水前必須向醫護人員查詢清楚。

至於CGM鬆脫情況不算常見，當然在夏天大量出汗及油脂分泌較旺盛的時候，需要多加留意。市面上有些防水、透氣及防敏感的CGM專用膠布，可以加貼在感應器上作保護。

The answer is yes. However, there are slight differences among different CGM models, such as immersion depths vary from 1 to 2.4 metres, immersion time varies from 30 minutes to 24 hours, so you must first check with a medical professional before going into the water.

It is uncommon for a CGM to fall off on its own. Extra care is needed during summer, as you will be sweating a lot and there will be an increase in oil secretion. There are some waterproof, breathable and anti-sensitive tapes made for CGM, which can be attached to the sensor for protection.



5

CGM與手機斷線時該怎麼辦？需要找供應商處理嗎？
What should I do when my CGM is disconnected from my mobile phone? Do I seek help from the supplier?

在一般情況下，CGM與手機會在短時間內自動重新連線，再上傳斷線時段的數據。

如果真的未能連線，可以再嘗試重新再連線，一般都會成功。如果傳送器沒有電或損壞，就要聯絡供應商更換或購買新的傳送器。

Normally, CGM will reconnect with your phone shortly, and automatically reupload the data during the disconnection. If it cannot connect, you should try reconnecting yourself which works most of the time. But if the transmitter is out of battery or is faulty, please contact your supplier to replace or purchase a new transmitter.

6

有什麼位置可以配戴CGM？ Where can I wear my CGM?

所有型號的CGM都可以配戴在上臂後方，有些可以配戴在腹部及臀部都不會影響感應器葡萄糖的準確性。配戴CGM可以在同一位置相間3至4cm移位及左右兩邊交替，當然有其他部位轉換則更加理想。

All CGM models can be worn on the back of the upper arm; some can be worn on the abdomen or buttock without interfering with the sensor's accuracy.

You can alternate positions of the CGM with a 3-4 cm difference, or switch from one arm to another. It is more ideal if you can switch body parts from time to time as well.

7

配戴CGM後皮膚紅腫、痕癢應怎麼辦？ What should I do if my skin turns red or becomes itchy after wearing a CGM?

應該立即除下CGM以避免皮膚敏感加劇。可以嘗試更換配戴部位，配戴前購買防敏感藥棉抹拭，待藥水乾透後才安裝CGM，可以減少皮膚敏感的反應。

如果皮膚敏感持續，嘗試轉用另一供應商的CGM，如果你對所有CGM都有皮膚敏感的反應，就表示你不適合使用了。

You should immediately stop wearing a CGM to avoid worsening the skin allergy. You can try to wear the CGM on other parts of the body, or buy some anti-sensitive cotton wool to swab the affected area, and wait for the dressing to dry completely before wearing the CGM again to avoid further allergic reactions.

If skin allergy continues, try a CGM from another supplier. If all CGM evokes a skin allergy, you are not suitable for using a CGM.

8

拆除CGM時貼紙會拉扯孩子的皮膚，令孩子感到非常疼痛，應怎麼辦？ When removing the CGM, the sticker will pull my child's skin and make it very painful for them. What should I do?

可以在沐浴後，或讓貼紙濕透了水份才慢慢拆除；或將潤膚膏塗在貼紙周圍，等待一會，讓潤膚膏的弱酸性溶解貼紙才慢慢拆除，都可以減少疼痛。

You can slowly pull off the CGM after a shower or let the sticker be soaked in water first. Alternatively, you can apply lotion around the sticker and wait for a while before pulling it off; the mild acidity of the lotion will melt the sticker, which should help to reduce the pain.

9

那個CGM的型號適合我？ Which CGM model suits me?

不同CGM的型號各有特點，價格及功能都有分別。使用期限由7至14日不等，有些定時要進行掃描，有些需要「篤手指」驗血糖作校準，有些有高血糖及低血糖預警系統，有些在血糖急速下降時已作出提醒。醫護人員會因應你的身體狀況及經濟能力作出適當的建議。

Different CGM models have different characteristics and are different in terms of costs and functions. A CGM sensor requires changing every 7 to 14 days — some require scanning, and some require calibration with finger pricking. As for the alarm system, some CGMs offer an alarm for high and low blood glucose levels, while others only notify you when your blood glucose levels drop rapidly. Medical professionals will suggest which model to use based on your medical conditions and financial ability.



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健康食譜 Food Corner



百里香焗大蝦 Baked King Prawns with Thyme

4人份量 Serves 4

材料 Ingredients

大蝦 King prawns	4-6隻 (約240克) 4-6pcs (about 240g)
新鮮百里香 Fresh thyme	2-3棵 2-3 sprigs
或 or	
乾百里香 Dried thyme	1湯匙 1 tbsp
沙律雜菜 Mixed salad leaves	適量

醃料 For the marinade

橄欖油 Olive oil	1.5湯匙 1.5 tbsp
檸檬 Lemon (juiced)	1/2個 (榨汁) 1/2
蒜茸 Minced garlic	半湯匙 1/2 tbsp
鹽、黑胡椒粉 A pinch of salt and pepper	適量

沙律汁 For the salad dressing

特醇橄欖油 Extra virgin olive oil	1湯匙 1 tbsp
白酒醋 White wine vinegar	1/2湯匙 1/2 tbsp
鹽、胡椒粉 A pinch of salt and white pepper	適量

營養師提醒你 Tips from dietician

橄欖油越醇，單元不飽和脂肪的含量較高，有益心臟健康。但因特醇橄欖油的煙點 (smoking point) 較低，不適合猛火烹調，較適宜用作沙律油及調味。一般烹調時，使用普通橄欖油便可，而且價錢較平。

Extra virgin olive oil contains the most monounsaturated fats which is beneficial for heart health. However, as the smoking point of extra virgin olive oil is relatively low, it is best to use in salads and seasoning. Ordinary olive oil is good for general cooking and cheaper.

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

熱量 Energy	142.3卡路里 (Kcal)
碳水化合物 Carbohydrates	0.6克 (g)
蛋白質 Protein	12.2克 (g)
膽固醇 Cholesterol	91.3毫克 (mg)
脂肪 Fat	10.1克 (g)
纖維素 Dietary Fibre	0克 (g)

做法 Steps

- 1 混合醃料後，加入百里香。
Mix together the marinade ingredients. Add dried thyme or fresh thyme.
- 2 大蝦洗淨抹乾後，放入混合醃料內拌勻，醃1小時。
Wash and pat dry king prawns. In a bowl add the prawns and marinade mixture. Marinate for 1 hour.
- 3 以攝氏210度預熱焗爐，放入醃好鮮蝦，焗15-20分鐘至熟。
Preheat the oven at 210°C. Bake the marinated prawns for 15-20 minutes until cooked.
- 4 混合沙律汁。雜菜墊底，放上焗香大蝦，灑上沙律汁即可。
Mix together the salad dressing ingredients. Lay salad leaves on a dish. Top the salad with baked prawns. Pour the salad dressing over. Serve.



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》！

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糖路有您 新聞發佈會暨填色比賽頒獎禮

"Colouring Diabetics Life" Awards Ceremony and Press Conference

由兒童糖尿協會 (YDA) 及香港糖尿聯會 (DHK) 合辦、諾和諾德全力支持的「糖路有您2021」已於2022年7月17日圓滿結束。活動由去年的「糖路有您填色比賽」展開，邀請中、小學生參加，透過活動喚起大眾對糖尿病患者的關注。今年6月，大會亦進行有關糖尿病患者身心發展及治療情況的網上調查，以了解患者的治療盲點及心路歷程。



大會於7月17日舉辦了研究調查新聞發佈會暨填色比賽頒獎禮，邀得「神奇小子」蘇樺偉及多位YDA及DHK的會員作分享，倡導創建友善共融的社會。

「糖路有您」網上問卷調查共訪問了674位糖尿病患者，其中有九成受訪者認為糖尿病被社會誤解，患者在日常生活中會，人們會「把我當作病人」、「認為我不健康」。調查反映出患者最大的心結是被視為病人，期望被當作普通人對待，望社會能摘除「病者等於弱者」的有色眼光。

公眾對糖尿病的誤解亦會影響患者的日常糖尿病管理及治療。很多糖尿病患者會避免在人前服藥或注射胰島素，因而延誤了治療時間。故此，我們期望透過「糖路有您」來消除大眾對糖尿病的誤解。



有「神奇小子」之稱的蘇樺偉是多面殘奧獎牌得主，他借兒時艱苦訓練勉勵各位患者，熱愛田徑運動的他在訓練時幸有母親、家人、教練及隊友的支持，使他能克服障礙，突破自己，故此同路人的支持及了解對他來說非常重要。

Known as the "Wonder Boy", So Wa Wai is a Paralympic medallist. His dedication and hard work since childhood have been an inspiration. So loves athletics and is glad to have the support of his mother, family, coaches and teammates during training. With their support, he successfully overcame obstacles and barriers.



YDA會員黃家榮Henry自小確診一型糖尿病，但陽光正面的他熱愛馬拉松，跟「病人」、「弱者」等詞語完全拉不上關係，但平日「篤手指」驗血糖時，引來旁人不解的目光，以為他小時候「吃糖太多」而患上糖尿病。面對這些誤解時，家榮都十分坦然，並耐心解釋，讓旁人正確地瞭解糖尿病。

YDA member, Henry Wong, was diagnosed with Type 1 diabetes when he was a child.

Henry loves marathons and always has a positive attitude. You will not see him using words such as "patient" and "weak". Henry often experiences people looking at him when he does a finger-prick blood glucose test. They would mistakenly think he is suffering from his diabetes because of "eating too much sugar" when he was a child. Facing these misconceptions, Henry would calmly explain to them the facts so the people around him would have a better understanding of diabetes.



YDA一班小會員組成小合唱團，在會員兼歌唱導師Melody Leung的指導下，演唱由電影《媽媽的神奇小子》主題曲《神奇之路》改編而成的《糖路有您》，以溫暖的歌聲支持一眾糖尿病病友。

The little YDA members formed a small chorus. Under the guidance of YDA member Melody Leung, who is also a singing instructor, the little chorus sang "Colouring Diabetics Life", which was adapted from the theme song of the movie "Zero to Hero". Their singing warmed the hearts of everyone in the audience.

Co-organised by Youth Diabetes Action (YDA) and Diabetes HongKong (DHK) and fully supported by Novo Nordisk, "Colouring Diabetics Life" was successfully concluded on 17 July 2022. The Colouring Diabetics Life mask colouring competition was launched last year, and primary and secondary school students were invited to participate. The activity helped to raise the public's awareness of diabetes and how it impacts the lives of people with diabetes. In June this year, YDA and DHK also conducted an online survey on the physical and mental development, and treatment of people with diabetes to understand the issues that patients are facing and the mental journey of patients.

The "Colouring Diabetics Life" Awards Ceremony and Press Conference was held on 17 July. We invited "Wonder Boy" So Wa Wai and members of YDA and DHK to share and advocate for a friendly and inclusive society.

A total of 674 patients were interviewed in the online survey of "Colouring Diabetics Life". 90% of the respondents believed that people with diabetes are misunderstood by society, and people will "treat me as a patient" and "think that I'm not healthy". The survey revealed that the patients' biggest concern is to be treated as a patient, and they want to be treated as an ordinary person, and hope that society can remove the stereotype of "the sick are equal to the weak".

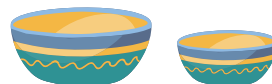
The public's misunderstanding of diabetes will also affect the management and treatment of diabetes in daily life. Many people with diabetes will avoid taking medicine or insulin injections in front of people, which delays the treatment time. Therefore, we hope to eliminate the public's misunderstanding of diabetes through "Colouring Diabetics Life".



「糖路有您」填色比賽原稿由病友Vincent及Rainy所設計，圖案十分可愛。初級組及高級組的得獎作品更分別製成多款成人及小童口罩和口罩套。

The cute entry for the "Colouring Diabetics Life" colouring competition was designed by Vincent Chan and Rainy Chan, who are living with diabetes. The winning entries of the junior and senior groups were also made into a variety of masks and mask pocket folders.

營養教室：碳水計算 Carb Counting with Dietician



《營養教室：碳水計算》已於2022年6月25日順利舉行。會員與家長透過小遊戲和烹調午餐來學習碳水化合物換算。

我們更邀請了營養師Kurtus與大家分享碳水換算小貼士。家長提出了不少疑問，營養師逐一回答，破解不少有關升糖指數、「低糖」等等的迷思，在場人士都獲益良多。

"Carb Counting with Dietician" was successfully held on 25 June 2022. Members and parents learnt carb counting in fun way.

We invited dietician Kurtus to share some tips on carb counting. Parents raised many questions, which the dietician answered. He debunked a lot of myths about GI value, and "low sugar" claims. We all learnt a lot from the sharing.



營養師Kurtus和大家玩碳水換算遊戲
Carbs-counting-game with Dietician Kurtus



各位會員和家長一起動手烹調午餐。We cooked lunch for ourselves.

YDA暑期電影會 Summer Movie Date with YDA



今年的暑假特別短，非常珍貴。YDA邀請了一眾會員一同觀賞電影《DC超寵聯盟》，同場加映兒童醫院Iris姑娘談談開學注意事項，讓大家可以輕鬆迎接新學年。

As we came to the end of the summer holidays, YDA members gathered together for the movie, "DC League of Super-Pets". We invited Nurse Iris Poon from Hong Kong Children's Hospital to talk about key points to note for a new school year, and what to prepare for going back to school.



Iris姑娘提醒大家，尤其是新學年將會到新學校升學的會員，要好好與新老師溝通，一起管理糖尿病。

Nurse Iris reminded our members, especially those who will be joining a new school, to communicate well with their new teachers in order to manage their diabetes together.



2022 YDA 夏日營 YDA SUN Day Camp 2022



2022 YDA夏日營已於2022年8月7日順利舉行。當日天公造美，風和日麗，會員在醫護人員和義工陪同下暢遊保良局賽馬會北潭涌度假營，學習在運動期間管理血糖。為了讓小朋友和醫護隨時可以得到支援，每組的義工都隨身帶著低血糖小食和急救包，讓小朋友可以無後顧之憂地盡情玩樂。

量度好血糖後，各組便出發去參與不同的活動！在射箭場，各位會員和醫護一展身手，非常興奮。還有參加者與醫護及義工組隊，在乒乓球、籃球等項目大展球技，一較高下。午餐的時候大家在組員的陪伴下一起篤手指檢查血糖，享用熱狗午餐。還有香蕉做飯後果呢！

午飯後YDA安排了「飛索體驗」和「橫河大作戰」，讓會員挑戰自己和建立他們的團隊合作精神。小朋友體驗過第一次飛索後，紛紛表示要再玩一次，因為非常刺激好玩！有些小朋友玩後血糖有上升的情況，同行的醫生和護士均表示是正常現象，這也是一個難得的體驗。「橫河大作戰」時，參加者分成兩大組，教練、醫護、義工和小朋友一同合力紮木筏，大家很快便完成了並一起坐上木筏，奮力向前推進渡過泳池。

回程時，醫護更不厭其煩地提醒小朋友睡前要再檢測血糖，避免晚間低血糖；又和家長們分享小朋友當天的經歷和血糖管理情況，相信大家都學到很多。很多參加者回家後不斷與家長分享夏日營的點滴，還說下次一定要再報名參加呢！

特別鳴謝一眾醫護人員、高盛Goldman Sachs義工團隊鼓勵及陪同小朋友參與活動，idsMED贊助血糖機及用品，及諾和諾德香港有限公司贊助是次日營活動。

希望下次可以和更多會員一起到營地遊玩，一起享受暑假！





YDA SUN Day Camp 2022 was successfully held on 7 August 2022. It was a lovely sunny Sunday and we were very excited for the camp to be held at Po Leung Kuk Jockey Club Pak Tam Chung Holiday Camp. Under the guidance of medical staff and volunteers, our members learnt how to monitor their blood glucose levels while doing sports. Volunteers were responsible for carrying hypo kits and first aid kits for the group. This allowed easy access for the children and medical volunteers at any time, meaning the children were able to concentrate on having fun.

Everyone checked their blood glucose level before joining their favourite activities. Some members and volunteers showed their talents on the archery range, while other members teamed up with volunteers and competed in basketball and table tennis. At lunchtime, YDA members accompanied each other to carry out their finger-prick blood glucose test before enjoying their hot dogs and bananas.

After lunch, YDA arranged zipline and raft building to challenge our members and build their team spirit. All the children enjoyed the zipline so much, they wanted to have another go after their first flight. It was very exciting! As a result, some children experienced a spike in their blood glucose levels afterwards, which is normal and was a valuable experience. Lastly, participants were divided into two big groups for the raft building activity. With the joint efforts of coaches, volunteers and children, we quickly managed to make two rafts and made our way across the pool.

Before dismissal, medical staff reminded the children to check their blood glucose before bedtime and watch out for hypoglycaemia during the night. They also shared their observations on the children's blood glucose monitoring during the course of the day — this was educational for both parents and children. Many children couldn't stop talking about the camp afterwards; sharing all the fun details with their parents, and expressing their eagerness to enrol in the next camp!

Special thanks to:

Medical professionals and Goldman Sachs Community TeamWorks volunteers for encouraging the children to participate in the activities, idsMED for sponsoring blood glucose meters and supplies, and Novo Nordisk Hong Kong Limited for sponsoring our Day Camp.

We are so pleased the participants enjoyed the activity so much. We hope to be able to have more members join us at our next camp!



鳴謝 Acknowledgements

兒童糖尿協會衷心感謝下列機構、團體及人士於2022年4月至2022年7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 April 2022 to July 2022, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, thank you!

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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

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
童月玲醫生 Dr Joanna Tung
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黃偉進醫生 Dr Sammy Wong
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林思為小姐 Ms Sylvia Lam
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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.

更新個人資料 Update Personal Information

會員如欲更新個人資料，請填妥以下表格，並以電郵 (support@yda.org.hk)、傳真 (25443313) 或郵寄 (九龍土瓜灣土瓜灣道94號美華工業中心B座9樓B17室) 交回本會。

If you wish to update your personal information, please complete the following form and send it to us by email (support@yda.org.hk), fax (25443313) or post (B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, To Kwa Wan, Kowloon).

會員姓名 Name of member: _____ 會員編號 Membership number: _____

請選擇欲更新之資料 Please select the item you wish to update

☐ 會員 / 父親 / 母親 / 監護人* 聯絡電話 Contact number of the member / father / mother / guardian: _____

☐ 會員 / 父親 / 母親 / 監護人* 電郵 Email of the member / father / mother / guardian: _____

☐ 通訊地址 Address: _____

☐ 其他 Others: _____

*請圈出適用的選項 Please select the option that apply

會員簽署 Member's signature: _____ 家長或監護人簽署 Parent / guardian's signature: _____ 日期 Date: _____

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