Youth Diabetes Action
兒童糖尿協會

YDA today

2023

news letter

issue 67

未來的糖尿病療法
Future Treatments

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編輯的話 From the Editor

開發研究和科技的進步為糖尿病管理、預防和治療方案帶來許多有希望。美國政府最近批准的一型糖尿病新藥Teplizumab，可以延遲8歲以上、一型糖尿病高危人群的發病風險，為糖尿病治療邁出一大步。

去年發布的紀錄片The Human Trial，從研究人員和志願參加者的角度，深入了解臨床試驗。我們很高興能為會員播放這套紀錄片，作為YDA「世界糖尿病日」（WDD）活動之一，讓他們看到治療一型糖尿病的曙光。

YDA「藍月 · 十一」舉行多項活動紀念「世界糖尿病日」。除了紀錄片放映，也有一年一度的「藍『飾』自拍」和YDA「童行有您」親子遠足。今年在遠足後更舉辦了一場嘉年華，讓這一天更有意義，感謝各位會員踴躍參與各項活動。

最後，YDA很榮幸「兒童糖尿病紀錄冊」獲入圍國際糖尿病聯合會 (IDF)的百年胰島素紀念獎，本會代表更出席IDF大會，向與會者介紹紀錄冊。IDF大會提供了一個絕佳的機會，讓YDA與世界各地的代表見面，深入了解各國的糖尿病情況，並分享寶貴經驗。

Advancements in research development and technology bring many promising treatment options for the management, prevention, and eventual cure of diabetes. The recent approval of the new Type 1 diabetes (T1D) drug Teplizumab, by the US government, can delay the onset of T1D in adults and children over 8 years who are at high-risk of developing the condition. This new drug represents a major step towards the treatment of the disease.

The Human Trial documentary released last year offers an insightful look into what is involved in a clinical trial, from the perspective of researchers and volunteer trial participants. We were fortunate to have secured a screening of the documentary for our members for World Diabetes Day (WDD). Many members went away with a brighter outlook for the future treatment of T1D.

To mark WDD, YDA's Blue November saw many activities, including the annual dress-blue selfies and YDA's Hike for Youth Diabetes. This year we included a Carnival after the Hike to make the day more memorable. It was great to see so many of our members joining us.

YDA is proud to have had the YDA Childhood Diabetes Registry shortlisted for the International Diabetes Federation (IDF) Centenary of Insulin Award. Our staff representatives attended the IDF Congress to present details of the Registry to attendees. The Congress provided a fantastic opportunity for YDA to meet representatives from around the world, and to learn more about the diabetes landscape of multiple countries, as well as share best practices.

在公益金的支持下，YDA近期推出「CGM小彩虹計劃」，為患有糖尿病的兒童和青少年提供CGM。如果你仍未申請CGM小彩虹計劃而有興趣申請，請在我們的網站上查看詳情。

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

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專題 Feature

幹細胞療法及紀錄片The Human Trial
Stem Cell Therapy and The Human Trial

The Human Trial是一部紀錄電影，製作歷時超過十年，講述一型糖尿病新療法的臨床試驗。電影分兩個角度敘事：一個來自生物技術公司ViaCyte，該公司認為他們基於細胞的新型替代療法，可治癒一型糖尿病；另一個來自首兩名自願參加試驗的患者，檢視療法的成效。

電影由一型糖尿病患者兼導演Lisa Hepner親身講述，探討患者日復日的掙扎和負擔，以及尋求治療的過程。片中客觀地拍攝整個臨床試驗過程，展現所有參與者，尤其是志願參加者的承擔、決心和勇氣。

Taking over a decade to make, The Human Trial is a documentary about a clinical trial of a potential new treatment for Type 1 diabetes (T1D). It follows two perspectives – one from the biotech company, ViaCyte, whose researchers believe that their novel cell-based replacement therapy will cure T1D; the other from the first two patients who volunteered for the trial to determine whether it actually works.

The documentary is narrated by Director Lisa Hepner, who has T1D herself, and explores the daily struggles and burdens of living with T1D, as well as the search for the cure. The documentary gives real insight into what a clinical trial is all about – showing the commitment, determination, and courage of all those involved, especially the trial participants.

甚麼是幹細胞療法？
What is stem cell therapy?

ViaCyte是生物技術再生醫學公司，專注於新型細胞替代療法的探索、開發和商業化。

該公司正研究以幹細胞製造胰島素分泌細胞，將之植入體內，作為胰島素的長期供應，令一型糖尿病患者減少或毋須再注射胰島素。

幹細胞有不同來源。至於ViaCyte測試的療法，是將該公司專門研發的細胞植入人體，希望隨着時間推移，變成產生胰島素的細胞。

為免與患者的免疫系統排斥，研究人員會將細胞放入豆莢形裝置，植入體內；目前患者仍需要透過服用免疫抑制藥來保護細胞。

ViaCyte is a biotech regenerative medicine company focused on the discovery, development, and commercialisation of novel cell replacement therapies to treat human diseases.

Their researchers are looking into ways to use stem cells as a source of insulin-producing cells that can be placed in the body to serve as long-term insulin supply. This would result in either a reduction or complete elimination of insulin required by someone living with T1D.

Stem cells can come from many different sources. The treatment ViaCyte is testing involves implanting their specially developed cells with the hope that, over time, they will become insulin-producing cells. In order to protect the cells from being rejected by a patient's immune system, the cells are placed in a pod-like device, which is implanted into the body. Currently immunosuppressant drugs are also required to further protect the cells from being rejected.

關於研究試驗
About the research trial

The Human Trial記錄了Maren Badger和Greg Romero的療程。ViaCyte於2014年開始實驗性封裝細胞替代療法測試，他們是首兩位測試者。

作為試驗的一部分，Maren和Greg透過手術植入十個豆莢形裝置，每個都含有幹細胞，研究人員希望這些幹細胞會成為分泌胰島素的細胞。第一批測試對象面對很多未知數，例如手術風險、植入物的副作用等。另外，他們要服用免疫抑制藥來防止排斥，這些藥也有副作用。過了一段時間，研究人員取出他們體內的裝置，分析這些細胞有否產生胰島素。

The Human Trial documents the journeys of Maren Badger and Greg Romero, who were the first two test subjects for ViaCyte's experimental encapsulated cell replacement therapy trial, launched in 2014.

Maren and Greg had 10 pods surgically implanted into them. Each pod contained stem cells that researchers hoped would become insulin-producing cells. Being the first test subjects meant there were a lot of unknowns, such as the risk of surgery, side effects from the implants etc. Additionally, they needed to take immunosuppressant drugs to stop their bodies from rejecting the pods, which also created side effects. The pods were removed over time and sent to the research lab for analysis to determine whether the cells were producing insulin.

試驗結果
Results from the trial

紀錄片中追蹤的Maren和Greg是最初階段的一個試驗小組成員，最後兩人的裝置沒有取得預期的效果，但其他試驗對象都成功了。研究仍在繼續，並擴大了規模，向更多人、在更多地點進行試驗。在2021年12月發表的論文中，ViaCyte宣布中期研究的初步結果，顯示其幹細胞衍生療法可在一型糖尿病患者體內產生胰島素。研究結果已於Cell Stem Cell及Cell Reports Medicine發表。

ViaCyte也開發了另外兩種治療糖尿病的獨立幹細胞替代療法產品。

Maren and Greg were part of a small group in the initial phase of the trial. Even though they did not have any success with their pods, others in the trial did. The study is still on-going and involves a larger trial-group with more people and more test sites. In recent papers published in December 2021, ViaCyte announced promising preliminary results from its Phase 1/2 study. The results demonstrated that stem cell-derived therapy can produce insulin in people with T1D. The findings were published in *Cell Stem Cell* and *Cell Reports Medicine*.

ViaCyte also has two other separate stem cell replacement therapy products in development for treating diabetes.

* *The Human Trial已在Amazon Prime和Google Play上架*
The Human Trial is available on:

prime video Google Play

對一型糖尿病患者的意義？
What does this mean for people with Type 1 diabetes?

一型糖尿病的兒童依賴胰島素，因為其身體無法自行分泌胰島素來控制血糖水平，需要定期注射胰島素，或全天候戴上胰島素泵，對孩子和家人都是巨大的負擔。因此，研究人員設法令患者自身恢復製造胰島素的功能，以更輕易控制血糖水平。

近數十年，許多人研究以幹細胞移植作為治療一型糖尿病的方法，希望藉着幹細胞療法，恢復胰島素的產生和分泌調節。雖然在醫學領域，幹細胞療法並非新事物，但要在人體產生足夠的胰島素，現時仍未有明確方法和合適的幹細胞。此外，還有排斥和終身免疫抑制治療的憂慮，風險更可能超過患糖尿病和使用胰島素療法本身。這些未解決的難題，令目前幹細胞移植難以廣泛應用。

不過，經過這次臨床測試，我們離治癒糖尿病的療法又近了一步。相信隨着醫療技術進步，以及醫學研究人員的努力，可以排除萬難，讓幹細胞療法成為治癒一型糖尿病的希望。

Children with Type 1 diabetes (T1D) are dependent on insulin because they do not have the ability to produce their own insulin to control blood glucose levels. The burden of needing regular injections, or wearing a pump for 24 hours a day, is immense on the children and their families. Therefore, researchers are finding ways to restore the function of insulin production in these patients so that blood glucose levels can be controlled in a better and easier way.

In recent decades, there have been numerous research projects studying the possibility of stem cell transplantation as a curative therapy for T1D. It is hoped that both insulin production and insulin secretion regulation can be restored with the use of stem cell therapy. Although stem cell therapy is not something new in the field of medicine, there is still difficulty in identifying ways and suitable stem cells to generate sufficient amount of insulin in the human body. In addition, there are risks associated with the rejection and the need for lifelong immunosuppressive therapy, which can actually outweigh the risk of having diabetes and using insulin therapy for the majority of patients. All these unresolved issues and risks limit the widespread application of stem cell transplantation at present.

With the experience of this clinical trial, we are already one step closer to curative therapy. I believe that with the rapid advancement in medical technology and the work of different groups of passionate medical researchers, stem cell-based therapy is a potential promising curative treatment for T1D and obstacles can be overcome in the future!

黃敏儀醫生
Dr Shirley Wong

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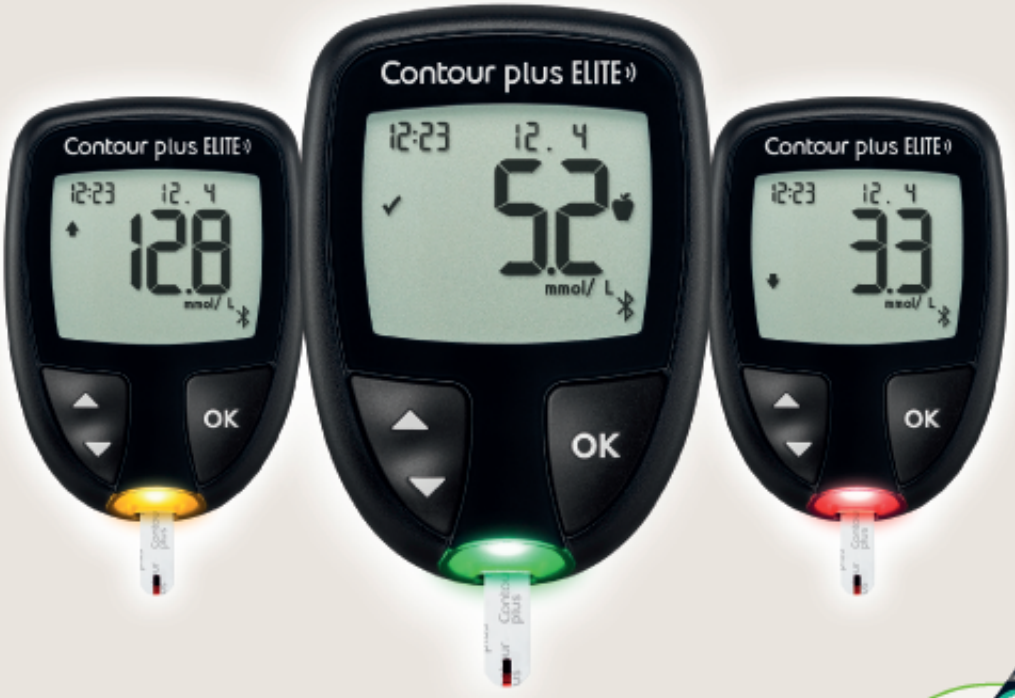

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1. Klaff L et al. Accuracy and User Performance of a New Blood Glucose Motoring System [published online ahead of print, 2020 Nov 26]. J Diabetes Sci Technol. 2020; https://doi.org/10.1177/1932296820974348. 2. CONTOUR®PLUS ELITE User Guide, November 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.

Date of preparation: March 2021. G.DC.03.2021.PP-CPLUS_ELT-GBL-0029

ASCENSIA Diabetes Care

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專家點睇

新療法獲批 有望延遲一型糖尿發病

2022年11月，美國食品藥物管理局批准一種新藥，有望延遲成人及8歲以上高危兒童一型糖尿病的發病，此為第一個獲批的一型糖尿病療法，屬重要的里程碑。

新療法如何發揮作用？

一型糖尿病是一種慢性免疫系統異常的疾病，其中被稱為「T細胞」的免疫細胞可以產生自身抗體，並破壞胰腺中自身產生胰島素的細胞。Teplizumab是一種抗CD-3單株抗體，Teplizumab針對這些T細胞上的CD-3受體，令胰腺自身反應性T細胞失效。在患病初期，如果病人仍有足夠的胰腺細胞維持胰島素分泌，那麼Teplizumab有望可令血糖水平回復正常。

有否經過臨床試驗？

Teplizumab在一型糖尿病患者的親屬中進行了隨機、安慰劑對照試驗，這些患者雖未患有糖尿病，但有患上臨床疾病的風險。這些患者中許多患有二期疾病，即他們攜帶兩種一型糖尿病自身抗體，但尚未出現異常血糖。

這項研究共有76人參加，其中55名參加者為18歲或以下，44名接受活性藥物治療，32名接受模擬安慰劑藥物治療。在Teplizumab組中，出現明顯一型糖尿病發病的平均時間為48個月，而安慰劑組為24個月，這代表Teplizumab可延遲發病兩年。

這療法是如何進行的？

連續靜脈輸注14天。

這種治療有副作用嗎？

最常見的副作用是皮疹、白細胞短暫減少及頭痛，這些不良反應大多是有限度的。然而，使用此療法亦可能增加更嚴重的感染和過敏反應的風險，需要密切監察病人。

新療法的意義是什麼？

現時，一型糖尿病患者需要終身胰島素替代療法。新療法有望將糖尿病發病時間延遲兩年，大大減輕患者及其家人的負擔，我們亦期待最終找到治癒的良方。Teplizumab可能有助減少或延緩急性和長期併發症，但對於已經患上一型糖尿病的患者，我們不知可否採用此新療法恢復產生胰島素的細胞。不過，我們期望這是對預防或治癒一型糖尿病，邁出的第一步。

周怡君教授
中大醫學院內科及藥物治療學系助理教授

註：此藥物尚未在香港獲批認可。

參考資料： Herold et al. *An Anti-CD3 Antibody, Teplizumab, in Relatives at Risk for Type 1 Diabetes.* N Engl J Med 2019; 381:603-613. DOI: 10.1056/NEJMoa1902226

更正：第66期 YDA Today 第6至8頁「專家點睇」作者應為 醫院管理局九龍東聯網顧問護師 （糖尿科）莫碧虹姑娘，兒童糖尿協會謹在此為錯誤標示作者向莫碧虹姑娘及潘綺雯姑娘致歉。

Professional View

New treatment approved to delay the onset of Type 1 diabetes

A new drug was approved by the US FDA in November 2022, which can delay the onset of Type 1 diabetes (T1D) in adults and children over 8 years who are at high-risk of developing the condition. This represents a major milestone as the first approved disease-modifying treatment for T1D.

How does this new treatment work?

T1D is a chronic autoimmune condition where immune cells, known as T-cells, can generate autoantibodies and destroy one's own insulin-producing cells in the pancreas. Teplizumab is an anti-CD-3 monoclonal antibody. Teplizumab works to deactivate pancreatic autoreactive T-cells by targeting the CD-3 receptor on these T-cells. Teplizumab may restore normal glucose control if given during early stages of the disease where there are still sufficient pancreatic cells to maintain insulin secretion.

Has the treatment been tested in clinical trials?

Teplizumab was tested in randomised, placebo-controlled trial in relatives of patients of T1D who did not have diabetes but were at risk of developing the clinical disease. Many of these patients had stage 2 disease, ie they were carrying two-autoantibodies for T1D but yet to develop abnormal blood glucose.

In this study, a total of 76 participants were enrolled, including 55 aged 18 or below. 44 received the active drug and 32 received a dummy placebo drug. In the Teplizumab group, the average time to onset of overt T1D was 48 months as compared with 24 months in the placebo group. This represents a significant delay by two years.

How is this treatment given?

The drug is given as an intravenous infusion consecutively for 14 days.

Does this treatment have any side effects?

The most common side effects are rash, a transient decrease in white cell count, and headaches. The adverse effects were mostly self-limiting. However, there is an increased risk of triggering more serious infections and hypersensitivity reactions which requires patients to be closely monitored.

What are the implications of this new treatment?

People with T1D require life-long insulin replacement therapy. A treatment that can delay the onset of diabetes by two years can make a real difference in reducing the burden in patients and their families, as we look towards eventually finding a cure. Teplizumab may help reduce or delay acute and longer-term complications, but we do not know whether it can restore insulin-producing cells in those who have already developed T1D. We hope this represents a first step towards future treatments that can prevent or cure T1D.

Prof. Elaine CHOW
Assistant Professor
Phase 1 Clinical Trial Centre and Department of Medicine & Therapeutics
CUHK

Remark: This drug is not yet approved in Hong Kong.

Reference: Herold et al. *An Anti-CD3 Antibody, Teplizumab, in Relatives at Risk for Type 1 Diabetes*. N Engl J Med 2019; 381:603-613. DOI: 10.1056/NEJMoa1902226

Correction: Issue 66, p.6-8. The article's author is Ms Maisy Mak, Nurse Consultant (Diabetes), Kowloon East Cluster of Hospital Authority. YDA would like to sincerely apologise to Ms Maisy Mak and Ms Iris Poon for incorrectly attributing the article to the wrong author.

健康食醣 Food Corner

香煎三文魚扒配鮮蕃茄洋蔥汁
Pan-fried Salmon Steak with Fresh Tomato and Onion

2人份量
Serves 2

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

熱量 Energy	201.1卡路里 (Kcal)
碳水化合物 Carbohydrates	8.4克 (g)
蛋白質 Protein	21.4克 (g)
膽固醇 Cholesterol	52.0毫克 (mg)
脂肪 Fat	9.1克 (g)
纖維素 Dietary fibre	2.0克 (g)

材料 Ingredients

三文魚扒 Salmon steak	200 克 200 g
蕃茄 Tomato	2 個 2 pcs
洋蔥 Onion	½ 個 ½ pcs
橄欖油 Olive oil	2 茶匙 2 tsps

醃料 For the marinade

鹽 Salt	½ 茶匙 ½ tsp

調味料 For the seasoning

鹽 Salt	½ 茶匙 ½ tsp
糖 Sugar	½ 茶匙 ½ tsp
粟粉 Cornstarch	1 茶匙 1 tsp
水 Water	3 湯匙 3 tbsps

做法 Steps

1. 三文魚扒洗淨，抹乾水份，下醃料抹勻，待片刻。
   Wash and wipe dry salmon steak. Mix with marinade, and leave for a while.
2. 蕃茄去蒂，洋蔥去衣，洗淨及切塊。
   Remove the stalks from tomatoes and tear the outer skin of onion. Wash and cut into pieces.
3. 三文魚扒抹上少量粟粉，下一茶匙油於鑊中，把魚扒煎至微黃，盛起。
   Dust salmon steak with a little cornstarch. Pan fry in non-stick pan with 1 tsp of oil until light brown. Set aside.
4. 燒熱油1茶匙，下洋蔥炒香，加入蕃茄炒勻，下調味料煮滾，放入三文魚扒煮片刻即可。
   Heat 1 tsp oil. Add onion and stir fry until fragrant. Add tomatoes and stir fry. Add seasoning and bring to the boil. Add the salmon and cook for a while. Dish out and serve.

營養師提醒你 Tips from dietician

深海魚類如三文魚及鱈魚均含豐富奧米加三（omega-3）油，有助改善血液中三酸甘油脂水平，但謹記這些魚類的熱量及脂肪亦較其他魚如石斑為高，肥胖人士宜酌量食用。

Oily fishes such as salmon and black cod are rich in omega-3 fatty acids, which help improve the blood triglyceride level. As oily fishes have higher calories and fat than other species, individuals should consume oily fishes in moderation.

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醣食譜！
You can find more diabetes-friendly recipes in《金牌營養師的糖尿病甜美食譜》!

林思為
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澳洲註冊營養師
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Registered Dietician (USA)

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相對高升糖指數食品，此米是緩慢被消化及吸收，
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活動焦點 Activity Highlights

藍月 · 十一
Blue November

每年11月14日為世界糖尿病日，兒童糖尿協會亦將十一月定為「藍月 · 十一」糖尿病關注月，並舉行一系列活動以提高大眾對糖尿病的關注。

To mark World Diabetes Day (14 November), YDA organised a series of activities to raise public awareness of diabetes throughout the month.

Backyard Roots

兒童糖尿協會在此特別鳴謝 Backyard Roots 的Chris Funnell為本會「藍月 · 十一」活動籌得超過$15萬港元，Backyard Roots的成員早前透過佩帶計步器，根據步行數量為YDA籌款，並透過戴上連續血糖監測儀，提高大眾對一型糖尿病的認識，與糖童同行。

YDA would like to give special thanks to Chris Funnell and the team at Backyard Roots for raising more than $150K for "Blue November".

The Backyard team wore pedometers and donated for every step made. They also wore Continuous Glucose Monitors (CGMs) to help increase the awareness and visibility of Type 1 diabetes.

藍飾自拍
Dress-Blue Selfie

YDA向所有會員及公眾發出邀請，鼓勵大家於11月11至14日一起穿上藍色衣飾或者用YDA的標誌藍圈自拍並上載到社交平台。各位醫護、會員及家長都鼎力支持，為糖童及YDA出一分力。

YDA invited all members to take a selfie wearing something blue or with the YDA blue circle and upload to social media between 11-14 November 2022. Thank you to our medical advisors, members, and their families for their support.

《The Human Trial》紀錄片放映會
The Human Trial Documentary Screening

YDA在緊隨其後的11月12日邀請了一眾會員一同觀賞《The Human Trial》紀錄片，從紀錄片中了解外國的糖尿病的臨床試驗方案，同場亦有香港兒童內分泌科學會主席黃敏儀醫生導賞及回應會員的疑問。

On 12 November 2022, YDA members gathered for the screening of the documentary The Human Trial, which details the development of a potential new treatment for diabetes. We invited Dr Shirley Wong, President of the Hong Kong Society of Paediatric Endocrinology and Metabolism, to answer questions and talk about the future of diabetes treatments and the cure.

「童行有你2022」行山暨嘉年華活動

到了11月27日便是「藍月．十一」的重頭戲「童行有你2022」行山暨嘉年華活動，當日天氣清涼，會員在一眾義工和YDA同事的陪同下往城門水塘郊遊。會員們先到葵涌鄧肇堅男女童軍中心集合，義工帶領著會員在禮堂做好熱身運動後便分組出發。一路上，義工們很熱心地為會員們講解城門水塘歷史及介紹沿途的動植物，小朋友們都聽得津津有味，更不時提問。為小朋友可無憂無慮地行山跑跳，義工們都隨身帶著低血糖小食和急救包以備不時之需，家長們交流照顧糖尿病童的心得，互相支持鼓勵！

午飯後會員便回到男女童軍中心禮堂，一同參加嘉年華活動。禮堂設了各式各樣的攤位遊戲，有考驗手眼協調的「反應燈」、「旋風球」、「芬蘭木棋」，亦有需要團體合作的「地壺球」及鼓勵創意的做手工活動，小朋友們都玩得很投入，一直嚷著要與其他小朋友一起再次挑戰呢！活動過後，小朋友都贏取了豐富的獎品、滿載而歸，還說下次一定要再次參加呢！

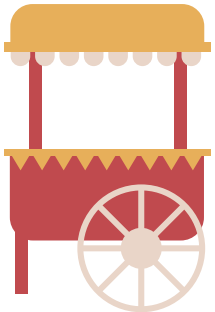
特別鳴謝諾和諾德、健臻醫療、尚健維佳、美敦力香港及凱鉅贊助是次「童行有你2022」活動，智樂兒童遊樂協會及一眾義工陪同小朋友參與活動。希望來年的「藍月．十一」能夠與更多會員一起參與主題活動，齊齊與糖童同行！

Hike for Youth Diabetes 2022 & Carnival

"Hike for Youth Diabetes 2022 & Carnival" was held on 27 November 2022 and was the highlight of Blue November. It was a wonderfully cool Sunday and we were excited for the hike at Shing Mun Reservoir. Under the guidance of our volunteers and colleagues, members started warm-up exercises after arriving at the Kwai Chung Tang Shiu Kin Scout and Guide Centre. Along the hike, our volunteers helpfully explained the history of the Shing Mun Reservoir and introduced the animals and plants. The children listened with great interest and even asked questions. The volunteers were also responsible for carrying the hypo and first aid kits in case of emergency. Parents had the opportunity to connect with one another and share their experiences of caring for children with T1D.

After lunch, our members enjoyed the Carnival. There were various booth games, including "Flash Reflex", "Flyball" and "Molkky" which tested members' hand-eye coordination, as well as "Floor-curling" that required teamwork, and hand-made activities that encouraged creativity. The children were very involved in playing with one another. They all won great prizes and all say they would like to enrol again for the next hike and carnival event!

Special thanks to Novo Nordisk, Ascensia, Celki Vital Aire, Medtronic, and Fifty50 for sponsoring our "Hike for Youth Diabetes 2022 & Carnival"; and to Playright Children's Play Association and volunteers for joining the event. We hope to have more members join us at our next Blue November!



國際糖尿病聯合會大會2022
IDF Congress 2022

國際糖尿病聯合會（IDF）大會於2022年12月5日至8日在葡萄牙里斯本舉行，會議每兩年舉辦一次，提供一個範圍極廣的糖尿病討論平台，涵蓋最新的科學成果，以至教育、護理、宣傳等資訊。

■ 我們與The Human Trial導演Lisa Hepner會面，就糖尿病幹細胞療法展開了一場簡短討論。
A pleasant surprise meeting with the director of The Human Trial, Lisa Hepner!

YDA很榮幸「香港兒童糖尿病紀錄冊」獲入圍IDF的百年胰島素紀念獎。該獎項旨在表揚為改善糖尿病患者生活而努力的組織，儘管YDA未贏得大獎，卻得到一個好機會，可以向全球介紹紀錄冊和YDA的工作。紀錄冊獲得評委和各國代表的讚賞，因為它讓外界更了解亞洲人的糖尿病趨勢，並提供重要的資料，對治療及預防糖尿病的研究帶來極大幫助。

在YDA的展示攤位，本會藉此機會與其他代表交流，也調查了其他國家的糖尿病支援，結果顯示，多數發達國家近乎支援一型糖尿病人所有糖尿病消耗品的成本，包括連續血糖監測器。這說明香港仍未與其他發達地區看齊。YDA將繼續倡導及游說政府資助所有一型糖尿病人糖尿病消耗品的費用。

The International Diabetes Federation (IDF) Congress took place from 5-8 December 2022 in Lisbon, Portugal. The Congress takes place every two years and provides a platform for discussions on a broad range of diabetes issues, from latest scientific advances to cutting-edge information on education, diabetes care, advocacy, and awareness.

YDA was proud to have our 'Hong Kong Childhood Diabetes Registry' shortlisted for the IDF Centenary of Insulin Award. The Award recognises an organisation for outstanding effort to improve the lives of people living with diabetes. Even though YDA did not win the grand prize, it was a fantastic opportunity to share the details of the Registry and the work of YDA to a global audience. The Registry was praised by the judges and other countries' representatives for providing important insight and a better understanding of the diabetes trend among a specific population living in Asia, and it will help towards the future development of better diabetes therapy and prevention treatments.

At the YDA booth, we took the opportunity to connect with other countries' representatives. We also conducted a survey on diabetes support. The findings told us that most developed countries support the cost of almost all diabetes consumables to people living with T1D, including the use of CGMs. This shows Hong Kong is not in alignment with other developed countries. YDA will continue to commit to advocate and lobby the Hong Kong Government to provide full support to people with T1D for all diabetes consumables.

YDA「香港兒童糖尿病紀錄冊」是甚麼？
What is the YDA Childhood Diabetes Registry?

紀錄冊於2016年設立，為YDA資助的項目，與醫院管理局轄下全部14個兒科單位合作，是針對患有一型和二型糖尿病、18歲以下兒童和青少年而設的紀錄冊。

The Registry was set up in 2016 and is a collaborative project funded by YDA and includes all 14 paediatric units under the HK Hospital Authority. This is an active registry of children and adolescents diagnosed with Type 1 and Type 2 diabetes, aged under 18 years old.

YDA聖誕派對 2022
YDA Christmas party 2022

2022年YDA聖誕派對順利舉行，年底疫情放緩，我們終於能夠復辦聖誕自助餐，一眾會員及家長享受美食之餘，更可以學習在節日吃大餐時的飲食及血糖管理。

當天除了有聖誕老人向各位小朋友大派禮物外，更有豐富的抽獎及YDA同事設計的遊戲環節，讓各位大小朋友都滿載而歸。我們亦邀請了會員曾婉翹表演Kpop舞蹈；YDA社工羅姑娘更改編歌曲，聯同會員韓紫璇及妹妹一同演唱，將活動氣氛推至高峰。最後由小朋友為醫護人員送上親手製作的熱氣球燈，答謝各位醫生護士過去的用心照顧。

特別鳴謝公益金贊助和支持是次活動。

The YDA Christmas party 2022 was successfully held. The epidemic slowed down at the end of 2022, and we resumed the festive buffet. In addition to enjoying delicious food, members and parents also learnt more about diet and blood sugar management when having the big feast during the festive period.

Santa Claus was at the party to give gifts to the children, and there were lucky draws and game sessions designed by YDA colleagues, to ensure everyone had a great time. We also invited YDA member QQ Tsang to perform a K-pop dance, and YDA social worker, Hannah, re-wrote a song and sang together with member Sophia Han and her sister. Their performances were the highlight of the party. At the end, the children gave DIY balloon lamps to the medical staff as a special Christmas gift, to thank all the doctors and nurses for their care in the past.

Special thanks to The Community Chest of Hong Kong for their sponsorship and support.

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8月至2022年12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 August 2022 to December 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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兒童糖尿協會

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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 (資助兒童計劃)，可資助1名糖尿病童購買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$ _____

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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.

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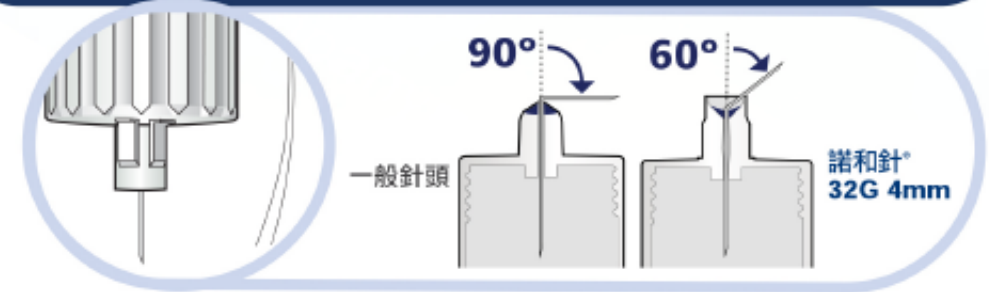
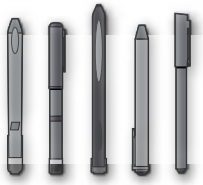
感受仿如無痛的胰島素注射[2]！

超短及超幼
能減少注射時的痛楚[2]
及可降低肌肉內注射的風險[3]

獨特設計
可降低彎曲和斷裂的風險



兼容市面上常用的注射筆裝備[4]



各大藥房均有代售

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