

# YDA today

newsletter 2023 | issue 68



## 夏日續FUN樂 Summer Fun

外遊小貼士及暑期活動  
Travel tips and Summer activities



Youth Diabetes  
Action  
兒童糖尿協會



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## 編輯的話 From the Editor

過去數月，YDA經歷了重要的里程碑，我們開設了全新的荔枝角會員中心，進一步擴展糖尿病患者的支援服務，並加強與YDA會員及各界支持者的聯繫。

此外，YDA推出了全新項目——「賽馬會年輕糖尿支援計劃」，為參加者提供連續血糖監測儀及全面護理，包括糖尿病教育講座及活動。此計劃旨在改善對年輕糖尿病患者的支援，使患者及其家人能夠更有效地管理糖尿病。

本會特別鳴謝香港賽馬會慈善信託基金的捐助，以及是次項目合作夥伴香港中文大學醫學院和香港糖尿病科護士協會的協助，使項目得以順利進行。

It's been a busy and exciting few months for YDA. We opened our new Centre of Specialist Care in Lai Chi Kok to further extend the services that we provide to young people with diabetes, and to strengthen our connection with YDA members and supporters.

Additionally, we launched a new support programme, Jockey Club Support for Young People with Diabetes. Participants will receive continuous glucose monitors and holistic care, including seminars and support group activities. The programme sets out to improve support and provide resources to empower patients and their families to better manage their diabetes.

We would like to thank The Hong Kong Jockey Club Charities Trust for their funding and our project partners The Chinese University of Hong Kong's Faculty of Medicine and the Association of Hong Kong Diabetes Nurses for working with us to make this happen.



如欲申請「賽馬會年輕糖尿支援計劃」，請瀏覽本會的網站詳情。

If you would like to sign up to the Jockey Club Support programme, please find more information on our website.

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

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## 專題 Feature

### 資助兒童計劃 Sponsor a Child Programme

會員曦妍已加入本會的資助兒童計劃三年了，我們邀請了曦妍的爸爸與我們分享這計劃為他們的生活帶來甚麼轉變。

Hei Yin has been a member of the YDA Sponsor a Child Programme for three years. In this issue of *YDA Today*, we invite Hei Yin's father to share how the programme has changed their lives.



#### 會員小檔案 Member Profile

##### 會員名稱 Name

薛曦妍 Sit Hei Yin

##### 確診年份 Year of diagnosis

2015

##### 年齡Age

10

##### 加入資助兒童計劃年資 Years participating in the Sponsor a Child Programme

3

#### 曦妍的確診經過是怎樣的？

曦妍於3歲時確診，在2015年間她經常於晚上尿頻，我們擔心她身體出了問題，便先行帶她到附近的診所驗尿及驗血。翌日便收到診所通知曦妍的血糖嚴重高企，即時將她送院，後來便確診了一型糖尿病。

#### How was Hei Yin diagnosed?

Hei Yin was diagnosed at the age of three. We began to worry that there was something wrong with her health when we noticed how frequently she was urinating at night, so we brought her to the nearby clinic for urine and blood tests. The next day, the clinic called us due to her high blood glucose level. She was sent to hospital immediately and was later diagnosed with Type 1 diabetes.





## 初確診時遇到甚麼難題？

曦妍確診時只有3歲，我們和工人姐姐都需要重新適應如何照顧她，如替她打針、控制飲食等。由於工人姐姐擔心出錯而不敢為曦妍打針，所有打針事宜都是由我們一手包辦，而我們亦有家庭成員曾患有糖尿病，我們很擔心一型糖尿病會為她帶來其他併發症，因而有不少壓力和擔憂。

## What challenges did you face when Hei Yin was diagnosed?

When Hei Yin was diagnosed, the whole family and our domestic helper had to adapt to living with this new medical condition, such as insulin injections and diet adjustments. As our domestic helper was afraid to hurt Hei Yin when doing insulin injections, we took everything on ourselves. Furthermore, we were worried she would develop complications and get other diseases due to her T1D, which brought a lot of stress and pressure on us.



## 曦妍確診糖尿病，對你們經濟狀況影響大嗎？

當曦妍升上小一後，全日學制令她更難管理糖尿病，媽媽唯有放棄現有的工作全力照顧曦妍及姐姐。家中的收入減半，加上住屋租金的負擔，對我們的經濟狀況無疑構成了壓力。



## How has diabetes affected your finances?

When Hei Yin was promoted to primary one, the whole-day primary schooling brought difficulties to her diabetes management. Her mother had to give up her job to take care of Hei Yin and her elder sister. The loss of income and the burden of housing rent undoubtedly put a strain on our financial situation.



## 資助兒童計劃及YDA如何幫助你們與糖尿同行？

我們十分感謝YDA的資助兒童計劃，減輕了糖尿病相關的用品開支，如購買針頭、血糖試紙等消耗品，紓緩了我們在醫療費用上的負擔，使曦妍得到更有效的糖尿病管理。此外，我們亦感謝YDA於曦妍確診初期提供了充足的糖尿病資訊及關愛支援，解答了許多糖童護理上的問題，使曦妍能在健康愉快的環境下與糖尿病同行。

## How have YDA and the Sponsor a Child Programme helped?

We are grateful for the Sponsor a Child Programme which has helped to ease the cost of purchasing diabetes-related consumables, and reduce the burdens associated with Hei Yin's medical expenses. As a result, Hei Yin can receive better diabetes management.

Moreover, we want to give our special thanks to YDA for providing sufficient T1D resources and care support when Hei Yin was first diagnosed. It has enabled us to take good care of her T1D, allowing her to live well with diabetes.



## 糖童正需要你的幫助！

患上1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。由於政府並沒有提供相關消耗品，糖尿病童及其家人面對沉重的心理和經濟負擔，低收入家庭更感到相當吃力。請捐款支持我們，讓我們可以幫助更多與曦妍有相似情況的糖童，獲得適切的治療及情緒支援！



## Children with diabetes need your support now more than ever!



Multiple daily blood tests and insulin injections are essential for people with Type 1 diabetes. With no sufficient support from the government, families of children with diabetes are under tremendous emotional and financial pressure. For low-income families it is often a struggle to purchase the most basic medical equipment. Please help and support children with diabetes like Hei Yin, so they can receive the necessary medical equipment and emotional support to manage their diabetes and live a healthy life.



### 資助兒童計劃 Sponsor a Child Programme

只需每年港幣10,000元（即每日港幣27.4元），你便可以資助1位孩子獲得必需的醫療用品，改善其生活。

For only HK\$10,000/year (only HK\$27.4/day), you can provide necessary medical equipment and support for a child with diabetes.



你的捐款可助糖童活出更精彩人生，請掃描二維碼捐款，或填妥隨會訊附上的捐款表格交回本會。

Help us to support children with diabetes to live a better life. Scan the QR code or return the donation form to donate.



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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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\* Minimum accuracy requirements of ISO15197:2013 Section 6.3 standard require ≥95% of the measured values to fall within ±0.83 mmol/L at glucose concentrations <5.55 mmol/L or within ±15% ≥5.55 mmol/L of the referenced method.

# 專家點睇

## 糖尿病兒童的旅行須知

隨著出國旅遊復常，家長們必須在出發前為患有糖尿病的兒童做好萬全的準備，並且了解如何在旅途中如何妥善控制孩子的血糖。YDA提供以下糖童出國錦囊，希望大家都可以既安全又放心地享受旅遊的樂趣。



### 出發前的準備

- 可請醫護人員發出證明文件，列明病歷及需要使用的藥物
- 應攜帶額外份量的藥物和醫療用品
- 所有藥物、注射用品及檢查血糖的用品應隨身攜帶，切勿託運寄艙
- 應瞭解目的地的時差，如果需要跨越不同的時區飛行，便應預先準備詳細的行程表
- 向醫護人員請教，以便在行程中調節使用藥物的時間及份量
- 預先聯絡航空公司，以便在飛機上提供糖尿餐
- 教導同行的親友，如何處理低血糖和使用升糖素，以及其他血糖變動的突發情況
- 應預先查詢中途站或目的地的醫療服務，以及個別旅遊保險所能涵蓋有關醫療保障的範圍

### 旅途中要注意的事項

- 應隨身攜帶糖尿病歷卡、容易吸收的糖份及小食，以便處理可能出現的低血糖情況
- 胰島素應放置在陰涼的地方，如放在室溫內，一般可儲存4至6週
- 定期檢查血糖，以確保血糖穩定，特別在運動後或長途旅程中要加倍留意
- 保護足部皮膚，帶備適合的鞋襪（避免穿著新鞋及涼鞋），照常作適當的足部護理
- 注意氣候的轉變，避免因水土不服而引起身體不適，間接影響血糖控制



錦囊節錄自《兒童糖尿手冊》第6.2章—糖尿病兒童的旅行須知。  
歡迎各會員向本會索取此手冊。



# Professional View

## Travel tips for children with diabetes

As travelling abroad resumes, it is important to make the necessary preparations, and understand how to keep your child's blood glucose under control during the journey. Children with diabetes can travel safely and enjoy the fun of travelling abroad with these useful tips.



### Preparation before travel

- Request your child's medical team to issue documents for carrying medications and equipment, explain your child's condition, and specify the name and dosage of medications.
- Carry extra medications and medical supplies with you, as you may need to alter dosages.
- Carry all medications and medical equipment with you. Do not put them in your check-in luggage, to avoid them being lost.
- If you fly across different time zones, prepare a detailed itinerary and ask medical personnel how to adjust the time and dosage of medications during the trip.
- Contact the airline in advance to ask if they can provide a suitable meal on the plane.
- When travelling with friends or relatives, make sure they know the signs of hypoglycaemia. Teach them how to use a glucagon kit and how to help you handle a diabetes emergency.
- You should find out in advance the medical services available at your destination, as well as insurance coverage of your travel insurance plan.

### Things to note during travelling

- Always carry diabetes identification (ID) that outlines your condition, and easily absorbed sugars and snacks with you to deal with possible hypoglycaemia.
- Store insulin in a cool, dry place. It can generally last for 4-6 weeks at room temperature.
- Perform regular blood glucose tests to ensure stable blood glucose levels, especially after exercise or a long journey.
- If your child is using an insulin pump, inform airport staff in advance before passing through the customs security check-point. Exposing the insulin pump to the X-ray equipment may result in a malfunction of the pump.
- Protect your feet, and bring along appropriate footwear (avoid wearing new shoes or sandals), and perform proper foot care as usual.
- Pay attention to climate and altitude changes which can indirectly affect blood glucose control.



Tips taken from YDA's Childhood Diabetes Handbook, Chapter 6.2, Travel tips for Children with Diabetes. This book is available to all members from YDA centres.

# 全新計劃 — 提供全面血糖支援

YDA推出了全新「賽馬會年輕糖尿支援計劃」，此計劃由香港賽馬會慈善信託基金資助，並由YDA與項目合作夥伴香港中文大學醫學院和香港糖尿病護士協會合辦，提供項目評估和糖尿病教育。

## 關於計劃

本計劃旨在改善對年輕糖尿病患者的支援，為患者提供連續血糖監測儀（簡稱CGM）及其他服務，使患者及其家人能夠更有效地管理糖尿病。此外，本計劃亦旨在提高社區對糖尿病的認識，並研究糖尿病患者使用CGM的成本效益。



## 「賽馬會年輕糖尿支援計劃」包括以下內容：

- 提供兩年用量的CGM
- 提供胰島素泵及3年的相關醫療消耗品
- 糖尿病教育和支援 – 參加者及其家庭成員均可參加定期舉辦的講座及活動，以提高糖尿病相關知識和改善日常血糖管理
- 提高公眾意識 – 定期為公眾和學校舉辦有關糖尿病的教育講座，以提高普羅大眾對糖尿病的認識和關注
- 研究調查 – 由香港中文大學的研究團隊領導，向參加者進行調查，以收集數據分析CGM的使用如何影響患者的血糖水平和生活質素



## 申請人資格

### 連續血糖監測儀

- 2至30歲的糖尿病患者，或；
- 懷孕的糖尿病患者，或
- 有財政或糖尿病管理困難的糖尿病患者
- 香港永久居民

### 胰島素泵

- 7-25歲的一型糖尿病患者
- 現時非胰島素泵使用者
- 具使用連續血糖監測儀的經驗  
(過去6個月內，1/3時間使用連續血糖監測儀)
- 過去12個月的平均糖化血紅素值為7%或以上
- 香港永久居民



計劃現正開放申請，請瀏覽本會網頁下載申請表格。  
如有任何查詢，請與本會負責同事李小姐聯絡。  
電郵: [wkleee@yda.org.hk](mailto:wkleee@yda.org.hk) 電話: 2544 3833



# New Comprehensive Support Programme

YDA is excited to be offering the Jockey Club Support for Young People with Diabetes programme. This initiative is funded by The Hong Kong Jockey Club Charities Trust and organised by YDA with project partners The Chinese University of Hong Kong's Faculty of Medicine and the Association of Hong Kong Diabetes Nurses, providing project evaluation and patient education respectively.

## About the programme

The programme aims to improve support for people with diabetes by supplying them with access to continuous glucose monitors (CGMs), while also providing resources to empower patients and their families to better manage their diabetes. Additionally, the programme will help to raise awareness of diabetes, as well as study the cost-effectiveness of CGM usage in people with diabetes.



## The YDA programme will Include:

- Access to two-years supply of CGMs
- Access to insulin pump with three-years consumables
- Diabetes education and support – Participants and their families will have exclusive access to regular workshops and seminars to expand their knowledge of diabetes management
- Raise public awareness – Regular educational talks on diabetes for the general public and in schools to raise awareness and improve understanding of diabetes
- Research study – Participants will take part in regular surveys for research purposes. All data gathered will help towards the analysis of how CGM use affects glucose levels and quality of life of patients. This will be led by the CU Medicine research team



## Beneficiary eligibility

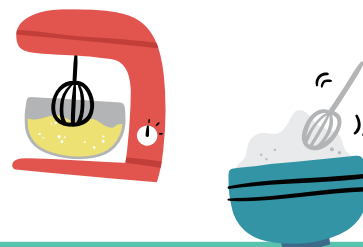
CGM	Insulin pump
<ul style="list-style-type: none"><li>• Person with diabetes aged 2-30, or</li><li>• Pregnant with diabetes, or</li><li>• Facing financial or diabetes management difficulties</li><li>• Hong Kong permanent resident</li></ul>	<ul style="list-style-type: none"><li>• Type 1 diabetes patients aged 7-25</li><li>• Non-existing pump users</li><li>• Experienced CGM users (have been using CGM 1/3 of the time in the past 6 months)</li><li>• Average HbA1c is 7% or above for the past 12 months</li><li>• Hong Kong permanent resident</li></ul>



Applications are now open. Please visit the website to download the application form. For questions about this programme or the application process, please contact Miss Lee by email: [wlee@yda.org.hk](mailto:wlee@yda.org.hk) or telephone: 2544 3833

# 健康食齋 Food Corner

## 蜂鳥蛋糕 Hummingbird Cake



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

熱量 Energy	200卡路里 (Kcal)
碳水化合物 Carbohydrates	27克 (g)
蛋白質 Protein	7克 (g)
膽固醇 Cholesterol	25毫克 (mg)
脂肪 Fat	8克 (g)
纖維素 Dietary fibre	3克 (g)



### 材料 Ingredients

圓形蛋糕模 (18cm/ 7吋) Cake mould (18cm/ 7-inch round)	1 個 1 pc
植物油 Vegetable oil	100克 100g
蛋(室溫) Eggs (at room temp.)	2隻 2 pcs
蘋果刨絲 Shredded apples	50克 50g
低筋麵粉 Cake flour	160克 160g
砂糖 Sugar	10克 10g
玉桂粉 Cinnamon powder	4克 4g
梳打粉 Baking soda	4克 4g
鹽 Salt	1克 1g
香蕉泥 Mashed bananas	120克 120g
切粒罐頭菠蘿 Diced canned pineapples	120克 120g
核桃 Walnuts	30克 30g



### 做法 Steps

6-8人份量  
Serves 6-8

- 1 植物油與打散的蛋液在攪拌碗中用打蛋器充分攪勻。  
Whisk the oil and beaten egg mixture together thoroughly in a bowl.
- 2 加入蘋果絲，用膠刮攪勻。  
Add shredded apples and mix well with a rubber spatula.
- 3 加入低筋麵粉、砂糖、梳打粉、玉桂粉及鹽再用膠刮撈起至剩下少許粉狀材料。  
Add the cake flour, sugar, baking powder, cinnamon powder, and salt. Mix well using a rubber spatula until there are only a few traces of dry ingredients remaining.
- 4 加入香蕉泥、切粒罐頭菠蘿及核桃，用膠刮輕輕攪拌至所有材料混合即可，切勿過分攪拌。  
Add mashed bananas, diced canned pineapples, and walnuts. Gently fold with a rubber spatula until all ingredients are combined. Be careful not to overmix.
- 5 蛋糕模塗上植物油，並撒上低筋麵粉。把所有混合材料倒入蛋糕模。  
Coat the cake mould with some oil and sprinkle with cake flour. Pour all combined ingredients into the cake mould.
- 6 放入180°C焗爐烘烤35分鐘。放涼後脫模，完成。  
Bake in a preheated 180°C oven for 35 minutes. After cooling, remove the cake from the mould and serve.

\*此食譜為低糖版本，而且省略肉桂糖衣，較適合控制血糖者。砂糖可自由轉換成任何其他糖類。

This recipe is a low-sugar version and omits the cinnamon sugar coating, making it more suitable for those who need to control blood sugar levels. The sugar can be freely substituted with any other type of sugar.

特別鳴謝兒童糖尿協會資深會員黃家榮提供以上食譜。

Special thanks to YDA senior member, Henry Wong, for providing the above recipe.





Youth Diabetes  
Action  
兒童糖尿協會

# 兒童糖尿協會青少年營 YDA Youth Camp

## 2023

營前預備日營及簡介會 Pre Camp and Briefing Session

### 19.08.2023

星期六 Sat | 下午 Afternoon | 灣仔區 Wan Chai

青少年營簡介 | 工作坊 | 團體合作活動

Diabetes camp briefing | Workshop | Team building activities

7-14歲兒童及青少年及家長

Children and teens aged 7 to 14 and parents



青少年營 Youth Camp 2023

### 21-22.10.2023

星期六至日 Sat to Sun

梅窩香港遊樂場協會賽馬會銀礦灣營

Hong Kong Playground Association Jockey Club  
Silvermine Bay Camp at Mui Wo

糖尿管理訓練 | 歷奇活動 | 關係建立

Diabetes management | Adventure activities | Building relationships

7-14歲兒童及青少年

Children and teens aged 7 to 14



更多詳情  
For more information

# 活動焦點 Activity Highlights



## 兒童糖尿協會荔枝角中心正式開幕

### Grand opening of YDA Lai Chi Kok Centre of Specialist Care

為慶祝YDA全新荔枝角會員中心正式開幕，我們於4月15日舉行了開幕派對。派對當日，一眾委員會成員、榮譽醫療顧問團隊、會員及其他合作伙伴聚首一堂，一同見證荔枝角新中心開幕，並進行交流，讓各人更進一步了解YDA的服務及會員的需求。

全新的會員中心位置便利，有助加強YDA與會員的聯繫，讓YDA為糖尿病患者提供更適切的支援，改善他們的生活。



YDA opened its new member centre with a grand opening party on 15 April to celebrate the exciting milestone. Many YDA Council Members, Honorary Medical Advisors, YDA members and different partners gathered to celebrate the establishment of the new centre.

The new centre will further extend the services that we already provide at our Centre of Excellence in To Kwa Wan. This convenient new location will help to strengthen the connection with YDA members and offer more support services direct to patients with diabetes.



你現在可以透過以下途徑聯絡YDA兩間會員中心：  
You can now contact us at either of the two centres:

#### 兒童糖尿協會土瓜灣中心 YDA Centre of Excellence

📍 九龍土瓜灣土瓜灣道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  
(由港鐵土瓜灣站D出口步行約10分鐘)  
(10 mins walk from MTR To Kwa Wan Exit D)

✉ support@yda.org.hk

☎ 2544 3263

📠 2544 3313

#### 兒童糖尿協會荔枝角中心 YDA Centre for Specialist Care

📍 九龍長沙灣道778-784號香港中心1607室  
Unit 1607, Clifford Centre, 778-784 Cheung Sha Wan Road, Kowloon  
(由港鐵荔枝角站B1出口步行約2分鐘)  
(2 mins walk from MTR Lai Chi Kok Exit B1)

✉ supportDM@yda.org.hk

☎ 2544 3828

📠 2544 3711

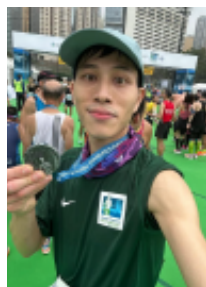




## 撐糖友跑 Run for Diabetes



兒童糖尿協會資深會員黃家榮，於2月份先後挑戰渣打馬拉松全馬賽事（42.195公里）及香港100馬拉松（103公里），為YDA籌得超過港幣10,000元善款。家榮在比賽期間，除了要應付馬拉松賽事不同的狀況外，還需要面對因大量消耗體能和氣溫驟變而導致血糖過低，因此



比賽期間需要更嚴格地控制血糖。即使面對種種困難，但家榮仍然堅持參賽，希望能以自身的經歷鼓勵其他受糖尿病影響的兒童及其家人。



YDA experienced member Henry Wong took on two marathon challenges in February to fundraise for YDA: the Standard Chartered Hong Kong Marathon (42.195km) and HK100 Marathon (103km). He helped raise over HK\$10,000. During the race, not only did Henry have to deal with the difficult conditions of running long distances, but he also experienced several episodes of low blood glucose due to excessive exercise and sudden changes in weather.

Despite all the difficulties, Henry persevered with participating in the competition. He wanted to use his own experience to encourage all T1D patients that diabetes shouldn't be a barrier!



## 新春包餃揮春工作坊 Dumpling and Fai Chun Workshop

為慶祝農曆新年，YDA邀請一眾會員及家長一起包低碳餃子，同場亦邀請了會員家長Nicholas教大家寫揮春，讓大家享受包餃子樂趣之餘，亦可以用親手寫的揮春裝飾家裡，過一個既健康又充滿節日氣氛的農曆新年。

To celebrate the Lunar New Year, we invited our members and parents to make healthy low-carb dumplings. Nicolas, our member's father, taught members to write *fai chun* at the same time. Everyone was happy to bring healthy dumplings and pretty decorations home!



## 社聯會議暨香港社會服務巡禮2023 HKCSS Convention cum HK Social Service Expo 2023



YDA於2月15日參加了社聯主辦的「社聯會議暨香港社會服務巡禮2023」，並成為參展單位之一。感激大會提供的大型交流平台，讓當日的企業客戶及其他社福團體有機會到訪YDA展位，一同了解一型糖尿病及關懷糖童的需要。

YDA was happy to be part of the HKCSS Expo 2023 on 15 February. Many thanks to HKCSS for providing an interactive platform, attracting different corporates and NGOs to visit our booth and learn about T1D in children and adolescents.



### 碳水計算小教室 Carb Counting with Dietician

YDA邀請了註冊營養師Edward與一眾新確診的會員及家長分享碳水換算小貼士，是次換算內容圍繞著茶樓美食，大家一邊吃著熱騰騰的點心，一邊學習計算點心的碳水份量，大家都吃得盡興、獲益良多。

YDA was grateful to have Edward Li, registered dietician (USA), to share tips on dim sum carb counting. Members had a good time learning about carb counting while enjoying tasty dim sum.



# YDA暑期活動

## YDA Summer Activities

精彩暑期活動等你齊齊來參與！  
Fun activities for members and parents to enjoy!

7月  
July

### STEM 初體驗 STEM Experience

日期  
Date 27/07/2023 ( 星期四Thu )  
地點  
Venue YDA中心 ( 土瓜灣 )  
YDA Centre (To Kwa Wan)  
對象  
Target YDA兒童及青少年會員  
Children and youth members



### 笑哈哈 ~ 釣蝦蝦！ Shrimp Fishing Event

日期  
Date 29/07/2023 ( 星期六Sat )  
30/07/2023 ( 星期日Sun )  
地點  
Venue 觀塘Hallo Land釣蝦場  
Hallo Land@Kwun Tong  
對象  
Target YDA會員及家長  
YDA children and parents



8月  
August

### 親子電影院 Family Movie Day

日期  
Date 05/08/2023 ( 星期六Sat )  
地點  
Venue 九龍灣嘉禾Megabox  
Kowloon Bay GH Megabox  
對象  
Target YDA會員及家長  
YDA members and parents



### 室內運動大挑戰 Indoor Sports Challenge

日期  
Date 12/08/2023 ( 星期六Sat )  
地點  
Venue AME運動電競館  
AME Stadium  
對象  
Target 兒童及青少年會員  
Children and youth members



### 化妝護理工作坊 Self-care and Make-up Workshop

日期  
Date 18/08/2023 ( 星期五Fri )  
地點  
Venue YDA中心 ( 土瓜灣 )  
YDA Centre (To Kwa Wan)  
對象  
Target 青少年會員  
YDA youth members



### 糖童開學預備分享會 Back to School Tips Sharing

日期  
Date 26/08/2023 ( 星期六Sat )  
地點  
Venue 待定  
TBC  
對象  
Target 會員家長  
Parents



立即報名參加吧！  
Come and join us for a cool summer!

查詢 Enquiries

✉ support@yda.org.hk

☎ 2544 3263

溫馨提示：暑假活動的內容有機會因安排而有所改動，敬請以活動確認電郵之資料為準。

Please note: Event arrangements are subject to change. Please refer to the confirmation email of each event.



# 鳴謝 Acknowledgements

兒童糖尿協會衷心感謝下列機構、團體及人士於2023年1月至2023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 during January to March 2023, 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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Backyard Roots Limited  
Hong Kong Jockey Club Charities Trust  
Miracle Day Charity Ltd  
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### 義工 Volunteers

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Dennis Zeng  
Harry Leung  
Henry Wong  
Jessica Leung  
May Yeung  
Nicholas Hung  
Xie Xiao Yan

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### 主席 Chairperson

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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 (資助兒童計劃)，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) \_\_\_\_\_

我們很樂意向你介紹兒童糖尿協會最新的活動和服務，請告訴我們你想透過那種途徑接收我們的訊息：(請在方格內加上剔號)

We would love to keep you updated on the latest YDA activities and services. Please let us know how you want to receive this information: (tick all boxes that apply)

☐ 電郵 Email ☐ 短訊 SMS ☐ 電話 Telephone ☐ 郵寄 Post ☐ 我不願意接收兒童糖尿協會的資訊 I do not want to receive marketing updates from YDA



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](http://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](http://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

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☐ 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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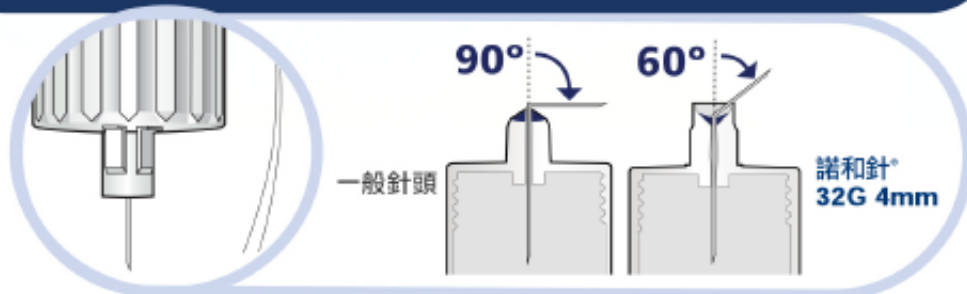
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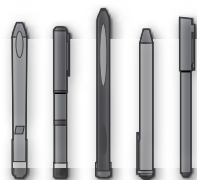
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References: 1. Novo Nordisk annual report 2021. 2. Arendt-Nielsen L et al. Pain following controlled cutaneous insertion of needles with different diameters. Somatosens Mot Res. 2006;23(1-2):37-43. 3. Birkebaek NH et al. Diabetes Care. 2008;31(5):65. 4. Buus P et al. Curr Med Res Opin. 2011;27(3):589-592.

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