

YDA today

newsletter 2023 | issue 69



藍月 · 十一 Blue November

參與我們的糖尿病關注月 |
Join us for diabetes awareness month



Youth Diabetes
Action
兒童糖尿協會



Youth Diabetes
Action
兒童糖尿協會



THE MILLION STEP CHALLENGE

百萬健步挑戰

Youth Diabetes Action invites friends and supporters to participate in the Million Step Challenge during Blue November. This initiative started by the Backyard Gang directly supports HK children with diabetes.

兒童糖尿協會邀請各位朋友及支持者參與藍月·十一的百萬健步挑戰。活動由Backyard Gang發起，將會致力支持香港患有糖尿病的兒童。

How to participate – it's easy! 如何參與？很簡單！

- 1 Purchase a Pledge Pack for only HK\$100 and you'll receive a clip-on pedometer to track the number of steps you take during the whole month of November
只需港幣100元購買一個健步包，以健步包附贈的夾式計步器來記錄你11月份的總步數
- 2 Start walking on 1 November and see what you've achieved by 30 November
由11月1日開始步行，看看30日內你能走多少步
- 3 Invite your friends and family to sponsor you
邀請朋友和家人贊助支持你
- 4 Submit your total step count and funds raised from 1-7 December to YDA
將你的總步數和籌得的金額於12月7日或之前交給YDA

There are amazing prizes for the most number of steps and the top fundraiser!

Please help spread awareness and invite friends and family to sponsor. You can even form a team of your own and walk together.

Stay in touch and keep us updated on social media, #YDAmillionsteps and #BlueNovember. Help us to our goal of ONE MILLION STEPS!

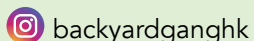
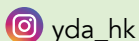
最多步數和籌得最高贊助金額的健步手將獲得驚喜禮品！

邀請你的親友贊助和捐款，你亦可自組團隊，為糖童步行籌款，令更多人關注及支援糖童！

關注YDA的社交平台，標記 #YDAmillionsteps 及 #BlueNovember，和我們一起達成一百萬步的目標吧！



Order your Pledge Packs here.
掃描購買健步包。



#YDAmillionsteps

#BlueNovember

The Backyard Gang

It's a place where kids can truly be kids.

The Backyard Gang and Backyard Explorers bring the invaluable gift of outdoor play to childhood. We offer every kid the opportunity to EXPLORE their very own HK Backyard. Whether it is hiking in the trails, building a fire to cook S'mores or making a rope swing at the beach.

一個可以讓孩子成為孩子的地方

The Backyard Gang 為每個孩子帶來在戶外玩耍寶貴機會，讓他們探索屬於自己的香港後花園。

<https://thebackyardgang.com>

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編輯的話 From the Editor

「藍月慈善晚宴」將為「藍月·十一」宣傳月揭開序幕，這是自疫情以來，本會第一個現場籌款晚會。在此，本會感謝Rusy and Purviz Shroff Charitable Foundation冠名贊助是次活動。

本會目標是籌集足夠資金，大力改善糖尿病童家庭的生活，讓他們得到最新的糖尿病科技資訊和產品，減輕病人每日注射及篤手指測血糖之不便。

另外，誠邀各位參加本會11月18日的糖尿病研討會，屆時將討論糖尿病的類型和基因的角色、免疫療法能否阻止一型糖尿病，並探討掌握患病時如何管理糖尿病。另設兒童專屬環節，介紹健康飲食及糖尿病知識小遊戲，讓家長和孩子一起了解糖尿病。

同時，也別忘記參加一年一度的藍「飾」自拍，在社交媒體發佈你的照片，加上@YouthDiabetesAction及#bluenovember的標記。


We kick off Blue November activities with the Blue Moon Gala dinner. This will be our first in-person fundraising event since the pandemic. We would like to thank our generous Title Sponsor, the Rusy and Purviz Shroff Charitable Foundation, for helping us to bring this event to life. We look forward to a successful evening.

Our goal is to raise enough funds to provide hugely impactful change to families affected by diabetes and give better access to new diabetes technologies, thereby reducing the need for daily finger-prick tests and injections.

Please join our Diabetes Conference on 18 November, where we will have talks on the types of diabetes and the role of genetics; discussing whether immune therapies can prevent T1D; and mastering sick day management. This conference will also have separate children's sessions on eating smart and diabetes games. Parents and children will both be able to learn about diabetes in an engaging environment!

Don't forget to join our annual Dress Blue Selfie. Post your photo on social media tagging @YouthDiabetesAction and #bluenovember.

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 Youth Diabetes Action

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專題 Feature

CGM 如何改變我們的生活

How CGMs have changed our lives

為使會員及其家人能夠更有效地管理糖尿病，YDA先後推出了「CGM小彩虹計劃」及「賽馬會年輕糖尿支援計劃」。以下為已參與計劃的會員家庭的感想，讓我們一起來看看使用CGM後對他們的生活有甚麼幫助及影響吧！

YDA established the CGM Little Rainbow and Jockey Club Support for Young People with Diabetes programmes in order to empower members and their families to better manage their diabetes. Let's see how CGMs have helped and influenced their lives!

“

陳麗琪媽媽

大家好！麗琪今年9歲自2021年7月份確診到現時已經有兩年時間，佩戴了CGM後，不但減少了篤手指的痛，還能實時觀察到小朋友的血糖情況，能夠更好地控制血糖波動，可以知道飲食是否正確，低血糖時能夠及時補給，防止了高血糖和低血糖的發生。佩戴了CGM的小朋友也自信了很多，不會覺得跟別人不一樣，和大家一起玩的時候也能夠隨時知道自已的身體狀況。



Nikki's mum

My daughter, Nikki, is 9 years old and has been dealing with diabetes for two years. The CGM has reduced the pain of finger pricks and allowed us to monitor our child's blood sugar in real time. It helps us better control blood sugar fluctuations, ensure proper dietary choices, and prevent high and low blood sugar occurrences. With the CGM, children have gained in confidence, feeling no difference compared to others. They can play with their friends while still being aware of their health.

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請捐款支持糖童。
Show your support to
children with diabetes and
make a donation today.

“

黃鍵衡媽媽

Marcus於2022年初確診，在確診初期，Marcus每天至少要「篤手指」8次或以上，尤其要在半夜起身驗血糖，為他帶來痛楚及不便。

自從Marcus使用CGM後，大大減少「篤手指」的次數之餘，更可以在大部份時間保持血糖在理想的水平，醫生和護士也讚賞他做得好好呢！此外，父母亦可透過手機應用程式去監察他的血糖，就算Marcus在學校或外出，我們也可以安心。

CGM已是我們生活中不可或缺的一部分，多謝YDA及小彩虹計劃提供CGM支援，希望此計劃可以幫助更多糖童好好地控制血糖和提高生活質素。

Marcus' mum

Marcus was diagnosed in 2022. In the beginning, Marcus had to do the finger-prick test himself at least 8 times a day or more; we even woke up in the middle of the night to check his blood sugar, which caused him pain and inconvenience.

Since Marcus started using the CGM, he has significantly reduced the frequency of finger-prick tests and maintained his blood sugar at ideal levels most of the time. His doctors and nurses have acknowledged his progress! Furthermore, as parents, we can monitor his blood sugar through a mobile app. This gives us peace of mind, even when Marcus is at school or going out.

The CGM has become an indispensable part of our lives, and we are grateful to YDA and the Little Rainbow programme for providing CGM support. We hope this programme can help more children with diabetes control their blood sugar and improve their quality of life.

”

“

文智樂

之前都有使用CGM的經驗，但CGM價錢並不便宜，故此只是間歇性使用，看看日常生活習慣能否保持良好血糖水平。賽馬會年輕糖尿支援計劃，提供兩年期不間斷CGM用量，讓我可以清晰知道血糖水平，隨着環境及生活習慣改變，可以和以往的生活作比較，以獲得更好的數據回饋。以前在短短兩星期內使用CGM，只要遇到突發事件，例如意外掉落，或者應酬的不定時飲食，就會失去寶貴的數據，現在能不間斷使CGM就沒有這個擔心了。



Man Chi Lok

A CGM is pricey and previously I only used it occasionally to maintain good blood sugar levels. The Jockey Club Support for Young People with Diabetes programme provides a two-year continuous supply of CGMs, allowing me to clearly observe the changes in my environment and lifestyle compared to before, thus obtaining better feedback data. Moreover, in the past, using the CGM for just two weeks meant that the valuable data would be lost if there were any unexpected events, such as accidental detachment or irregular eating for social gatherings. With the continuous use of the CGM now, I no longer have this concern.

”

“

陳汶希媽媽

汶希在2011年初確診T1D，當時日常只有靠採血驗血糖，很難看清楚血糖水平的變化，尤其是在半夜或生病期間。汶希大約在2017年開始長期使用CGM，雖然那時候CGM的讀數很多時跟「篤手指」數值相差頗大，但它讓我看到汶希整天血糖變化走勢，又可以製作長至90天的血糖分析報告，這對調節胰島素注射劑量/時間，以及飲食作息都有很大幫助；而且「篤手指」的次數也能大大減少。



Chan Man Hei's mum

Man Hei was diagnosed with T1D in early 2011. Back then, we relied solely on finger-prick tests which made it challenging to observe the fluctuations in blood sugar levels, especially during the night-time or illness. Around 2017, Man Hei began to use the CGM regularly. Although at that time, CGM readings often differed from finger-prick test values, it still allowed me to track Man Hei's daily blood sugar trends and generate blood sugar analysis reports. This proved immensely helpful in adjusting insulin dosages/timing and managing dietary and lifestyle choices.

“

丘子鑒

使用CGM後，我不再需要每次篤手指來測量血糖，能更快速、方便地掌握血糖變化。使用CGM持續監測血糖水平，能夠使數據即時顯示在連接設備上，讓我隨時了解血糖狀況，尤其在運動時，可以節省驗血糖的時間的同時讓我知道如何調整血糖。這項技術不僅方便生活，省去採血的煩惱，也為我提供更多安全感，因為CGM警報功能讓我能夠及時採取控制措施，對低血糖或高血糖的情況有更多的掌握。

CGM技術改變了我們這些糖尿病患者的生活方式，使我們能更好地管理血糖，享受更方便的生活！

Yau Tsz Wen

After using the CGM, I no longer need to prick my finger to measure blood sugar. It allows me to monitor blood sugar fluctuations quickly and conveniently. Using the CGM to monitor blood sugar levels continuously provides real-time data, enabling me to always stay informed about my blood sugar status. It is especially helpful during physical activities, saving time on blood sugar checks and helping me to make the necessary adjustments. This technology makes my daily life easier by eliminating the hassle of finger-pricks and provides me with a greater sense of security.

CGM technology has transformed how we diabetes patients live, allowing us to manage our blood sugar better and enjoy a more convenient life!

”

“

洪梓軒爸爸

我們透過CGM小彩虹計劃而獲贊助CGM血糖監察儀器，小兒Anson在CGM血糖監察儀器的幫助下，除了能無時無刻地監察着血糖之高低，更可免卻以往使用採血針的限制及不便。由於CGM血糖監察儀器能不間斷顯示血糖的數值，這有助我們因應血糖高低的情況而作出適時的應對措施，如補針或進食澱粉質食物，這樣就能避免因血糖過高或過低產生的危險，長遠有助我們控制血糖值，確保孩子的健康。感謝YDA及公益金提供CGM小彩虹計劃協助我們的孩子監察血糖，讓他們在血糖控制的操作上更方便準確！



Anson's dad

Through the CGM Little Rainbow programme, Anson can constantly monitor his blood sugar levels without the previous limitations and inconveniences of using finger-prick test.

As the CGM monitoring device continuously displays blood glucose data, it helps us respond promptly to fluctuations in blood sugar levels. We can administer insulin or have Anson consume starchy foods as needed, thus avoiding the risks associated with high or low blood sugar levels. In the long run, this improves blood sugar control and makes it more convenient and accurate for our children to monitor and control their blood sugar levels.

”



一同參與兒童糖尿協會糖尿病研討會，了解最新的糖尿管理知識。

Come along to YDA's Diabetes Conference to learn more about the latest in diabetes management.

專家點睇 Professional View

糖尿病創新治療產品介紹 (第一部分)

New Innovations in the Diabetes Community (Part 1)

最近，美國糖尿病協會在會議上展出幾款糖尿病護理的創新產品。雖然部分仍未獲准於治療兒童，亦暫未能在香港推出，但這發展走向也令人鼓舞。現在我們先睹為快，率先向各位簡介以下產品：

At the recent American Diabetes Association Meeting, several innovative products in diabetes care were showcased. While many of these new developments are not yet approved for children or in the Hong Kong market, let's take a brief look at some of these exciting trends in diabetes management.

胰高血糖素 Glucagon

Gvoke 低血糖急救筆 Gvoke HypoPen

Gvoke HypoPen是一款即用的注射筆，用於治療緊急低血糖情況，毋須事先混合，可即時注射，一如用於治療嚴重過敏反應的腎上腺素自動注射器。Gvoke HypoPen可注射於上臂外側、下腹或大腿外側，現已獲准用於2歲及以上的糖尿病患者。

Gvoke HypoPen is a ready-to-use rescue pen for low blood sugar emergencies that can be easily administered without need for prior mixing or preparation. It is simple to administer at a moment's notice, like an epinephrine autoinjector for severe allergic reactions. Gvoke HypoPen can be administered to the outer upper arm, lower abdomen or outer thigh. It is currently approved for patients with diabetes aged 2 years and older.



BAQSIMI 升糖素噴鼻粉劑 BAQSIMI glucagon nasal powder

BAQSIMI是一種升糖素，以噴鼻形式吸入，用於治療緊急低血糖情況。它是市面上第一種，也是唯一一種乾噴鼻劑。在提升成人血糖方面，已證實與注射升糖素一樣有效。4歲及以上的單一劑量相同。即使鼻塞或曾使用減充血劑，亦不影響其效力及安全。

BAQSIMI is a form of glucagon given as a puff in the nose for low blood sugar emergencies. It is the first and only dry nasal spray in the market and has been shown to work as well as glucagon injection in raising blood sugar in adults. BAQSIMI comes in a single dose for people aged 4 years and older. It can be used safely and effectively even if your nose is congested or you have used decongestants.



新式胰島素 New forms of insulin

Afrezza 吸入型胰島素 Afrezza inhaled insulin

Afrezza是一種超速效吸入型胰島素，以口腔吸入器吸入，毋須注射。吸入後，Afrezza會快速通過肺部，在不到1分鐘的時間進入血液，並於大約12分鐘內開始降低血糖。它有4、8和12單位的藥筒可供選擇，為了調校合適的劑量，可能要超過一個藥筒。Afrezza已獲批准用於成人糖尿病患者。

AFREZZA® INHALER



Afrezza is an ultra rapid-acting inhaled insulin that is breathed in through your lungs using an oral inhaler, eliminating the need for needles. Once inhaled, Afrezza passes quickly through your lungs and enters your bloodstream in less than 1 minute. The ultra rapid-acting insulin starts to lower blood sugars in around 12 minutes. It is available as 4, 8 and 12 unit single cartridges and more than one cartridge may be needed to take your prescribed dose. Afrezza is currently approved for use in adults with diabetes.

超速效胰島素 Lyumjev Ultra-rapid-acting insulins: Lyumjev

Lyumjev是一種超速效胰島素，其活性成分與優泌樂（lispro胰島素）注射液相同，不同的是，它旨在幫助血液快速吸收胰島素。相比優泌樂，Lyumjev更快開始降低血糖。一個針對成年人的研究顯示，它比優泌樂更有效降低餐後1和2小時的血糖峰值。由於Lyumjev更快起作用，因此應在餐前或餐後20分鐘內服用。它具有降低A1c作用，跟速效胰島素相似，並獲批准用於糖尿病兒童和成人身上。



Lyumjev is an ultra-rapid-acting insulin with the same active ingredient as Humalog (insulin lispro) injection, but designed to help insulin be absorbed into your blood quickly. It starts lowering blood sugar faster than Humalog and has been shown to reduce blood sugar spikes better than Humalog 1 and 2 hours after meals in adult studies. Because Lyumjev works faster, you should take it at the start of your meal or within 20 minutes after you start eating a meal. It has similar A1c-lowering effects as rapid-acting insulin and is approved for both children and adults with diabetes.

以上只是一眾革新產品的小部分，讓糖尿病患者生活得更輕鬆。尚有更多醫學發展、創新產品指日可待，讓我們一起翹首以盼！

These are just a few of the many new developments that make life easier for people with diabetes. A lot of medical advancements and innovations are on the horizon, so stay tuned!

潘穎瑤醫生 Dr Sarah Poon

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上述進展令人振奮，我們希望為香港的糖尿病患者送上最新資訊，亦希望患者的需求和觀點得到關注。請立即註冊成為YDA會員，讓本會得知您的意見，也方便各位了解最好、最新的治療方案。

With these new and exciting developments, we want to make sure that they are delivered to people with diabetes in HK as quickly as possible. We also want to make sure that patients' needs and views are represented. Sign up to become a YDA member so we can get your feedback and keep you up-to-date on the most effective and latest treatment options.

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* Minimum accuracy requirements of ISO 15197:2013 require ≥ 95% of the measured glucose values need to fall within ±0.83 mmol/L of the average measured values of the reference measurement procedure at glucose concentrations <100 mg/dL (<5.55 mmol/L) or within ±15% ≥100 mg/dL (≥ 5.55 mmol/L). 99% of individual glucose measured values need to fall within zones A and B of the Consensus Error Grid (CEG) for type 1 diabetes.
*Always consult your healthcare professional before setting or changing any target ranges.

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. International Organization for Standardization. In vitro diagnostic test systems – requirements for blood-glucose monitoring systems for self-testing in managing diabetes mellitus (ISO 15197:2013). International Organization for Standardization, Geneva, Switzerland, 2013. 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.



Youth Diabetes
Action
兒童糖尿協會

Blue Moon

Gala Dinner

OCTOBER

31

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2023

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Blue Moon

Gala Dinner

Welcome message

Thank you very much for joining us this evening at our Blue Moon Gala fundraiser to support children with diabetes in Hong Kong.

Youth Diabetes Action (YDA) has been helping children with diabetes and their families since 2001. Our efforts centre on providing support to families – educational, emotional, financial, informational, and peer networking. We also raise awareness amongst the medical community about this disease, as well as educate the general public. We are the only charity in Hong Kong that provides these vital services and only with your help can we continue to serve this needy population.

Most of YDA's young members have Type 1 diabetes, an autoimmune disease in which the body's immune system attacks and destroys the insulin-producing cells of the pancreas. Imagine living with this disease – you have to eat a carefully calculated diet, do multiple daily blood glucose checks, and have several insulin injections or wear an insulin pump every day. And you will have to do all that day after day with no respite, just to stay alive. We are also seeing an increase in children with Type 2 diabetes, a metabolic disease which is largely preventable when a child follows a healthy lifestyle. These families also need our educational support.

Thanks to your generous support, especially during the years of COVID-19, we were able to continue to support financially needy families by subsidising diabetes-related medical supplies for their children. We even managed to extend our service by providing the latest diabetes technology, continuous glucose monitors (CGMs) to the majority of our members.

With your help tonight, we are one step closer to realising YDA's goal of ensuring that no child in Hong Kong will ever be held back because of diabetes. Your contribution will serve as an investment in these children's bright and healthy futures and we cannot do this without you. We thank you for your generous support.

Joanna Hotung

Chairperson Emeritus
Youth Diabetes Action

Lesley-Ann Murray

Co-Chairperson
Blue Moon Gala Dinner 2023

Melissa Brewster

Co-Chairperson
Blue Moon Gala Dinner 2023

Message from the Chairperson

We are very grateful for your ongoing support in ensuring that no child should be held back because of diabetes.

We will continue to focus on engagement to serve children with diabetes, help them develop and grow to their full potential, empowering their families to become self-supporting, and sponsoring those who cannot afford the ongoing medical supplies and cutting-edge diabetes devices. We cannot express how thankful we are for your help along the way. Your support energises all of us at YDA to work for a better future for children and young people with diabetes.

On behalf of the Council, I would like to thank every one of you for your kind support tonight. Wishing you a wonderful and enjoyable evening.

Fina Cheng

Chairperson
Youth Diabetes Action



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KAMSARMAX

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Darya Lachmi	2023 - China	82,271
Darya Ruchi	2022 - Japan	82,557
Darya Preeti	2019 - China	81,981
Darya Neeti	2018 - China	82,013
Darya Shanti	2016 - China	82,028

ULTRAMAX

	Built	DWT
TBN Darya Priya	2025 - China	64,000
TBN Darya Jiya	2025 - China	64,000
TBN Darya Diya	2024 - China	64,000
TBN Darya Satya	2024 - China	63,200
TBN Darya Nitya	2024 - China	63,200
Darya Vidya	2021 - Japan	64,723
Darya Mira	2021 - China	61,087
Darya Heera	2021 - China	61,083
Darya Sita	2019 - Japan	61,152
Darya Rama	2018 - Japan	61,212
Darya Padma	2015 - Japan	60,935

HANDYSIZE

	Built	DWT
TBN Darya Koshi	2024 - Japan	40,000
TBN Darya Mahi	2024 - Japan	40,000
Darya Rapti	2022 - Japan	40,110
Darya Gomti	2022 - Japan	40,037
Darya Sindhu	2020 - Japan	34,790
Darya Kavri	2017 - Japan	37,981
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Blue Moon

Gala Dinner

Title Sponsor

Babies and young children are dear causes close to Mrs. Shroff's heart. Mrs. Shroff has been a long-time supporter of many charities in Hong Kong, including Youth Diabetes Action (YDA).



Mrs. Purviz R. Shroff, MH
and
Late Mr. Rusy M. Shroff, BBS, MBE



Mrs. Purviz R. Shroff, MH

I am delighted to be able to support children with diabetes and would like to take this opportunity to wish YDA every success with the Blue Moon Gala. YDA's commitment to empower children with diabetes and their families has had a positive impact on the many lives that they have touched.

Having diabetes shouldn't hold you back from what you want to achieve. I look forward to seeing children with diabetes grow up to live a healthy life, where they go on to achieve their dreams without diabetes being a barrier.

Remember: Happiness isn't what you find at the end of the road. It's right here. Right now.



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Blue Moon

Gala Dinner

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Blue Moon

Gala Dinner

Acknowledgements

With the compliments of

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Arturo and Ana Sims
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Bally Lam, Christine Ma Lau, Emily Kwan, Vivian Chung
Carisse and Alois Mueller
Carmen and David Beaves
Chris Funnell, Emma Sharrock, Ty Turner (The Backyard Gang)
Denise Wyllie
Dr Elaine Kwan
Fantasia Chu and friends
Fina Cheng
Janana and Joi Pasha
Joanna Hotung
John Budge
Julie and Colin Farrell
Lal Chellaram
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健康食譜 Food Corner

4人份量
Serves 4

瑤柱冬瓜瘦肉湯 Dried Scallops, Winter Melon, and Lean Pork Soup



營養分析 Nutrition facts

每人份量 (1碗湯連蔬菜，不連肉)
Each serving provides

熱量 Energy	55.0 卡路里 (Kcal)
碳水化合物 Carbohydrates	8.5 克 (g)
蛋白質 Protein	3.3 克 (g)
膽固醇 Cholesterol	12.0 毫克 (mg)
脂肪 Fat	0.9 克 (g)
纖維素 Dietary fibre	1.7 克 (g)



材料 Ingredients

冬瓜 Winter melon	480 克 480g
冬菇 Dried shiitake mushrooms	8 隻 8 pcs
瑤柱 Dried scallops	6 粒 6 pcs
瘦肉 Lean pork	320 克 320g
水 Water	約 2.5 公升 2.5L



調味料 Seasoning

鹽 Salt	2/3 茶匙 2/3 tsp
-----------	-------------------



做法 Steps

- 1 冬菇及瑤柱用熱水浸軟，洗淨；冬菇去蒂，備用。
Wash and soak the mushrooms and dried scallops in hot water until tender. Remove the stems of mushrooms. Set aside.
- 2 冬瓜洗淨，切大件；瘦肉洗淨飛水，用水沖洗後，盛起，備用。
Wash the winter melon and cut into big pieces. Wash the lean pork and blanch in boiling water for a while. Rinse the lean pork under running water and 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 the 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

瓜類的熱量極低，是減肥人士果腹之選。除冬瓜外，可用節瓜、絲瓜、老黃瓜、苦瓜或合掌瓜等代替。

Melons are very suitable for a weight reduction diet as they contain few calories. You can also use hairy melon, bitter melon, or chayote in this recipe.



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
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
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活動焦點 Activity Highlights

與光·童行 Shave With Love

非常感謝俄亥俄州立大學香港校友會 (OSUACHK) 及東華三院李潤田紀念中學校友會 (LCDMCAA) 於4月29日聯合舉辦「與光·童行」剃頭籌款活動。

We are very grateful to Ohio State University Alumni Club of Hong Kong (OSUACHK) and TWGHs Lee Ching Dee Memorial College Alumni Association (LCDMCAA) for the "Shave with Love" charity fundraising event in aid of YDA on 29 April.



韓印紅餐廳午聚 Lunch in Hanyinhong restaurant



「韓印紅」贊助YDA會員的韓式低碳水午餐。
A low-carbohydrate lunch was sponsored by Hanyinhong for YDA members.

親子夜釣墨魚活動 Squid Fishing Event

端午節假期夜釣墨魚活動。
Squid fishing on the Dragon Boat Festival.



健康雪糕製作工作坊 Healthy Ice Cream DIY Workshop

在Harmony工場製作健康美味的零添加糖雪糕。

A sugar-free ice cream making in Harmony's Ice-Cream Kitchen.



父親節：室內飄移車活動 Father's Day: Go Kart Trial



試玩室內飄移車以慶祝父親節。
Go-karting to celebrate Father's Day.



請捐款支持糖童。
Show your support to children with diabetes and make a donation today.

活動焦點 Activity Highlights

兒童慈善心嘉年華 Children Charities Carnival



YDA非常榮幸能夠獲邀參加第14屆兒童慈善心嘉年華。多謝主辦單位提供一個與大眾接觸的平台，讓我們可以向家長及小朋友分享糖尿病小知識。

YDA participated in the 14th Children's Charity Carnival. We would like to express our gratitude to the organisers for providing us with a platform to share diabetes-related knowledge with parents and children.



笑哈哈～釣蝦蝦！ Shrimp Fishing Event



有見去年暑假反應熱烈，今年YDA繼續舉辦兩場釣蝦活動。

In view of the overwhelming demand last summer, we held two sessions of shrimp fishing again this year.

室內運動大挑戰 Indoor Sports Challenge



會員體驗了騎馬、攀石、戰繩等項目的運動電競遊戲。

Experience of e-sports, such as horse riding, bouldering and rope battling.



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



除了關注糖尿病，會員亦重視化妝及皮膚護理！

Other than diabetes, we care about how we look too!

活動焦點 Activity Highlights

兒童糖尿協會青少年營2023—營前預備日營及簡介會 YDA Diabetes Camp 2023 — Pre-Camp Briefing

2日1夜的青少年營即將在10月份舉行，為了讓會員作好準備，YDA在8月份舉行營前預備日營及簡介會，向會員和家長們介紹青少年營的營地資料及活動安排，會員及家長亦藉此機會互相認識。


In preparation for the upcoming overnight Youth Camp in October, YDA held a pre-camp briefing in August to introduce the rules, activities and workshops for the upcoming camp. Most importantly, we all got to know each other.




在家長於工作坊分享寶貴經驗和建議的同時，會員亦參與了一系列好玩刺激的團體合作遊戲。期待營會中能夠為他們建立更深厚的情誼，在糖尿病自理的路上同行！

While parents had their own workshop, sharing valuable experiences, the children enjoyed the exciting team-building games. We look forward to the camp helping to build their relationships and support for each other on the path of diabetes control!



 youthdiabetesactionhk



 yda_hk

請於本會的Facebook及Instagram查看有關青少年營的詳盡資訊。

Full updates from the YDA Youth Camp can be found on our Facebook and Instagram pages.

藍「飾」自拍 Dress-Blue Selfie

今年11月，參加 YDA藍「飾」自拍吧！

穿上藍色衣飾或用隨附的藍圈，發揮創意拍照，並上傳到社交平台 @YDA #BlueNovember

Join Dress Blue Selfie this November!

Wear something blue or use the blue circle enclosed, take a creative photo and upload to social media @YDA #BlueNovember

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藍月·十一 BLUE NOVEMBER

活動預告 Upcoming Event

為響應11月14日的世界糖尿病日，本會早已將11月定為「藍月·十一」糖尿病關注月，並將會舉辦一系列的活動，提升外界對糖尿病及糖童的關注。

To mark World Diabetes Day (14 November), YDA have organised a series of activities to raise public awareness of diabetes as well as children with diabetes throughout November.

糖尿病研討會 Diabetes Conference

糖尿病—當下與前瞻 Diabetes – Present and Future

糖尿病研討會為今年「藍月·十一」的重點活動，YDA就著研討會主題「糖尿病—當下與前瞻」邀請得一聚富專業知識及經驗的演講嘉賓，圍繞著糖尿病患者的議題舉辦一系列的互動講座及兒童工作坊。歡迎各會員家庭、各界醫護及有興趣了解的人士齊齊來報名參與！

YDA Diabetes Conference is the key event of Blue November this year. YDA have invited speakers with professional knowledge and rich experience to organise a series of interactive seminars featuring "Diabetes – Present and Future". Members, healthcare professionals and all those interested in diabetes are welcome. There will also be special children's sessions to keep them entertained whilst also learning about living with diabetes. We hope you will join us!

18.11.2023

星期六 Sat

1:30-4:30

下午 Afternoon

香港兒童醫院演講廳

Auditorium, Hong Kong Children's Hospital

粵語講座（輔以英語）

Presentation in Cantonese and supplemented with English



請即掃描報名
Please scan for
registration

研討會活動概覽 Programme Overview

主題演講 Keynote	「你患有什麼類型的糖尿病？基因的角色」 "What type of diabetes do you have? Role of genetics"
講員 Speaker	香港中文大學 — 陸安欣教授 Professor Andrea Luk, CUHK
主持 Moderators	關彥華醫生 · 潘穎瑤醫生（香港兒童醫院） Dr Elaine Kwan, Dr Sarah Poon (HKCH)
時間 Time	13:40 - 14:25
講座 Seminar	「免疫療法可以阻止一型糖尿病嗎？」 "Can immune therapies stop Type 1 diabetes?"
講員 Speaker	香港中文大學 — 周怡君助理教授 Assistant Professor Elaine Chow, CUHK
主持 Moderators	童月玲醫生 · 潘穎瑤醫生（香港兒童醫院） Dr Joanna Tung, Dr Sarah Poon (HKCH)
時間 Time	14:35 - 15:20
講座 Seminar	「一型糖尿病生病怎麼辦？讓我們好好『甜蜜』地管理」 "Thriving through Type 1 diabetes: Mastering sick day survival"
講員 Speaker	兒童內分泌科專科醫生 — 傅振祥醫生 Dr Antony Fu, Paediatric Endocrinologist
主持 Moderators	關彥華醫生 · 彭肇韓醫生（香港兒童醫院） Dr Elaine Kwan, Dr Gloria Pang (HKCH)
時間 Time	15:30 - 16:15

兒童工作坊 Children's session

講座 Seminar	「有『營』健腦飲食」 "Eat smart for young healthy brains"	糖尿病遊戲 Diabetes Game	「真心話大冒險」 "True or Dare?"
講員 Speaker	高級註冊營養師 — 林思為小姐 Ms Sylvia Lam, Senior Registered Dietitian	講員 Speaker	資深護師 — 潘綺雯姑娘 Ms Iris Poon, Advanced Practice Nurse
時間 Time	13:30 - 14:45	時間 Time	15:00 - 16:15

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4月至2023年6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 to June 2023, 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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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12,000 (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\$12,000 (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.

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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 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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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).

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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: _____

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

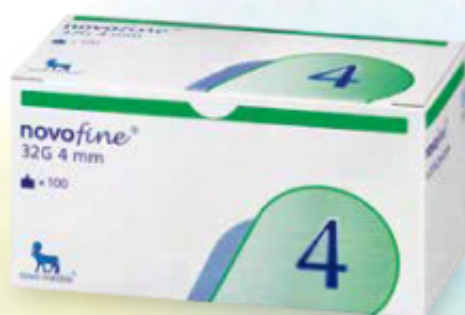
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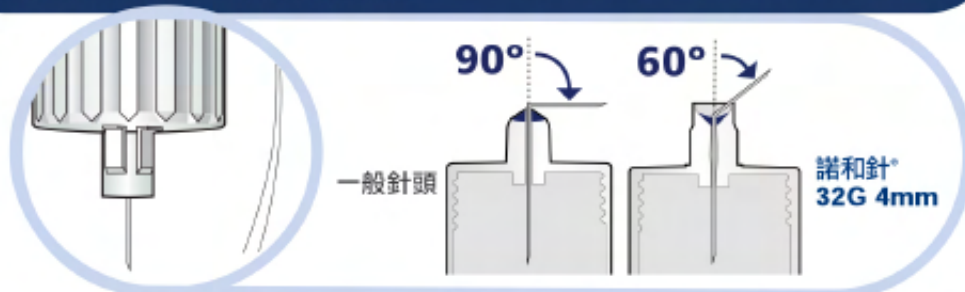
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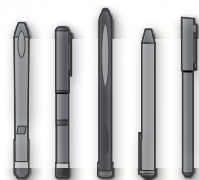
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