

YDA today

newsletter spring 2024 | issue 70



保持健康 Keeping Fit

如何在運動期間管理血糖
How to get active and manage diabetes



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* 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.

目錄 Content

01 編輯的話
Editor's Note

02 專題
Feature

06 專家意見
Professional View

10 健康食譜
Food Corner

12 活動焦點
Activity Highlights

16 鳴謝
Acknowledgements

編輯的話 Editor's Note

運動是管理糖尿病的重要一環。去年11月，本會見到眾多支持者及會員穿上運動鞋，參加「百萬健步挑戰」，確實令人振奮。

對於糖尿病患者、以及普羅大眾而言，定期運動的好處多不勝數。更值得關注的是，它還可以有助預防和控制二型糖尿病，這類糖尿病與缺乏運動的生活模式有密切關係。除了降低血糖，也可改善整體健康——包括降低血壓及膽固醇、增強肌肉、紓緩壓力和焦慮等。

相比運動本身，找到做運動的動力更具挑戰性。大家可與家人和朋友一起做運動，鞭策自己，養成習慣，訂下目標，當然也別忘了獎勵自己。

本會全年皆舉辦各類活動，期待各位參與，和其他會員一起保持活力。如欲了解最新活動及資訊，敬請留意本會社交媒體專頁。

Exercise is so important for good diabetes management. It was heart-warming to see so many supporters and members dusting off their walking shoes to take part in the Million Step Challenge last November.

For people with diabetes – and everyone, for that matter – regular exercise is hugely beneficial. More notably it can also help to prevent and manage Type 2 diabetes, which is closely linked to a sedentary lifestyle. Regular exercise can lower blood glucose whilst also improving your general well-being by lowering blood pressure, cholesterol, strengthening muscles, and helping to relieve any stresses and anxieties.

Often, finding the motivation to exercise can be more challenging than exercising itself. Keep motivated by joining family and friends to exercise together, form a routine, set yourself some goals and don't forget to reward yourself.

YDA will be organising many activities throughout the year, so please come along and stay active with other members.

If you haven't already, follow our social media pages to keep up-to-date with our latest activities and news.

    Youth Diabetes Action

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印刷 Print

School Printer Limited

設計 Design

一雙手設計工作室 One two Hand

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專題 Feature

如何在運動期間管理血糖 Keeping fit with diabetes

經常運動對糖尿病的良好控制大有裨益。我們訪問了兩位兒童糖尿病協會會員，了解他們的運動習慣，以及如何透過運動控制糖尿病。

Regular exercise is hugely beneficial for good diabetes management. We talk to two YDA members about their exercise routines and how they manage their diabetes during exercise.

你日常會進行甚麼運動？每次運動多久？

What kind of exercise do you do daily? And how frequently?

在升中前，我經常游泳，現在我只進行劍擊花劍運動訓練，我每星期都會有4天到沙田體育學院接受訓練，每次4至5小時。

Before I entered secondary school, I liked to swim and do fencing. Now I only have foil-fencing training at the Hong Kong Sports Institute four days a week, from four to five hours each time.

運動前怎樣預防低血糖？

How do you prevent hypoglycaemia before exercise?

我是胰島素泵使用者，在進行運動前，我會參考CGM的血糖讀數，CGM顯示的血糖指數十分準確，控制血糖好好，不過運動時，我都會準備升糖飲品在旁。

一般做運動後，我的血糖水平都會比較低，所以在劍擊訓練或比賽前，我會將胰島素泵的短期血糖目標定得較高，以防出現低血糖。

I am an insulin pump user. Before exercising, I monitor my blood glucose level with a continuous glucose monitor (CGM). The blood glucose level displayed on the CGM is very accurate, and I can control my blood glucose well. However, I always prepare some glycaemic drinks when I exercise. Sometimes after exercising, my blood glucose level will be relatively low, so before fencing training or competition, I will set the temporary target of the insulin pump higher to prevent hypoglycaemia.

打劍擊時遇到低血糖你會怎樣處理？

How do you deal with hypoglycaemia while fencing?

在運動時，我會飲用升糖飲品或食品，例如能量啫喱或汽水。此外，當血糖升高時，我會停止運動，先休息一下，但此情況比較少出現。

When I exercise, I consume energy drinks or foods, such as energy gels or soft drinks. In addition, when my blood glucose rises, I stop exercising and take a break first, but this happens relatively rarely.

為甚麼喜歡運動？

Why do you like sports?

由我小學開始，媽媽便培養我對運動的興趣，因運動可強身健體。當確診糖尿病後，運動更可以穩定我血糖指數。

Since I was in primary school, my mother has cultivated my interest in sports because sports can strengthen the body. After I was diagnosed with diabetes, exercise helped stabilise my blood glucose levels.

運動對糖尿病人有何好處？

What are the benefits of exercise for people with diabetes?

當然有好處，除了可以穩定自己血糖指數，少打一點胰島素外，亦可以證明一型糖尿病者和常人在運動方面是沒有分別，一樣可以贏得獎牌，甚至代表香港出國比賽，豐富自己的人生！

Of course there are benefits. In addition to stabilising your blood glucose level and taking fewer insulin injections, sports can also prove that people with Type 1 diabetes are no different from others. We can also win medals and even represent Hong Kong in overseas competitions, enriching our lives!



陸浚諾 Jayden Luk

確診一型糖尿病年份

Diagnosed with T1D

2015

職業

Occupation

中學生、

香港男子花劍團體成員（少年）

Secondary school student and

Hong Kong Men's Foil Team

(Cadet)



你日常會進行甚麼運動？每天運動多久？

What kind of exercise do you do daily? How long do you exercise for?

我每星期會進行兩天的阻力訓練，並抽一天打籃球，以訓練心肺功能，每次只運動半小時至一小時，隔天進行。

I do resistance training twice a week and play basketball once a week to train my cardiopulmonary function. I only exercise for 30 mins to an hour each time, and do it on alternate days.

運動時遇到低血糖你會怎樣處理？

How do you deal with hypoglycaemia during exercise?

當我運動感到累時，我便會立即停下來休息，飲用能量補充飲料。醫生說運動時的血糖趨勢因人而異，高血糖可以靠藥物或運動，但遇到低血糖隨時會暈倒，比較難處理，所以要小心預防低血糖。

When I feel tired while exercising, I will immediately stop to rest and drink an energy drink. Doctors say that blood sugar trends during exercise vary from person to person. High blood glucose can be treated with medication or exercise, but low blood glucose can cause fainting at any time, which is more difficult to deal with, so be careful to prevent hypoglycaemia.

運動前怎樣預防低血糖？

How do you prevent hypoglycaemia before exercise?

有時做運動時難察覺低血糖，亦未知甚麼時候會開始低血糖，所以我會在運動前多吃一點飯或含碳水的食物，多補充糖份，亦會根據醫生的指示調校針藥，讓血糖處於較高的水平才開始運動，以防低血糖。

Sometimes it is difficult to detect hypoglycaemia during exercise, and I do not know when it will occur. Therefore, I will eat more rice, sugars, or carbohydrate-containing food before exercise, and adjust insulin injections according to the doctor's instructions. I generally keep my blood sugar at a higher level before starting exercise to prevent hypoglycaemia.

為甚麼喜歡運動？

Why do you like sports?

因為做運動可以使自己更健康、更精神，但最重要還是要根據自己的喜好去做運動，跑步、打籃球、踏單車、健身等等都是很好的選擇。

Because doing exercise can make you healthier and more energetic. The most important thing is to exercise according to your preferences. Running, playing basketball, cycling, going to the gym, etc, are all good choices.

運動對糖尿病人有何好處？

What are the benefits of exercise for people with diabetes?

糖尿病患者經常會血糖過高，運動可以降低血糖、燃燒身體內的肌肉糖份，所以有時我們吸收太多碳水化合物，便可以透過運動將血糖水平降低，使人更健康，也可以有效降低血糖。

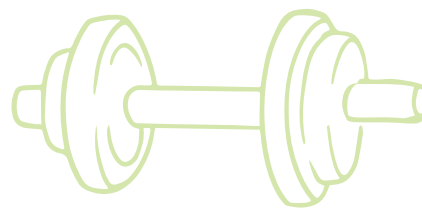
People with diabetes often experience high blood glucose. Exercise can help to lower blood glucose and burn muscle glycogen in the body. Therefore, if sometimes we absorb too many carbohydrates, we can lower blood sugar levels through exercise. Exercise can make us healthier and help to reduce high blood sugar levels.



嚴宇軒 Donald Yim

確診一型糖尿病年份
Diagnosed with T1D
1995

職業
Occupation
健身會所經理
Gym club manager





運動小貼士 Exercise tips

如果你喜歡在家鍛煉，以下是Donald推薦的一些鍛煉方法：
If you prefer to exercise at home, here are some exercises recommended by Donald:

1. 坐立椅 Sit and stand chair

雙腳呈90度坐在硬椅子上，上半身重心前傾，站起。
重複10-20次為一組，做2至4組，每組之間休息2分鐘。

Feet 90 degrees seated on a hard chair, stand up by leaning forward from the torso/core.
Repeat: 10-20 times per set | Sets in total: 2-4 | Rest time between sets: 2 mins

2. 站立提膝，毛巾或水樽舉過頭頂 Standing knee lift with towel/water bottle overhead

站直，舉高雙臂/毛巾/水瓶過頭頂，手臂保持高舉，交替抬起膝蓋，刺激核心肌肉。
30秒至1分鐘一組，做2至4組，每組之間休息2分鐘。

Stand straight with arms/towel/water bottle overhead, alternate lifting knees to activate core muscles with isolated arm resistance.

Repeat: 30secs-1min per set | Sets in total: 2-4 | Rest time between sets: 2 mins

3. 超人 Superman

臉朝下平躺在瑜珈墊上（或硬地板，不要在床或沙發上做），雙臂抬離地面1至2寸，持續1秒鐘，放下休息2秒鐘，然後重複。
5至8次一組，做2至4組，每組之間休息1至2分鐘。

Lying face down flat on a yoga mat (hard floor, not bed/sofa), lift both arms up one/two inches off the floor for one second, put the arms down and rest for two seconds.

Repeat: 5-8 times per set | Sets in total: 2-4 | Rest time between sets: 1-2 mins

如果感到疲倦，請檢查你的血糖水平，以防發生低血糖。
If feeling tired, check glucose level for hypoglycaemia risk.

透過運動培養身心健康和飲食有營養

Nurturing fitness, nutrition, and well-being through sports

與糖童一起培養身心健康及飲食有營養，展開一段充滿正能量及活力的旅程。透過將運動融入生活，不但能鼓勵孩子保持身體健康，還能培養他們的責任感、毅力和為他們帶來樂趣。

Embarking on a journey of fitness, nutrition, and overall well-being for children with diabetes is a vibrant adventure filled with positivity and joy. By incorporating sports into their lives, we not only encourage physical health but also foster a sense of empowerment, resilience, and endless fun.

以下是如何開始的小貼士：

Here are some top tips on how to get started:

運動 Fitness

• 探索不同類型運動 Explore diverse activities

體育世界廣闊而精彩，足球、網球、游泳、跳舞都是選擇之一。鼓勵孩子積極探索，以找到他們感興趣的運動或活動。

The world of sports is vast and exciting. From football and tennis to swimming and dance, there's a spectrum of activities to choose from. Encourage children to explore various options until they find a sport or activity that sparks their enthusiasm.

• 團隊精神和友誼 Team spirit and friendship

參加運動可以培養友誼和團隊合作精神。無論是在賽場上互相支持或慶祝勝利，這些積極的互動都有助於糖童的整體健康。

Engaging in sports fosters a sense of camaraderie and teamwork. Whether it's cheering each other on the field or celebrating small victories, these positive interactions contribute to the overall well-being of children with diabetes.

- 日常訓練 Daily routines

運動不應該是孩子的苦差事。將遊戲和運動融入日常生活中，如跳繩、捉迷藏或跳舞等簡單的活動都有助於增強孩子的體質。

Exercise shouldn't have to feel like a chore. Encourage playfulness by incorporating games and activities into daily life. Simple things like jumping rope, playing tag, or having a dance party in the living room can contribute to a child's physical fitness.

營養 Nutrition

- 色彩繽紛及營養豐富的菜式 Colourful and nutrient-rich meals

發揮創意，把顏色豐富的水果和蔬菜加入餸菜內，讓煮食過程充滿樂趣。並且和小朋友一起下廚，讓他們了解餸菜中的食材的營養！

Make nutrition an exciting experience by introducing a rainbow of fruits and vegetables. Get creative with meals by making it a fun and engaging process. Get in the kitchen together and know what's really in your meals!

- 健康零食 Purposeful snacks

零食可以補充能量。與孩子一起探索健康可口的零食，選擇什錦果仁、雜莓乳酪或蘋果片加花生醬等等，美味又有營養。

Snacks can fuel energy. Create a "snack adventure" by exploring healthy options together. Trail mix, yoghurt with berries, or apple slices with peanut butter can be both delicious and nutritious.

- 一起烹飪 Cook together

將廚房變成孩子的遊樂場。讓孩子一起參與準備食物的過程，令烹飪變成家庭活動，不僅可以培養良好的飲食習慣，還可以創造美好的回憶。

Transform the kitchen into a playground where you can make healthy eating exciting. Allow kids to be part of meal preparation, turning it into a family bonding activity. Cooking together not only instils good eating habits but also creates lasting memories.



幸福感 Well-being

- 慶祝成果 Celebrate achievements

表揚並慶祝大大小小的成果。無論是完成一場比賽，還是成功控制血糖水平，每一次成功都是朝著更健康、更快樂的生活方式邁進一步。

Acknowledge and celebrate achievements, both big and small. Whether it's completing a sports game or successfully managing blood sugar levels, every triumph is a step towards a healthier, happier lifestyle.

- 正面鼓勵 Positive reinforcement

鼓勵和肯定的說話能有效建立孩子的信心和積極心態，加強健康的生活習慣。

Provide positive reinforcement for healthy habits. Words of encouragement and praise go a long way in building confidence and instilling a positive mindset.

- 快樂的正向思維 Joyful mindfulness

實踐輕鬆和愉快的正向思維練習，例如呼吸訓練或簡短的反思，都可以幫助孩子與身體建立聯繫，並增強幸福感。

Incorporate mindfulness exercises that are light and enjoyable. Breathing exercises or short moments of reflection can help children connect with their bodies, promoting a sense of well-being.

透過運動，我們可以將正能量、歡笑和冒險精神融入孩子的日常生活。讓他們快樂堅強地在人生的跑道上勇往直前。

Through the lens of sports, we can infuse positivity, laughter, and a sense of adventure into everyday routines. We can empower these young champions to navigate life's playground with resilience and joy.

Melissa Brewster

兩名患有一型糖尿病女兒的媽媽

兒童糖尿協會委員會成員

Mum to two daughters with Type 1 diabetes

YDA Council member

專家意見

Professional View

糖尿病創新治療產品介紹

New innovations in the diabetes community (part 2)

延續上一期YDA Today，我們繼續為大家簡介美國糖尿病協會在會議上展出的創新糖尿病護理產品。

Continuing from the previous issue, let's take a brief look at some of the exciting products showcased at the recent American Diabetes Association Meeting.

胰島素輸送裝置 Insulin delivery device



V-Go

V-Go是一款每日使用的多功能胰島素輸送貼，可以24小時持續將20、30或40單位的胰島素輸注到皮下，並以2單位的劑量增加。跟我們熟悉的胰島素泵不同，V-Go沒有控制器或程式設計。不過，它可提供穩定的基礎胰島素供應，只需按鈕即可按需要給藥。V-Go已獲批准用於成人糖尿病患者。

V-Go is an all-in-one insulin delivery patch that you apply daily. It is designed to give continuous subcutaneous infusion of either 20 units, 30 units, or 40 units of insulin in one 24-hour time-period, as well as bolus dosing in 2-unit increments. Unlike insulin pumps that we are more familiar with, V-Go has no controllers or programming. Instead, a steady basal rate of insulin is given and on-demand dosing for meals is given with a click of a button. It is currently approved for adults with diabetes.



CeQur Simplicity

CeQur是一款穿戴式胰島素貼片，使用微小、靈活的插管提供速效胰島素。它沒有複雜的程式或電子科技，當用餐或需要修正劑量時按一下，即可提供2單位的速效胰島素。貼片可維持3日，並且防水。目前已批准用於患糖尿病的成人（21歲或以上）。

CeQur is a wearable insulin patch that delivers rapid-acting insulin using a tiny, flexible cannula. There is no complicated programming or digital technology. One click delivers 2 units of rapid-acting insulin for mealtime or bolus correction. The patch stays in place for up to three days and is water resistant. It is currently approved for adults (age 21 or above) with diabetes.

胰島素泵 Insulin pumps

iLet仿生胰臟 iLet Bionic Pancreas

除了現有的Medtronic、t:slim及Omnipod胰島素泵外，新型iLet仿生胰臟系統於2023年獲得FDA認可，用於1型糖尿病患者。iLet仿生胰臟透過與Dexcom連續血糖監測儀通訊，按用家的胰島素需求自動調整，毋須計算碳水化合物，因為iLet只需要評估膳食中的碳水化合物。

In addition to the existing Medtronic, t:slim and Omnipod insulin pumps, the new iLet Bionic Pancreas system won FDA clearance for people with Type 1 diabetes in 2023. The iLet Bionic Pancreas automatically adjusts to your insulin needs by communicating with a Dexcom CGM. No carb counting is necessary as iLet just needs an estimate of the carbs in your meal – usual, more, or less.



連續血糖監測儀 (CGM) CGMS

Eversense E3 CGM是第一個，也是唯一獲批准用於18歲或以上的長期植入式CGM。由專業人員將感測器植入患者上臂，可持續使用6個月。感測儀上設有發射器，將數據送到用家的應用程式，每5分鐘更新血糖讀數。

Eversense E3 CGM is the first and only long-term implantable CGM system approved for people ages 18 and above. The sensor is inserted by a trained healthcare provider in the upper arm and continuously measures glucose for up to six months. The transmitter worn over the sensor wirelessly sends data to the user's mobile app and updates real-time glucose readings every five minutes.

潘穎瑤醫生 Dr Sarah Poon

專科駐院醫生

兒童及青少年科

香港兒童醫院

Resident Specialist

Department of Paediatrics and Adolescent Medicine

Hong Kong Children's Hospital



上述新產品如一旦獲批在香港推出，YDA會盡力使香港的糖尿病患者儘快以可負擔的價格用得上這些產品。請立即註冊成為YDA會員，讓本會為你送上最好、最新的糖尿病資訊。

While many of these new developments are not yet approved for children or in the HK market, YDA will work hard on making sure that once they become available, they are delivered to people with diabetes in HK as quickly and economically as possible. Sign up to become a YDA member so we can keep you up-to-date on the best and latest treatment options.

向Omnipod製造商Insulet致公開信

兒童糖尿協會最近一項調查發現，超過95%的受訪者表示，希望可在香港使用最新的糖尿病設備及儀器。不少發展成熟的科技產品在世界各地已經可供使用，但令人遺憾的是，部份產品仍未被引入香港市場。

其中一項最新的糖尿病治療科技就是Omnipod胰島素輸送系統，它於2005年首先獲得美國食品和藥物管理局 (FDA) 批准使用，現已在24個國家推出。本會有見Omnipod改善了這些國家的糖尿病人生活，相信它亦能為香港糖尿病患者帶來正面影響。因此，本會去信Omnipod的製造商Insulet，希望將它引入香港市場。

公開信

致Insulet負責人：

作為慈善組織，兒童糖尿協會自 2001年以來一直致力支援香港糖尿病兒童和青少年及其家庭。本會謹代表香港的第1型糖尿病患者來信，向 貴公司詢問Omnipod何時會在香港市場上市。如現時並無計劃，懇請 貴公司會否在港提供該產品。糖尿病患者在全球不斷增加，而在香港，則約有10%的人口（約70萬人）患有糖尿病。

本會使命是「糖尿病不再是孩子的障礙」，希望幫助兒童控制糖尿病病情，從而為自己創造更好的條件。本會相信Omnipod將改變許多這種慢性病患者的生活，減輕每日頻頻注射胰島素的負擔。我們與製藥公司及醫療專業人士常有合作，擁有廣泛的人脈及經驗。最近，本會與香港中文大學醫學院及香港糖尿科護士協會合作，推出持續血糖監測儀 (CGM) 計劃，旨在為香港每位患有糖尿病的年輕人提供持續血糖監測儀。

本會眾多會員都對Omnipod產品深感興趣，謹請 貴公司考慮將產品引進香港市場，我們期盼可與相關部門討論如何在港訂購該產品，並樂於提供協助。

現隨函附上本會20週年紀念小冊子供 貴公司參考。如需更多資訊或斟酌討論，歡迎隨時聯絡本會。

謹此感謝 貴公司考慮本會請求，敬候回覆。



陳藹賢
高級營運經理

最新進展

本會發表公開信後，樂見Insulet回覆，並與我方展開對話，期望能取得進展，將Omnipod引入香港市場。



Our letter to Insulet, the manufacturer of Omnipod

A YDA survey found that over 95% of respondents wanted to have better access to the latest diabetes devices/models in HK. It is surprising to see that these mature technologies have been available in many markets around the world, yet still not available here in HK.

The Omnipod automated insulin delivery system is one such technology. It was first approved to the US market in 2005 and is now available in 24 countries. We can see Omnipod is life-changing to people with diabetes in those countries. Therefore, we wrote an open letter to Insulet, manufacturer of Omnipod about bringing the Omnipod to the HK market.

Our letter

Dear Sir / Madam,

We are writing to you from Youth Diabetes Action (YDA), a charitable organisation dedicated to supporting children and young people with diabetes and their families in Hong Kong (HK) since 2001.

On behalf of Type 1 diabetes patients in HK, we want to ask when the Omnipod product will be available in the HK market, and if there are no plans, would you consider providing access to it in HK. Diabetes is on the rise globally, and in HK about 10% of the population, that's approximately 700,000 people, suffer from diabetes.

It is our mission that no child is held back because of their diabetes. We want to empower children to take control of their diabetes, thereby creating a better future for themselves. We believe the Omnipod will be life-changing for many who are dealing with this chronic disease, easing the burden of multiple daily insulin injections. YDA have a wide network and experience in working with pharmaceutical companies and healthcare professionals. We recently launched a CGM programme in partnership with The Chinese University of Hong Kong's Faculty of Medicine and the Association of Hong Kong Diabetes Nurses, with the aim of providing every young person with diabetes in HK with a CGM.

Many of our members have expressed their interest in the Omnipod product, and we ask that you consider opening up the access and delivery to the HK market. We would like to have a discussion with the relevant department on how this product can be accessed in HK, and what, if anything, we can do to assist with the process.

Attached is our 20th Anniversary booklet for your reference. Should you require further information, or to further discuss, do not hesitate to contact us.

We shall be grateful to you for your kind consideration on our request and we look forward to your response.

Thank you!

Yours sincerely,



Jenny Chan
Senior Operation Manager

Update

Following our open letter, we were happy to have had a follow-up conversation with Insulet and key stakeholders, as well as arranged follow-up information, and hope that they will be able to make progress in making the Omnipod available in the HK market.



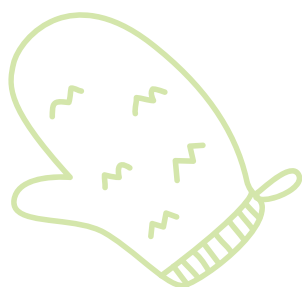
香蕉合桃朱古力包 Banana, walnut and chocolate bread

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

熱量 Energy	195 卡路里 Kcal
碳水化合物 Carbohydrates	27.3 克 g
蛋白質 Protein	3.6 克 g
膽固醇 Cholesterol	32 毫克 mg
脂肪 Fat	2.1 克 g
纖維素 Dietary fibre	2.1 克 g

材料 Ingredients

高筋麵粉 Bread flour	220 克 g
水 Water	110 毫升 ml
酵母 Yeast	3 克 g
糖 Sugar	20 克 g
蛋 Egg	1 隻
鹽 Salt	4 克 g
香蕉蓉 Banana puree	50 克 g
合桃粒 Walnut grains	30 克 g
黑朱古力 Dark chocolate	30 克 g



做法 Steps

1. 準備「液種」：將20克高筋麵粉、20毫升水及1克酵母攪勻然後蓋上保鮮紙，靜置1小時。
Prepare the "starter": Mix 20g bread flour, 20ml water and 1g yeast thoroughly and cover with plastic wrap; let it rest for an hour.
2. 準備一個大碗，加入200克高筋麵粉、2克酵母、20克糖、80毫升水及1隻蛋然後用手/橡皮刮刀攪勻。
In a large bowl, add the remaining bread flour and yeast, together with the sugar, 80ml water and egg; mix well using your hands or a rubber spatula.
3. 加入4克鹽、10毫升水及50克香蕉蓉到步驟1的「液種」內，再攪勻。
Add 4g salt, 10ml water, 50g banana puree, the "starter" (prepared in step 1), and mix again.
4. 攪勻後，持續由四邊向內摺入至中心按壓15分鐘，麵團會逐漸變得幼滑和脹起。
After mixing, continue to fold the dough from the sides towards the centre and press it down for 15 minutes. The dough will gradually become smooth and start to rise.
5. 在大碗蓋上保鮮紙，讓麵團靜置30分鐘。
Cover the large bowl with plastic wrap and let the dough rest for 30 minutes.
6. 麵團會膨脹變大，再將四邊向內摺入至中心按壓，再靜置30分鐘。
The dough will expand and become larger. Fold the sides towards the centre again and press it down. Let it rest for another 30 minutes.
7. 把枱面弄濕，將麵團放到枱面並輕輕推開成大長方形，將30克合桃粒平均分佈到麵團，然後四邊向內摺疊成原來大小，放回大碗蓋上濕布/保鮮紙，靜置45分鐘。
Wet your work surface and gently stretch the dough into a large rectangular shape. Evenly distribute 30g of walnut grains onto the dough. Fold the dough back to its original size, sealing the edges. Place it back in the large bowl, cover with a damp cloth or plastic wrap, and let it rest for 45 minutes.
8. 麵團再一次四邊向內摺疊，靜置15分鐘。
Fold the dough from the sides towards the centre once again, and let it rest for 15 minutes.
9. 高筋麵粉大量灑在麵團和枱面後，放在枱面再用刀分割成6等份小麵團。
Sprinkle a generous amount of bread flour on the dough and work surface. Place the dough on the surface and divide it into 6 equal portions.
10. 小麵團、枱面和雙手灑上高筋麵粉，將小麵團整形（四邊向內摺入至中心按壓然後反轉，收口向下）。
Dust the small dough portions, work surface, and hands with bread flour. Shape each portion (fold the sides towards the centre and press it down, then flip it over with the sealed edges facing down).
11. 準備30克黑朱古力，分成6等份，小麵團按後包入黑朱古力（方法同上步驟10），平均地放在鋪了牛油紙的焗盤上，放在沒有開啟的焗爐裏，靜置45分鐘。
Prepare 30g of dark chocolate and divide it into 6 equal portions. Press down the small dough to make them flat and fill in the chocolate (same method as step 10), ensuring even distribution. Place the portions on a baking tray lined with parchment paper and put it in a preheated oven without turning it on. Let it rest for 45 minutes.
12. 焗盤取出，小麵團表面篩上高筋麵粉並在中心剪小十字作為裝飾。
Remove the baking tray and sift some bread flour over the surface of each bun. Use scissors to make small crosses in the centre as decoration.
13. 放入攝氏200度焗爐裏焗15分鐘，表面變成金黃色即可。
Place the baking tray in a preheated oven at 200 degrees Celsius and bake for 15 minutes or until the surface turns golden brown.

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.

活動焦點 Activity Highlights

藍月·十一 Blue November



兒童糖尿協會藍月慈善晚宴2023 YDA Blue Moon Gala Dinner 2023

藍月慈善晚宴2023已於10月31日順利舉行，為「藍月·十一」揭開序幕，一眾YDA委員會成員及支持者聚首一堂，積極參與當日的籌款活動。有賴各位慷慨解囊及鼎力支持，YDA於當晚籌得超過港幣一百萬的善款，感謝各位對YDA及糖尿病兒童的支持。

The Blue Moon Gala Dinner 2023 was successfully held on 31 October and kicked off Blue November. YDA Council members and supporters gathered and actively participated in an evening of fundraising and fun. Thanks to your generosity and support, YDA raised over HK\$1 million on the night. Thank you for supporting YDA and children with diabetes.



兒童糖尿協會 | 糖尿病研討會 YDA Diabetes Conference

兒童糖尿協會於2023年11月18日舉辦糖尿病研討會「糖尿病—當下與前瞻」。YDA邀請得一群富專業知識及經驗的演講嘉賓，就著研討會主題，講解糖尿病日常管理及未來治療的發展方向。YDA衷心感謝各位嘉賓講者及各位參加者，到場分享知識，讓同路人擴闊視野。

YDA held its Diabetes Conference "Diabetes – Present and Future" on 18 November 2023, YDA invited a number of professional, knowledgeable and experienced speakers to deliver a series of interactive seminars around the theme, which focused on daily management of diabetes and future treatments. We would like to extend our heartfelt thanks to our wonderful speakers and attendees for opening their minds and hearts to share in our programme.

藍飾自拍 Dress-Blue Selfie

為紀念11月14日是世界糖尿病日，YDA邀請會員及公眾一起穿上藍色衣飾或用YDA標誌藍圈拍照並上載照片到社交平台，各位醫護、會員及家長都熱烈支持，為糖童及YDA出一分力。

To commemorate World Diabetes Day on 14 November, YDA invited all members and friends to take a selfie wearing something blue or with the YDA blue circle and upload it to social media. Thank you to our medical advisors, members, and their families for their support.





百萬健步挑戰

Thank you all for participating in the "Million Steps Challenge"!

由YDA與Backyard Roots共同發起，藍月·十一的百萬健步挑戰在去年11月順利完成，籌募超過港幣18萬的善款，總步數超過710萬步。所有挑戰者在此期間都落力參與，YDA向每一位參加者致上衷心謝意！以下是參加百萬健步挑戰參加者的感想。

Co-organised by YDA and Backyard Roots, the Million Steps Challenge for Blue November has come to an end, raising more than HK\$180,000 and achieving a total of more than seven million steps. We would like to express our heartfelt gratitude to all the participants who got their steps in during this period. The following are the thoughts of those who participated in the Million Steps Challenge.

Chris Funnell

在今年「藍月·十一」活動期間，我們感到非常榮幸與YDA共同舉辦了「百萬健步挑戰」，這項活動是3年前當我的女兒Jessie確診患有一型糖尿病時，由我們的Backyard Gang團隊發起。活動目標是向兒童灌輸甚麼是一型糖尿病及糾正社會對一型糖尿病的誤解，並盡一切努力令糖尿病不再影響兒童，現時此活動經已發展成為一項可提高大眾對一型糖尿病的關注與認識的運動。

我們也想借此機會向西貢國際幼稚園表示高度的讚揚。他們的3至4歲的小朋友參與了Backyard Gang的遠足，而且僅僅用了2小時就能達成累計超過60,000步的目標。

「再次感謝YDA團隊。」

This year during Blue November, we were so proud when YDA adopted the Million Steps Challenge, a Backyard Gang initiative that we started three years ago when Jessie (my daughter) was diagnosed with T1D. It has now grown into a campaign that is able to touch so many families and spread awareness and knowledge as well as correct misconceptions, with a very clear target of teaching children what T1D is and making every attempt to 'normalise' this life-changing condition.

We would also like to take this opportunity to give a massive shout out to SKIP Kindergarten who also took part in our challenge. This small community of three and four year olds achieved a giant step count of over 60,000 steps during a Backyard Gang hike (in just two hours!).

Thank you once again to the amazing team at YDA.



Julie Farrell

我們共有11名參與者，包括我86歲的媽媽和88歲的爸爸。雖然他們兩人都患有嚴重的疾病，但都無阻他們參加的決心。

參加者中3人住在溫哥華，4人住在英國，4人住在香港。這個活動好玩極了！而且讓香港以至世界各地的朋友都可以參與，透過步行去支持糖尿病兒童。

We had 11 participants including my 86 year old mum and my 88 year old dad. Both have serious health conditions but were determined to participate.

Three live in Vancouver, four in the UK, and four in Hong Kong. It was so much fun getting everyone involved and walking to bring awareness of kids with diabetes here in HK and of course worldwide.





第一，二型網球錦標賽 TYPE 1, 2 Tennis Tournament

Australasia Tennis Aces (ATA) 在11月23日於香港足球會舉辦了「藍月·十一」活動「第一，二型網球錦標賽」。香港各界人士聚首一堂，參加了一場精彩的網球雙打賽事，以支持香港的糖尿病兒童。

網球賽事結束後，大家共進午餐，並結認識新朋友。感謝所有參加者的貢獻，令活動圓滿成功。此次活動共籌得超過10,000港元的善款。期待下次再舉辦！

YDA's Blue November events finished on 23 November with the Type 1, 2 Tennis Tournament hosted by Australasia Tennis Aces (ATA) at The Hong Kong Football Club. Sporty members of the vibrant Hong Kong community came together for an incredible morning of doubles tennis to support children living with diabetes in Hong Kong.

Some great tennis was capped with lunch and new friendships made along the way. Thank you to all the players who joined and helped to make this a smashing success. The event raised over HK\$10,000. Looking forward to the next one!

鳴謝活動贊助：

Thank you to the event sponsors:



CLINIQUE

❖ Sweaty Betty

糖尿大曬營

YDA diaBEATes Camp 2023

2日1夜的糖尿大曬營於10月22日完滿結束，會員在醫護人員、YDA同事及義工陪同及照顧下在營地體驗了各項新興運動、歷奇遊戲及夜行尋寶活動，與組員建立了深厚的友誼和團體合作精神，更可貴的是會員從中加強了獨立管理糖尿病的能力。

特別鳴謝諾和諾德贊助是次活動，並感謝一眾醫護人員、高盛義工悉心陪伴及照顧會員。



The overnight diaBEATes Camp came to a successful end on 22 October. Under the guidance of medical volunteers, YDA staff and corporate volunteers, members experienced various new sports, adventure games, and a treasure hunt game with excitement. They also established deep friendships and team spirit with their team members. What is more valuable is that they have strengthened their ability to self-manage their diabetes without their parents.

Special thanks to Novo Nordisk Hong Kong Limited for sponsoring the camp, the medical professionals, and Goldman Sachs Community TeamWorks volunteers for supporting members' participation in all the activities.



YDA聖誕派對 Christmas Party 2023

YDA一年一度的聖誕派對順利舉行，當天節目非常豐富，除了有聖誕老人向各位小朋友大派禮物及聖誕大餐之外，亦有香港魔術義工隊及拔萃歌詠團表演，更有會員陸以恆表演拉小提琴，會員曾婉翹、鍾詩韻、薛曦妍、周雅亭及兒童醫院潘綺雯姑娘表演Kpop舞蹈，最後更有大抽獎，各會員滿載而歸。

特別鳴謝公益金贊助和支持是次活動。

The YDA Christmas party was successfully held, and the event was very rich in activities. In addition to Santa Claus giving gifts and a Christmas feast for all the children, there were also performances by Vincent Copperfield Magic Volunteers and the Diocesan Choral Society. YDA member Lu Yee Hang performed the violin, while members Chung Sze Wan, Sit Hei Yin, Chow Nga Ting Ivy, and HK Children's Hospital Nurse Iris Poon performed K-Pop dances to everyone's delight. Finally, there was a lucky draw, and all members went home with gifts and happy memories.

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2023年7月至2024年1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 July 2023 to January 2024, 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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Agency for Volunteer Service
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Anson Hung
Chow Nga Ting Ivy
Chu Ka Chung
Chung Sze Wan
CIBC
Diocesan Choral Society
Eddie Kong
Ethan N Jin
Fong Chun Hin and family
Fung Hoi Yung
Goldman Sachs - Community Teamworks
Henry Wong
Katrina Cai
Lai Ling Yee
Louie Man
Lu Yee Hang
Novo Nordisk Hong Kong Limited
Philip Au
Playright Children's Play Association
Shielder Hong Kong Limited
Sit Hei Yin
Sophia Han and family
Vincent Copperfield Magic Volunteers
Wong Chun Long
Wong Ka Wing
Wong Kin Hang
Wong Wai Lam Miles
Wu Mei Ying
Xu Nuo Yang and family

個人 Individuals

Alan Li & Mickie Lin
Alexandra Murray-Tacon
Alice Leung
Alois Mueller
Amy Colfelt
Angelina Bussinger Lee & Henry Lee
Aradhna Dayal
Arturo Sims
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支持我們 支援糖尿病童 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:

- ☐ 每月捐款 Monthly donation 港幣HK\$ _____
- ☐ 一次性捐款 One-off donation 港幣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.: _____

請把支票郵寄至：九龍土瓜灣道94號美華工業中心B座9樓B17室

Please send the cheque to: B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, Kowloon

☐ 信用卡 By credit card ☐ VISA ☐ MasterCard

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.

☐ 銀行轉帳 Bank transfer

銀行 Bank: 香港上海滙豐銀行有限公司 HSBC 帳戶名稱 Account name: Youth Diabetes Action 帳戶號碼 Account number: 808-371959-838

☐ PayMe



請將成功付款截圖並連同「捐款者資料」WhatsApp (+852 64245419) 或電郵 (support@yda.org.hk) 給兒童糖尿協會。

Please screenshot the payment success page and WhatsApp (+852 64245419) or email (support@yda.org.hk) to Youth Diabetes Action with the "Donor's information".

捐款者資料 Donor's information

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.

姓名 Name: _____

收據抬頭 (如與捐款者不同) Recipient name (if different from the above) _____

地址 Address: _____

電郵 E-mail: _____ 聯絡電話 Contact no.: _____

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

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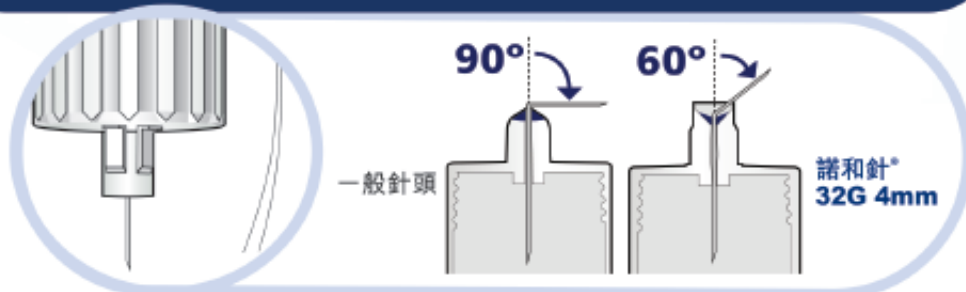
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