

# YDA today

newsletter summer 2024 | issue 71



## 旅途愉快 Safe Travels

醫護人員及YDA會員分享  
最佳外遊貼士

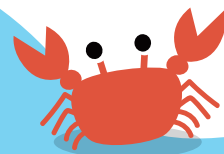
Top tips from health professional  
and YDA members



Youth Diabetes  
Action  
兒童糖尿協會



# YDA暑期活動 Summer with YDA



## Playhouse親子樂

7月13日 (六)

對象：親子  
地點：將軍澳



## Playhouse Experience

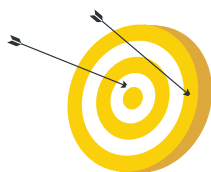
Date: 13 Jul (Sat)

Target: Parent & Child  
Location: Tseung Kwan O

## 室內射箭大決鬥

7月20日 (六)

年齡：11-18歲  
地點：新蒲崗



## Indoor Archery

Date: 20 Jul (Sat)

Age: 11-18  
Location: San Po Kong



## 暑期電影會 《玩轉腦朋友2》

8月3日 (六)

對象：親子  
地點：九龍灣



## Summer Movie Day "Inside Out 2"

Date: 3 Aug (Sat)

Target: Parent & Child  
Location: Kowloon Bay

## 低糖烘培坊 8月7日、8月21日 (三)

對象：親子  
地點：尖沙咀



## Healthy Baking Workshop

Date: 7 Aug & 21 Aug (Wed)

Target: Parent & Child  
Location: Tsim Sha Tsui



## 室內Wargame大挑戰

8月10日 (六)

年齡：8-17歲  
地點：荔枝角



## Indoor Wargame

Date: 10 Aug (Sat)

Age: 8-17  
Location: Lai Chi Kok



## 夏日嘉年華

8月18日 (日)

對象：親子  
地點：葵芳



## Summer Carnival

Date: 18 Aug (Sun)

Target: Parent & Child  
Location: Kwai Fong



## YDA糖尿大曬日營2024

10月12日 (六)

對象：青少年及親子  
地點：西貢



## YDA Diabetes Day Camp 2024

Date: 12 Oct (Sat)

Target: Youth, Parent & Child  
Location: Sai Kung

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.

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## 編輯的話 Editor's Note

暑假即將來臨，無論你計劃去短途的周末旅行，或是遠遊外地——做好準備，是糖尿病患者愉快度假的關鍵。

在本期會訊中，我們YDA會員家長及YDA名譽醫療顧問潘綺雯姑娘為大家準備了實用的旅行貼士及資訊。請謹記與醫療團隊討論你的旅行計劃，讓他們協助你，準備好旅行所需的糖尿病用品。

糖尿病是一種看不見的疾病，沒有人可憑肉眼知悉你有否患糖尿病。萬一遇到緊急情況，請確保隨身攜帶醫療證明信件，證明你患有糖尿病。

此外，準備一張清單，列好附近的醫生、藥房和醫院等資訊，也是有備無患好主意，你甚至可預先學習一些當地語言的短句（或將內容存入手機），例如「我患有1型糖尿病」或「哪裡有最近的藥房？」。至少，你知道如何求助。

不要讓糖尿病阻礙你出行！只需做足準備，你都可以享受旅程。

The summer holidays are fast approaching. Whether you are going on a short weekend trip or travelling to a far afield destination – preparation is the key to having a successful holiday with diabetes.

In this latest issue we have some useful tips and information on travelling, provided by YDA member parents and Ms Iris Poon, YDA's Honorary Medical Advisor. Always talk to your medical team and discuss with them your travel plans so they can support you in getting all the diabetes supplies required for your travel.

Diabetes is often an invisible disease. No one will know you have diabetes just by looking at you. In case you do have a medical emergency, ensure you always carry a doctor's certificate with you, and possibly even wear/carry some form of medical ID, which will show that you or your child have diabetes.

It's also a good idea to make a list of doctors, pharmacies and hospitals nearby. Perhaps even learn a few phrases in the local language (or have them saved in your phone), such as 'I have (Type 1) diabetes' or 'Where's the nearest pharmacy?'. At least if you get stuck with limited diabetes supplies, you know how to get help.

Don't let diabetes be the reason to stop you from travelling – you just have to be prepared!

    Youth Diabetes Action

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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

孩子初確診一型糖尿病時，家人都會感到焦慮、無助，甚至內疚。對於低收入家庭來說，這個長期病患更帶來沉重的經濟負擔。

For low-income families, a life-long disease like diabetes can be emotionally challenging and become a huge financial burden. Many parents feel anxious, helpless, and even guilty when their child is diagnosed with diabetes.

文楷燁，12歲，2022年3月確診一型糖尿病，同年加入「資助兒童計劃」。

Wen Kai Ip, aged 12, was diagnosed with Type 1 diabetes in March 2022 and joined the Sponsor a Child programme later that same year.



### 楷燁確診經過是怎樣的？

#### How was Kai Ip diagnosed?

2022年3月期間，疫情大爆發，全家人都感染了新冠病毒，楷燁由於酮酸中毒較嚴重入住ICU病房，並確診為一型糖尿病，在屯門醫院住院治療將近一個月時間。

During the period of March 2022, there was a major COVID-19 outbreak and the entire family was infected. Kai Ip's condition was more severe, and he was admitted to the ICU. He had diabetic ketoacidosis and was diagnosed with Type 1 diabetes. Kai Ip stayed at Tuen Mun Hospital for nearly a month.

### 初確診遇到什麼難題？

#### What challenges did you face when Kai Ip was diagnosed?

當楷燁確診糖尿病時，完全不知道怎麼去照顧好他，幸好有醫生和營養師的幫助，我們才放下緊張的心態。

When Kai Ip was diagnosed with diabetes, we didn't know how to properly care for him. Fortunately, with the help of the doctors and nutritionists, we were able to overcome our initial anxieties.

### 確診糖尿病對你們經濟狀況影響大嗎？

#### How has diabetes affected your finances?

現在楷燁每月用於糖尿病的費用在\$2000-\$3000之間，雖然不是很多，但對於我們這些基層家庭來說，還是有影響的。

Kai Ip's monthly diabetes-related expenses are currently between HK\$2,000-\$3,000. Although it's not a huge amount, it still has an impact on lower income families like ourselves.





## 計劃為你們帶來什麼改變？

### How has the programme made a difference to you?

「資助兒童計劃」對我們有很大的幫助，例如：家庭支援減輕了我們的經濟負擔，我們需要時常使用不同種類的糖尿消耗品，如針頭、血糖試紙、胰島素注射筆等，所以計劃大大紓緩了我們在醫療費用上的負擔。而YDA的社工亦常常關心我們，讓我們感到關懷，而家長群組經常分享糖尿資訊，令我獲益良多。

The Sponsor a Child programme has been of great help to us. The support provided has alleviated our financial burden. We need to use different types of diabetes related consumables, such as needles, blood glucose test strips, insulin injection pens and other items, so the programme greatly relieves our burden on medical expenses. Additionally, the YDA social workers always care about us and make us feel cared for, and the parent group shares diabetes information, which has benefited me a lot.

最後多謝黃立明醫生，仁心仁術，像父母心一樣細心照顧每一個病人，更介紹我們認識兒童糖尿協會。剛開始確診一型糖尿病很害怕，黃醫生細心教導我們怎麼樣去控制血糖，調節胰島素劑量，非常感謝黃立明醫生，加上YDA的幫助，現在楷燁已經適應得很好！

Lastly, we would like to express our sincere gratitude to Dr Wong Lap Ming, who was the person who introduced us to YDA. Dr Wong has provided compassionate and meticulous care, just like a parent. When Kai Ip was initially diagnosed with Type 1 diabetes, we were very scared, but Dr Wong patiently taught us how to control blood glucose levels and adjust insulin doses. Under Dr Wong and YDA's support, Kai Ip now manages diabetes with a positive outlook. We are truly grateful to Dr Wong and YDA!



## 支持「資助兒童計劃」，為糖童帶來改變！

### Join us in making a difference

糖童需要長期面對糖尿病，令患者及其家人身心及財政承受不少負擔，而資助兒童計劃能夠為他們提供全面的支援。糖尿病是一種長期疾病，如果沒有好好管理，長期高血糖水平會嚴重損害心臟，眼睛，腳和腎臟，引發不同的糖尿併發症。所以糖童能夠獲得所需的醫療用品非常重要，幫助他們控制病情。

The Sponsor a Child programme provides vital support for families of children with diabetes, who are under tremendous emotional and financial pressure. Diabetes is a life-long disease and insufficient management of diabetes will lead to life-threatening conditions like eye, heart and kidney disease, just to name a few. It is important that children with diabetes are able to access the medical supplies they need to live a full and healthy life.



支持我們幫助更多與楷燁有相似情況的糖尿病童。只需每年12,000港元（每天33港元），你便能參與「資助兒童計劃」，並：

Please join us in supporting children with diabetes like Kai Ip. For only HK\$33 per day (HK\$12,000 per year), your donation to "Sponsor a Child" can:

- 幫助有財政困難的家庭每月節省達60%的醫療費用  
help families with limited income save up to 60% on monthly medical expenses
- 將重覆使用採血針和注射針頭的情況減至最低  
minimise the need to reuse blood-taking lancets and needles
- 將他們與面臨同樣挑戰的其他人聯繫起來  
connect them with other families facing the same challenges

# 專家意見

## Professional View

### 外遊小貼士

去旅行想玩得開心又放心，充份的準備是不可缺少的。

#### 以下是一些外遊小貼士以作參考：

- 計算旅遊日數，預備足夠的下列物資：
  - ✓ 藥物（口服及注射）
  - ✓ 消毒酒精棉
  - ✓ 採血筆及採血針
  - ✓ 血糖試紙
  - ✓ 血糖機
  - ✓ 尿 / 血酮紙
  - ✓ 持續葡萄糖監測器
  - ✓ 低血糖急救袋
  - ✓ 升糖素（附有文字指引）
  - ✓ 後備胰島素筆（速效及長效）
  - ✓ 針頭
  - ✓ 胰島素泵配件（泵使用者）
- 以上提及的物資需隨身攜帶，不要寄行李倉，以免損壞、遺失或因溫度過低 / 高而破壞藥效。
- 旅遊前，請向醫生索取隨身攜帶以上物資的醫生信。尤其是持續葡萄糖監測器，因它不能通過X光。
- 已開封並已開始使用的胰島素需儲存在低於攝氏25度最多28天。任何剩餘藥液應該在28天後丟棄（長效胰島素Tresiba可存放於室溫8星期）。
- 請將未開封的胰島素存於攝氏2-8度並保存於原盒包裝，避免光線照射（可存放於冰袋內）。
- 請留意旅遊當地的氣溫，因應高溫或零下氣溫可考慮存放胰島素於保溫袋內，避免藥效受到破壞。
- 出發前請向醫護人員查詢因應航班和目的地時差調整長效胰島素注射時間。
- 胰島素泵或連續性葡萄糖監察器(CGM)使用者緊記在到達目的地後，更新胰島素泵或CGM讀取器為當地的使用時區。

### 外遊期間生病點算好

生病可引致高血糖或低血糖。

#### 高血糖的原因

一些感染例如流感，喉嚨發炎等，都可令壓力荷爾蒙分泌增加，導致胰島素抗阻，即使飲食正常，活動正常，也有可能會出現持續性高血糖。所以生病期間應多監測血糖，如 $\geq 15\text{mmol/L}$ ，應檢測血酮或尿酮。如尿酮顯示陽性或血酮 $\geq 0.6\text{mmol/L}$ ，應多飲水，並按醫生建議的劑量和頻率補打速效胰島素。多休息，避免做運動。每兩小時檢查血糖指數及尿 / 血酮，直至血糖降至15度以下，尿酮陰性或血酮 $0.6\text{mmol/L}$ 以下。

如血糖持續過高，尿酮持續陽性或血酮持續 $\geq 0.6\text{mmol/L}$ 或身體嚴重不適或出現酮酸中毒徵狀：嚴重口渴、嘔吐、噁心、嚴重腹痛、呼吸深急促、昏睡、精神不振、虛弱無力，應立即到醫院求診。



## 低血糖的原因

一些情況例如胃腸炎，可導致食慾不振，嘔吐和腹瀉，這都可能導致持續性低血糖。這情況下，切勿停止給予胰島素，並嘗試容易消化 / 流質 / 易入口的碳水化合物。亦可先行進食，隨後即時調整速效胰島素的劑量注射。如出現持續嘔吐或低血糖情況持續，應盡快到醫院求診。

總括而言，生病其間應多監測血糖，多飲水，多休息，絕對不可停止給予胰島素，並要更加頻密監測血糖，有需要時到醫院求診。時常注意個人衛生，常洗手，每年接受季節性流感疫苗注射。

潘綺雯姑娘  
香港兒童醫院資深護師  
YDA榮譽醫療顧問

## Travel tips

If you want to travel safely and have fun, it is important to prepare well.

### Here are some travel tips:

- Calculate the number of travelling days, and prepare enough of the following items below:
 

✓ Medicines (oral and injection as required)	✓ CGMS
✓ Alcohol swabs	✓ HypoKit
✓ Lancing device and lancets	✓ Glucagon (with written instructions)
✓ Blood glucose test strips	✓ Backup pens for insulin (both fast and long acting)
✓ Glucometer	✓ Pen needles
✓ Ketone test strips	✓ Pump accessories (pump users)
- All items mentioned above should be hand-carried. Do not leave them in the check-in luggage in order to avoid damage, loss or damage if temperature is too low or high.
- Before travelling, ask your doctor for a medical certificate which you may need to show when hand carrying the items mentioned above. In particular, the CGMS cannot go through X-ray scanners.
- Insulin that has been opened, or is still in use, should be stored at under 25°C for no more than 28 days. Any remaining insulin should be discarded after 28 days (long-acting insulin Tresiba can be stored at room temperature for eight weeks).
- Store unopened insulin at 2-8°C. Keep it in its original packaging and avoid light exposure. It can be stored in an ice pack.
- Pay attention to the temperature of the place where you are travelling. In case of extreme high or low temperatures, consider storing and carrying your insulin in a thermal bag to avoid affecting the efficacy.
- Ask your healthcare provider to adjust the long-acting insulin time according to your flight schedule and location time zone.
- For insulin pump users or those using CGM with a reader, remember to change your pump or reader to the local time zone when you arrive at your destination.



## How to manage sick days during travelling

Illness can cause high blood glucose or low blood glucose.

### Causes of high blood glucose

Some infections, such as influenza and throat inflammation, may lead to increased secretion of stress hormones, leading to insulin resistance. Even if your child is eating normally and doing their usual activities, they may have persistent high blood glucose levels. Therefore, blood glucose should be monitored frequently during illness. If blood glucose is  $\geq 15\text{mmol/L}$ , blood ketones or urine ketones should be tested. If urine ketones are positive or blood ketones are  $\geq 0.6\text{mmol/L}$ , your child should drink more water. Extra fast-acting insulin for correcting high glucose and ketones clearance should be given according to the recommendation of your child's doctor (dosage and frequency). Get plenty of rest and avoid exercise. Check blood glucose levels and urine/blood ketones every two hours until blood glucose is  $\leq 15\text{mmol/L}$  and urine ketones are negative or blood ketones are below  $0.6\text{mmol/L}$ .

If blood glucose levels are persistently high, urine ketones are still positive or blood ketones are still  $\geq 0.6\text{mmol/L}$ , or your child is unwell or shows symptoms of DKA – severe thirst, nausea, vomiting, severe abdominal pain, deep and rapid breathing, lethargic – go to hospital for medical treatment immediately.



### Causes of low blood glucose

Some conditions, such as gastroenteritis, can cause loss of appetite, vomiting, and diarrhoea, which may lead to persistent low glucose levels. In this case, do not stop giving insulin and try easy-to-digest, liquid or easy-to-eat carbohydrates. You can also let your child eat first and adjust the dose of rapid-acting insulin right after eating based on the amount eaten.

If persistent vomiting or low glucose levels occurs, go to hospital for medical treatment as soon as possible.

In summary, during illness, you should monitor your child's blood glucose levels more frequently, ensure they drink more water, take more rest and never stop giving insulin. Pay attention to personal hygiene, wash hands frequently, and get the seasonal flu shot every year.

Ms Iris Poon  
Advanced Practice Nurse, Hong Kong Children's Hospital  
YDA Honorary Medical Advisor

## 家長會員的經驗分享 Members' top tips

除了潘綺雯姑娘的分享外，我們還邀請到會員家長陳汶希媽媽及梁若斯媽媽，分享出國旅遊的小貼士。

In addition to the travel tips from Ms Iris Poon, we asked YDA parent members, Chan Man Hei's mum and Yoshi Leung's mum to also share some of their personal top travel tips.

- 帶備足夠胰島素和相關用品（針頭、血糖機、採血針、試紙、酒精紙等），通常會預1.5倍份量。
- 如天氣炎熱或嚴寒，把胰島素放進Frio Bag之類的保溫袋儲存。
- 隨身帶備醫生證明書（預先在覆診日要求醫生簽發），證明自己是一型糖尿病患者，並須帶備和使用胰島素和相關醫療用品，以便通過海關檢查，也在有需要時出示給當地的醫療機構，醫生證明書亦需要註明所使用胰島素的牌子，及使用的份量。
- 使用CGM的話，可先向關員表示身上有此裝置，請關員以手動形式進行安檢，而其他備用未開盒的CGM，也需要預先打開以便海關檢查。
- 如安裝了CGM app的手機壞機或遺失了，有可能在海外並不能下載相同版本的CGM app的話；用不到CGM時便要靠「篤手指」。
- 要準備足夠的糖果/含糖飲料作「急救」之用，並經常隨身攜帶，睡覺時要放在伸手可及的地方；另外也要準備足夠的乾糧，以免在未能正常用餐時也有替代的碳水化合物。
- Bring enough insulin and related supplies – usually planning for 1.5 times the amount needed.
- In hot or cold weather, store the insulin in insulated bags like Frio Bags.
- Carry a doctor's certificate to help with customs checks and if you need to visit a local medical facility. The doctor's certificate should state that your child has (Type 1) diabetes, and the need to bring and use insulin and related medical supplies. Additionally, it should include the brand of insulin and the amount used.
- If using a CGM device, inform the security staff and request a manual inspection, as the device cannot go through the X-ray scanner; other spare unopened CGM boxes also need to be opened in advance for customs inspection.
- If the CGM app on your phone malfunctions or is lost during the trip, it may not be possible to download the same version abroad. If this occurs, or you are unable to use the CGM for other reasons, you'll have to revert to finger prick tests to monitor glucose levels.
- It is important to have enough candy or sugary drinks for emergency use, and to always carry them with you, especially keeping them within arm's reach while sleeping. Additionally, you should prepare adequate snacks, in case normal mealtimes are disrupted or there are delays to your travel and you need an alternative source of carbohydrates.

在旅行前務必與你的糖尿病團隊討論你的旅行計劃。  
如果你的子女在旅行時感到不適，請立即尋求醫護協助。

If you have any doubts, discuss your travel plans with your diabetes team before you travel. If your child becomes seriously unwell whilst travelling, seek medical assistance immediately.





## 賽馬會糖尿支援計劃 — 全新網站

## Jockey Club Support for Young People with Diabetes — New website

YDA「賽馬會年輕糖尿支援計劃」的網站正式面世了！網站詳細介紹了計劃內容，讓正在考慮申請的會員對計劃有更全面的了解及認識。網站亦為已參加計劃的會員，提供網上預約定期複檢及領取CGM服務，使預約過程更加輕鬆便捷。

The YDA Jockey Club Support for Young People with Diabetes website is now live. The website provides comprehensive details about the programme and introduces diabetes to the public. Outlining the different types of diabetes, and other useful facts in order to raise awareness of diabetes.

The website also offers a more convenient booking process, by providing current participants with an online booking system for arranging regular service reviews and CGM pick-ups.



### 項目詳情介紹

網站詳細介紹了計劃內容，讓正在考慮申請的會員對計劃有更全面的了解及認識。

### Introduction of project details

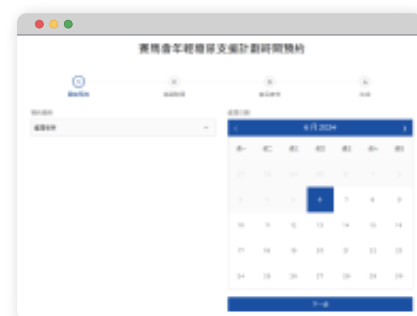
The website provides comprehensive details about the programme, and gives new applicants a better understanding before applying.

### 網上預約服務

網站為已參加計劃的會員提供網上預約複檢及領取CGM服務，使預約過程更加輕鬆便捷。

### Online booking system

The website provides current programme participants with an online booking system for arranging regular service reviews and CGM pick-ups.



請即瀏覽 [www.jcsupportdm.hk](http://www.jcsupportdm.hk) 了解更多  
Visit [www.jcsupportdm.hk](http://www.jcsupportdm.hk) for more details



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\* Minimum accuracy requirements of ISO15197:2013 require > 95% of the measured glucose values need to fall within  $\pm 0.83$  mmol/L of the average measured values of the reference measurement procedure at glucose concentrations <100 mg/dL (<5.55 mmol/L) or within  $\pm 15\%$   $\geq 100$  mg/dL ( $\geq 5.55$  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 (ISO15197:2013). 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.

# 健康食齋

## Food Corner



海鮮瓜粒泡飯  
Seafood, Diced Luffa  
and Rice in Soup

### 材料

蝦仁	100 克
帶子	100 克
魚柳	100 克
蜆肉	60 克
勝瓜	1/2 個 ( 150 克 )
草菇	6 粒
唐芹	2 棵
芫荽	2 棵
白飯	3 碗

### 醃料

粟粉	1 茶匙
粟米油	1 茶匙
鹽	1/2 茶匙
糖	1/2 茶匙

### 調味料

麻油	1 茶匙
胡椒粉	1/2 茶匙
鹽	1/2 茶匙
魚露	1 湯匙

### Ingredients

Unshelled shrimps	100 g
Scallops	100 g
Fish filet	100 g
Clam meat	60 g
Luffa (Chinese okra)	1/2 (150 g)
Straw mushrooms	6
Stalks Chinese celery	2
Coriander stalks	2
Bowls cooked rice	3

### Marinade

Cornstarch	1 tsp
Corn oil	1 tsp
Salt	1/2 tsp
Sugar	1/2 tsp

### Seasonings

Sesame oil	1 tsp
White pepper	1/2 tsp
Salt	1/2 tsp
Fish sauce	1 tbsps

## 做法

1. 將所有海鮮洗淨，加醃料醃15分鐘後，以滾水灼至剛熟，隔水備用。
2. 將勝瓜及唐芹切粒，草菇開邊，芫荽切碎，備用。
3. 燒滾水1公升，加入勝瓜、草菇、唐芹及芫荽，滾起後，加入白飯及海鮮，最後加調味料便成。

## Steps

1. Wash all the seafood ingredients and marinate for 15 minutes. Blanch seafood in boiling water, drain and set aside.
2. Dice luffa and Chinese celery; cut straw mushroom in halves; chop coriander and set aside.
3. Boil 1L water; add luffa, straw mushrooms, Chinese celery and coriander. Bring to boil; then add cooked rice and seafood, stir in seasoning and serve.

## 營養分析

每人份量可換算作2/3中碗飯

熱量	323.5 卡路里
碳水化合物	43.8 克
蛋白質	20.9 克
膽固醇	66.3 毫克
脂肪	7.2 克
纖維素	1.1 克

## Nutrition facts

Each serving can be exchanged for 2/3 medium bowl cooked rice

Energy	323.5 Kcal
Carbohydrates	43.8 g
Protein	20.9 g
Cholesterol	66.3 mg
Fat	7.2 g
Dietary fibre	1.1 g

## 營養師提醒你 Tips from dietician

把飯或粉麵放湯比炒的方式用油量較少。除海鮮瓜粒外，自製鮮茄肉片、芫茜魚片或蛋花牛肉泡飯都一樣容易。若想再增加纖維，可用糙米飯或五穀飯代替白飯。

Cooking in clear soup reduces oil use. Other ingredient combinations, such as tomato and lean pork, coriander and fish slices, or egg and beef, can be good substitutes for this dish. If you want to further increase fibre, try brown rice or mixed grain rice instead of white rice.



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  
澳洲註冊營養師  
香港營養師協會會長  
Sylvia Lam  
Registered Dietician (Australia)  
Chairperson of HKDA

張翠芬  
美國註冊營養師  
Lorena Cheung  
Registered Dietician (USA)



# 活動焦點

## Activity Highlights

### 賀年禪繞利是揮春工作坊 Lunar New Year Zentangle Red Packet and Fai Chun Workshop

為慶祝農曆新年，YDA邀請會員製作獨一無二的禪繞利是封，既精美又可以在製作過程中達到舒壓的效果。同場更有會員家長Nicholas教大家寫揮春，讓節日倍添氣氛。



To celebrate the Lunar New Year, YDA invited members to create unique Zentangle red packets, which were not only exquisite but also had a calming effect during the creative process. At the same time, member parent Nicholas taught everyone how to write Fai Chun (festive sayings), adding to the festive atmosphere.

### 彈床體驗班 Ultimate Air Experience

YDA帶大家體驗新穎運動跳彈床，讓會員可以透過跳彈床來鍛鍊身體，改善協調與平衡，一眾會員亦都全程投入體驗跳彈床運動。

YDA brought members to experience the novel sport of trampoline jumping. Members were able to exercise their bodies on the trampoline, improving their coordination and balance. Members thoroughly enjoyed this experience and got a good trampoline workout too.



## 韓印紅餐廳免費午餐 Free Lunch at Han Yin Hong Restaurant

十分感謝韓印紅慷慨的贊助，為YDA會員提供豐富美味的低碳水韓式午餐。

We are deeply grateful to Han Yin Hong for their generous sponsorship, providing a nutritious and delicious low-carb Korean lunch for YDA members.



## 週日行山團 Let's Go Hiking!



行山有助控制血糖，強身健體，YDA帶領一眾會員由黃大仙行至紅梅谷，沿途景色怡人，讓會員感受大自然的美好。

Hiking helps control blood glucose, strengthen the body and promote physical fitness. YDA led a group of members from Wong Tai Sin to Hung Mui Kuk. The scenic views along the way were stunning and members were able to appreciate the beauty of nature.







### 低糖烘焙坊 Low Sugar Bakery

YDA在復活節長假期舉辦了低糖烘焙坊，讓糖童都可以親手製作及品嚐到美味而又低糖的甜品，特別鳴謝 Mindfulness Capital義工全力支持今次活動的進行。

YDA organised a low-sugar baking workshop during the Easter holiday, allowing members to make and taste delicious low-sugar desserts. Special thanks to Mindfulness Capital volunteers for their full support in making this event a success.



### YDA x 香港麥當勞叔叔之家慈善基金生日會 YDA x RMHC Hong Kong Birthday Party

YDA很高興獲得香港麥當勞叔叔之家慈善基金邀請，參加4月13日舉辦的生日會，出席活動的4-6月生日之星更加獲得豐富的禮物，會員們都滿載而歸。



YDA was honoured to be invited by Ronald McDonald House Charities Hong Kong to attend their birthday party on 13 April. The April-June birthday stars who attended the event received generous gifts, and all members left with happy memories.



## YDA親子BBQ YDA Family Barbecue

為鼓勵會員家長之間可以有更多的血糖管理交流，YDA舉辦了親子BBQ活動，吸引超過50名會員及家長參與，在場的會員及家長樂也融融，互相分享控糖心得。

To encourage more sharing on blood glucose management between member parents, YDA organised a family barbecue activity, which attracted over 50 members and parents. It was a great afternoon of cooking, enjoying food and sharing diabetes tips.



## 香港社會服務聯會S+高峰會暨博覽2024 HKCSS S+ Summit cum Expo 2024

YDA參加了由社聯主辦的「S+高峰會暨博覽2024」。非常感謝所有到訪YDA展位的公眾人士、企業伙伴及其他社福機構朋友，特別多謝社聯為YDA提供一個平台，讓我們可以提高大眾對兒童糖尿病的認知及關注。

YDA participated in the "S+ Summit cum Expo 2024" organised by The Hong Kong Council of Social Service (HKCSS). We were very grateful to all the members of the public, corporate partners, and other social welfare organisations who visited the YDA booth. We would like to thank HKCSS for providing a platform for us to raise public awareness and concern about childhood diabetes.



# 鳴謝

## Acknowledgements

兒童糖尿協會衷心感謝下列機構、團體及人士於2024年2月至2024年5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 February 2024 to May 2024, 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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The Community Chest of Hong Kong  
The Hong Kong Jockey Club Charities Trust  
Vantage Capital Markets HK Ltd

#### 義工 Volunteers

Anne Wong  
Louie Man  
Nicholas Hung  
Wong Ka Wing

#### 個人 Individuals

Anthony Ho	Heidi Ho	Ka Man Jeannie Lam	Sin Pui Ying
Celia Liu	Hilda Alessandri	Kathleen S.Y. Poon	Wan Tsz Chun
Chan Wing Chung	Hiranand Sarla Harish	Mickie Lin	Wong Suet Fung Sammi
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Eddie Wang	Jim Hiu Ni	Wai Yim Yee Olivia	
Fabienne Olive	Joe Wong	Wan Chi Hin Henry	
Harry Chung	Ka Man Chiang	Wan Chi Kwong	

### 兒童糖尿協會委員會及顧問 Youth Diabetes Action Council

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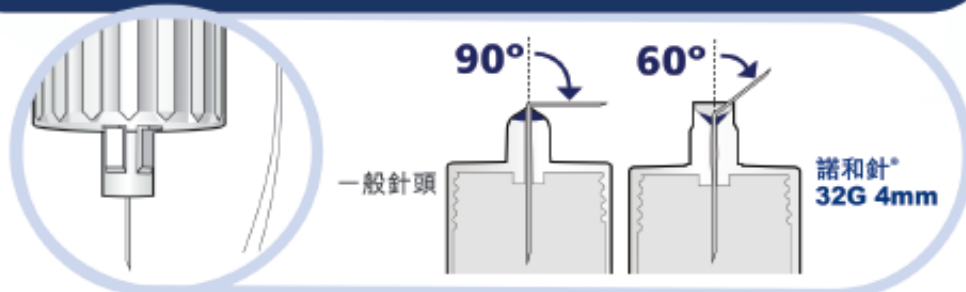
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Youth Diabetes  
Action  
兒童糖尿協會

## 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  
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- ☐ 每月捐款 Monthly donation 港幣HK\$ \_\_\_\_\_
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☐ 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

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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".

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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).

會員姓名 Name of member: \_\_\_\_\_ 會員編號 Membership number: \_\_\_\_\_

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

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

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

☐ 通訊地址 Address: \_\_\_\_\_

☐ 其他 Others: \_\_\_\_\_

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

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