

YDA today

newsletter autumn 2024 | issue 72



團結合力
Let's Unite

參加藍月·十一
幫助提升關注
Join us for Blue November
and help raise awareness



Youth Diabetes
Action
兒童糖尿協會



Youth Diabetes
Action
兒童糖尿協會



賽馬會年輕糖尿支援計劃
Jockey Club Support for Young People with Diabetes



提供2年免費CGM
Provide 2 years FREE CGM

你是否
**30歲以下及
患有糖尿病?**

**ARE YOU UNDER 30 AND
HAVE DIABETES?**

請即掃描二維碼了解更多
Scan QR code for more details



2544-3828



9040-8062



<https://jcsupportdm.hk/>

目錄 Content

- | | |
|------------------------------|--------------------------------|
| 01 編輯的話
Editor's Note | 12 健康食齋
Food Corner |
| 02 你的聲音
Your Voice | 13 活動焦點
Activity Highlights |
| 06 藍月·十一
Blue November | 16 鳴謝
Acknowledgements |
| 09 專家意見
Professional View | |

編輯的話 Editor's Note

11月14日是世界糖尿病日，也是世界上最大的糖尿病宣傳活動。根據國際糖尿病聯合會 (IDF)，共有160多個國家、超過10億人參與。各位可一齊參加YDA的「藍月·十一」活動，表達對糖尿病患者的支持！

藍色慈善晚宴將為我們的活動展開序幕。當晚不單有佳餚美酒及精彩表演，還會為糖尿病兒童籌募善款，我們熱切期待活動成功。在此，特別感謝Laila Harilela、Shirley Hiranand和Reyna Harilela在美麗的夏里利拉大宅設宴，以及Purviz Shroff夫人的慷慨冠名贊助。

另外，我們將再度舉辦「百萬健步挑戰」，期望成績超越去年！為了大家能增加步數，我們更會舉辦一次行山活動。

最後，別忘了參加一年一度的藍「飾」自拍活動呢！歡迎各位在社交媒體上載照片，標註@YouthDiabetesAction及使用主題標籤#BlueNovember。

World Diabetes Day, celebrated on 14 November, is the world's largest diabetes awareness campaign. According to the International Diabetes Federation (IDF), the campaign reaches over 1 billion people across more than 160 countries. Join the movement and show your support for those living with diabetes by participating in YDA's Blue November!

We kick off this year's activities with the **True Blue Cocktail and Dinner**, which promises to be a dazzling night to remember. The evening will feature gourmet food and wine, entertainment, and the chance to raise funds for children with diabetes. We look forward to a successful event. Special thanks to Laila Harilela, Shirley Hiranand, and Reyna Harilela for hosting the evening at their beautiful home, as well as our generous Title Sponsor, Mrs Purviz Shroff.

The **Million Step Challenge** is back — let's aim to surpass last year's totals! We'll also be organising a YDA Hike to help boost your step count.

Don't forget to join our annual **Dress Blue Selfie!** Post your photo on social media, tagging @YouthDiabetesAction and using the hashtag #BlueNovember.

 youthdiabetesactionhk

 yda_hk

 Youth Diabetes Action

編輯 Editors

Jenny Chan, Linh Lieu,
Alex Ko, Zoe Fung

編輯顧問 Editorial Consultants

Fina Cheng, Angela Chow
Joanna Hotung

印刷 Print

School Printer Limited

設計 Design

一雙手設計工作室 One two Hand

廣告 Advertising

所有廣告收益將用作資助本刊物之製作費用。如欲刊登廣告支持本會或查詢詳情，請電郵至event@yda.org.hk。

Advertisement fees are used to subsidise the production of this magazine. If you would like to place an advertisement to support YDA, please email: event@yda.org.hk

歡迎來稿 Contributions are welcome

如欲投稿，請把稿件(不多於120字)電郵至event@yda.org.hk。

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

聯絡我們 Contact us

兒童糖尿協會 Youth Diabetes Action

📍 九龍土瓜灣道94號美華工業中心B座9樓B17室

B17 9/F Block B Merit Industrial Centre, 94 To Kwa Wan Road Kowloon

☎ (852) 2544 3263

✉ support@yda.org.hk

🌐 www.yda.org.hk



免責聲明 Disclaimer

本刊提供的資料只作一般資訊參考用途，不應被視為醫學上的建議或推介。本刊所載的一切內容均不能取代合資格專業醫療人士因應閣下醫療需要而提供的建議。如欲對糖尿病管理模式作出任何改變，必須先諮詢主診醫生意見。會員分享純屬個人經驗。本刊刊登的廣告，不得被視為同意、推薦、認可、保證或推介有關的服務/產品。

The information in this magazine is for general information only, and should not be construed as medical advice or recommendation. The content presented in these pages is not intended to replace the care of your own doctor, whom you must consult before making any changes in your diabetes management plan. Contributions from members are based on personal experience only. Advertisements shall not be deemed to endorse, recommend, approve, guarantee, or introduce services and products.

你的聲音 Your Voice

患上肝醣儲積症 (GSD) Living with GSD1a

YDA最近支援了患有肝醣儲積症1a型 (GSD1a) 小朋友的家庭，通過CGM小彩虹計劃，為她提供全年用量的CGM。肝醣儲積症1a型是一種罕見的遺傳疾病。雖然它與糖尿病有一些相似之處，但治療方法卻有很大不同。我們邀請了栩昕的母親分享她女兒的成長故事。

Through the CGM Little Rainbow programme, YDA has recently been supporting a family affected by Glycogen Storage Disease Type 1a (GSD1a), a rare genetic disorder. While it shares some similarities with diabetes, the treatment differs significantly. We invited Hui Yan's mother to share her daughter's journey.



個人資料 Profile

會員 Name	伍栩昕 NG Hui Yan
年齡 Age	差不多3歲 Almost 3 years old
確診年齡 Age of diagnosis	1.5 歲 years

栩昕的確診經過是怎樣的？ How was Hui Yan diagnosed?

昕昕今年3歲，自出生後進食都很困難，初生時每次飲奶後都會嘔吐、肚子非常腫脹及時常哭鬧，我多次問家庭醫生，亦不知道原因。在她18個月大時，因感染新冠病毒 (COVID 19) 發高燒及呼吸急促，我們立即送她入醫院。醫生把她送入深切治療部進行急救、抽血和檢查，最後確診患上「肝醣儲積症1a型」 (GSD1a) 。

"Yan Yan has faced severe eating difficulties since birth. She often vomited after feeds, had a bloated stomach, and constantly crying. Despite multiple consultations with our family doctor, no cause was identified. At 18 months, after developing a high fever and shortness of breath due to COVID-19, she was rushed to hospital. We were informed Yan Yan needed to be admitted to intensive care and she was later diagnosed with Glycogen Storage Disease Type 1a (GSD1a)."

什麼是「肝醣儲積症1a型」 (GSD1a) ？ What is Glycogen Storage Disease Type 1a (GSD1a)?

肝醣儲積症1a型 (GSD1a) 是一種罕見的遺傳代謝疾病，患者缺乏製造肝糖的能力，所以體內無法將肝糖順利轉化成葡萄糖，因此引致患者經常發生低血糖的情況，及積聚過多的肝糖，長期會影響患者肝臟、腎臟和小腸部位正常的功能。

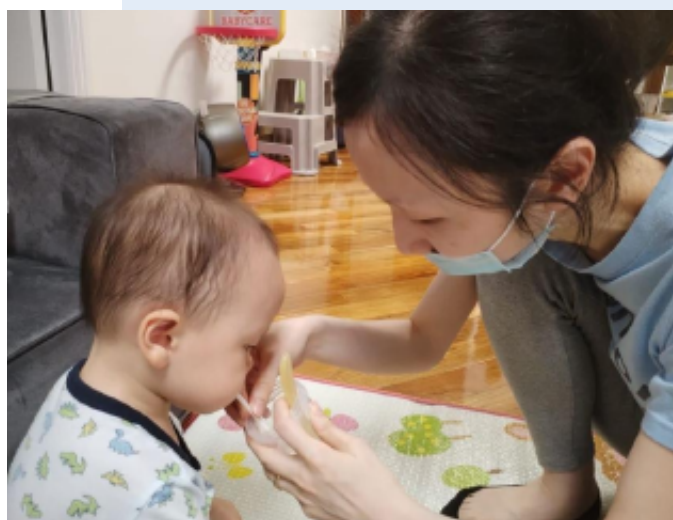
GSD1a is a rare genetic metabolic disorder where the body cannot produce glycogen, preventing effective conversion into glucose. This leads to frequent hypoglycaemic episodes and excess glycogen accumulation, potentially affecting the liver, kidneys, and intestines.

媽媽有什麼感受？你們遇到了什麼難題和挑戰？

How did the diagnosis affect your family, and what challenges did you face?

初期得知女兒患了這個罕有病時，心情十分沉重，經常以淚洗面，亦好擔心她的未來。我努力在互聯網尋找相關資料，發現有相關病例的兒童家庭，這仿如出現一線曙光。接觸同路人，互相交流及支援，讓我對這個罕見病漸漸有更多認識，後來更得悉兒童醫院代謝科比較適合昕昕。

照顧她亦有不少困難和挑戰；初時我給她餵食但並不成功，所以要24小時通過鼻胃管進食奶類飲品。半年後她能進食無乳糖奶粉，但進食一餐要花4小時，血糖監測儀器（CGM）對她來說很重要。現在昕昕可以進食粟粉去穩定血糖，主要的食糧是白飯或麵來提供碳水化合物，另外吃不加調味的菜、魚或肉。



"After Yan Yan's diagnosis, I felt heavy-hearted and anxious, often worrying about her future. I would tirelessly search for information online and was relieved to discover a support group, which offered us a glimmer of hope. Connecting with other families helped us to better understand this rare disease and I later learned that the metabolic department at the Children's Hospital was more suitable for treating Yan Yan.

Caring for Yan Yan presents significant challenges. Initially I struggled to give her food orally and relied on milk-based drinks via the nasogastric tube. After six months, Yan Yan was able to consume special formulas like lactose-free milk, but it would require four hours to consume a meal.

Having a continuous glucose monitoring device (CGM) has become crucial for Yan Yan's care. Currently, her diet consists primarily of white rice or pasta, along with strictly limited vegetables, fish, and meat without added seasoning."

栩昕和媽媽如何調整生活，與病共存？

What adjustments are needed to live with this disease?

因為昕昕吸收粟粉的時間大約是2至3小時，所以每隔3小時，只要血糖開始降低，就要進食粟粉，所以她每次睡眠不多過4小時。但昕昕十分懂事，不會扭計要甜食。現在她開始入讀幼稚園，茶點只可以吃少許牛油果或無糖麵包。由於她有太多食物不能進食，只要她喜歡吃的例如鵪鶉脾，我都儘量滿足她。

現在我全力照顧女兒，每天只有2至3小時休息，亦沒有娛樂。一看見她指數不穩定，即使吃飯中我亦立刻放下雙筷，先照顧她。



"It takes about two to three hours for Yan Yan to absorb cornstarch. Every three hours, or whenever her blood glucose drops, she must consume cornstarch, even during sleep. This limits her to a maximum of four hours sleep at a time. Despite this, Yan Yan is resilient and understanding about her condition, she doesn't even ask for sweets.

Now in kindergarten, her snack options are limited to a little avocado or unsweetened bread. Due to her food restrictions, I would often treat Yan Yan to her favourite food, like quail legs.

Now I am taking care of Yan Yan full-time, I only have about two to three hours of rest each day and have not had any time for my own activities. Whenever Yan Yan experiences fluctuations in blood glucose levels, I would stop what I am doing to assist her."

栩昕確診後，你們的經濟有如何影響？

How has Hui Yan's diagnosis impacted the family financially?

為了專心照顧昕昕，我放棄從事了十多年在銀行管理層的工作，做全職家庭主婦，丈夫獨力承擔家庭的經濟。以往我們可算生活無憂，現在每一樣消費都會以女兒作優先考慮。我們曾嘗試去聯絡社會上不同的基金會求助，希望提供一些經濟上的支援，以便為女兒提供更多資源，但可惜都無功而回。

"In order to take care of Yan Yan, I gave up my 10-year career in bank management, and the financial burden is now on my husband as the sole provider. In the past, we used to have a carefree lifestyle, but now our spending decisions are prioritised based on Yan Yan's needs. We have tried to contact various foundations for assistance in the hope of receiving financial support so we can provide more resources for our daughter, but so far, we have been unsuccessful."

“

我希望社會可以多關注這群罕有病的小朋友，和糖尿病的小朋友一樣，多提供教育和知識給社會大眾，讓這班小朋友不會被標籤或歧視。

I hope society will pay more attention to children with rare diseases like my daughter. Like children with diabetes, there should be more education and awareness provided, so these children are not labelled or discriminated against in the future.

”



媽媽的心聲

Final words from Hui Yan's Mother



請幫助我們支援栩昕和患有糖尿病的小朋友，您的慷慨捐款影響深遠。

Help us in supporting Hui Yan and children with diabetes.
Your generous donations will make a meaningful impact.

藍月．十一

2024年世界糖尿病日：糖尿病與身心健康

今年的世界糖尿病日主題是「糖尿病與身心健康」。患上糖尿病不應成為享受健康和充實生活的障礙。無論在家中、學校或工作，兒童和成人每天都要管理好自身狀況，只要有韌力、組織力及責任感，就可以保持身心健康。

雖然糖尿病護理經常強調血糖管理，但健康不只是控制血糖水平。正如世界衛生組織指出，健康亦包括心理及情緒狀況，全面地處理身心健康，對糖尿病管理非常重要。



如何改善你的「心理健康」？以下是一些加強糖尿病患者健康的建議：

1. 建立良好人際關係

建立良好人際關係可幫助提升歸屬感及自我價值感。亦可藉著與別人交流，分享自己的感受和經驗，並且互相支援。

2. 保持活力、積極生活

定期運動對於身心健康都很重要。運動時身體會釋放安多酚，有助改善情緒和自信心。根據香港康樂及文化事務署的建議，每週應至少進行150至300分鐘的中強度運動。設立個人目標和挑戰可以進一步促進積極的心態，並改善整體生活滿意度。

3. 學習新知識或技能

學習新知識或技能可增強自信和成就感。參加一些你感興趣的活動，例如運動、藝術或學術，可以讓你與其他有共興趣的人建立聯繫。這種連結對情緒健康很重要，可以減輕孤獨感。

4. 靜觀練習

靜觀技巧如冥想或深呼吸練習，可以顯著減低壓力和情緒困擾，包括焦慮和憂鬱。靜觀練習也能增加抗逆力，促進積極的情緒，這對於每天管理糖尿病的人來說相當重要。

5. 保持作息規律

建立規律的日常作息時間，可以改善心理健康。均衡飲食、定時用餐和穩定的睡眠時間，都有助於良好的血糖管理和整體健康。

通過以上方法，糖尿病患者，尤其是兒童，可以茁壯成長並且活得豐盛。請記住，你在这段旅程中並不孤單——糖友會每步與你同行。

Blue November

World Diabetes Day 2024: Diabetes and Well-Being

This year's World Diabetes Day (WDD) theme is '**Diabetes and Well-Being**'. Living with diabetes should not be a barrier to enjoying a healthy and fulfilling life. Children and adults alike face daily challenges in managing their condition, whether at home, school, or work. This requires resilience, organisation, and responsibility, which can significantly impact both physical and mental well-being.

While diabetes care often emphasises blood glucose management, it's important to recognise that well-being extends beyond simply keeping glucose levels in check. As noted by the World Health Organization, a holistic approach that includes mental and emotional health is essential for effective diabetes management.

Here are some tips to enhance well-being for those living with diabetes:

1. Build good relationships

Establishing strong relationships fosters a sense of belonging and enhances self-worth. Engaging with family, friends, and peers allows individuals to share feelings and experiences, creating a supportive network.

2. Stay active and positive

Regular physical activity is crucial not only for physical health but also for mental well-being. Exercise releases endorphins, which can improve mood and self-esteem. Aim for at least 150-300 minutes of moderate-intensity physical activity each week, as recommended by the HK LCSD. Setting personal goals and challenges can further promote a positive outlook and improve overall life satisfaction.

3. Learn new knowledge or skills

Acquiring new skills or knowledge can enhance confidence and provide a sense of achievement. Participating in activities that interest you—such as sports, arts, or academics—can also connect you with others who share your passions. This connection is vital for emotional health and can mitigate feelings of isolation.

4. Practise mindfulness

Mindfulness techniques, such as meditation or deep-breathing exercises, can significantly reduce stress and emotional distress, including anxiety and depression. Mindfulness practices can increase resilience and promote positive emotional states, which is essential for anyone managing diabetes on a daily basis.

5. Maintain a regular routine

Establishing a daily routine helps to bring structure to life and can improve mental health. A balanced diet, regular meal-times, and consistent sleep schedules contribute to better blood glucose control and overall well-being.

By focusing on these areas of well-being, individuals with diabetes – especially children – can thrive and live fulfilling lives. Remember, you are not alone in this journey – the diabetes community is here to support you every step of the way.

立即參與「藍月·十一」 Join us this Blue November

在YDA的「藍月·十一」期間，整個11月將舉辦一系列活動，提高大眾對糖尿病的認識，以及關注一型糖尿病兒童。
For YDA's Blue November, YDA have lined up some activities throughout November to boost public awareness of diabetes and shine a spotlight on children with Type 1 diabetes.

「百萬健步挑戰」- 11月活動 Million Step Challenge - Throughout November

去年的挑戰十分成功，籌集了超過18萬港元，總共走了超過700萬步。讓我們今年再創高峰，努力打破這個數字吧！

Following the success of last year's Challenge where we raised over HK\$180K and achieved a total of more than 7 million steps, let's try to beat the totals this year!



如何參加「百萬健步挑戰」

How to participate in the Million Step Challenge

1. 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
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
2. 由11月1日開始健行，看看30日後你的成果
Start walking on 1 November and see what you've achieved by 30 November
3. 邀請朋友和家人贊助你
Invite your friends and family to sponsor you
4. 於12月7日或之前，將你的總步數及籌得金額交給YDA
Submit your total step count and funds raised from 1-7 December to YDA



YDA Hike

歡迎參加我們即將舉辦的行山，一起大踏步，齊齊增加步數！
To help you increase your steps join in with YDA's Hike.

11月活動 - 藍「飾」十一 Dress-Blue Selfie

大家一起體會藍「飾」十一月的樂趣吧！來，齊來穿上藍色衣服、拿起YDA藍色圓圈，拍一張充滿活力的照片，然後在社交媒體上分享。不要忘記標註@youthdiabetesaction並使用主題標籤#BlueNovember。讓我們團結一心，提高大眾對糖尿病的認識。

Join the Blue November fun! Slip into something blue, don the YDA blue circle, snap a vibrant photo, and share it on your social media. Don't forget to tag @youthdiabetesaction and use the hashtag #BlueNovember. Let's rally together and raise awareness for diabetes.



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

鳴謝 Sponsor – Thank you

非常感謝Purviz Shroff夫人的冠名贊助，讓我們的活動得以舉行！
A huge thank you to our Title Sponsor, Mrs Purviz Shroff, for making these events possible!

專家意見

Professional View

CGM皮膚護理小貼士

Protecting your skin: Tips for CGM users

隨著越來越多的YDA會員開始使用持續血糖監測儀（CGM），我們收到了許多關於皮膚敏感和痕癢的問題。在這裡，我們請糖尿病專科護士莫碧虹姑娘為我們提供一些使用CGM的基本護膚小貼士。

As more of our members switch to using continuous glucose monitors (CGM), we have received many questions about how to deal with skin irritation and itchiness. Here, we ask Diabetes Specialist Nurse Ms Maisy Mok to provide us with some essential skin care tips for CGM users.

安裝CGM前的準備

Preparation before using CGM

- 使用肥皂及清水清潔皮膚以除去乳液及油脂
- 塗上護膚物料保護皮膚並確保皮膚完全乾爽
- 避免於身體摺痕、腰帶位、腫脹部位上安裝CGM
- Clean the skin with soap and water to remove lotion and oil
- Apply a skin barrier and ensure the skin is completely dry
- Avoid applying the CGM on body creases, belt lines, and swollen areas

日常皮膚護理

Recommended daily skin care routine

- 每次更換CGM時都需要換位安裝，讓皮膚能夠得到足夠的休息
- 沒有安裝CGM時也勤為皮膚保濕，選擇適合自己肌膚的乳液
- 每天飲用充足水份，強化皮膚的天然保護屏障
- Each time you replace the CGM, change the insertion position to allow the skin time to recover
- Moisturise your skin frequently, even when the CGM is not inserted and select skincare products that suit your skin
- Drink enough water to hydrate and strengthen the natural protective barrier of your skin

CGM皮膚用品

Skin protection products for CGM

安裝CGM前使用 - 皮膚保護膜

Before installation – Skin barrier



目的：在皮膚上形成一層保護膜，避免與CGM底層貼紙直接貼在皮膚上

用法：塗抹在皮膚上，待保護膜乾透後才安裝CGM

產品：抹片、噴霧

Purpose : To provide a protective film that prevents the CGM from sticking directly to the skin

Use : Wipe on the skin and wait until thoroughly dry before installing the CGM

Products : Wipe, spray

安裝CGM後使用 - 加固用品

After installation – Adhesive products



目的：1. 保護貼具防敏感及防水功能，亦因應不同形狀的CGM設計，有些備有膠框以防碰鬆脫。
2. 自黏繃帶只有加固作用，避免CGM脫落

用法：1. 貼在已安裝CGM的位置上，可參考不同牌子保護貼的使用短片。
2. 自黏繃帶輕輕纏繞在CGM 的上臂

產品：不同型號保護貼及自黏繃帶（可重用）



Purpose : 1. Patches have anti-irritation and waterproof functions, and are also special designed to fit the different shapes of CGM. Some patches include a plastic protector to prevent them from falling off after collisions

2. Cohesive bandages can protect the CGM from falling off

Use : 1. Apply patches onto the CGM, refer to demonstration videos from different brands

2. Use cohesive bandages to wrap around the upper arm with the CGM

Products : Patch, cohesive bandage (reusable)

拆除CGM時使用 - 脫膠產品

Removing CGM - Adhesive remover

目的：減低CGM膠紙黏力，避免拆除時過度拉扯皮膚

用法：讓抹片的溶液或嬰兒油滲透入CGM底層貼紙，使CGM輕易鬆脫

產品：抹片、嬰兒油

Purpose : To reduce the adhesiveness of the tape and to avoid excessive pulling of the skin when peeling off the tape to remove the CGM

Use : Wipe the adhesive remover or baby oil around CGM and allow the solution to permeate the CGM tape, making it easier to remove

Products : Wipe, baby oil



皮膚可能會隨著時間轉變而變得敏感。如果敏感情況持續，請諮詢醫生。可能需要使用類固醇噴劑或藥膏於敏感位置作舒緩之用。

The skin can change and become sensitive over time. If you continue to experience irritation, please consult your doctor. You may need to apply low concentration steroid spray or ointment to the irritated area.

本頁所列產品僅供參考之用，不代表YDA或本文作者立場

The products featured on this page are for reference only. YDA and the article contributor do not endorse any of the products mentioned.



賽馬會年輕糖尿支援計劃
Jockey Club Support for Young People with Diabetes

你是否30歲以下及患有糖尿病？
Are you under 30 and have diabetes?



立刻申請2年免費CGM
請即掃描二維碼了解更多

Apply to receive 2 years of free CGM
Scan the QR code for more details



2544 3828



9040 8062



<https://jcsupportdm.hk>

健康食齋

Food Corner



迷你芝士吞拿魚薄餅
Mini Cheese and Tuna Pizza

營養分析 Nutrition facts

每人 (1片) 份量提供
Each serving (1 piece) provides

熱量 Energy	131.5 卡路里 (Kcal)
醣質 Carbohydrates	14.0 克 (g)
蛋白質 Protein	18.8 克 (g)
膽固醇 Cholesterol	27.5 毫克 (mg)
脂肪 Fat	3.0 克 (g)
纖維素 Dietary fibre	0.8 克 (g)

*每人份量可換算作4塊梳打餅。
Each serving can be exchanged for 4 pieces of soda crackers.

材料 (2人份量) Ingredients (for 2 servings)

英式鬆餅 (可選全麥鬆餅) English muffin (can choose whole grain option)	1個 (即2片) 1 (sliced into 2)
鹽水浸罐頭吞拿魚 Canned tuna in brine	1小罐 (95克) 1 small can (95g)
車厘茄 Cherry tomatoes	3-4粒 3-4
低脂芝士 Low-fat cheese	2片 2 slices
乾香草 Dried herbs	少許 a pinch
黑胡椒粉 Ground black pepper	少許 a pinch

做法 Steps

1. 罐頭吞拿魚隔水，拌入少許黑胡椒粉。
Drain and mix the tuna with some black pepper.
2. 車厘茄切半；低脂芝士切條備用。
Cut cherry tomatoes into halves. Slice low-fat cheese into strips.
3. 將鬆餅放入焗爐或多士爐烘香，備用。
Toast English muffin in an oven or toaster.
4. 將吞拿魚塗上鬆餅，鋪上車厘茄及芝士條，撒上少許香草，放進焗爐烘至芝士略溶便成。
Spread the tuna on top of the English muffin; then layer with cherry tomatoes and cheese strips on top, and sprinkle some dried herbs. Grill the muffins in the oven until the cheese is slightly melted.

營養師提醒你 Tips from dietician

健康薄餅的材料可以非常多元化，可選用比得包 (pita bread)、全麥包、培果 (Bagel) 或法包做薄餅底，而餡料則可用火腿、火雞、瘦肉粒、蟹柳、蝦仁、菠蘿、青紅椒和粟米粒等低脂選擇，自由發揮你的無限創意。

Pita bread, whole wheat bread, bagel (preferably whole wheat), and French bread are all suitable choices for the pizza base. Use your creativity and try other healthy toppings, such as ham, turkey, lean minced meat, imitation crab, shrimp, pineapple, bell pepper, and corn kernels.



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

農莊體驗日

Farm experience day

在6月，YDA舉辦了農莊體驗日，帶領一眾會員到朗屏士多啤梨葡萄園摘各種各類的時令農作物及生果，活動當日陽光充沛，大人小朋友都玩得很開心，各人都滿載而歸。

In June, YDA organised a farm experience day, leading members to Long Ping Strawberry Park to pick various seasonal crops and fruits. The weather was sunny and everyone had a great time picking.



兒童護眼及糖尿上眼講座

Children's eye care and diabetic eye seminar

YDA邀請了眼科專科醫生為會員及家長分享兒童護眼要訣及如何預防糖尿病的眼睛病變，為參加者提供了很多有用的資訊。

YDA invited specialists in ophthalmology to share tips on eye care for children and how to prevent diabetic eye diseases with members and parents. It was a very informative session.

室內射箭大決鬥

Indoor archery

在7月，YDA帶領一班青少年會員參加室內射箭活動。大家很快就能夠掌握射箭的基本技巧，眼界奇準，表現出色；活動亦促進了家長之間的交流及聯繫。

In July, YDA organised an indoor archery workshop for young members. Everyone quickly mastered the basics and performed impressively. Parents also had the chance to connect and share experiences.



夏日嘉年華回顧

Summer carnival highlight

感謝羅氏診斷（香港）有限公司的悉心安排，讓YDA會員能夠參加暑假舉行的夏日嘉年華！

小朋友全程投入玩吹氣城堡，家長們都踴躍參與各式各樣的攤位遊戲，同場加映精彩的魔術師表演及扭氣球環節，大家都非常盡興。

Thank you to Roche Diagnostics (Hong Kong) Limited for their thoughtful arrangements at a Summer Carnival for YDA members! There was a wide range of activities. Children had fun on the bouncy castle, while parents participated in the various game booths. Additionally, there was a wonderful magic show and balloon twisting.



低醣烘培坊 Healthy baking workshop

由專業烘焙師傅及YDA資深會員黃家榮指導，一連兩堂的低醣烘培坊順利在8月完成。參加者經由家榮悉心指導下，都可以製作出屬於自己，美味而又健康的麵包及貝果。過程中會員及家長搓揉麵粉、整形、發酵，親手製作出精美的成品，大家都非常享受這次有意義亦有得著的工作坊。

Professional baker and senior YDA member Henry Wong successfully led a two-session low-carb baking workshop in August. Participants were able to create their own delicious and healthy bread and bagels. Members and parents were fully engaged and hands-on with kneading the dough, shaping, and proofing, resulting in well-crafted finished products. Everyone thoroughly enjoyed this meaningful and rewarding workshop.



一型糖尿病分享會 Type 1 diabetes sharing session

YDA非常榮幸可以邀請到澳洲Baker心臟及糖尿病研究所糖尿及血管醫學部門主管Alicia Jenkins教授為YDA會員分享最新的糖尿病技術，教授在會上更與會員討論一型糖尿病人生活的實用技巧及有效控制糖尿病的好處等議題。

YDA was very honoured to have invited Professor Alicia Jenkins, Head of Diabetes and Vascular Medicine at the Baker Heart and Diabetes Institute in Australia, to share the latest diabetes technologies with YDA members. During the meeting, Professor Jenkins also discussed practical tips for living with Type 1 diabetes and the benefits of effective diabetes management.



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6月至2024年8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 June 2024 to August 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

公司或團體 Companies/ Organisations

Prestique Limited
Rusy & Purviz Shroff Charitable Foundation
SK Yee Medical Foundation
The Community Chest of Hong Kong
The Hong Kong Jockey Club Charities Trust
Tricor Equity Trustee Limited

義工 Volunteers

Anne Wong
Enoch Ku
Fione Lee
John Chan

個人 Individuals

Amy Pang SY	Colin A Farrell	Leslie Shih	Wong Suet Fung Sammi
Anthony Ho	Devika Harilela	Mickie Lin	Yang Tsz Shan
April Man	Dillon Hunter	Monique Ng	Yau Keung Hing
Carol Shuyen Wu	Eddie Wang	Nozomi Gaffney	Yau Yuk Shan Sandy
Celia Liu	Horace LD Cheng	Purviz R Shroff	Zeng Xiaosong
Chan Chi Tsui	Hung Siu Kwan Nicholas	Sandy Tung	
Chan Hoi Sze	Jenny Chan	Sin Pui Ying	
Chan Wing Chung	Jim Ching Kwok Tommy	Wai Yim Yee Olivia	
Cheung Kam Hung	Joe Wong	Wan Chi Hin Henry	
Cheung Leung Sin Ha	Kathleen SY Poon	Wan Chi Kwong	
Chung Wai Wa	Lam Kwan Kiu Michelle	Wan Tsz Chun	

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

榮譽主席 Chairperson Emeritus

何苗春暉女士 Ms Joanna Hotung

主席 Chairperson

鄭馮亮琪女士 Ms Fina Cheng

義務司庫 Hon Treasurer

李佩君女士 Ms Tina Lee

義務公司秘書 Hon Company Secretary

郭燕麗女士 Ms Queenie Kwok

法律顧問 Hon Legal Advisors

賴顯榮律師 Mr Henry Lai
楊明梯大律師 Ir Prof Ming-Tai Yeung

委員 Councillors

Ms Melissa Ann Brewster
周艷華女士 Ms Angela Chow
Mr Manoj Ram Dani
Ms Julie Farrell
何美雲女士 Ms Mara Hotung
林梅若梅女士 Ms Lavina Lim
Mr Andrew Maynard
Ms Lesley Ann Murray
Mr Haresh Wadhwani

榮譽醫療顧問 Hon Medical Advisors

馬青雲教授 Professor Ronald Ma
陳廣達醫生 Dr Patrick Chan
張璧濤醫生 Dr Pik-To Cheung
傅振祥醫生 Dr Antony Fu
關彥華醫生 Dr Elaine Kwan
黎倩婷醫生 Dr Tiffany Lai
潘穎瑤醫生 Dr Sarah Poon
施穎珊醫生 Dr Queenie See
童月玲醫生 Dr Joanna Tung
黃敏儀醫生 Dr Shirley Wong
黃偉進醫生 Dr Sammy Wong
黃慧如醫生 Dr Eunice Wong
游可聰醫生 Dr Ho-Chung Yau
林思為小姐 Ms Sylvia Lam
莫碧虹姑娘 Ms Maisy Mok
潘綺雯姑娘 Ms Iris Poon
楊海明姑娘 Ms Theresa Yeung

CONTOUR®PLUS ELITE smartLIGHT™ 引導 值得您信賴的血糖管理系統



兒童糖尿協會會員
套裝優惠 **HK\$400**

套裝包括：

- CONTOUR®PLUS ELITE 血糖監測系統連採血器
- CONTOUR®PLUS 血糖測試紙50片x2盒
- MICROLET®採血針100支

免費送貨

Contour®
plus ELITE™
Blood Glucose
Monitoring System

- 極高準確性¹的血糖讀數，超越 ISO 15197:2013 最低準確度要求^{*2}
- 60秒內Second-Chance®再次補足血樣技術，可幫助您節省試紙³



免費
CONTOUR®DIABETES App
應用程式(現已提供繁體中文版本)

Ascensia Diabetes Care Hong Kong Limited
健臻醫療保健香港有限公司
客戶服務熱線：8100 6386

*Minimum accuracy requirements of ISO15197:2013 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 $\pm 15\%$ ≥ 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 (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.



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
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

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