

YDA today

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糖尿病患者的 口腔健康 Diabetes and Dental Care

日常護齒小貼士
Tips on good oral hygiene



Youth Diabetes
Action
兒童糖尿協會

鳴謝

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編輯的話 Editor's Note

提及糖尿病的併發症時，我們通常會想到低血糖、視網膜病變、心臟病和神經損傷等問題，忽略了牙齦出血和其他口腔問題。

事實上，糖尿病患者患上牙周病（牙齦病）和牙齒蛀蝕的風險較高。糖尿病可以引發口腔內有害的細菌生長，影響口腔健康。糖尿病患者的牙周病往往比一般人嚴重，治癒需時更長，並會令糖尿病管理更困難。

因此，保持良好的口腔健康和控制血糖水平，對於預防牙周病十分重要，亦有助於管理糖尿病。詳情請閱讀我們的“專家意見”專欄。

多謝所有簽署我們網上請願書的朋友——共同呼籲政府為本港年輕糖尿病患者提供持續血糖監測（CGM）。我們堅信，CGM可以顯著改善糖尿病患者的生活。

When we think about diabetes-related complications, we often consider issues like hypoglycaemia, retinopathy, heart disease, and nerve damage. However, bleeding gums and other oral health issues might not be the first problems that come to mind.

In reality, people with diabetes are at a higher risk for periodontal (gum) disease and tooth decay. Diabetes can promote the growth of harmful bacteria, leading to these oral health issues. Gum disease can be more severe in individuals with diabetes and may take longer to heal. Additionally, having gum disease can make managing diabetes more challenging.

Therefore, maintaining good oral health and controlling your blood glucose levels are essential for preventing gum disease, which in turn will help you manage your diabetes more effectively. You can read more in our Professional View feature.

We are truly grateful for the support we've received through our online petition – advocating for the supply of continuous glucose monitoring (CGM) devices to all young people with diabetes in Hong Kong. We firmly believe that these devices could significantly improve the lives of those living with diabetes.



如果你尚未簽署請願書，請務必簽署並分享，以幫助我們收集更多支持。

If you haven't signed the petition yet, please do so and share it to help us gather more signatures.

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Youth Diabetes Action

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你的聲音 Your Voice



馬杜男

Ahmed Muhammad Abdullah

年齡 Age

17

確診年份 Year of T1 diagnosis

2008

嗜好 Hobbies

烹飪，排球
Cooking, volleyball

夢想職業 Dream job

會計師或英文老師
Accountant or
English teacher

你確診經過是怎樣的？

How did you find out you had diabetes?

我今年17歲，是巴基斯坦人。在我9個月的時候，家人帶我回巴基斯坦探親，在巴基斯坦兩個月期間，我不願意飲奶甚至暈倒，媽媽帶我到當地的醫院檢查，但未能查出原因，媽媽於是立即帶我返回香港，經過屯門醫院的檢查後，我確診患上一型糖尿病。



I'm 17 years old and from Pakistan. When I was just 9 months old, my family took me back to Pakistan to visit relatives. During our two-month stay, I suddenly started refusing milk and lost consciousness. My mum rushed me to a local hospital for an examination, but they couldn't determine what was wrong. Worried, she decided to take me back to Hong Kong to seek further medical attention. After a thorough examination at Tuen Mun Hospital, I was diagnosed with Type 1 diabetes.

你和家人當時有什麼感受和困難？

What were some of the initial challenges you and your family faced after your diagnosis?

因為當時我年紀還很細，媽媽又不懂得如何處理，所以我要逗留醫院長達四個月。初時媽媽不懂得打胰島素針，十分緊張和擔心，幸好得到醫護的耐心指導，慢慢適應過來。

Because I was diagnosed at a very young age and my mum didn't know how to manage diabetes, I had to stay in the hospital for four months. At first, she was afraid of giving me the injections and felt incredibly nervous, which added a lot of pressure on her. Fortunately, the medical staff patiently taught her how to manage my condition, and over time, she gradually adapted to the situation.



糖尿病如何影響你的學校及社交生活？

How has living with diabetes impacted your daily life, including school and social activities?

在我成長的過程中，無論學校還是朋友，他們都知道我有糖尿病，並且非常支持我。例如當我出現低血糖時，同學們會請我吃糖。老師也會在用餐時關心我，確保我進食合適的食物。我經常要去醫院覆診，因而常常缺課，但學校非常體諒，老師同學都熱心幫助我。

As I was growing up, both at school and in my social circles, my friends were aware of my diabetes and offered great support. For example, when I had low blood sugar, my classmates would help me get sugary snacks. My teachers also made sure to check in on me during meals to ensure I was eating the right foods. Even though I had to visit the hospital frequently and often missed school, my school was very understanding, and my classmates were always there to support me.

哪方面的支援最能夠幫到你管理病情？

What support or resources have you found most helpful in managing your diabetes?

多謝YDA的“CGM小彩虹”計畫，讓我可以使使用持續血糖監測儀（CGM）來管理血糖。這是我第一次使用，覺得非常方便。我可以用手機檢查我的即時血糖水平，老師們也知道個小儀器。與過去需要攜帶許多工具來測試血糖相比，CGM無疑方便多了，它對我非常有幫助。

Thanks to the YDA 'CGM Little Rainbow' programme, I can now use a Continuous Glucose Monitor (CGM) to manage my blood sugar. This is my first time using it, and I find it very convenient. I can check my real-time blood sugar levels using my mobile phone, and my teachers are aware of this as well. Compared to the past, when I had to carry multiple tools to test my blood sugar, this monitor is much more convenient for me. It's been very helpful.



巴基斯坦的飲食對於血糖管理會構成困難嗎？

Are there any challenges you face regarding food and observing cultural customs like fasting?

巴基斯坦菜醬汁比較多，例如咖哩雞，但這些並不合適糖尿病患者。所以我媽媽每餐都特別為我烹調一份不含醬汁或油的膳食，而為其他家庭成員準備另一版本。

另外，我的家庭信奉回教，每年都有齋戒月，但我的病使我不能齋戒。因為在齋戒前要吃大量食物，然後又長時間禁食，會導致血糖水平出現嚴重波動。



Pakistani food is rich in flavours, like curry chicken, but many of these dishes aren't ideal for someone with diabetes. So, my mum usually prepares food for me without sauce or oil while making another version for the rest of the family.

My whole family is Muslim, and we observe traditional customs like fasting during Ramadan. Since I have Type 1 diabetes, I can't fast because eating a lot before the fast and then going without food for an extended period can cause serious fluctuations in my blood glucose levels.

你有什麼特別難忘的經驗或挑戰？

Can you describe a specific challenge you've overcome, and what you learned from it?

我有兩個弟弟和一個妹妹，他們每天都吃甜的食物，而我卻只能少吃。即使在我的生日，我也只能吃一小片生日蛋糕，而他們卻可以盡情享用！唯有當我低血糖時，我才可以享受甜食。

另一件難忘的事情，是我的一位朋友在中學四年級時，也患上一型糖尿病。我分享我的經驗來支持他，教他如何管理糖尿病。

I have two brothers and a sister, and they would eat sugary foods every day, which I understand that I should limit. Even on my birthday, I only have a tiny slice of the cake while they enjoy the rest of it! The only time I eat sweet foods is when my blood glucose is low.

Another experience which wasn't a challenge for me, but rather a special case: one of my friends was diagnosed with Type 1 diabetes when he was in Form 4. I supported him by sharing my experiences and helping him learn how to manage his diabetes.

你有什麼特別想與其他患有糖尿病的小朋友分享？

What message would you like to share with other children or families who are going through a similar experience?

我想提醒其他一型糖尿病的小朋友注意低血糖。當你出現低血糖時，可能會感到頭暈，只想睡覺，但請不要這樣做。我曾經試過低血糖時去睡覺，結果陷入昏迷！身邊的人要叫救護車把我送到醫院。有一次，我甚至需要注射升糖針，感覺非常難受。所以請好好照顧自己的身體，管理好你的糖尿病，永遠不要忽視低血糖。

I want to remind other children facing the same condition to be aware of hypoglycaemia. When you're hypoglycaemic, you might feel dizzy and just want to sleep, but please don't! I experienced hypoglycaemia once and went to sleep, which led to me becoming unconscious. People around me had to call an ambulance to take me to the hospital. There was even a time when I needed a glucagon injection, which was very unsettling. So please take good care of your body, manage your diabetes, and never ignore hypos.



專家意見

糖尿病患者的口腔健康

初診糖尿 及早檢查牙齒

最初確診糖尿時，大多數人應該都忙於應付日常護理，忽略了牙齒健康的重要，以致有很多患者未能及早發現口腔問題並作出適當治療。糖尿病前期的病徵會令患者更容易患上蛀牙及牙周病，延誤治療雖然未必會引發即時的生命危險，但卻可能增加牙科治療的複雜程度。因此，在確診糖尿病時不妨盡快約見牙醫，始終預防勝於治療。



防蛀補糖 穩糖健齒

就算是把血糖控制得再好的患者，都會有經歷低血糖的時刻，對於不同形式的碳水化合物，你會怎樣選擇呢？相信初次接觸糖尿病時，醫護人員也曾教導大家在低血糖的時候要先補充簡單的糖份，亦即是碳水化合物中的單醣，例如糖果、糖漿、含糖飲品等。因為其升糖指數最高，有助於短時間內提升血糖水平，不過它們亦是口腔細菌的溫床。牙菌膜中的細菌會分解口腔內的糖分，繼而產生酸性，引致牙齒組織的礦物質流失，形成蛀牙。那麼該怎樣在避無可避的情況下補糖同時保護牙齒？

首先，在補糖選擇上，特別是在午夜，應該盡量避免黏牙的食物，如朱古力及黏性很強的糖果等，以防食物殘渣遺留在牙面的坑紋上，形成蛀牙的溫床。各位可按照自己喜好選擇合適的含糖飲品如果汁、乳酸菌飲品等。另外，切記要在補糖後以清水漱口數遍，以減低糖份在口腔殘留。

另外，糖尿病與牙周病有著互相影響的關係，血糖高企會削弱免疫系統，令患者身體的抵抗及修復功能減弱，增加患上牙周病的風險；同時，若口腔清潔不足導致牙肉長期發炎，則會引致血糖升高。因此，糖尿病患者若能夠把血糖控制得宜，在預防或控制牙周病的時候便可以事半功倍。

日常護齒小貼士

除了以上要注意的地方，還有以下幾個要點想和大家分享：

- ☑ 請每天早晚刷牙，同時要以牙線或牙縫刷清潔牙縫。如果不懂得選擇或使用合適的工具，不妨請教你的牙醫。
- ☑ 由於進食時口腔環境會產生酸性物質，此時刷牙會令琺瑯質流失，因此在餐後請等待至少三十分鐘，方可刷牙。
- ☑ 避免頻密進食，除上述黏牙的食物外，也要避免飲用含糖飲料，進食後請以清水漱口。
- ☑ 定期洗牙及檢查口腔，像控制糖尿病一樣，至少每年要檢查一次，對於蛀牙風險較高的病人，可考慮進行氟化物治療以預防蛀牙，有需要可諮詢牙醫意見。

黎羚而牙科醫生
香港大學牙醫學士
兒童糖尿協會會員

Professional View

Diabetes and Dental Care

Early diagnosis of diabetes and prompt check-ups

When initially diagnosed with diabetes, most people are busy managing their daily care and often overlook the importance of dental health. As a result, many patients fail to detect oral issues early and receive appropriate treatment. The symptoms of prediabetes can make patients more susceptible to cavities and periodontal disease. Delaying treatment may not pose an immediate life-threatening risk, but it can increase the complexity of dental care. Therefore, when diagnosed with diabetes, it is advisable to see a dentist as soon as possible — after all, prevention is better than cure.

Preventing cavities while managing glucose levels

Even patients who manage their blood sugar well can experience moments of hypoglycaemia. With so many different forms of carbohydrates available, how do you choose? When first encountering diabetes, healthcare professionals often advise to first replenish simple sugars during hypoglycaemia, specifically monosaccharides found in carbohydrates, such as candies, syrups, and sugary beverages. These have the highest glycaemic index and can quickly raise blood sugar levels; however, they are also the easiest for oral bacteria to utilise. The bacteria in dental plaque break down sugars in the mouth, producing acid that leads to mineral loss in tooth structure, resulting in cavities. So how can you manage your sugar intake while protecting your teeth in unavoidable situations?

First, when choosing sugary foods, especially at midnight, try to avoid sticky items like chocolate and chewy candies to prevent food residue from lingering in the grooves of your teeth, creating a breeding ground for cavities. Instead, choose suitable sugary beverages such as fruit juices and yogurt drinks according to your preferences. Additionally, remember to rinse your mouth with water several times after consuming sugar to reduce sugar residue in your mouth.

Moreover, diabetes and periodontal disease have a mutually affecting relationship. High blood sugar weakens the immune system, diminishing the body's resistance and repair functions, which increases the risk of periodontal disease. Conversely, inadequate oral hygiene leading to chronic inflammation in the gums can cause elevated blood sugar levels. Therefore, if a person with diabetes can manage their blood sugar effectively, they can significantly reduce the risk of developing periodontal disease, and vice versa.

Daily dental care tips

In addition to the above points, here are some more tips to share:

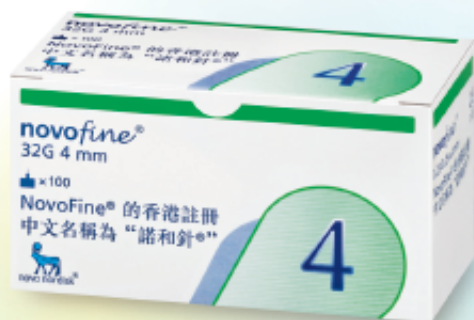
- ✓ Brush your teeth twice daily and use dental floss or interdental brushes to clean between your teeth. If you're unsure about choosing or using the right tools, consult your dentist.
- ✓ Since acidic substances are produced in the mouth during meals, brushing immediately afterward can lead to enamel loss. Therefore, wait at least 30 minutes after eating before brushing your teeth.
- ✓ Avoid frequent snacking. In addition to sticky foods, refrain from consuming sugary drinks for extended periods, and rinse your mouth with water after eating.
- ✓ Regularly visit the dentist for cleaning and oral check-ups. Just like managing diabetes, it is essential to have at least one check-up a year. For patients at higher risk of cavities, consider regular fluoride treatments to prevent tooth decay, and consult your dentist if needed.

Dr Elaine Lai Ling Yee
Bachelor of Dental Surgery, HKU
Member of Youth Diabetes Action

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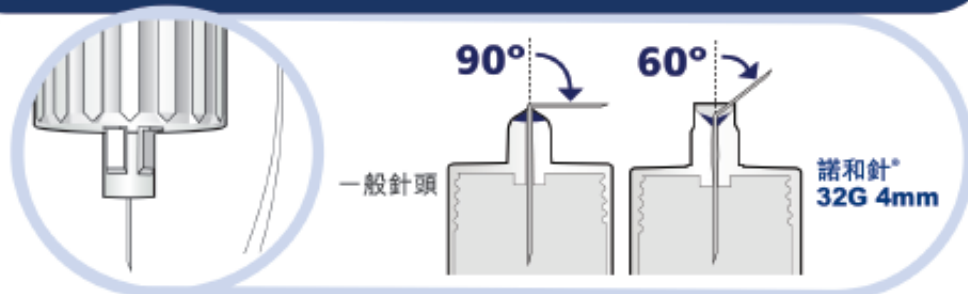
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健康食齋

Food Corner



五色雜菜鍋
Colourful Vegetable Pot

營養分析 Nutritional Analysis

每人份量提供

Each serving provides

熱量 Energy	86.0 卡路里 (Kcal)
碳水化合物 Carbohydrates	13.4 克 (g)
蛋白質 Protein	3.3 克 (g)
膽固醇 Cholesterol	0 毫克 (mg)
脂肪 Fat	2.2 克 (g)
纖維素 Dietary fibre	4.2 克 (g)

材料 (4人份量)

紅蘿蔔	1/2 細條
椰菜	1/4個
椰菜花	1/4個
西蘭花	1細棵
鮮冬菇	4隻
金菇	1/2杯
番茄	2個
水	3杯
蒜茸	1茶匙
茄膏	2湯匙
橄欖油	1/2湯匙

Ingredients (serves 4)

Small carrot	1/2
Cabbage	1/4
Cauliflower	1/4
Small broccoli	1
Fresh shiitake mushrooms	4
Enoki mushrooms	1/2 pack
Tomatoes	2
Water	3 cups
Minced garlic	1 tsp
Tomato paste	2 tbsp
Olive oil	1/2 tbsp

做法

1. 所有蔬菜洗淨切件或切段。
2. 下油於易潔鑊，爆香蒜頭，先炒金菇及冬菇。
3. 倒清水、茄膏及其餘蔬菜入鍋，煮滾，下鹽調味，即成。

Steps

1. Rinse and cut all vegetables into pieces.
2. Heat olive oil in a non-stick pot. Sauté garlic, enoki mushrooms and shiitake mushrooms.
3. Add water, tomato paste and all vegetables into pot and cook until done. Season to taste. Serve hot.

營養師提醒你 Tips from dietician

深綠色及橙黃色的蔬菜含大量胡蘿蔔素，番茄有番茄紅素，菇菌類有多醣體，所以這道菜齊集多種抗氧化元素的精華，有助預防癌症、冠心病及抗衰老，值得大力推薦。

The beta-carotene in dark green and yellow vegetables, lycopene in tomatoes and oligosaccharides in mushrooms are all powerful antioxidants. They can help to reduce the risks of cancer, heart disease and have anti-ageing effects.



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)

YDA堅信持續血糖監測儀 (CGMs) 能顯著改善糖尿病患者的生活。我們已透過回應2025-26年度香港財政預算案的公眾諮詢, 向財政司司長陳茂波先生遞交有關向患者提供CGM的訴求。

YDA firmly believes that Continuous Glucose Monitors (CGMs) can significantly improve the lives of those living with diabetes. We recently sent our recommendations to Mr Paul CHAN Ma-po, Financial Secretary, in response to the public consultation of the 2025-26 Hong Kong Budget.



敬送：

香港添馬添美道2號政府總部25樓

財政司司長私人辦公室

財政司司長陳茂波先生, GBM GBS MH JP

2025年2月10日

致陳茂波先生：

回應2025-26年度財政預算案公眾諮詢 兒童糖尿協會建議書

兒童糖尿協會 (YDA) 是一個致力支援糖尿病兒童及其家庭的慈善機構，為他們提供必要的資源，包括教育、情緒、經濟、資訊及朋輩支援網絡。本會之使命旨在讓兒童發揮潛力，幫助家屬自給自足，並資助無力負擔醫療用品的病人或其家屬。

糖尿病患者數目持續上升，醫療系統和資源的壓力亦隨之而增。因此，引入更多治療科技至關重要，尤其是連續血糖監測儀 (CGM)，可以大幅改善患者的長期健康。目前政府僅補貼胰島素費用，與其他已發展地區相比略見不足。CGM可更有效管理血糖，減低糖尿病併發症的機率，長遠可以紓緩公共醫療系統的財政壓力。本會深信，每一位年輕的糖尿病患者都需要這種設備，改善生活質素。

本會樂見醫院管理局的“Paediatrics Diabetes Enhancement Program with CGM”計劃，每年向年輕一型糖尿病患者提供一定數量的CGM，然而，當中的資金未能滿足年輕患者的長期需要。我們呼籲政府擴大計劃，提供全年用量的CGM，以照顧年輕患者的持續需求。透過早期護理及支援，可有效預防急性併發症、減少入院，以及改善治療效果。CGM不但可以提高年輕患者的生活質素，長遠也可大幅減低醫療系統開支。

本會懇請政府，將資助糖尿病人獲得CGM納入《2025-26年度財政預算案》，共同為糖尿病兒童及青年創造更美好的未來。

敬希 司長垂注
祝
鈞安

Fina Cheng

鄭馮亮琪
兒童糖尿協會主席



Mr Paul CHAN Ma-po, GBM GBS MH JP
Financial Secretary
Financial Secretary Office 25/F
Central Government Offices
2 Tim Mei Avenue, Tamar, Hong Kong

10th February, 2025

Dear Mr Chan,

**RE: Youth Diabetes Action Response to the Hong Kong Budget
2025-26 Public Consultation**

Youth Diabetes Action (YDA) is a charitable organisation dedicated to supporting children with diabetes and their families. We provide essential resources, including educational, emotional, financial, informational, and peer networking support. Our mission is to empower children to reach their full potential, assist families in becoming self-sufficient, and sponsor those who cannot afford vital medical supplies and advanced diabetes devices.

As diabetes cases continue to rise, the pressure on healthcare resources and support systems will inevitably increase. It is crucial to address the urgent need for improved access to diabetes devices, particularly Continuous Glucose Monitors (CGMs), which can significantly enhance the long-term health of patients with diabetes. Currently, the Hong Kong government only subsidises the costs of insulin, which falls short compared to other developed countries. CGMs can improve blood glucose management, reduce the incidence of diabetes-related complications, and alleviate the financial burden on our public health system. We firmly believe that every young patient with diabetes deserves access to this life-changing technology.

We commend the Hospital Authority's 'Paediatrics Diabetes Enhancement Program with CGM support' programme. This initiative represents a significant step towards providing young Type 1 diabetes patients with a limited number of CGMs each year. However, this provision is insufficient to meet the ongoing needs of these young patients. We urge the government to expand this programme to cover a full year of CGM usage, ensuring that young patients with diabetes have continuous access to this vital technology. By focusing on early care and support, we can prevent acute complications, reduce hospitalisations, and improve patient outcomes. CGMs not only enhance the quality of life for young patients but also lead to significant long-term cost savings for the healthcare system.

We urge the government to consider funding CGMs for diabetes patients as part of the 2025-26 budget. Together, we can create a healthier future for children and young people with diabetes.

Thank you for your attention to this important matter.

Sincerely,

Fina Cheng
Chairperson
Youth Diabetes Action

2025-2026 年度財政預算案建議

香港青少年糖尿病患病率持續上升。香港兒童糖尿病名冊數據¹指出，2008年至2017年間，被診斷患有一型糖尿病的兒童數量與前十年（1997-2007年）相比，增加近50%。更令人震驚的是，兒童第二型糖尿病診斷率幾乎翻倍，從1997-2007年間的198例，增加到2008-2017年的391例。

這種趨勢令人擔憂。糖尿病是一種慢性疾病，在本港，糖尿病每年導致約1,500人死亡，醫療費用約20億美元²。對家人及醫護人員來說，管理兒童及青少年的糖尿病是重大挑戰。這種慢性病，需要在日常生活上細心管理，包括監測血糖水平、注射胰島素和作出明智的飲食選擇。以上任務尤其複雜，可能會導致血糖水平波動，如果管理不善，更有可能導致嚴重的短期及長期併發症。

糖尿病問題迫在眼前，本會建議政府撥款：

資助所有年輕糖尿病患者，使用連續血糖監測儀 (CGM)

近年來，連續血糖監測儀 (CGM) 已成為照顧糖尿病的革命性工具。它們提供即時血糖數據和趨勢分析，使患者能夠作出適切的決定。與傳統的指尖採血測試（僅提供間歇性的血糖值）不同，CGM可全天候持續追蹤血糖波動。這項技術不僅可以增強血糖控制，還可以顯著減低糖尿病患者出現低血糖的機會，而低血糖正是每位糖尿病患者常見且危險的惡夢。透過在早期階段解決併發症，CGM有助減輕長期健康問題的風險。

英國、澳洲和新加坡等國家為所有一型糖尿病患者、及一些使用胰島素的二型糖尿病患者提供CGM。2022年的一項研究³發現，與世界其他地區相比，香港一型糖尿病兒童的CGM總體使用率「相對較低」，而且「定期使用CGM，與更好的血糖控制和更低的HbA1c相關」。

本會盼望，政府可促進積極的糖尿病管理方法，及為年輕患者提供CGM資助，此舉將顯著改善患者及其家人的生活質素，同時亦可大大節省長遠的醫療負擔。

2025-2026 Budget Recommendation

The prevalence of diabetes among young people in Hong Kong has been rising. Data from the Hong Kong Childhood Diabetes Registry¹ indicates that the number of children diagnosed with Type 1 diabetes increased by nearly 50% between 2008 and 2017 compared to the previous decade (1997-2007). More alarmingly, diagnoses of Type 2 diabetes among children nearly doubled — rising from 198 cases in 1997-2007 to 391 cases in 2008-2017.

This trend is concerning. Diabetes is a chronic disease that results in 'around 1,500 deaths and health care costs of about \$2 billion per year in Hong Kong'². Managing diabetes in children and young adults poses significant challenges for families and healthcare providers. This chronic condition requires careful daily management, including monitoring blood glucose levels, administering insulin, and making informed dietary choices. The complexities of these tasks can lead to fluctuating blood glucose levels, which, if not properly managed, may result in serious short and long term health complications.

To address this urgent issue, we recommend that the government allocate funds for:

Funding Continuous Glucose Monitors (CGMs) for All Young Patients with Diabetes

In recent years, Continuous Glucose Monitors (CGMs) have emerged as transformative tools in diabetes care. They provide real-time glucose data and trend insights, empowering patients to make informed decisions. Unlike traditional finger-prick testing, which offers only intermittent snapshots of glucose levels, CGMs continuously track fluctuations throughout the day and night. This technology not only enhances glucose control but also significantly reduces the occurrence of hypoglycaemia, a common and dangerous risk for individuals with diabetes. By addressing complications at an early stage, CGMs can help mitigate the risk of long term health issues.

Countries like the UK Australia and Singapore provide support for use of CGMs to all individuals living with Type 1 diabetes and some insulin-using patients with Type 2 diabetes. A study³ from 2022 found that the overall usage of CGMs among paediatric patients with Type 1 Diabetes in Hong Kong was 'relatively low when compared to other parts of the world' and that 'regular CGMs use was associated with better glycaemic control with lower HbA1c.'

By facilitating a proactive approach to diabetes management and funding CGMs for young patients, the government can significantly improve the quality of life for patients and their families while also achieving substantial long-term cost savings for the healthcare system.

¹ Tung JY 等。香港兒童及青少年第一型糖尿病患病率不斷上升：2008年至2017年香港兒童糖尿病紀錄冊。2020年8月；21(5):713-719。

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² McGhee, SM、Thomas, GN、Schooling, CM、Chau, J. 與 Wong, LC (2014)。香港人體重過重導致的糖尿病經濟負擔。香港醫學雜誌，20 (3),S5-7。
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³ Lam, HY, Wong 等人。(2022年)。香港第一型糖尿病兒科患者使用持續血糖監測系統的情況。香港兒科醫學雜誌 (新輯)，27 (2)，145-151。
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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 $\pm 15\%$ ≥ 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.

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賽馬會年輕糖尿支援計劃

Jockey Club Support for Young People with Diabetes

參加「賽馬會年輕糖尿支援計劃」的精彩活動及工作坊

Join the Jockey Club Support for Young People with Diabetes: Engage in exciting activities and workshops

「賽馬會年輕糖尿支援計劃」已展開接近兩年，提供很多機會讓年輕人增強血糖管理知識，並認識更多同路人，互相交流。

The Jockey Club Support for Young People with Diabetes programme has been empowering young people for nearly two years, offering incredible opportunities to enhance glucose management skills and connect with others.

參加計劃的好處是甚麼？

每位參加者均獲得兩年的免費連續血糖監測儀（CGM）。除此之外，該計劃還包括各種多元化的糖尿病教育活動和支援工作坊，以減輕管理糖尿病的壓力。

2023年11月舉辦的糖尿病研討會「糖尿病—當下與前瞻」，我們邀請了多位富專業知識及經驗的專家演講，分享糖尿病日常管理及未來治療的發展方向，讓會員獲益良多，為他們的糖尿病旅程導航。

我們在2024-25年度還舉辦了兩場碳水計算煮食工作坊，會員在專業導師的指導下製作美味的低醣菜式，並邀請註冊營養師講解碳水換算及節日美食注意事項。

為減輕糖尿管理壓力，YDA還舉辦了一系列有趣的手作工作坊，一起動手製作霓虹燈牌、藍染布品及聖誕花環之餘，會員們亦可認識更多同路人，交流血糖管理心得，在管理糖尿病的路上攜手同行！



What are the benefits of joining?

Each participant receives two years of free Continuous Glucose Monitoring (CGM). But that's not all, the programme also includes a variety of engaging diabetes education activities and support workshops designed to reduce the stress of managing diabetes.

In November 2023, we hosted the Diabetes Conference: "Diabetes – Present and Future," featuring a lineup of expert speakers who delivered interactive seminars on daily diabetes management and updates on cutting-edge treatments. Members found these sessions invaluable for navigating their diabetes journey.

In 2024-25, we offered two hands-on cooking workshops focused on carbohydrate counting. Led by registered dietitian, these sessions guided participants in preparing delicious low-carb dishes while discussing carb calculations and holiday food tips.

Additionally, we organised several fun craft workshops where members created neon signs, indigo-dyed fabrics, and festive Christmas wreaths. These activities provided a great way to connect with fellow members and build lasting friendships.



誠邀更多年輕糖尿病患者參與賽馬會年輕糖尿支援計劃，一起學習、分享經驗，攜手迎接挑戰！讓我們積極地為糖尿病旅程帶來改變，有如一個社區蓬勃地發展一樣。

Join the Jockey Club Support for Young People with Diabetes programme to learn, share experiences, and face challenges together.
Let's make a difference in your diabetes journey and thrive as a community!

活動焦點

Activity Highlights

YDA糖尿大曬營 2024

YDA Diabetes Day Camp 2024

YDA糖尿大曬營於10月12日舉行，會員們及一眾家長在西貢北潭涌渡假營渡過一個非常充實的下午，體驗了各項運動和歷奇遊戲。

特別鳴謝諾和諾德贊助是次活動，並感謝一眾義工悉心陪伴及照顧會員。

YDA Diabetes Day Camp 2024 was a successful event on 12 October. Members and their parents spent a fulfilling afternoon at Pak Tam Chung Holiday Camp in Sai Kung participating in various sports and adventure games.

Special thanks to Novo Nordisk for sponsoring the event, and heartfelt gratitude to all the volunteers for their dedicated care and companionship to the members.



藍色慈善晚宴

True Blue Cocktails & Dinner

各界來賓在YDA的藍色慈善晚宴，渡過了愉快而且充滿義意的一個晚上。當晚同時啟動「藍月·十一」的活動。感謝所有到場的朋友和善長，對糖尿病兒童的熱心支持。特別鳴謝夏利里拉家族的支持，讓慈善晚宴能在拉華麗的夏利里大宅內舉行，以及冠名贊助的施羅孚夫人。

Fun and purpose filled the air at the YDA True Blue Cocktails & Dinner, which also kicked off our diabetes awareness month, Blue November. We were incredibly grateful to friends and supporters for their unwavering commitment to helping children with diabetes. A huge thank you to Laila Harilela, Shirley Hiranand, and Reyna Harilela for hosting the evening at their beautiful home, and to our generous Title Sponsor, Mrs Purviz Shroff.



「藍月·十一」行山遊 Blue November: Hike With YDA

感謝所有參加「藍月·十一」行山遊的參加者。當日大家都很快樂，而且為百萬步挑戰出一分力！

Thank you to everyone who participated in the Blue November: Hike With YDA. Everyone had a great time and contributed to The Million Step Challenge!



校園健康促進計劃 School Health Programme

YDA在何文田循道衛理楊震幼兒學校，舉辦了校園健康促進計劃。今次活動讓更多家長了解不同類型的糖尿病、其成因及影響。感謝諾和諾德大力支持今次活動。

如你的學校也有興趣與YDA接觸，請電郵support@yda.org.hk與我們聯絡。

YDA organised a School Health Programme at Homantin Yang Memorial Methodist Pre-School. The event aimed to help parents understand more about the different types, causes, and impacts of childhood diabetes.

Special thanks to Novo Nordisk for their support and for making this event possible. We hope to raise awareness of diabetes and promote the importance of healthy habits to more schools in the future!

Please let us know if your school might be interested in YDA contacting them. Email us at support@yda.org.hk



YDA 聖誕派對

YDA Christmas Party

YDA的壓軸活動聖誕派對在2024年底舉行！當天有才藝表演、遊戲、聖誕老人、禮物、自助餐和大合唱，會員一同分享聖誕的喜悅。特別感謝每位上台表演的小朋友及協助活動的義工。

YDA wrapped up 2024 with our annual Christmas party! We enjoyed performances, games, Santa Claus, gifts, buffets and chorus singing. With so many activities, YDA shared the joy of Christmas with everyone. Both children and parents had a fantastic time celebrating the festivities and enjoying the delicious food.

A special thank you to all the kids who performed on stage and to the volunteers for their support.



慷慨捐款致意

Generous donations

YDA衷心感謝善長袁先生對糖尿病兒童的深切關懷，慷慨捐款港幣300,000元。此外，我們也感謝Mad Ideas Limited捐款港幣75,000元。該公司東主育有一名患有一型糖尿病的孩子，並且是YDA的會員。他們希望能夠支持YDA及所有糖尿病兒童，讓糖尿病不再是孩子健康成長的障礙。

這些捐款都將大力支持我們的服務，幫助糖尿病兒童及青少年。

YDA would like to extend our heartfelt gratitude to Mr Yuen for his generous donation of HK\$300,000. Mr Yuen has deep empathy towards children with diabetes. Additionally, we thank Mad Ideas Limited for their contribution of HK\$75,000. The owners, who have a child with Type 1 diabetes and are members of YDA, wish to support YDA and all children with diabetes. They believe that diabetes should not be an obstacle for these children to lead healthy lives and pursue their own development.

These donations will significantly support our ongoing initiatives and help us make a positive impact on children with diabetes.



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: _____