

YDA today

newsletter summer 2026 | issue 77



創造可能
The Power of
Possibility



Youth Diabetes
Action

兒童糖尿協會

25 years

兒童糖尿協會衷心感謝下列機構、團體及人士於2026年2月至2026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。

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編輯的話 Editor's Note

今年YDA慶祝成立25周年——這個里程碑提醒我們，我們已走得很遠。從最初由兒童、家長及醫護人員組成的小型聚會，時至今日已成為一個觸及無數糖尿兒童及患者家庭的支援組織。

周年紀念不僅是回顧過去，更是慶祝那份持續塑造我們社群至今的勇氣與決心。今期，我們為劉韻儀 (Ruby) 的勵志故事感到驕傲：她帶著一型糖尿完成南極之旅。她的成就是強而有力的提醒：只要懷抱抗逆力和支援，堅信萬事皆有可能，沒有挑戰能阻擋我們。

回望過去25年的影響力，Ruby的故事體現了YDA的精神——糖尿病不會定義我們的界限，反而激發力量與希望。

This year, YDA celebrates its 25th anniversary — a milestone that reminds us how far we have come. What began as a small gathering of children, parents and healthcare professionals has grown into a movement that has touched the lives of countless children and families living with diabetes.

Anniversaries are not only about looking back, but also about celebrating the courage and determination that continue to shape our community today. In this issue, we are proud to share the inspirational story of Ruby, who journeyed to the South Pole while living with Type 1 diabetes. Her achievement is a powerful reminder that with resilience, support, and belief in possibility, no challenge is insurmountable.

As we reflect on 25 years of impact, Ruby's story embodies the spirit of YDA — proving that diabetes does not define limits, but rather inspires strength and hope.

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創造可能：Ruby南極之旅

劉韻儀 (Ruby LAU) 勇闖南極的旅程，不僅是為了挑戰嚴寒或橫跨大洋，更是為了證明一型糖尿病不能定義或限制人生的可能。Ruby在訪問中分享了她的籌備過程、所面對的挑戰及寶貴經驗，證明生命充滿無限可能，不再設限。



個人簡介

姓名：劉韻儀 (Ruby Lau)

確診年份：2012年

你何時萌生前往南極的念頭？甚麼啟發你決定踏上旅程？

這是我確診一型糖尿病十四年後的想法。糖尿病起初讓我感到恐懼和不知所措，但我意識到它不能阻止我追求夢想。我在Facebook專頁「Roller Coaster」分享生活時，連結到許多擔心糖尿病會限制自己或孩子追求夢想的框架。我想藉此證明，糖尿病人士同樣可以克服像南極這樣的極端環境。

你在生理和心理上做了哪些準備？

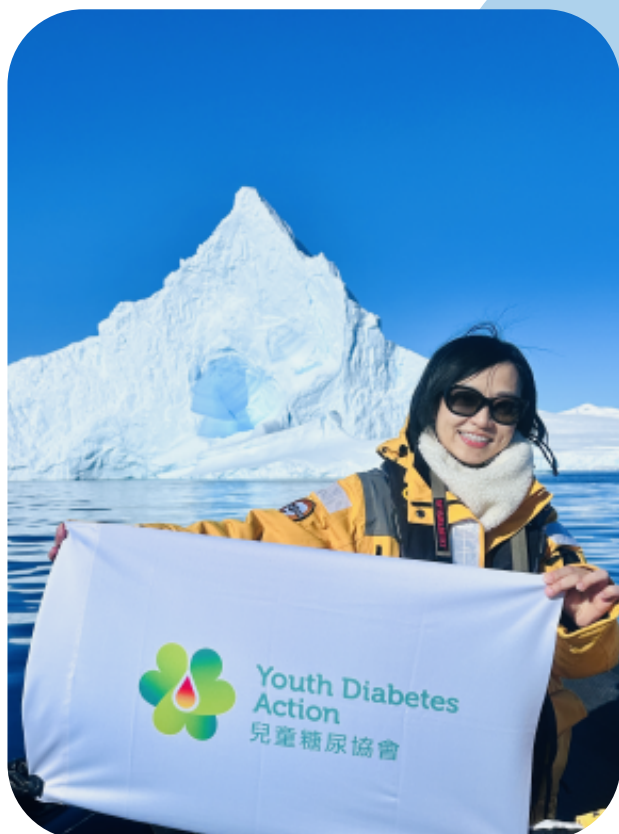
準備的關鍵在於「信任」——信任自己的身體、血糖管理經驗和心態。體能上，我每周訓練三次，專注心肺功能、力量與耐力。針對長期背痛，我尋求私人教練郭智堯 (Jim Kwok) 的專業協助，他為我制定一套安全且度身訂做的訓練計劃。糖尿病不應成為我小心探險的障礙。

心理上，我提醒自己，血糖管理需要的是「平衡」而非「完美」。接受事情未必總能按計劃進行，反而適應力才是生存之道，一型糖尿病讓我從中建立了抗逆力。

在如此嚴寒的環境下，你如何規劃胰島素的儲存與血糖監測？

確診一型糖尿病讓我學會未雨綢繆，南極之旅則引證這種習慣已植根生活。我份外小心保護胰島素，避免藥物結冰，並透過連續血糖監測儀 (CGM) 持續監察血糖，保持井然有序。我學會聆聽身體的聲音，運用多年來管理一型糖尿病的技巧：在陌生環境中保持警覺且冷靜。





你遇到了哪些挑戰？如何克服？

最大的挑戰是面對「不確定」的天氣。橫渡Drake Passage時尤其艱難，狂暴的海浪讓我暈船、疲勞、胃口不佳及睡眠不穩。遺憾的是，糖尿病給我的挑戰並不會在極端環境下停下來，最後支撐我繼續前行的是良好心態。十四年的糖尿病生涯早已教會我如何冷靜解決問題，在挫折中繼續前行。

最難忘的部分是甚麼？它如何改變了你的心態？

我意識到人類的身體與意志是多麼強大——即使患有慢性疾病。看著企鵝天生不能飛行，但有能力在白雲皚皚的懸崖上穿梭，提醒我限制往往並非真實存在。立足南極，更堅定了我的信念：一型糖尿病雖然是嚴重的疾病，但它能受控，它不能界定我們的潛能。



你希望向其他一型糖尿病人士傳達甚麼訊息？

我的心與所有糖尿人士同在。你們可以自由自主，生活充滿力量！正如這句話：「我必須很努力，才能看起來毫不費力（Making hard work look effortless）」，請相信自己。一型糖尿病人士同樣擁有健康、自信及精彩人生。我們的社群值得被看見、理解與支持。我的旅程並非為了證明實力，而是展示可能性，並邀請大家一起相信希望。

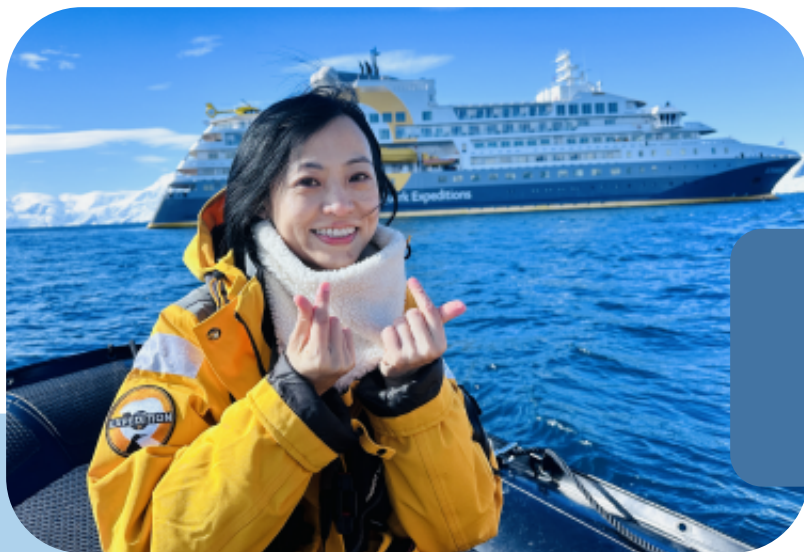
瀏覽Ruby的完整訪問

感謝Ruby帶來如此激勵人心的故事——透過這趟旅程，她籌得高達\$75,000港元的善款以支援糖尿病兒童醫療需要。若她的歷險也激發你募款的想法，歡迎電郵至hello@yda.org.hk與我們聯絡，一起為糖尿病社群帶來希望。



The Power of Possibility: Ruby's Antarctica Adventure

Ruby Lau's journey to the South Pole was not just about braving the cold or crossing oceans; it was about showing that living with Type 1 diabetes does not define or limit what's possible. Ruby shares how her preparation, challenges, and key lessons learned proved possibility, not restriction.



Profile

Name: Ruby Lau

Year of diagnosis: 2012

When did the idea of going to Antarctica come to you? What inspired it?

The idea came after living with Type 1 diabetes for 14 years. At first, I felt scared and overwhelmed, but I realised diabetes didn't stop me from dreaming big. Sharing my life on my Facebook page, "Roller Coaster", I connected with people who feared diabetes would limit them or their child. I wanted to show that even something extreme — like Antarctica — is possible.

How did you prepare physically and mentally?

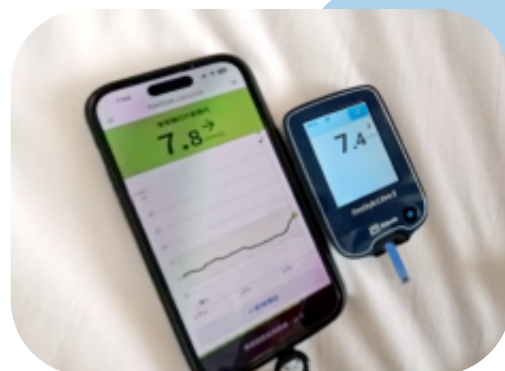
Preparation was about trust — in my body, my diabetes management, and my mindset.

Physically, I trained three times a week, focusing on cardio, strength, and endurance. Due to my chronic back pain, I sought professional help from personal trainer Jim Kwok, who created a safe, tailored fitness plan. Type 1 diabetes doesn't have to limit adventure.

Mentally, I reminded myself that diabetes requires balance, not perfection. I built resilience by accepting that things wouldn't always go as planned and that adaptability is survival.

How did you plan for insulin storage and blood glucose monitoring in such extreme cold?

Living with diabetes trains me to plan ahead; Antarctica magnified that habit. I paid extra attention to protect my insulin, monitored blood glucose via CGM, and stayed organised. I listened to my body and trusted the skills I'd built over years of living with Type 1 — to be vigilant but stay calm, even in unfamiliar conditions.



What challenges did you face, and how did you overcome them?

The biggest challenge was managing uncertainty. Crossing the Drake Passage was especially difficult, with wild seas and relentless waves leading to seasickness, fatigue, a loss of appetite, and disrupted sleep. Unfortunately, diabetes doesn't pause in extreme conditions. What helped me to overcome these challenges was "perspective". Fourteen years of living with Type 1 diabetes had already taught me to solve problems, stay calm, and keep moving despite setbacks.

What was the most memorable part, and how did it change your perspective?

Realising how capable the human body and spirit can be — even with a chronic condition. Seeing chinstrap penguins on rocky cliffs in a white landscape filled with water, yet still feeling dry, reminded me that limits aren't always real. Standing in Antarctica reinforced what I believed: Type 1 diabetes is a serious disease but manageable, and it doesn't define our potential.



What message do you want to share with others living with Type 1 diabetes?

My heart is with people living with diabetes. You are not broken – you're capable.

"Making hard work look effortless"

Believe in yourself. People with Type 1 can live healthy, confident, vibrant lives. Our community deserves visibility, understanding, and support. My journey isn't about proving strength — it's about showing what's possible and inviting others to believe too.

You can read the full interview with Ruby here:

Thank you for Ruby's inspiring story — through her journey, she raised an incredible \$75K to support children living with diabetes. If her adventures have sparked your own fundraising dreams, we'd love to hear from you. Get in touch at hello@yda.org.hk and join us in making a difference.



卓嵐的故事



個人簡介

姓名：關卓嵐

年齡：7

確診年份：2024

興趣：跳繩、踩單車、打籃球、打羽毛球

當卓嵐年僅五歲時，父母發現她出現了令人擔憂的變化：體重突然下降、持續口渴及頻尿。幾經憂慮下求醫，發現她確診一型糖尿病。

對於母親關太而言，那是一個極度沉重的時刻。她回憶道：「我當時感到無助，大腦一片空白。」

「我們對這個病一無所知，壓力大到難以想像。我開始擔心她上學後會出現突發情況，害怕她會感到自卑，或面對更多問題。」

「更重要是，醫療開支成為家庭的沉重負擔。為了確保我們能解決每個月的『固定』開支，我們別無選擇，只能節省生活上各方面的支出，壓力隨之大增。」

尋求支援

加入YDA「資助兒童計劃」後，困境終於得到緩解。有了額外的支援，關太的心情得以放鬆。

「這讓我們覺得自己並非孤軍作戰，深受社會支持，讓我感到輕鬆許多，管控血糖亦更有信心。而孩子的笑容回來了，回到確診前的樂觀與快樂。」

「除了補助醫療開支，這項計劃也提供糖尿管理講座，讓家長增加知識，不再感到徬徨，孩子的身心變得更健康。」

如今，卓嵐正健康成長。關太對女兒的未來充滿期盼，希望她能懷抱喜悅與積極的態度擁抱生活。

「受惠於這項計劃後，我希望孩子能更享受生活，未來有更多笑容，以更正面的心態去面對各種挑戰。」



Cheuk Laam's Story



Profile

Name: Kwan Cheuk Laam

Age: 7

Year of diagnosis: 2024

Hobbies:

Rope skipping, cycling, playing basketball and badminton

When Cheuk Laam was just five years old, her parents noticed troubling changes: sudden weight loss, constant thirst, and frequent urination. Concerned, they sought medical assistance, and she was diagnosed with Type 1 diabetes.

For her mother, Mrs Kwan, the moment was overwhelming. "I felt helpless and anxious," she recalls. "My mind went completely blank."

"With no knowledge of the disease, the pressure was beyond my imagination. I started to worry about medical emergencies happening at school and fearing she would develop low self-esteem or face other problems."

"On top of that, the medical expenses became a heavy burden on the stability of our household. We had no choice but to cut back on all aspects of spending to secure this 'fixed' monthly expense, and the pressure on life increased significantly."

Finding Support

Relief came when the family joined YDA's Sponsor a Child Programme. With the extra support, Mrs Kwan now has a more relaxed mindset.

"I feel we are not fighting alone; there is strong social support behind us, making me feel more at ease and confident about managing blood sugar, and my child's smile has returned, reverting to the optimistic and happy state before the diagnosis."

"Besides covering medical expenses, this programme also includes diabetes management seminars. Increasing our knowledge, helps to prevent us parents from feeling helpless, resulting in a happier and healthier child both physically and mentally."

Today, Cheuk Laam is thriving. Mrs Kwan looks to a future where her daughter embraces life with joy and positivity.

"After benefiting from this programme, I hope my child enjoys life more, has more smiles in the future, and faces different challenges with a more positive attitude."

播種希望：支援糖尿兒童

Give Hope Today: Support a Child with Diabetes

對於糖尿兒童而言，每日的血糖測試與胰島素注射不是選擇——這是生存的必要。然而在香港，病患家庭能得到的政府支援甚少，令許多人承受著龐大的情緒及經濟壓力。即使是最基本的醫療用品也變得難以負擔，迫使家長作出艱難抉擇。

YDA「資助兒童計劃」致力確保沒有病童不被支援。在您的幫助下，經濟拮据的家庭每月醫療開支最高可節省60%，讓他們能減輕沉重的護理負擔，並獲得能改變生命的重要朋輩支援與教育。

每天僅需\$33港元（每年\$12,000港元），你可改變一個孩子的一生——減輕家長的壓力，讓更多像卓嵐一樣的孩子重拾笑容。



請即捐款以支持我們改變生命的服務
請掃描捐款二維碼



For children living with diabetes, daily blood tests and insulin injections are not optional — they are essential for survival. Yet in Hong Kong, families receive little government support, leaving many under immense emotional and financial strain. Even the most basic medical supplies can become unaffordable, forcing parents into impossible choices.

YDA's Sponsor a Child programme ensures no child is left behind. With your help, families struggling financially can save up to 60% on monthly medical expenses, free themselves from the heavy burden of care costs, and access vital peer support and education that transforms lives.

For only HK\$33 per day (HK\$12,000 per year), you can transform a child's future — easing the burden on parents and restoring smiles to children like Cheuk Laam.



Donate today and help us continue this lifechanging work
Scan this QR to donate

YDA慶祝25周年 — 回顧與感恩

Celebrating 25 Years of YDA – A Reflection



今年是兒童糖尿協會 (YDA) 成立25周年。這個重要里程碑可追溯至1996年，當時一群熱心的家長和醫護人員聚首一堂，攜手支援患有一型糖尿病的兒童。首個「Sweet Pea Camp」亦於當年舉行，讓小朋友透過遊戲學習血糖管理。這小小的起點，孕育出2001年正式成立的YDA，25年來改變了無數一型糖尿病家庭的生活。至今，陪伴與學習的精神仍然延續。

為慶祝這個特別的周年紀念，我們將於社交媒體平台推出25週年回顧活動，誠邀大家與我們一同回望過去，分享曾經的回憶、故事，或過往宿營及活動的照片。

你是否仍保存著1996年或其他YDA重要里程碑的照片？歡迎上載到你的IG Story或Facebook Post並Tag @yda_hk，及hashtag #我的YDA回憶 #MyYDAMemories，與我們一起分享你的專屬回憶！



This year marks YDA's 25th anniversary — a milestone that began in 1996 when a small group of dedicated parents and healthcare professionals came together to support children with diabetes. The very first "Sweet Pea Camp" was organised to help young participants learn blood glucose management through play.

That small beginning blossomed into the official launch of YDA in 2001 and has since transformed countless lives. The spirit of companionship and learning continues today.

To mark this special anniversary, we recently launched a 25th Anniversary Reflection across our social media platforms. We warmly invite you to look back with us — share your memories, stories, or photos from past camps and activities.

Do you have any photos from 1996 or other YDA milestones? Upload them to Facebook or Instagram and tag us @yda_hk, and hashtag #我的YDA回憶 #MyYDAMemories, to be part of this collective reflection.



密切留意我們的最新活動

Stay tuned for our upcoming activities



超能力眼睛： 如何防止糖尿病影響你的超能力

你的眼睛就像一部神奇的小相機。它們幫你在操場上一眼認出好朋友、閱讀你最愛的漫畫、玩遊戲、看電影，還能幫你避開地上的蕉皮。所以，如果你有糖尿病，絕對要學會怎樣保護你的超能力眼睛。

糖尿病有時會影響眼睛後方一個叫「視網膜」的地方裡的微小血管。視網膜就像眼睛裡的電影螢幕，負責捕捉畫面並傳送到大腦。當血糖長期偏高時，這些微小血管就會漏水，導致螢幕功能失常。即使如此，你的眼睛一開始可能還是感覺完全正常。就是因為這樣，定期眼科檢查是你保護你的超能力的重要一環——即使視力看起來很好，也不能掉以輕心！



好消息是，你可以做很多事情來保護你的超能力。第一，要努力將血糖控制在目標範圍內。隨着年齡增長，血壓和膽固醇的控制也很重要。你可以把這想像成照顧一台遊戲主機：設定調得越好，運作就越順暢。

第二，定期眼睛篩檢也是一大關鍵。這項檢查快捷且無痛——你只需滴一滴放大瞳孔藥水，醫生就可幫你仔細檢查眼睛內部。滴完藥水後四至六個小時可能會有點畏光，亦也有可能看近的事物有點模糊，但這些都是正常現象。

最後，日常生活的習慣也很重要：外出時戴太陽眼鏡、適時讓眼睛遠離螢幕休息、在足夠的燈光下看書。你亦都要緊記：如果視力變得模糊、出現缺角或突然改變，一定要告訴大人。

患有糖尿病並不代表你的眼睛注定會出問題。只要定期檢查、養成良好習慣，再加上一點團隊合作，你就能讓你的超能力之眼，隨時準備好迎接每一場冒險。

張萃琳醫生
香港眼科醫院及香港兒童醫院副顧問醫生

Superhero Eyes: How to Prevent Diabetes from Affecting your Super Power

Your eyes are like magical little cameras. They help you spot your best friend across the playground in an instant, read your favorite comics, play games, watch movies, and even dodge a banana peel on the ground. So if you have diabetes, it's important to learn how to protect your superpowered eyes.

Diabetes can sometimes affect the tiny blood vessels in a part of the eye called the “retina.” The retina is like a movie screen inside your eye — it captures images and sends them to your brain. When blood sugar stays high for a long time, these tiny blood vessels can leak, causing the screen to stop working properly. Even so, your eyes might still feel completely normal at first. That's exactly why regular eye exams are such an important part of protecting your superpower — even if your vision seems fine, you shouldn't let your guard down!

The good news is, there's a lot you can do to protect your superpower. First, work on keeping your blood sugar within your target range. As you get older, keeping your blood pressure and cholesterol in check matters too. Think of it like taking care of a game console — the better your settings are, the smoother everything runs.

Second, regular eye screenings are a big key. This exam is quick and painless — you just get a drop of pupil-dilating medicine, and the doctor can carefully examine the inside of your eye. After the drops, you might feel a bit sensitive to light for four to six hours, and things up close might look a little blurry, but that's all normal.

Finally, everyday habits matter too: wear sunglasses when you're outside, give your eyes regular breaks from screens, and read with enough light. Also remember: if your vision becomes blurry, you notice missing patches, or your sight changes suddenly, always tell an adult.

Having diabetes doesn't mean your eyes are destined to have problems — not at all. With regular checkups, good habits, and a little teamwork, your superpowered eyes will be ready for every adventure.



Dr Stephanie Cheung
Associate Consultant
Hong Kong Eye Hospital and Hong Kong Children's Hospital

dexcom G7

連續葡萄糖監測

全新糖尿病 管理方式

- ✓ 準確¹
- ✓ 簡單²
- ✓ 臨床實證³⁻⁷



FDA 許可*



適合使用人士

- 2 歲以上 1 型或 2 型糖尿病患者
- 需監測血糖水平的孕婦
- 每日多次注射胰島素
或使用胰島素泵的患者



舒適而便捷的監測體驗

- 無需手指採血^{2*}
- 體積細小²
- 無痛植入^{7*}



實時分享

- 透過相容設備上的應用程式追蹤血糖²
- 可將實時數據分享予最多 10 位關注者²



臨床實證

- 降低糖化血紅素³⁻⁷
- 增加血糖在目標範圍內時間³⁻⁷
- 減少血糖過高及過低情況³⁻⁸
- 改善生活質素⁹⁻¹⁰



*FDA 許可：是指低風險至中風險（通常為 I 類或 II 類）的醫療器材，經美國食品藥物管理局（FDA）審查，認定其安全性與有效性與市場上已合法販售的同類產品相當（即具有實質等同性），允許在美國上市銷售的狀態。如果症狀或預期與檢測結果不符，則需要進行指尖採血檢測以制定糖尿病治療方案。*參與者在問卷調查中報告稱，94% 的感測器植入過程感覺無痛（輕微、無痛）。

參考資料：1. Garg SK, et al. *Diabetes Technol Ther*. 2022;24:373-80. 2. Dexcom G7 User Guide. 2024. 3. Beck RW, et al. *JAMA*. 2017;317:371-8. 4. Beck RW, et al. *Ann Intern Med*. 2017;167:365-74. 5. Laffel LM, et al. *JAMA*. 2020;323:2388-96. 6. Martens T, et al. *JAMA*. 2021;325:2262-72. 7. Welsh JB, et al. *J Diabetes Sci Technol*. 2024;18:143-7. 8. Heinemann L, et al. *Lancet*. 2018;391:1367-77. 9. Lind M, et al. *JAMA*. 2017;317(4):379-87. 10. Lind N, et al. *Diabetes Care*. 2024;47(5):801-9.

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網購平台



花菇響螺燉雞湯

Double-boiled Mushrooms, Conches and Chicken Soup

營養分析 - 每人份量 (只計湯及花菇) 提供：

Nutrition facts - Each serving (soup and mushrooms only) provides:

熱量 Energy	75.6 卡路里 (Kcal)
碳水化合物 Carbohydrates	12.0 克 (g)
蛋白質 Protein	5.7 克 (g)
膽固醇 Cholesterol	18 毫克 (mg)
脂肪 Fat	0.7 克 (g)
纖維素 Dietary fibre	1.5 克 (g)

材料 (4人份量)

大乾花菇	4-6隻
鮮響螺頭	4隻 (約200克)
雞	1/2隻
紅棗	4粒
薑	3-4片
蔥	1 (切段)
水	5杯 (1.25公升)

調味料

鹽 2/3茶匙

做法

1. 花菇洗淨，紅棗洗淨去核，浸泡1小時，備用。
2. 響螺頭洗淨，雞洗淨去皮去肥，備用。燒滾水，加薑片及蔥；響螺頭及雞汆水。
3. 於燉盅加入花菇、響螺頭、紅棗、雞及水，中火燉4小時，下鹽調味，撇去湯面雞油即可飲用。

Ingredients (serves 4)

Large dried shitake mushrooms	4-6
Fresh conches	4 (about 200g)
Chicken	1/2
Red dates	4
Ginger	3-4 slices
Spring onion	1 stalk (sectioned)
Water	5 cups (1.25 L)

Seasoning

Salt 2/3 tsp

Steps

1. Wash the mushrooms and red dates; remove pits from the dates. Soak them both for 1 hour.
2. Wash the conches. Wash the chicken, remove skin and excess fat. Blanch the conch and chicken in boiling water with ginger and spring onion.
3. Combine all ingredients and water in a double-boiler pot. Simmer for 4 hours on a medium heat. Add seasoning, skim off any chicken fat from the surface of the soup, and serve hot.

營養師提醒你 Tips from dietician

菇菌含有豐富纖維素，同時亦含有多醣體物質，有調節免疫力的功效。雞及其他家禽如鵪鶉、烏雞及乳鴿等煲湯都非常鮮味，但一定要去皮去肥及撇去湯面的油才可飲用。

In addition to soluble fibre, mushrooms and fungi also contain oligosaccharides, which may help support the immune system. You may also use other poultry such as quail, black-boned chicken and pigeon in this soup, but remember to remove the skin and skim off any oil on top of soup before consumption.

你可以在《糖尿病營養師甜美食譜》
找到更多不同款式的低糖食譜！

You can find more diabetes-friendly recipes in
《糖尿病營養師甜美食譜》！

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
Dr Lorena Cheung
Registered Dietician (USA)

我要做個好乘客 I Want to Be a Good Passenger



早前YDA會員參加九巴之友在九龍灣車廠舉辦的「我要做個好乘客」活動，走進九巴車廠了解巴士保養流程，欣賞古董巴士。會員們透過角色扮演學習做個安全有禮的乘客，體驗模擬駕駛室拍照留念。大家在享受親身體驗的樂趣之餘，亦藉此機會互相交流分享，度過了愉快的時光。感謝九巴義工們的悉心安排！

YDA and members joined the "I Want to Be a Good Passenger" event at KMB Depot, where we learned about bus maintenance, viewed vintage buses, role-played good passenger manners, and finished with a photo opportunity on a mock-up bus. Members had a wonderful time, combining a fun hands-on experience with the chance to connect and share with each other. Thanks to the "Friends of KMB" volunteers!

YDA義工嘉許禮 YDA Volunteer Appreciation Ceremony



為感謝各位義工及朋輩大使的支持，YDA於3月舉辦義工嘉許禮，回顧年度服務成果。義工代表分享感人時刻，深刻體會服務的意義。每一位義工都是我們最珍貴的夥伴，期待未來繼續攜手，共創更多溫暖與改變。

YDA held an appreciation ceremony in March to thank our volunteers and peer ambassadors, highlighting the year's achievements. Their dedication is invaluable. Let's continue creating warmth and change together!

電影同樂日 Movie Fun Day



早前我們的電影同樂日圓滿結束。放映前，有會員分享使用胰島素泵後的生活轉變，隨後大家一同欣賞電影，共度寓資訊於娛樂的愉快時光。

Our recent Movie Fun Day was a great success. Before the film, a member shared how an insulin pump transformed her life. We enjoyed a fun and informative afternoon together.

鴨靈號維港文化遊 Cultural Journey@Dukling

年初，YDA會員登上標誌性的紅帆古董船「鴨靈號」，在維港兩岸美景之中，一邊細聽香港故事，一邊寫下「風之寄語」心願卡，為香港與自己送上祝福，放下日常血糖管理的壓力。

Earlier this year, YDA members boarded the iconic red-sailed junk "Dukling" for a cruise along Victoria Harbour. They enjoyed the views, heard stories about Hong Kong, and wrote "Messages to the Wind" wish cards, sending blessings to the city and themselves. It was a welcome break from the daily pressures of blood glucose management.



零難度！匹克球體驗班 Pickleball: Easy Start!



匹克球輕鬆有趣、低衝擊，非常適合剛開始接觸運動的糖友作為入門體驗！

Our pickleball event was fun and low-impact, making it perfect for people with diabetes who are new to sports to give it a try!

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* 數量有限，售完即止。受條款及細則約束。

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糖友密語

The Sweet Talk

姓名：黎羚而牙科醫生
Name: Dr Lai Ling Yee Elaine
確診年份：2020
Year of diagnosis: 2020



有時我是病人，
有時我醫治病人
Sometimes I am
the patient and
sometimes I
treat patients.

你可以簡單介紹一下自己嗎？

你好，我是一名牙醫，每天與一型糖尿病同行。

對你而言管理一型糖尿病最大的挑戰是什麼？

人的身體狀況經常起變化，而我們的血糖管理方式也要因應改變而調整。當你在為生活中的其他事情時忙碌時，血糖也不會放你一天假。

在困難的日子裡，甚麼能推動你向前？

記住我們並不孤單。很多人也在努力對抗不同的疾病。我相信即使今天表現得不好，明天仍然可以重新再來。

你會想對剛確診的人說些什麼？

請給自己一點時間。這也是我在最脆弱的時候，希望有人能對我說的話。慢慢走沒有問題，要相信總有一天你會找到屬於自己的出路。

Can you tell us a little about yourself?

Hi, I am a dentist navigating life with T1D everyday!

What has been the biggest challenge living with Type 1 diabetes?

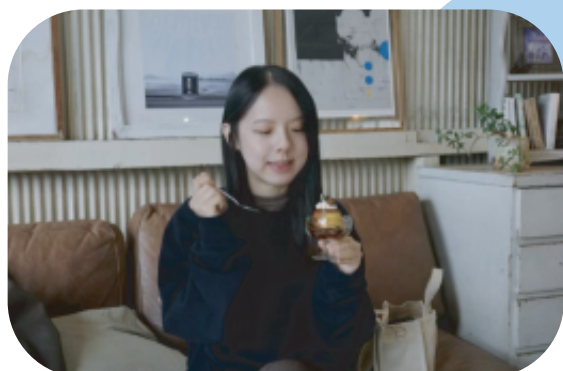
The human body changes a lot. For each of us, our own glucose regimen has to be changed constantly. While you are busy with other aspects of your life, you will never get a day off from handling your glucose level.

What helps you stay motivated on the harder days?

Remember that we are not alone. Many people are fighting hard against all kinds of diseases too. And I believe that even if we do not perform well today, we can always try again tomorrow.

What message would you share with someone who has just been diagnosed?

Take your time. This is also something I wish someone had told me when I was at my weakest. It is okay to walk slowly, but you have to believe that you will find your way one day.



即使身為 T1D，偶爾也要YOLO
一下，享受自己喜歡的食物。
Even with T1D, we all
deserve a YOLO moment.



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

- ☐ 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

- ☐ FPS



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.

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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: _____