



# The MiniMed Paradigm™ Veo™ System

Introducing the first REAL-Time Insulin Pump  
with an automatic shut-off mechanism



The first and only "smart" insulin pump with  
continuous glucose monitoring capacity just got smarter.

The Paradigm™ Veo™ Insulin Pump delivers precise doses of insulin day and night, for a new level of flexibility that allows you to sleep in, eat and exercise when you want.

To see how your glucose levels are tracking 24 hours a day, add **Continuous Glucose Monitoring\*** to the Paradigm™ Veo™ Insulin Pump.

**New automatic shut off mechanism:** The Paradigm™ Veo™ System uses sensor data\* to recognise when glucose levels reach a pre-programmed low level. It suspends insulin delivery for two hours if no action is taken. This may help to reduce the risk of severe hypoglycaemia.

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You should always seek advice from your medical practitioner to determine your suitability for insulin pump therapy. Use only as directed.  
\*Requires the addition of a Medtronic MiniLink™ transmitter and glucose sensor to the Paradigm™ Veo™ Insulin Pump. CGM components sold separately.



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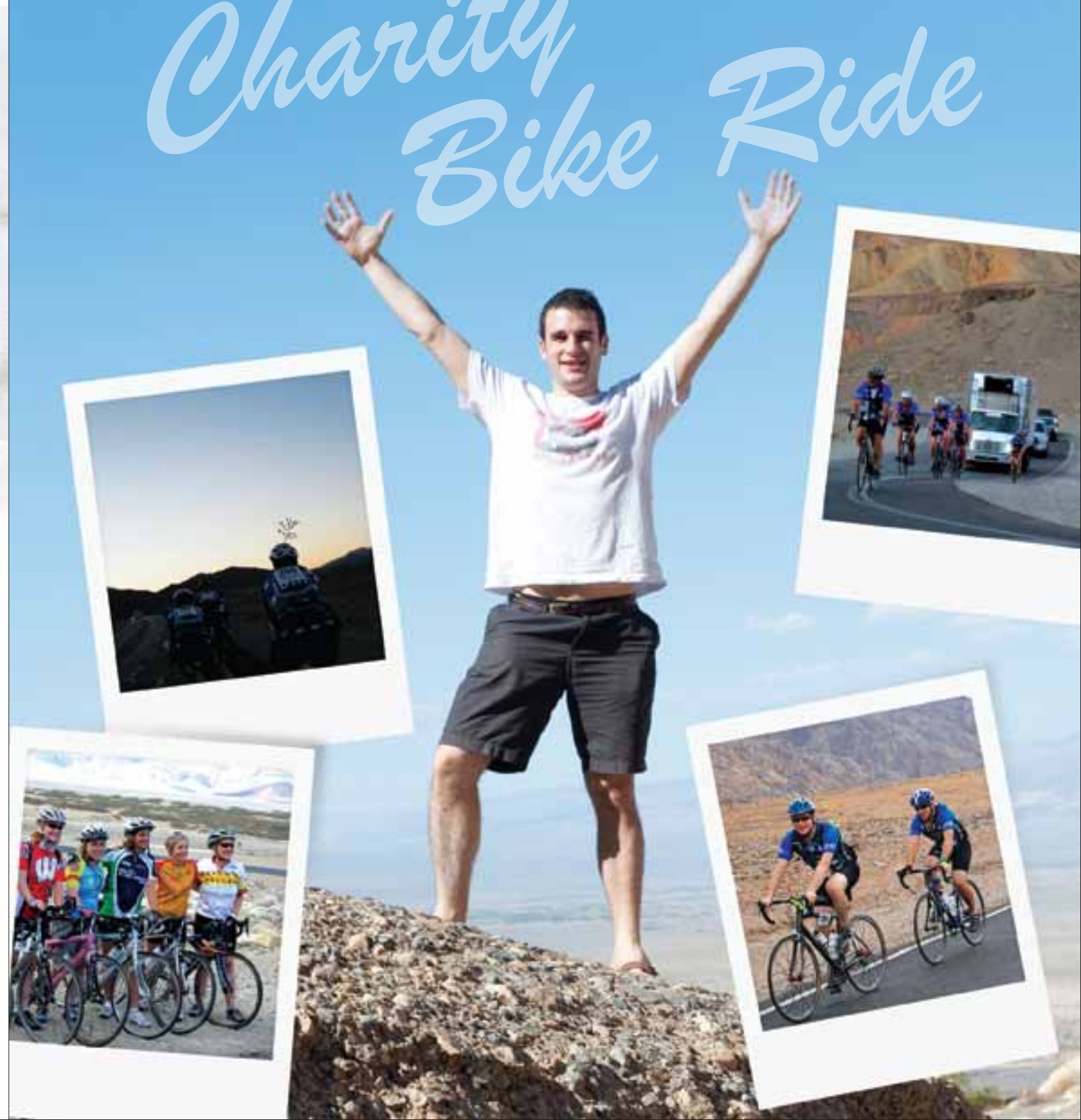


# HKJDA

香港兒童糖尿協會  
Hong Kong Juvenile  
Diabetes Association

No. 25 | 2011 會訊  
MAGAZINE  
www.hkjda.org

# Charity Bike Ride



10.08.01 HKJDA



## What does JDRF do? Why is the charity important to you? JDRF是一個什麼機 構？這個慈善機構對 你有甚麼重要？

JDRF is an international Juvenile Diabetes research organization based in the US. It focuses its funds on finding a cure for Type 1 Diabetes and improving the lives of Type 1 Diabetes. As a diabetic myself, these are of course important causes.

JDRF是一個在美國成立的國際一型糖尿病的研究基金。他們的宗旨是研究一型糖尿病的治療方法和改善病友的生活。作為病友，我覺得這些宗旨均非常重要。

### What is Death Valley like? Death Valley是怎樣的？

It's the hottest place on earth in summertime and it's still very hot in October for the ride event. It is below sea level so during the ride last year, it became extremely hot once the sun came up. At one point, the temperature went beyond 105°F (40.5°C)!

那裡的夏天是世界上最熱的地方，十月份舉行單車籌款時天氣仍是十分炎熱。由於Death Valley 海拔是位在海平面以下，踏單車的過程中，烈日當空時最高溫度可高達華氏105度（攝氏40.5度）！

### What motivated you to join the ride? 你參加單車籌款的動力是甚麼？

My mother had done the ride for nine years in a row. So when it was time for her tenth, I have decided that it was time to join [the ride]. My cousin and my sister have also

participated in it. None of them have diabetes but they have all joined the event in support of me. Previously, my mom has asked me [to join her] many times through the years but I figured her 10th ride would be a great time to join in the effort.

我媽媽參加這個活動已經有九年了，多年來她都有邀請我一同參加，我也覺得我應該參加。去年是她第十次參加，我也決定一同參加，我的妹妹和另一位親友也一同參加。他們並沒有糖尿病，一同參加都只為了支持我。

### So it was a real family affair then? 這個活動已成為一個家庭活動吧？

Yes, definitely!

當然呢！

### Would you do the race again? 你將來會否再參加單車籌款？

I will probably rest for a year. But if my mom plans to join again in 2012, I would like to join her.

我應該會休息一年吧，但如果我媽媽參加2012年的單車籌款，我想我也會跟她一同參與。

### How did you train for the event? 你是如何為訓練自己的？

I used to ride a lot so this is not a new sport to me. In Hong Kong, it's difficult to find a place to ride outdoors so I usually ended up training in the gym during lunch or after work most days. Even though stationary bikes don't have quite the same feel, I made sure to push myself. Although I was in pretty good shape, the ride was still a bit of a challenge for me, mainly due to the heat. I was really just happy to complete the event.

我經常都踏單車，所以對我來說這不是一項新的運動。在香港真的很難找到合適的戶外地方進行練習，所以我主要都是在中午或下班後到健身房鍛鍊。健身單車的跟真正踏單車不同，但我都一定會把自己推至極限。雖然我身體狀況良好，但由於天氣炎熱，進行單車籌款時仍覺得很有挑戰性。可以完成整個活動，我已經感到很開心了。

### What was the process of the actual race? 活動過程時怎樣的？

It started before 7 am. The sun was not up so it's quite nice and cool. However, when the sun came out, it became extremely hot. The race consists of riding about 53 miles to a point and then turning around and riding back. The last 6 miles of the "out" section are all up hill. So that part was definitely the toughest. Once that was over, it was just all about pushing myself to finish.



In addition to the sporting aspect of the ride, I have also the opportunity to meet a lot of other riders. I rode with this man who has three daughters. All of them have Type 1 diabetes. I have also met a woman rider whose child died at age 12 due to diabetes complications. It was an interesting element of the experience for me to meet people with different stories that motivated them to join the ride.

活動於早上七點前開始了。由於那時時間比較早，日照還不是太過強，所以挺舒服的。當太陽出來時，就熱得多了。我們先要從起點踏約53英里然後再折返。其中有6英里的路程是上山的部份，這部份的確很艱巨，過了那部份後我就集中精神衝向終點。

除了競賽，透過參與是次單車籌款活動亦使我有機會認識到其他參加者。其中一位男士，他有三個女兒全都確診一型糖尿病。另外一位女士，她的孩子在十二歲時因糖尿病併發症而過身。可以認識到其他人及知道他們參加這次籌款活動的背後故事，亦是一個很好的經驗。

### Could you tell us more details about the ride? 可以再分享多一點關於活動的事情嗎？

There were four checkpoints with one at the turnaround point. There were lots of volunteers to give us electrolyte drinks, sugar and snacks. There were also support vehicles on the road, assisting any riders who might need help. Many people who were not able to ride also came to support the event as volunteers.

It was a really physically challenging ride though. Many people did stop and could not complete the ride. This was true for both Diabetic and non-Diabetic riders.

路程當中有四個折返點而每個均設有檢查站。活動舉行期間有很多義工協助派發電解質飲料、糖和小食，很多不懂得踏單車的人都會協助當活動義工。沿路還有支援車輛，幫助有需要的參加者。

活動的路程真的對體能有莫大的挑戰性，很多參加者不能完成活動，不論是不是糖尿病友都有可能需要中途退出。



**Was it hard for you, coming from Hong Kong?  
從香港出發會添加困難嗎？**

It definitely added an element of difficulty. Having the race on Sunday, I flew in from Hong Kong on Thursday which didn't give me enough time to get over my jet lag.

這的確為我添加了困難，由於我於活動前的星期四才從香港飛到美國，活動則在星期日進行，所以我並沒有足夠時間適應時差。

**Did you have to adjust your diabetes management for the ride?  
你預備參賽時需不需要調整你的糖尿管理？**

When I do intense exercise, my body uses insulin more efficiently – it goes into overdrive, so I gave myself significantly less insulin than I would give myself in a normal day. This actually led to my blood sugar getting a bit “too” high, even reaching 18 or 19 at one point. When that happens, I gave myself a bit more insulin so that my blood sugar would slowly fall back into place. I'm always careful on these rides to not give myself too much insulin because it can be very difficult to give myself enough sugar if the blood sugar gets too low.

當我做劇烈運動時，我的身體會比較有效地運用胰島素，所以我會注射比平常較少劑量的胰島素。結果有可能換來血糖偏高，有時血糖會達到18或19mmol/L，在這個情況，我就會追加胰島素，使血糖回復正常。我做劇烈運動前都會特別小心，不會注射太多胰島素，以免血糖過低。



**Did you have to stop at any point of the ride?  
你中途有沒有停過？**

Yes – I got very dehydrated and had to stop for a little while during a big up hill in the sun. After I recovered, I kept going.

有，上山時我因為脫水而需要休息了一會兒，之後我就繼續下去。

**How did you manage to bring all your diabetic medical supplies with you?  
你是怎樣攜帶你的醫療用品的？**

I wore a camelback; and I put all my injection supplies and sugar snacks in there with me.

我把注射胰島素的用具和含糖分小食放在我的“camel-back”背包裏。

**Anything that you found particularly useful for you to control your diabetes during the ride?  
活動過程中有甚麼特別實用的用品幫助你控制糖尿？**

I have a continuous glucose monitor made by Dexcom which I wore during the ride. Having the continuous glucose monitor always removes a bit of the mystery of not knowing your sugar levels. So, I found it very helpful.

我有一個“Dexcom”的連續性血糖監測器。這個監測器非常有用，讓我可隨時隨地知道我的血糖水平。

**Did you experience any post-ride highs or lows in your blood sugar?  
活動完畢後，你的血糖有沒有異常的高或低？**

I decreased insulin dosage after the ride; and I was okay.

活動完畢後我亦相應地調低了胰島素的劑量，所以沒有出現問題。

**Did your diabetes hinder you in any way during the race?  
你的糖尿病有沒有阻礙你踏單車？**

After having Type 1 diabetes for 11 years, I have learned that Diabetes is always a bit of a challenge. However, I've also made it a part of my life so that treating it is second nature. Many things would unquestionably have been easier for me if I didn't have diabetes. Yet, it's something I've gotten used already.

There are a lot of successful athletes out there who have Type 1 diabetes. They have taken years to figure out how to balance their diabetes with the activity's affect on their bodies. It is definitely possible to balance both; we just have to try harder.

確診一型糖尿病已經有11年了，我知道糖尿病是一個挑戰，但我也知道這是我生命的一部份。沒有糖尿病就當然容易得多了，但我已習慣了與它為伴。

有不少成功的運動員均是一型糖尿病病友，他們花了很多時間去平衡糖尿病和不同運動對他們的影響。因此只要我們努力，甚麼都能做。

**Do you have any advice for young people with diabetes for when they participate in extreme sports?  
可以給其他想參與極限運動的年輕病友一些意見嗎？**

I definitely believe that there is nothing you can't do because of diabetes. Having said that, if you are to participate in strenuous events like the ride that I did, you need to put yourself under similar stress beforehand, so you can observe how your body responds. I managed to successfully complete the ride only because I have done similar rides before. Your body's reaction to the physical and mental stress is a very individual thing – you have to experience it yourself to find out. And of course, always have your monitor and plenty of sugar or glucose with you.

我深信沒有任何事情是糖尿病病友不能做的。然而，如果你想參加跟單車籌款類似的長時間劇烈運動，你必需事前做一些類似的鍛鍊，讓自己了解身體的反應，每個人的身體對體能或精神上的壓力都會有不同的反應，你必須親身經歷才會知道。我可以成功完成單車籌款，是因為我先前參與過類似的運動。還有不要忘記你的血糖監測器和隨身帶備含高糖分的食物以作不時之需。

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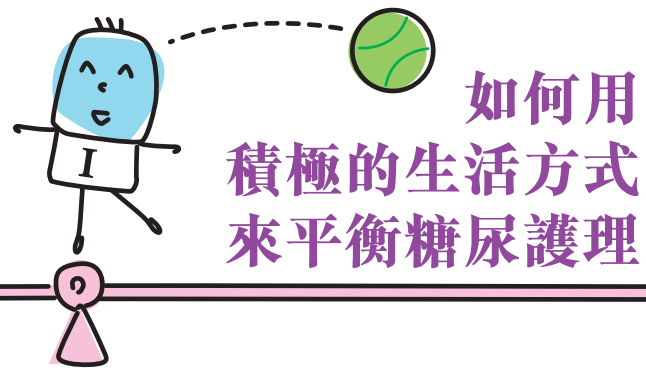
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# How to balance diabetes care with an active lifestyle



## 如何用積極的生活方式來平衡糖尿護理



Kieran Rogers  
Movement Medicine  
Exercise Physiologist  
運動生理學專家

A disordered metabolism, insulin secretion deficiency, hypoglycemic and hyperglycemic events are all complications associated with the juvenile diabetes thus making physical exercise an important component of any diabetes management programme.

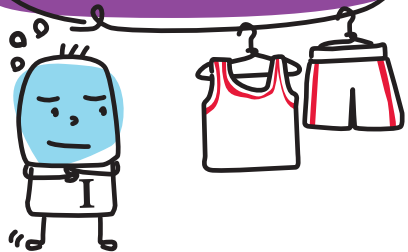
Exercise can be used as medicine. It is just as important as any other medicine when it comes to 'symptom treatment' because it can improve multiple complications—i.e. improved weight management, insulin sensitivity and reduced risk of heart disease without the risk of side effects—all at once. However, when exercise is prescribed incorrectly, it can compound diabetic complications. A prescribed exercise programme by a Doctor and Exercise Physiologist (EP) can ensure a safe and effective treatment.

一型糖尿病友所遇到的問題包括新陳代謝的失衡、胰島素分泌不足、低血糖和高血糖等，運動正正是管理糖尿病不可欠缺的環節。

運動跟藥物一樣重要，由其面對「症狀治療」及改善多種併發症，如改善體重管理、胰島素敏感性和沒有副作用地降低患心臟病的機會。但是如果我們運動的方法及準備不正確，則會增加出現併發症的風險。為要確保安全和有效地進行運動，病友應該按照醫生和運動生理學家的指引。

An effective exercise programme's benefits include improved blood pressure control, lowered blood cholesterol levels, improved insulin sensitivity and reduced medicated use of insulin and improved overall quality of life.

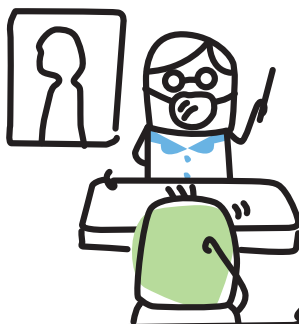
一個有效的運動治療計劃的好處包括改善血壓控制、降低血液中的膽固醇水平、更有效運用胰島素及降低對胰島素劑量的需求，從而提升整體生活質素。



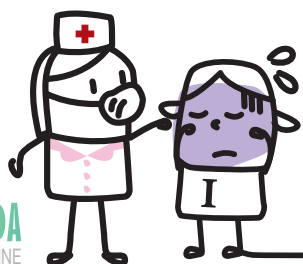
Some easy safety tips to remember when considering exercise or sports activity are:

你可以用以下一些簡單貼士去計劃訓練和體育運動：

- Plan your exercise session(s) at the same time each day with the same level of intensity  
每天同一時間做相同程度運動量
- Avoid strenuous exercise if ketones are present in your blood or urine  
如血液或尿液中含酮，就應避免劇烈運動
- Always seek advice from your doctor or EP before undertaking an exercise programme, as not all exercises are good for you. For example, if you have eye problems, avoid exercises that increase blood pressure in you  
開展一項運動計劃之前，一定要先徵求醫生或運動生理學家的意見，因為某些運動可能不適合你的身體。例如，如果你患眼疾，應避免進行提高你的血壓的運動練習



One major risk for diabetics who wish to exercise or commence competitive sport is hypoglycemia. Knowledge of all possible circumstances will enable you to be as safe and prepared as possible. 對有意進行練習或開始競技性運動的糖尿病病友最大的風險是低血糖。保持安全的要訣是對各種有可能導致低血糖的情況有深入的認識及相應的準備。



## Guidelines to reduce the risk of hypoglycemia: 減少出現低血糖情況的小貼示：



- Aerobic exercise usually leads to a decrease in blood sugar levels, so remember to raise your blood sugar levels prior to exercise to provide a 'buffer'. If you take insulin, levels above 100mg/dl (5.5mmol/L) are recommended. 帶氧運動通常都會導致血糖水平下降，所以運動前謹記提升你的血糖水平，以提供一個「緩衝區」。建議運動前的血糖水平高於100mg/dl (5.5mmol/L)

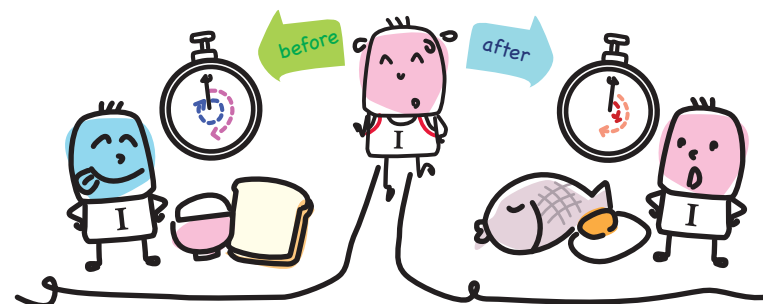


- Anaerobic exercise usually leads to an increase in blood sugar levels during or immediately after exercise, followed by a 'low'. Therefore drink water to help lower acute rises in blood sugar and also replace depleted glycogen stores post-exercise 非帶氧運動通常都會在運動期間或運動後引致血糖上升，然後突然下降。因此運動後應該多喝水以助減低血糖急升的狀況和補充肌肉肝醣儲存

- Decrease basal rate by 50% or more if you are an insulin pump user for 4-6 hours post-exercise (but make sure to check frequently to see if more or less is required) 如果你是胰島素泵使用者，在運動後4至6小時需把胰島素基礎劑量降低50%或以上（但請謹記必須經常檢查是否需要調整劑量）

- As a good starting rule – eat around 15g of carbohydrates every 30-60 minutes of exercise (this of course different for individual needs) 以每運動30至60分鐘便需進食大概15g的碳水化合物作為一個基礎的指引（當然需因應個人需要而作出調整）

- For a post-exercise meal, adding a good source of fat within 20-30 minutes is more effective in restoring depleted glycogen stores (amount depends on the exercise intensity) 運動後20至30分鐘內進食含蛋白質及良好脂肪（如多元或單元不飽和脂肪）的食物可更有效補充肌肉肝醣儲存（進食的份量必須視乎運動量）



The bottom line is that exercise and diabetes can be done safely as long as you are prepared and follow the necessary measures to protect yourself.

總括而言，各糖尿病病友只要做足準備和按照適當的指引去保護自己，病友亦可以保持動態的生活。

If you would like to know more about diabetes management and exercise prescription, please contact: 若有興趣了解更多關於糖尿病管理及相關的運動指引，可電郵：[kieran@movementmedicine.com.hk](mailto:kieran@movementmedicine.com.hk)



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# STUDIES SHOW CONNECTION BETWEEN COMMON COLD VIRUSES & TYPE I DIABETES

## 一般腸病毒與一型糖尿病的關連

In the last few months of 2010, a number of studies about the very same hypothesis were published. Research conducted all around the world all pointed to very similar conclusions. They all found that the presence of enterovirus infection in the blood may be linked to the development of type I diabetes. Enterovirus is a common infection that often causes symptoms of cold, fever and diarrhoea. It very rarely causes meningitis and other, more serious diseases.

One of such study was conducted in Australia at the Children's Hospital at Westmead, New South Wales. The researchers analysed and compared the medical data of 4448 non-diabetics and diabetics. They found that children with type I were nearly 10 times as likely to exhibit signs of enterovirus infection as children without diabetes. Researchers intend to study how these findings can be used to prevent the onset of type I diabetes. For example, they may be able to develop a preventative vaccine.

Researchers from the University of Insubria and Circle Hospital in Verese, Italy, conducted a blood analysis of 112 children aged 2 to 16. The researchers found enteroviral DNA in the blood of 83% of diabetic children. Children without diabetes had an incidence of just 7% - a further evidence of a link between enterovirus and diabetes.

In the University of Denver, USA, researchers conducted a long-term study which was published in September 2010. They followed over 2,000 children who possess genes that predispose them to developing Type I diabetes. Of 140 children whose blood was found to have a marker for Type I diabetes, fifty developed the disease. Researchers concluded that the existence of enterovirus in the blood was connected to an increased chance of developing Type I diabetes.

Studies done around the world have already revealed similar conclusions. However, there is still more work to be done. After all, almost 100 different strains of enterovirus exist, and researchers are still not sure which particular ones are linked to diabetes. Also, there is no evidence of a cause-and-effect relationship between enterovirus and diabetes. Researchers' findings have only shown that they share a link of an unknown kind.

These results have an important implication. Enterovirus is picked up only through contacts with the contaminated substances in the environment. This means that the environmental factors - not just genetics - may play a significant role in the development of the disease. This study opens the door for researchers to create new ways to prevent and treat Type I diabetes.

2010年年尾發佈的數項研究均提出了一個相同的問題：一型糖尿病和腸病毒有沒有關連？在世界各地進行的研究，都得出了一個相近的結論——血液中帶有腸病毒與一型糖尿病的出現是有關連的。腸病毒是一種普通的傳染病，病徵包括發冷、發熱及腹瀉，因腸病毒而引發其他更嚴重的疾病如腦膜炎則較為罕見。

澳洲南威爾斯兒童醫院的研究員在一項研究中把4448位非糖尿病患者和糖尿病患者的病歷進行分析和比較。研究結果發現一型糖尿病的小童出現腸病毒症狀的可能性是非患有糖尿病小童的10倍。研究員希望繼續考察是項發現能否用於預防一型糖尿病，例如研製預防疫苗。

意大利的University of Insubria及Circle Hospital的研究進一步顯示確診腸病毒與糖尿病的關連。研究員為112名2至16歲的小童進行血液分析。研究員發現83%患有糖尿病的小童的血液都帶有腸病毒的基因。相對地，只有約7%非患有糖尿病小童出現這情況。

美國丹佛大學的研究員進行了一項長期研究，該研究在2010年9月刊登。這研究跟進了2000多名帶有增加患上一型糖尿病可能性基因的小童。在140名血液裏驗出有關腸病毒的物質的小童中，有50名確診有一型糖尿病。研究員由此總結血液中含有腸病毒與增加患上一型糖尿病是有關連的。

由此可見，在世界各地進行的研究都得出了一個相類似的結論。然而這些研究仍有不足之處。例如現存的腸病毒有近100種不同類別，而研究人員未能確定哪一類別是與糖尿病有關。再者，研究結果只反映出糖尿病與腸病毒是有關連，但當中並沒有證據顯示腸病毒和糖尿病是有必然之因果關係。

雖然這些研究有上述未臻完善的地方，但它們提出了一個重大的含意：腸病毒只有透過接觸到環境裏的污染物才會染上。由此證明除了先天因素，後天環境因素亦可引致一型糖尿病。這項研究對一型糖尿病的預防及治療方法，提供了新的方向。



# 無論在平日、飯後、夜間， 體內糖份水平都必須保持平穩。

體內糖份水平起伏的幅度太大會增加多種併發症的風險<sup>1</sup>。



如欲知道更多有關控制血糖的資訊，請向您的醫生查詢。

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### Sources 參考資料及延伸閱讀

- \* <http://juvenation.org/blogs/jdrfnews/archive/2011/02/14/study-shows-association-between-common-virus-and-type-1-diabetes.aspx>
- \* <http://juvenation.org/blogs/jdrfnews/archive/2010/05/27/study-links-viral-infection-to-type-1-diabetes.aspx>
- \* <http://diabetes.diabetesjournals.org/content/early/2010/09/21/db10-0866.abstract>
- \* <http://asweetlife.org/a-sweet-life-staff/in-the-news/type-1-in-the-news/link-found-between-type-1-diabetes-and-enterovirus-infection/14020/>
- \* <http://www.phgfoundation.org/news/4515/>

Summer 快樂 Fun 暑假!

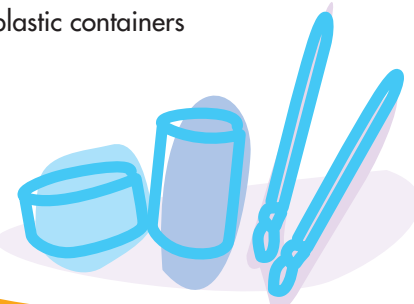
# Home made Face Paint

## 自製面部彩繪



### What you 'll need 所需材料:

- Small jars or plastic containers 細小的容器
- Paintbrush 畫筆



### Each container needs 每個容器裏需要:

- 1 teaspoon cornstarch per container 一茶匙粟粉
- 1/2 teaspoon water per container 半茶匙水
- 1/2 teaspoon cold cream per container 半茶匙冷霜或潤膚霜
- Food coloring 小許做蛋糕的食用色素

1. In each small container, mix cornstarch and cold cream until well blended. 在每一個小容器裏，把粟粉和冷霜混合一齊。
2. Add water and stir. 加進水然後攪拌。
3. Add food coloring one drop at a time until you get the desired color. 一滴一滴地加進食用色素，直至達到想要的顏色。
4. Paint small designs on face with a small paintbrush. 用小畫筆把圖案塗上面部。
5. Remove with soap and water. 若想洗掉，用肥皂和清水。
6. Store covered. 彩繪混合劑可以蓋上後保存。

From 摘錄: The Toddler's Busy Book. Trish Kuffner. Meadowbrook Press. 2008

## Word Scramble “重”組

Unscramble the words below 請重組以下的生字:



- E.g. klonsucb = sunblock
1. aeusslsgns \_\_\_\_\_
  2. sgmwmini \_\_\_\_\_
  3. octaniav \_\_\_\_\_
  4. pkar \_\_\_\_\_
  5. eirdsfn \_\_\_\_\_

6. hebca \_\_\_\_\_
7. lopo \_\_\_\_\_
8. nira \_\_\_\_\_
9. etnmaowelr \_\_\_\_\_
10. pcicin \_\_\_\_\_
11. malify \_\_\_\_\_
12. gsutua \_\_\_\_\_



FREE 費用全免

Target: HKJDA members aged 12 to 17 歡迎 12 至 17 歲 香港兒童糖尿協會會員參加

# Ice Skating Fun Day 同享溜冰樂

Have you always wanted to try ice skating in a safe and supervised environment? Come and try out this fun sport with HKJDA and the professional trainers at Mega Ice. 溜冰是一年四季都適合的運動。在Mega Ice專業教練的指導及帶領下，本會12至17歲會員可掌握溜冰的技巧，一同體驗溜冰樂趣。

Date 日期: 16/07/2011 (Sat 星期六)

Time 時間: 9:45 am - 2:45 pm (Lunch Included 包括午餐)

Language of instruction 語言: Cantonese supplemented with English 廣東話(英語輔助)

For more information, please contact HKJDA at support@hkjda.org or 2544 3263. 詳情請致電2544 3263或電郵support@hkjda.org.

# - Living with Diabetes - Amazing Race Winners Beating the Odds with Gender and Diabetes! 奪寶奇Show優勝者 — 以性別及糖尿病打了一場漂亮的仗！

Text 原作者：  
Christy Bukach



With the paramount "The Amazing Race" finale excitement, we still could not help ourselves from gushing about the season 17 winners, Nat Strand and Kat Chang. These women pushed themselves to the limit countless times, and experienced physical and mental challenges, all without a hint of complaining or squabbling. Not only were Nat and Kat the FIRST women to ever win a TAM season but, Nat was also the first with diabetes to win. She worked tirelessly around the clock to manage her type 1 diabetes. Now THAT takes dedication and persistence!

第十七季「奪寶奇Show」的決賽戰情非常激烈，優勝者Nat Strand和Kat Chang更令我們不禁落淚。她們無數次把自己推至極限，經歷重重體能和心理的挑戰，但都沒有一絲埋怨或爭吵。Nat和Kat不但是第一隊全女班「奪寶奇Show」的優勝者，Nat還是首個糖尿病人勝出此項比賽。過去，她只需管理好一型糖尿病。現在，因要完成這場比賽，她更需要全心全意地投入和無比的毅力！

As the show continued from country to country, challenge to challenge, a viewer would have never guessed Nat was struggling with this disease. When asked if it was difficult to manage on a daily basis, her response was cordial:

"It was definitely a challenge. Little things, like, how do you store a month's worth of diabetic supplies? I change out my pump every two or three days. Insulin has to stay cold, so how do you carry insulin around in Ghana and Oman, and keep it from overheating? How do you carry enough snacks for a month? You know, if I get low blood sugar, I need to get sugar right away and eat, and sometimes you're doing a leg for 16 hours with no food, my blood sugar would get really high. If my pump setting are time-set in Los Angeles, then when you're in England, you're reversed: When you're normally sleeping, you're awake! Even when we were trying to get a few hours of sleep, my pump would be alarming, and beeping, and it would need to be changed, it would need a new battery, my blood sugar was too high... [Laughs] All these kind of nitpicky little things that just take mental energy."

Having to pack for a round-the-world trip, Nat said both she and Kat carried a book bag filled with diabetic supplies just in case one of them lost their pack. With patience, determination and a great friendship, their support system to each other carried them to winning. After paying off student loans from medical school with the money won, they both would love to donate to a cause. For Nat, diabetes research is an enormous passion.

I think everyone who watched this season of "The Amazing Race" concur that these two women deserved the victory. Let Nat's spirit and courage to take on a world challenge, in TAR, inspire those affected with diabetes and prove no matter how extreme your bucket list dream may be, you can do it.



要為一個環遊世界之旅準備適當的行李，Nat表示她和Kat每人都攜帶著一個裝滿糖尿病用品的包，作後備用，以防其中一人失去了她的包。只要有耐心、決心和偉大的友誼，她們的互相扶持，令她們勝出。還清醫學院貸款後，她們都願意捐出部分獎金作慈善用途。同時Nat亦十分熱心有關糖尿病的研究。

我想每位看了本季的「奪寶奇Show」都同意她們的勝出是當之無愧。希望Nat的精神和勇氣激勵其他糖尿病病友，證明只要有夢想，夢想可成真！

這項真人Show的參賽者需連續地穿洲過省及接受很多挑戰，觀眾一定不會猜到Nat是糖尿病人。當被問及於日常是否很難管理此病，她親切地作出以下的回應：

「這絕對是一個挑戰。一些細微處，比如，你如何存儲一個月的糖尿病用品？因我每隔兩或三天便需要更換我的胰島素泵。胰島素則必須保持冷凍，所以你應如何攜帶胰島素到加納和阿曼，並避免它過度受熱？你如何攜帶足夠一個月食的小食？你知道，如果當出現血糖低，我必需即時食用含有快速葡萄糖的食品。有時你需連比賽十六個小時而不便進食，我的血糖水平會變得非常高。如果我在洛杉磯設定胰島素泵的鬧鐘，那麼當你在英國，這時間設定正是相反：正常當你睡覺時，你便會被鬧醒了！甚至當我們試圖入睡，我的胰島素泵將嗶嗶聲響，顯示它需要一個新的電池或我的血糖水平太高... [笑]這些小情況均十分費神。」

Originally publish at 原刊於： KeyVive.  
Health Care, Technology, Diabetes Management.

KeyVive, Inc. is a healthcare technology company focused on lifestyle solutions using social media for improving the care of individuals with chronic illnesses. The company's nonprofit arm, Kids Rock The World, a 501 (c) 3 Utah-non-profit organization dedicated to the empowerment of young teens with diabetes, focuses on promoting courage and confidence so kids don't let diabetes stop them from living a life they love. KeyVive is headquartered in Park City, Utah, and can be found at [www.keyvive.com](http://www.keyvive.com).

KeyVive是一家醫療技術公司，專注於以生活方式解決問題，利用社會媒體改善個人護理慢性疾病的方法。該公司的非牟利機構「兒童搖滾世界」 - 一個 501 (c) 3猶他州非牟利組織，致力幫助青少年糖尿病病友，鼓勵他們以勇氣和活著的信心。KeyVive的總部設在猶他州帕克城，網址是 [www.keyvive.com](http://www.keyvive.com)。



## 2011 Self care and peer support in diabetes Health Talk Series 糖尿病病友的自我護理與朋輩支援 專題講座系列

Speaker 講者：Professor Juliana Chan 陳重娥教授  
Department of Medicine and Therapeutics,  
Faculty of Medicine, The Chinese University of Hong Kong  
香港中文大學醫學院內科及藥物治療學系

Date 日期：  
13 / 08 / 2011 (Sat 星期六)

Time 時間：  
3:00 - 4:15 pm

Venue 地點：  
Duke of Windsor Social Service Building,  
Wan Chai  
灣仔溫莎公爵社會服務大廈

Language of instruction 語言：  
Cantonese 廣東話

For more details,  
please refer to  
HKJDA website  
報名詳情及單張  
將於7月中旬郵寄予所有會員  
並上載至HKJDA網頁

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#### Accompaniments 搭配用材料

- Salad leaves 沙拉葉菜
- Fresh bread 新鮮硬麵包

#### Ingredients 材料

- 1 Olive oil 2 tablespoon  
橄欖油2大匙
- 2 Aubergine 2 (cut into small cubes)  
茄子2條 (切成小方塊)
- 3 Red onion 1 (diced)  
紅洋蔥1個 (切丁)
- 4 Capers 2 tablespoon  
酸豆2大匙 (稍微切一下)
- 5 Tomato 4 (cut into chunks)  
番茄4個 (切片)
- 6 Parsley 4 tablespoon  
荷蘭芹4大匙 (切碎)
- 7 Balsamic vinegar 1 tablespoon  
香醋1大匙

#### Nutrition information 營養分析

Glycemic index GI 值等級	low 低
Calories 熱量	99 kcal / 卡路里
Protein 蛋白質	3 g / 克
Carbohydrates 碳水化合物	9 g / 克
Fat 脂肪	6 g / 克

# Aubergine Salad

茄子沙拉 for 6 servings / 6人份量

Preparation time: 10 minutes (excluding cooling time) • 準備食材時間, 需時約10分鐘。烹調後, 將食材冷凍, 味道更佳。  
Cooking time: 10 minutes • 烹調過程簡單, 只需約10分鐘。  
Available for vegetarians • 素食者亦可食用。

- 1 Heat olive oil into non-stick pan and add in aubergine, fry for 10 minutes until aubergine is golden and soft. Add in red onion, capers, tomato, parsley, and balsamic vinegar and stir well.

將橄欖油倒入不沾鍋加熱後放入茄子, 煎10分鐘, 等茄子煎成金黃色、煎軟後加入紅洋蔥、酸豆、番茄、荷蘭芹、香醋攪拌均勻。



#### Nutrition tip 營養小秘訣

Aubergine contains Anthocyanin (a type of antioxidant), which gives purple color to aubergine's skin. Aubergine is low in calories, but be aware of the cooking process as it can absorb a lot of oil. 茄子含有花青素 (一種抗氧化物), 所以茄子皮是紫色的。茄子的熱量很低, 可是會很吸油, 烹調時要注意。

- 2 Turn off heat, let rest for 10 minutes and serve with salad leaves and fresh bread. 把火關掉, 放10分鐘後搭配沙拉菜與硬麵包, 即可享用。



Thanks to the generous support of these organizations and individuals during January to March 2011, we were able to continue our services to our members. Our thanks also go to all those who have made anonymous donations. On behalf of all the kids at HKJDA, thank you! (in no specified order)

我們衷心感謝下列團體及人士於2011年1月至3月（第一季）支持我們的工作，使我們能夠為各會員提供更多更好的服務，我們亦謹向那些無名捐款者致表謝。（排名不分先後）

Parents & Child Activity - Ocean Explorer Trip  
親子活動 - 海洋小幹探

Operation Santa Claus WWF - Hong Kong	Fred Li Li Ka-ka
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English Speaking members Indoor Wall Climbing Fun Day  
英語家庭聚會 - 室內攀石

Ivich Neuville
----------------

Healthy Cooking & Cooking Demonstration  
簡介健康烹調及廚藝示範

American Women's Association Towngas Cooking Centre	Kaley K.L. Leung
--	------------------

HKJDA Diabetes Conference 2011  
香港兒童糖尿協會 - 糖尿病研討會2011

<b>Speakers 講者</b> Dr Geoffrey Ambler Dr Cheung Pik-to Betty Chu Professor Clive S. Cockram Sylvia Lam Dr Lee Ching-yin Professor Louis C.K. Low Lee Kar-bik Dr Ronald C. W. Ma	<b>Supporters 義工</b> Ivich Neuville Itai Ndro Chan Kam-chung Katherine Chan Vincent Chan Myra Cheng Ruby Chow Chow Sai Patrick Ho Lai Yuk-ying Bonnie Lam Fred Li Li Ka-ka Rovi Soeradinata Amy Spinelli Elizabeth Wong Samathy Woo Susanna Yung
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捐款表格  
Donation Form

I would like to make a donation to support Hong Kong Juvenile Diabetes Association 本人樂意捐款支持香港兒童糖尿協會

Sponsor a Child Programme 助養兒童計劃

I would like to sponsor a child with diabetes for HKD\$8,000. 我樂意以港幣 \$ 8,000 贊助一個有糖尿病的小孩子。  
I would like to sponsor \_\_\_\_\_ child(ren) for a total donation amount of HKD\$ \_\_\_\_\_.  
My donation will help one family pay for blood testing monitors, blood testing strips, syringes, and other essential healthcare items for one year. The donation will also support different HKJDA programmes.

我希望贊助 \_\_\_\_\_ 個小孩子，總捐款為港幣 \$ \_\_\_\_\_。  
我的捐款將幫助一個家庭在一年內購買血糖測試機、血液試驗紙、注射針筒和其它必需醫療器具，同時亦支持香港兒童糖尿協會各項支援糖尿病小孩子的的工作。

One-off donation 一次性捐款 #

HKD\$300  HKD\$500  HKD\$1,000  Other Amount 其他金額：HKD 港幣 \$ \_\_\_\_\_

Monthly donation 每月性捐款 \*

HKD\$100  HKD\$250  HKD\$300  Other Amount 其他金額：HKD 港幣 \$ \_\_\_\_\_

I would like to choose the following donation method 本人樂意用以下方式捐款

Donation by cross cheque made payable to "Hong Kong Juvenile Diabetes Association"  
抬頭香港兒童糖尿協會劃線支票 (cheque no 支票號碼：\_\_\_\_\_ )

Donation through credit card 透過信用卡捐贈  Visa Card  Master Card

# One-off donation 一次性捐款：HKD 港幣 \$ \_\_\_\_\_  
Please charge my credit card once for the above specified amount. 請於本人信用卡賬戶內一次過扣除以上賬款。

\* Monthly Donation 每月捐款：  
I hereby authorize HKJDA to charge my credit card account for the amount specified in a regular manner as agreed upon by me and HKJDA until further notice. I agree the validity of this agreement will continue before or after the expiry date of my credit card account. Cancellation or variation of this authorization shall be given to HKJDA seven working days before the date on which such cancellation or variation is to take effect.  
本人現授權香港兒童糖尿協會由本人之信用卡賬戶內定期扣除上述之賬款，直至本人另行通知為止。本人同意此授權書於本人之信用卡有效期後及獲續發新卡時繼續生效，並無需另行填寫授權書。如需要取消或更改生效日期七個工作天前通知香港兒童糖尿協會。

Credit Card No 信用卡號碼：\_\_\_\_\_ Name of cardholder 持卡人姓名：\_\_\_\_\_ Expiration Date 有效期至：\_\_\_\_\_

Cardholder's Signature 持卡人簽署：\_\_\_\_\_ Date 日期：\_\_\_\_\_

- Please send completed form to HKJDA, Unit E, 8/F, Harvest Moon House, 337-339 Nathan Road, Kowloon, Hong Kong. 請將此表格寄連同善款(劃善支票)寄回香港兒童糖尿協會，地址：香港九龍彌敦道 337-339 號金滿樓 8 樓 E 室。
- Official donation receipt will be issued for accumulated donation of HKD\$100 or above. 一年內累積捐款港幣\$100或以上者，可獲發正式捐款收據。
- For monthly donations, an annual receipt will be issued in April to help you pursue your tax return. 每月捐款正式收據將於每年四月寄出，以便你填寫報稅表。
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Thank you for your support!

鳴謝  
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Word Scramble “重”組  
Answer Key 答案

1. aeusslsgns is sunglasses 太陽眼鏡
2. sgmwmini is swimming 游泳
3. octaniav is vacation 度假
4. pkar is park 公園
5. eirdsfn is friends 朋友
6. hebca is beach 沙灘

7. lopo is pool 泳池
8. nira is rain 雨
9. etnmaowelr is watermelon 西瓜
10. pcicin is picnic 野餐
11. malify is family 家庭
12. gsutua is august 八月