

Dear Jenna,
I Have a Question About Type 1 Diabetes

BY HAYDEN MA



親愛的珍娜，
我有一個關於一型糖尿病的問題

馬愷恩編著

To my first grade teacher, Mrs. Lindsay,

Your fierce dedication to keeping your children healthy and happy has fueled my interest in Type 1 Diabetes education. You are my inspiration!

Love, Hayden

致我的一年級老師,林茜夫人,

您為了讓您的孩子們擁有健康快樂的生活所做出的積極奉獻,激發了我對一型糖尿病教育的興趣。您是激發我靈感的導師。

愛您的,愷恩



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About the Author & Project



Hayden Ma is a 13 year old student at Hong Kong International School and a Cadette in USA Girl Scouts - Hong Kong. This book was written for a Girl Scout project called the Silver Award. It is the second highest award in Girl Scouts.

Hayden has a special interest in Type 1 Diabetes education. She has seen a specific need in Hong Kong to help increase awareness about the facts of Type 1 Diabetes.

This book is the result of her desire to help. It is her hope that “Dear Jenna, I Have a Question About Type 1 Diabetes” will be a resource to all those who have questions and concerns for themselves and others.

關於作者和項目

馬愷恩是一名就讀於香港國際學校的十三歲學生，也是美國女童軍香港分部的一名女童軍。這本書是為參與一個女童軍項目的銀獎而寫的。這獎項是女童軍的第二高等獎項。

愷恩特別關注一型糖尿病教育。她意識到在香港，特別需要幫助人們提高對一型糖尿病的認識。

這本書是她渴望為社會提供幫助的成果。她希望此書《親愛的珍娜，我有一個關於一型糖尿病的問題》可幫助所有對自己和他人的問題有所關注的人們作為一個有效的資源。

DISCLAIMER

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This book is not intended to be a substitute for the medical advice of a licensed physician. The reader should consult with their doctor in any matters relating to his or her health.

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免責聲明

本書所提供的內容僅供參考。內容是從網上搜集所得的研究、導師的幫助及與多名一型糖尿病患者面談所得資料而編著的。雖然我已盡力提供最新和正確的資料，對本書中所提供的內容不作任何保證。請讀者慎重閱讀本書。

本書的內容無意替代執照醫生的醫療意見。讀者應向所屬醫生查詢任何與健康有關的事務。

這是一本免費書籍和電子書。不作出售用途。讀者可隨意以未經修改的形式與其他人分享。

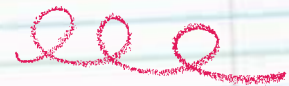


Type 1 Diabetes doesn't need to slow anybody down

Q Dear Jenna,

I love to play in the park and I really want my friend to play with me. But my mom says my friend has Type 1 Diabetes. I don't know what that means. Is it OK for us to play together?

Sincerely,
Curious in Kwun Tong



Dear Curious,

That is a great question! Your friend is really lucky to have someone like you care for her. Your friend has Type 1 Diabetes. It affects how her body uses glucose. Glucose is a sugar found in food that provides energy. The part of her body called the pancreas doesn't make insulin anymore. She needs insulin to help her body make energy out of the food she eats. But you don't need to worry. Your friend has medicine to help her body get energy, so it is definitely OK for you and your friend to play together. Have fun!

♥ Jenna

親愛的珍娜，

我喜歡在公園裡玩，我真的希望我的朋友能跟我一起玩。但我的媽媽說我的朋友患有一型糖尿病。我不知道這是什麼意思，我可以跟這個朋友一起玩嗎？

真誠期待你的回答，
觀塘的“好奇心”上

親愛的“好奇心”，

這是一個很不錯的問題！你的朋友真的很幸運能有像你這樣關懷她的人。您的朋友是一型糖尿病患者。這種病影響她的身體如何使用葡萄糖。葡萄糖是在提供能量的食物中含有的糖。在她的身體裏稱為胰腺的部分不再分泌胰島素了。她需要胰島素來幫助她的身體從她所吃的食物中制造能量。但你不需要擔心。有藥物可以幫助你的朋友獲得所需能量，所以你和你的朋友絕對可以在一起玩。祝你們玩得開心！

♥ 珍娜

一型糖尿病不會影響正常的生活





A healthy lifestyle includes exercise and good food choices

Dear Jenna,

My brother doesn't always eat healthy food. He likes to eat a lot of sweets. His favorite thing to do is play video games. He doesn't exercise very much. Does this mean he will get Type 1 Diabetes?

Sincerely,
Wondering in Wan Chai



Dear Wondering,

We all enjoy sweet treats every once in a while. I know I do! But no, your brother will not get Type 1 Diabetes from not exercising much and eating sweets. There is a lot of research going on about what causes Type 1 Diabetes. Of course, eating healthy and exercising is always a good idea, no matter what. So the next time you go outside to play, ask your brother to join you!

♥ Jenna

親愛的珍娜，

我哥哥總是不吃健康的食物。他喜歡吃很多甜食。他最喜歡做的是玩電子遊戲。他不常做體能運動。這是否意味著他會患上一型糖尿病？

真誠期待你的回答，
灣仔的“思索”上

親愛的“思索”，

我們都會時不時地享受甜點。至少我就是這樣！但是答案是否定的，你的哥哥不會因為缺乏體能運動以及愛吃甜食而患上一型糖尿病。如今有很多關於一型糖尿病病因的研究，讓我們了解一型糖尿病的成因。當然，在任何情況下，注意飲食健康以及體能運動總是一個好主意。所以下次你出去玩的時候記得邀請你的哥哥跟你一起去！

♥ 珍娜

健康的生活方式包括運動和
良好的食物選擇





People with Type 1 Diabetes
can eat anything

Dear Jenna,

I want to invite my friend to my birthday party. My mom said she can't have any of my birthday cake because she has Type 1 Diabetes. I'm worried she'll feel left out. What should I do?

Sincerely,
Sharing my Cake in Shau Kei Wan



Dear Sharing my Cake,

It's very nice that you and your mom are concerned about your friend. When I was eight, I had a birthday party and invited my friend Bella who had Type 1 Diabetes. My mom was worried about giving her cake too. But then my mom called Bella's mom and asked her if it was OK. Bella's mom told my mom it was not a problem. Because people with Type 1 Diabetes can eat anything as long as they inject the right amount of insulin at the right time. So all of you can definitely enjoy a piece of cake at your party. Happy Birthday!

♥ Jenna

親愛的珍娜，

我想邀請我的朋友參加我的生日聚會。我媽媽說她不能吃我的生日蛋糕，因為她患有一型糖尿病。我擔心她會感到被忽略。我該怎麼辦？

真誠期待你的回答，
筲箕灣的“分享我的蛋糕”上

親愛的“分享我的蛋糕”，

你和你的媽媽關心你的朋友，這是非常好的。記得當我八歲的時候，我也有一個生日聚會，邀請了我的朋友貝拉。可是她患有一型糖尿病。我媽媽也擔心該不該給她吃蛋糕。但後來我的媽媽打電話給貝拉的媽媽，詢問她的意見。貝拉的媽媽告訴我的媽媽說沒有問題。因為只要患上一型糖尿病的人能夠在適當的時間注射適量的胰島素，他們就可以吃任何東西。所以每一位都絕對可以在你的生日聚會上享受一塊蛋糕。祝你生日快樂！

♥ 珍娜

一型糖尿病患者可以吃
任何東西





Checking blood sugar levels and injecting insulin are a part of daily life

Dear Jenna,

One of my classmates has Type 1 Diabetes. He pricks his finger and then gives himself a shot every day. Why is he doing that?

Sincerely,

Questioning in Kwai Chung



Dear Questioning,

I had a classmate who did the same thing too. I was really curious so I asked him what he was doing. He told me he had to do this to stay healthy. When you see your friend pricking his finger, he is checking his blood sugar level. This is so he knows if he needs to do something like eat a snack or inject insulin. The insulin inside the shot helps his body keep his blood sugar level normal and helps his body make energy from his food.

♥ Jenna

親愛的珍娜，

我有一位同學患上一型糖尿病。他每天都會用針刺他的手指，然後給自己注射一針藥物。他為什麼這樣做？

真誠期待你的回答，
蔡涌的“提問”上

親愛的“提問”，

我曾經也有一個同學做過同樣的事情。我真的很好奇，所以我問他到底是什麼一回事。他告訴我，他必須這樣做才能保持健康。當你看到你的朋友用針刺自己的手指時，他其實正在檢查他的血糖水平。這樣他才可以知道他此時是否需要為自己做點什麼，比如吃點東西或者注射胰島素。針劑裡的胰島素有助他的身體維持正常水平的血糖，並且幫助他的身體從他所吃的食物中獲取能量。

♥ 珍娜

檢查血糖水平和注射胰島素是日常生活的一部分






People with Type 1 Diabetes
can participate in sports too

Q Dear Jenna,

I play on my school's football team. Last week one of my teammates suddenly felt dizzy and had to sit down. I know he has Type 1 Diabetes. That really scared me. Is it OK for him to be on our team?

Sincerely,
Team Player in Tai Po



Dear Team Player,

I'm sorry that happened to your teammate and that it scared you. Because your friend has Type 1 Diabetes he probably needs to take breaks from time to time. Since playing football takes a lot of energy, he will need to check his blood sugar level to see if he needs to eat a snack or inject insulin. Even though your teammate has to do these special things, it doesn't mean he can't enjoy playing sports. Go Team!

♥ Jenna

親愛的珍娜，

我參加學校的足球隊。上週我的一個隊友突然感到頭暈，不得不坐下來休息。我知道他患有一型糖尿病。這真的很讓我害怕。他還能留在我們的球隊內嗎？

真誠期待你的回答，
大埔的“球隊隊員”上

親愛的“球隊隊員”，

對於這件事發生在你隊友身上以及讓你害怕，我是理解你的感受的。因為你的朋友患有一型糖尿病，他可能需要不時休息一下。因為踢足球會消耗大量體力，他需要檢查他的血糖水平，看他是否需要吃點東西或注射胰島素。即使你的隊友往後必須做這些特殊的事情，這並不意味著他不能享受體育運動。願你們的團隊繼續加油！

♥ 珍娜

一型糖尿病患者也可參加體能運動



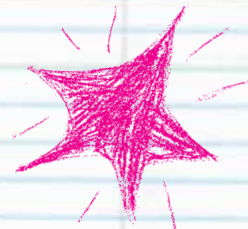


Families work together to make sure members with Type 1 Diabetes stay healthy throughout the night

Dear Jenna,

My friend has Type 1 Diabetes and I know she has to take several shots every day. What happens if she needs a shot when she's asleep?

Sincerely,
Anxious in Ap Lei Chau



Dear Anxious,

The first time I had a sleep-over with Bella, I was surprised when her parents came in the middle of the night to check on her. In the morning I asked her why they did that. She told me it's really important to have her blood sugar levels checked throughout the night, because she's asleep for a long time. Usually, she doesn't even wake up when her parents check her blood sugar. Sometimes she will need more insulin or have a snack depending on her levels. But don't worry. If your friend needs insulin, her parents will take care of her.

♥ Jenna

親愛的珍娜，

我的朋友患有一型糖尿病，我知道她必須每天給自己注射針劑。如果在她睡著時也需要注射，這該怎麼辦？

真誠期待你的回答，
鴨脷洲的“焦急”上

親愛的“焦急”，

當我第一次留在貝拉的家裡過夜時，我很驚訝，她的父母會在半夜的時候來房間看她。翌日早上，我問她為什麼她的父母要這樣做。她告訴我，因為當她睡了一段較長的時間，整個晚上注意檢查她的血糖水平是非常重要的。通常，當她的父母檢查她的血糖水平時，她甚至不會醒來。有時，她需要更多的胰島素或者吃一點食物，這取決於她的血糖水平的高低。但不要擔心，如果你的朋友需要注射胰島素，她的父母會照顧她的。

♥ 珍娜

家人於夜間不時查看一型糖尿病患者的健康情況





It's important to know
the symptoms of Type 1
Diabetes

Dear Jenna,

My little sister went to the hospital last week because recently she was thirsty and hungry all the time. She was always going to the bathroom and was tired a lot. We found out from the doctor that she has Type 1 Diabetes. She now needs insulin injections with every meal and needs to measure her blood sugar every day. When will she be cured?

Sincerely,
Puzzled in Po Toi



Dear Puzzled,

It was a really good idea to take your sister to the hospital. The thirst, hunger, tiredness and frequent bathroom breaks are all symptoms of Type 1 Diabetes. Insulin injections and checking blood sugar will now be a part of your sister's daily life. This will help keep her healthy, but unfortunately there is no cure for Type 1 Diabetes yet. Don't lose hope though, because there are many research organizations working to find a cure!

♥ Jenna

親愛的珍娜，

我的妹妹上週去了醫院，因為最近她一直感到口渴和飢餓。她總是想去洗手間，也常常感到疲勞。我們從醫生那裡得知她患上了一型糖尿病。她現在進食每餐時，都需要注射胰島素，而且需要每天測量她的血糖。她什麼時候能夠痊癒？

真誠期待你的回答，
蒲台島的“困惑”上

親愛的“困惑”，

帶你的妹妹去醫院作檢查會是一個很好的主意。口渴，飢餓，疲勞和頻繁的如廁都是一型糖尿病的症狀。注射胰島素和檢查血糖將成為她日常生活的一部分。這將有助於保持她的健康，但不幸的是到目前為止還沒有治癒一型糖尿病的方法。不過不要失去希望，因為有很多的研究機構正在努力尋找治癒之法。

♥ 珍娜

了解一型糖尿病的症狀
是很重要





Lend a helping hand. Ask friends with Type 1 Diabetes what you can do if they need help

Dear Jenna,

My friend has Type 1 Diabetes. Sometimes she feels sick and dizzy. What should I do to help her?



Sincerely,
Helping Hand in Hang Hau

Dear Helping Hand,

Since you are such good friends, it's a great idea to ask her if there is anything you can ever help her do. Ask her what she feels like when she needs help. Then ask what you can do to help her. She may tell you that she might be dizzy and feel sick. She may show you where she keeps a juice box or a piece of candy. When she is feeling sick and dizzy, it is called hypoglycemia. This is when your friend's blood sugar is low. If you notice that she seems to feel unwell, ask her about it. She may ask you to get her the juice box or something to help boost her blood sugar. Make sure you also tell an adult what is happening when your friend needs help so they can call for medical assistance. Thanks for being such a caring friend!

♥ Jenna

親愛的珍娜，

我的朋友患有一型糖尿病。她時常感到不舒服和頭暈。我該怎麼做來幫助她？

真誠期待你的回答，
坑口的“援手”上

親愛的“援手”，

因為你們是好朋友，有一個好主意就是去問她是否有什麼是你可以帮助她做的。問她在需要幫助時她的感覺是怎麼樣的，你能做什麼來幫助她。她也許會告訴你，感到不舒服和頭暈，讓你知道她在哪裡放了一盒果汁或者一塊糖果。當她感到噁心或者暈眩的時候，她可能是體內血糖處於低水平。如果你注意到她看起來感覺不適，就趕緊問她。她可能會要求你幫她拿她的果汁或其他東西，以幫助提高她的血糖。當你的朋友需要幫助的時候，你也要確保把發生的情況告訴一位成年人，這樣他們可以及時尋求醫療援助。你真是一位滿有愛心的朋友呢！

♥ 珍娜

請主動伸出援手。主動詢問患有一型糖尿病的朋友，你可以做什麼來幫助他們



Additional Facts & Figures

What is Type 1 Diabetes?

Type 1 Diabetes is a disease in which the body does not produce any insulin. This happens when a person's immune system rejects the pancreas that produces insulin. Therefore, people with Type 1 Diabetes must take insulin regularly.

Who is affected?

Only 5% of the people with diabetes have Type 1. More children have Type 1 Diabetes than adults and teens. It affects men and women equally. But Type 1 Diabetes is NOT caused by being obese or eating too much sugar. Type 1 Diabetes happens when the body rejects the pancreas. If you are diagnosed with Type 1 Diabetes you will probably have to make quite a few changes in your daily life.

Treatment

Although there is no cure yet, many research organizations have been searching for a cure. One day Type One will become Type None. As long as you exercise, eat healthy, check blood sugar and inject insulin regularly, you can lead an active healthy life.



其他事實和數據

什麼是一型糖尿病？

一型糖尿病是一種疾病，患此病的病人身體是不能製造任何胰島素。原因是當人的免疫系統排斥產生胰島素的胰腺時，就會發生上述這種情況。因此，他們必須定期服用胰島素。

糖尿病患者

只有5%的糖尿病人患有一型糖尿病。患有一型糖尿病者中，兒童比成人和青少年多。不論男女，都可能受其影響。但一型糖尿病不是由肥胖或食用過多的糖引起的。一型糖尿病的成因是身體排斥胰腺。如果你被診斷患有一型糖尿病，你可能需要在你的日常生活中做出相當多的改變。

治療

雖然目前還沒有治愈的方法，但許多研究機構一直在尋找治療方法。相信有一天一型糖尿病將不再存在。只要你做運動，飲食健康，定期檢查血糖和注射胰島素，你仍然可以過上積極健康的生活。



Symptoms

Urinating a Lot

This may happen because the kidneys in your body are trying to get rid of the extra sugar in the blood. For that to happen, your kidneys have to get rid of more water, causing the frequent need to go to the bathroom. This may be more noticeable at night.

Excessive Thirst

Because of urinating a lot, you are losing more water. This causes dehydration.

Weight Loss

Even when eating a normal healthy diet, you might lose weight. This mainly happens because your body is dehydrated, but also because your body is not able to use the food calories and excretes them in urine.

Hungry All the Time

You may feel hungry because calories are leaving your body instead of being used.

Tired All the Time

You may also feel very tired for the same reason you feel hungry. Your body isn't using all the calories you eat, therefore your body isn't getting the correct amount of energy and nutrition.

Blurry Vision

When sugar builds in your eyes it dehydrates the water from them. This changes the lenses in your eyes, causing blurry vision.

Act Now! Don't Wait

If you start having some of these symptoms, you should go to a doctor and have them check your blood sugar level. Don't ignore these symptoms! When your body does not produce insulin, you need to inject insulin yourself. The other extreme of Type 1 Diabetes is Hyperglycemia - high blood sugar. If blood sugar is too high or too low, you can go into Diabetic Ketoacidosis (DKA). It is a buildup of acids in your blood and happens when your blood sugar is too high or too low for too long. If left untreated, it can be life-threatening. Diabetes is unpredictable. Some days the numbers are great and then the next they are so off.

症狀

排尿很多

這可能發生，因為你的身體中的腎臟正試圖擺脫血液中多餘的糖份。為了實現這一點，你的腎臟必須去除更多的水，導致頻繁如廁。這個症狀可能在晚上更加明顯。

過度口渴

因為排尿很多，使你失去了更多的水份。這導致脫水。

體重下降

即使有正常的健康飲食，你也可能會減重。這主要是因為你的身體脫水，也因為你的身體不能消耗食物的卡路里和將它們在尿液中排泄出去。

容易感到飢餓

你可能會感到飢餓，因為你的身體無法吸收和使用卡路里，而是將它們排出。

易感疲憊

跟無時無刻感到飢餓的原因一樣，你也經常會感覺到疲勞。因為你的身體沒有使用你從食物中取得的所有能量，因此你的身體沒有得到足夠的能量和營養。

視力模糊

當糖份遮住了你的眼睛，它會讓眼睛脫水。這會改變你的眼睛的晶狀體，造成視覺模糊。

立刻採取行動！不要等待

如果你開始有這些症狀，你應該去看醫生，讓他們檢查你的血糖水平。不要忽視這些症狀。當你的身體不能分泌胰島素時，你需要為自己注射胰島素。一型糖尿病的另一個極端症狀是高血糖。當血糖持續過高或過低了一段長時間，血液中積累的酸，可以導致糖尿病酮症酸中毒 (DKA)。如果不治療，可能會危及生命。糖尿病是不可預測的。有些時候（血糖）數字讓人放心，可是有些時候又十分讓人擔憂。

Resources

YDA (Youth Diabetes Action)

“Youth Diabetes Action (YDA) is a charity established in 2001, dedicated to supporting children and adolescents with diabetes and their families in Hong Kong. YDA provides a reassuring resource with a strong local presence which guides children and adolescents with diabetes and their family members in every area of life. We strengthen all bonds through direct and effective communications, by organizing, promoting and executing educational, social, fundraising and other programmes.”

For more information go to www.youthdiabetesaction.org.

Asia Diabetes Foundation

“The Asia Diabetes Foundation (ADF) is a charitable organisation developed to initiate and implement medical, scientific and academic research activities to collect and translate current evidence into prevention and control strategies for diabetes and other chronic diseases.”

For more information go to www.adf.org.hk.



資源

YDA (兒童糖尿協會)

“成立於2001年，是一個致力為全港糖尿病患兒童、青少年及其家庭提供支援的註冊慈善機構。該會與多間醫院、專業的醫療團隊及糖尿病支援小組保持密切的聯繫，務求能讓病患兒童及其家長得到精神上的支援，從而能夠良好控制此病。”
請登上網站 www.youthdiabetesaction.org 查詢更多有關資料。

亞洲糖尿病基金會

“亞洲糖尿病基金會 (ADF) 是一個慈善組織，旨在發起和實施醫學、科學和學術研究活動，將當前收集的數據轉化為糖尿病和其他慢性疾病的預防和控制策略。”
請登上網站 www.adf.org.hk 查詢更多有關資料。



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Join Jenna and her Hong Kong pen pals to learn all about Type 1 Diabetes. Jenna will answer questions about what Type 1 Diabetes is, what people with Type 1 Diabetes can eat, how you can help and more. There's even a section for older kids and grown-ups!

Have fun learning about Type 1 Diabetes.

Enjoy!

請參與珍娜及她的香港筆友，一同了解一型糖尿病。珍娜將回答有關一型糖尿病的問題。一型糖尿病是甚麼？一型糖尿病患者可以吃甚麼？及如何幫助他們等等。以上也有提供給年長的兒童及成年人的資料！齊來愉快地認識一型糖尿病。

敬請細閱！



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