

PREVENTION AND MANAGEMENT OF DIABETES & 3-HIGHS, YOUR GREAT COMPANION!

The Newsletter of the Diabetes and 3-Highs Alliance



diabetesrisk.hk



亞洲糖尿病基金會
Asia Diabetes Foundation

亞洲糖尿病基金會 同仝
Asia Diabetes Foundation wishes you all

恭賀新禧! 🐼 年快樂!
Happy Lunar New Year!



Together We Shall Combat Diabetes

Professor Juliana Chan

Chief Executive Officer, Asia Diabetes Foundation and Director, Hong Kong Institute of Diabetes and Obesity, The Chinese University of Hong Kong

2020 was an unforgettable year. Globally nearly 90 million people had been affected by the new coronavirus (COVID-19) and 1.94 million people had died. Apart from old age, people with obesity and diabetes took most of the brunt of this pandemic.

On the World Diabetes Day (14 November, 2020), 44 global experts, including those from Hong Kong, published a Lancet Commission Report on Diabetes confirming the highly preventable and treatable nature of diabetes and advocating the use of data to transform diabetes care and save patient lives. The report summarized the benefits of controlling multiple risk factors in patients with diagnosed diabetes. Details are as follows:

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- **Reducing (1) glycated haemoglobin (HbA1c, the average blood glucose values in the last 2-3 months) by 0.9%, (2) systolic blood pressure by 10 mmHg, and/or (3) LDL-cholesterol by 1 mmol/L can independently reduce the risk of heart diseases, stroke and all-cause death by 10–20% in people with type 2 diabetes**
- **Use of data-driven, team-based integrated care through care reorganisation can reduce heart disease, stroke and all-cause death in people with type 2 diabetes by 20–60%**
- **Structured lifestyle intervention and use of metformin can each prevent or delay type 2 diabetes in individuals with impaired glucose tolerance by 30–50%**
- **Use of sodium glucose co-transporter 2 (SGLT2) inhibitors and glucagon like peptide 1 (GLP-1) receptor agonists can reduce heart disease, stroke, kidney failure and death rates by up to 40%, independent of their effect on lowering blood glucose concentration**
- **Sustained weight reduction in obese patients with type 2 diabetes with less than 6 years of disease by 15 kg or more can cause remission of type 2 diabetes for up to 2 years**
- **Reducing multiple risk factors, including by use of statins and renin-angiotensin system (RAS) inhibitors, can prevent heart disease, stroke and kidney failure by 20–40% in individuals with or at risk of having diabetes**

In this extensive report, the experts particularly emphasized the worrying trend of young onset type 2 diabetes. In Asia including Hong Kong, **1 in 5 adults with diabetes were diagnosed before the age of 40**. Young onset diabetes is due to complex causes, including but are not limited to genetics, gestational diabetes, childhood obesity, family and school education and lifestyles. Hence, the reinforcement of treatment guidelines and patient empowerment targeting young patients aimed at promoting self management and early intensive treatment is critically important. Together with continuing educational and psychosocial support to sustain behavioral changes, we can **prevent multiple disabilities and loss of 10 or more years of life** during their middle age.

In many developed countries and areas, healthcare practitioners, payors and policymakers have developed strategies to improve access to patient education, medications and continuing care to prevent and control diabetes. Every crisis comes with opportunity and solution. As the global vaccination programmes against COVID-19 scales up, we shall continue to play our part by maintaining personal hygiene and practicing social distancing. In the prevention and control of diabetes, while we have powerful drugs and technologies, self management and collective efforts are needed to save lives and its success depends on the participation of each and every one of us.

Lastly, Asia Diabetes Foundation wishes all our readers a happy, healthy and hopeful 2021!

Healthy coping with psychosocial issues and concerns on diabetes individuals

This article is provided by GemVCare.

In the treatment process of diabetes mellitus, other than medications, diet control and exercising, psychological adjustment and support is with paramount importance towards the holistic care of diabetic individuals. Especially for the newly diagnosed individuals, accepting the fact of being with the chronic illness which is incurable, with long-term medication, treatment, monitoring with diet, blood glucose and lifestyle modification could be psychological as well financially stressful. According to a research from the Chinese University of Hong Kong, it is found that the risk of having depression for diabetic individuals are doubled. With 700,000 diabetic individuals in Hong Kong, about 130,000 persons are with depression.

It is understandable that without adequate medical knowledge on diabetes symptoms, complications, and relevant blood glucose regulatory methods, diabetic individuals would have various degree of anxiety,

frustration or even negative emotions. The nervousness would lead to physical response of secretion of various hormones leading to further surge of blood glucose level which adding seriousness to the presenting diabetic condition.

Positive psychology

The mind, mood and behavior of a person is interrelated, thus the perception and feelings of diabetic individuals would directly affect the treatment and its effect. For instance, if the diabetic person is with bleakness and depressed over his/her disease condition and refused treatment or acting with counter behaviors like binge eating, his/her blood glucose control would be worsened. On the contrary, positivity and optimism would aid diabetic individuals in motivating their intention to regulate their blood glucose as well bringing a positive vibe to their peers with similar conditions.

Educational psychology

Although diabetes mellitus is irreversible at present medical advancement, following treatment regime could all diabetic individuals to regulate their blood glucose and to delay or avoid the presentation of diabetic-related complications. The effectiveness in management of blood



Risk of having **DEPRESSION** for diabetic individuals are doubled.

glucose level would also relieve diabetic individuals from psychological pressure and mood swing. Through gaining related medical knowledge and management methods, for instance, attending diabetes-related seminars, workshops, reading relevant materials from pamphlets, books and websites, and with individual counseling and educational dialogues, diabetic individuals could find their best ways in equipping themselves to live with the disease confidently.

Social psychology

The general perception, acceptance and knowledge of diabetes mellitus in the society give tremendous impact on the image of diabetic individuals. Individuals with diabetes are encouraged to share their feelings with an open mind so to receive positive feedback and care. Also, they are encouraged to raise their questions and doubts with medical professionals so to rectify misconceptions and relieve related stress and fear.

Peer support

Diabetic individuals long for continuous support in their daily life which peer support is one of the most important elements in their self-management of life. Research study indicated that with emotional support, knowledge and resources sharing, peer support contributed the self-care of diabetic individuals. Also, they are more willing to seek medical advice upon various issues which enhanced their autonomy and provided diverse and continuous support.

Furthermore, the establishment of peer support network allow fellow diabetics to share their knowledge, experience and develop optimism with optimized treatment results.

Psychotherapy in diabetic treatment is with much importance. With positivity in life, individuals could be optimized for diabetes-related education and counseling. Adding support from friends and family, facing the chronic illness would be easier for diabetic individuals with confidence to manage and regulate. Empathy from people around as well as self-empathy are important to understand own feelings and to relieve care from others.



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Dietitian reveals three nutrition myths: Low GI diet helps to control blood glucose

Mr. Anson Wong
Registered Dietitian

More young people are being diagnosed with diabetes nowadays. People with diabetes always have many nutrition myths. Anson Wong, dietitian, reveals 3 common diabetes myths.

1. Diabetes medications = free pass for uncontrolled eating?

While diabetes medications, if prescribed, are important, diabetes patients are strongly recommended to exercise regularly and eat a well-balanced diet in order to control blood glucose levels effectively.

2. No-carb diet, no high blood glucose levels?

In fact, carbohydrates are the main energy source for our body, insufficient intake will make us feel tired, difficult to focus and even affect our daily life. Diabetes patients should consume appropriate amount of low glycaemic index (GI) food.

3. Eating plain congee or instant oats as breakfast can control blood glucose well?

Congee or oats is rich in carbohydrates which can provide us with energy. However, congee and instant oats are high in GI. Therefore, they are absorbed quickly by our body, causing blood glucose to rise sharply. Diabetes patients can choose low GI food such as corn and macaroni with appropriate amount of protein, such as egg, tuna, as well as drinks like low-sugar high-calcium soy milk or diabetes specific formula milk to control blood glucose better.

Dietitian suggests diabetes patients consume milk with low sugar (not more than 5 grams of sugar per 100 mL) and low GI with complex, slowly digested carbohydrate system for breakfast or as part of a breakfast. The nutrition composition of the milk better meets reputable and authoritative organization's recommendations, such as the American Diabetes Association. This nutritional milk helps control blood glucose while providing the sweetness diabetes patients may desire and prolonging the feeling of fullness. Every diabetes patient's condition and nutritional needs are different, hence, it is suggested to consult a doctor and a dietitian before consuming any nutritional products.

Glycaemic Index

It measures how food containing carbohydrates affects blood glucose levels. The carbohydrates in the low GI foods will be digested and absorbed relatively slowly compared with those in high GI foods, and hence will have less influence on blood sugar levels.

GI Category	Food Item
LOW GI	Whole wheat
	Whole milk and fat free milk
	Soybean, hyacinth bean
	Apple, cherry, kiwifruit, grapefruit
MEDIUM GI	Pineapple bun, red rice (boiled), udon noodle (boiled)
	Taro (boiled)
	Lychee, cantaloupe
HIGH GI	French fries, cornflake, potato (boiled)
	Sticky rice (boiled), white rice (boiled)
	Watermelon
	French Bread, white bread, wafers

Source: Prevent the Preventable, Asia Diabetes Foundation (www.diabetesrisk.hk)

Controlling the consumption of Carbohydrate

This article is provided by AXA.

Carbohydrate causes blood glucose to increase. How should you adjust your eating habits to control the consumption of carbohydrate?

After diabetes patient consume carbohydrate containing food/beverage, blood sugar level will increase. Therefore, they need to check the total carbohydrate intake in a meal and exchange accordingly.

For instance, if you are advised to have 3 servings of carbohydrate at breakfast, you should choose 3 items from the exchange list.



GRAIN / STARCHY FRUITS AND VEGETABLES

(Each serving of carbohydrate = 15g of carbohydrates)

White / Red / Brown rice (Cooked)	1.5 tablespoons
Soft rice / Chiu-Chow congee	1/2 bowl
Spaghetti / Macaroni / Noodle (Cooked)	1/2 bowl
Rice Noodle (Cooked) / Flat noodle (Ho Fan) / Shanghai noodle / Udon	1/3 bowl
Egg noodle (Small size)	1/2 pc
Mung Bean Vermicelli (Cooked)	3/4 bowl
Congee / Cooked oatmeal	1/2 bowl
Dried oatmeal	3 tablespoons
Crispy rice / Cornflake	Bit less than 1/2 bowl
All bran	4.5 tablespoons
Weetabix	1.5 pcs
Low fat Digestive biscuits	1.5 pcs
Cream cracker / Saltine cracker	3 pcs
High fiber wholewheat biscuits	3 pcs
Marie biscuits (Small)	4.5 pcs
White / Red / Brown bread (8 pcs per pound without crust)	Bit more than 1/2 pc

Daily Carbohydrate Intake

Daily carbohydrate intake should account for about half of the total daily intake of calories.

Carbohydrate intake





- About 40 - 60g carbohydrates per meal for women
- About 50 - 80g carbohydrates per meal for men
- About 10 - 20g carbohydrates between meals or before sleep

Due to the difference in age, height, weight, gender, health status and activity level of an individual, the required amount of carbohydrates is also different. Please consult your doctor or dietitian for your appropriate meal plan.

A medium-size bowl of cooked rice contains 50g of carbohydrates, which can be exchanged for 2½ slices of bread or 1 bowl of noodles (cooked, not including soup).

GRAIN / STARCHY FRUITS AND VEGETABLES

(Each serving of carbohydrate = 15g of carbohydrates)

White / Red / Brown bread (Small without crust)		1.5 pcs	Corn kernel (Raw)		4.5 tablespoons
Plain bun / Raisin bun		1/2 pc	Corn cob (Medium)		1/2 pc
Steam Chinese bun (Medium)		3/4 pc	Potato / Sweet potato / Taro (Cooked)		1.5 egg size pcs
Potato / Sweet potato / Taro (Cooked)		1.5 egg size pcs	Water chestnut (Large)		6 pcs
Mash potato		1/2 bowl	Beans (Cooked) (Red bean / Mungbean / Black bean / Black eye peas / Split pea / Dried lotus seed / Green pea / Canned ketchup soybean)		6 tablespoons
Lotus root / Yam bean		3 egg size pcs	Barleys		1.5 tablespoons
Carrot / Green turnip / White turnip		3 egg size pcs	Quinoa (Cooked)		Bit less than 1/2 bowl
Chestnut (Large)		3 pcs			



VEGETABLE

(Each Serving: 1 bowl raw vegetables / 1/2 bowl cooked)

Uncooked vegetable (e.g. Lettuce, Red cabbage)	1 bowl
Cooked vegetable, Mungbean Sprout, Gourd, Beans or Mushrooms (e.g. Choi sum, Chinese kale, Spinach, Mungbean Sprout pak choy, Eggplant, Carrot, Snow peas, Enoki mushroom)	1/2 bowl
Fresh vegetable juice without added sugar (e.g. fresh tomato juice)	3/4 cup (180 ml)

FRUIT

Small fruits (e.g. Plum, Kiwi)	2
Medium fruit (e.g. Orange, Apple)	1
Large fruit (e.g. Banana, Grapefruit, Starfruit)	1/2
Diced fruit (e.g. Watermelon, Cantaloupe, Honeydew melon)	1/2 bowl
Granular fruit (E.g. Grape, Lychee, Cherry, Strawberry)	1/2 bowl
No added sugar or salt dried fruit (e.g. Raisin, Dried prune)	1 tablespoon
Fruit juice without added sugar (e.g. Fresh fruit juice with pulps)	3/4 cup



Remarks: Health Information is provided by GemVCare.

Abscess as a Sign of Diabetes?

This article is provided by Qualigenics Medical.

Diabetes is a chronic illness that could potentially lead to serious complications. However, symptoms during the early stage of this disease may be absent or not easily noticeable.

A 60-year old gentleman was found to have an abscess at the back of his neck. He applied over-the-counter ointment on it but there was no improvement. It was so painful that he sought help from his family doctor, who drained the abscess. It healed eventually after several days.

Three months later, the gentleman experienced mouth dryness, malaise, and blurring of vision. Blood test result for fasting glucose level was 20 mmol/L (normal range: less than 5.6 mmol/L) which confirmed diabetes mellitus. Further investigation showed HbA1c was 11% (normal range: 5.1 to 6.4%), indicating an abnormally high glucose level in the last three months. Insulin treatment was recommended by an endocrinologist to control the blood glucose level. After the gentleman's blood glucose level was well controlled by insulin, he was put on oral medication and diet control.

Skin abscess is only one of the possible presenting symptoms in patients with diabetes. In many cases, the disease may have been present for a long time without being noticed by the patient.

The patient in this case, actually had regular body checks before which already showed a high body mass index and high blood pressure. The fasting blood glucose was also slightly raised, though not enough to diagnose diabetes. The patient simply overlooked the abnormal results and believed that development of diabetes could be prevented by avoiding sweet foods.

*This case illustrates the importance of regular check ups for individuals with high risk factors for diabetes and those with abnormal blood sugar levels. OGTT (75 gm oral glucose tolerant test) is a useful tool to diagnose patients with diabetes or pre-diabetes. **Early diagnosis and treatment can prevent the complications of diabetes, such as coronary heart disease or stroke.***



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As a member, you will receive our regular newsletters and updated information by email including activities such as outreach program and education talk. Also you will have priority in signing up or joining these alliance activities at membership rate. Please fill in below information and submit to Asia Diabetes Foundation for becoming our members: (1) Fax: (852) 2647 6624; or (2) Post to Unit K, 4/F, Haribest Industrial Building, 45-47 Au Pui Wan Street, Shatin, N.T., Hong Kong; or (3) Email: enquiry@adf.org.hk; or (4) Scan the QR Code (Diabetes and 3-Highs Alliance www.diabetesrisk.hk/register) for online submission.

Online registration form



diabetesrisk.hk/register



Member information

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Chinese name*: _____

English name*: _____

Age*: 18-25 26-35 36-45 46-55 56-65 66-75 76 or above

Gender*: Male Female

Email*: _____ Tel no.: _____

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Declaration

- I declare that all information given in this application is correct and complete to the best of my knowledge and belief. ADF reserves the right to reject any application without providing explanation to the applicant.
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2pcs of **RADDISH CAKE**

Calories: **218kcal** (around 168g)

Equal to **1 bowl of rice**

Calories for more food, visit...



Jogging duration to burn 218kcal



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Measuring blood sugar has become an important part of self-management for people with diabetes. Finger pricking and taking regular readings day after day can become mundane and boring over time. To encourage and reward everyone to develop the habit of self-monitoring while making the process more manageable and enjoyable, members of "Diabetes and 3-Highs Alliance" can purchase the <SUGAR CRUSH FUN> Personalized Diabetes Management Kit at an exclusive price of HK\$ 300, inclusive of: GoChek2 blood glucose meter, lancing device, lancets (100 pcs), test strips (100 pcs). Members can also enjoy a complimentary access to the MyGem App digital health management platform as well as to win a free redemption of test strips. Limited Time Offer - Act Now While Supplies Last!



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The **Asia Diabetes Foundation (ADF)** is a charitable organisation, governed by the Chinese University of Hong Kong Foundation, 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. ADF is dedicated to promote informed decision making in order to enhance the sustainability, affordability and accessibility of chronic care.

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About Diabetes and 3-Highs Alliance

Diabetes, hypertension or hyperlipidaemia are the top three chronic diseases in Hong Kong. Together with obesity (high body weight), underlie the 4 critical illnesses in Hong Kong people including heart disease, stroke, kidney disease and cancer. With the increase in the population of diabetes and "3-Highs", which has increased the burden on society, the "Diabetes and 3-Highs Health Alliance" is committed to raising public awareness of diabetes and "3-Highs" in order to maintain health and prevent diseases.



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GemVCare, founded in 2014, is a Hong Kong based bio-genetic testing company specialized in diabetes. Our patented technology is based on 20+ years of big data and the world's first discovery of diabetes genes specific for Asian population. We dedicate ourselves to diabetes prevention and providing health management solutions to our community.



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Qualigenics aims to integrate all aspects of specialist disease management, providing all-rounded medical treatments for patients suffering from chronic diseases such as diabetes, cardiovascular disease and related complications. As the saying goes, prevention is better than cure. This is why we put our emphasis on education and health management to raise awareness on disease prevention and control.