

15th HKEC Online Symposium
on Community Engagement 2021
IT Seminar



DM Screening and Prevention Programme using ICT

糖尿病篩查及預防計劃：數碼科技應用

Ms LAM Hoi Yan
Associate Manager, Methodist Centre

Mr YU Ho Chung, Daniel
Associate Manager, Methodist Centre



Background

- Halting the rise in diabetes and obesity is a globally agreed target by 2025, according to WHO¹.
- Both the number of cases and the prevalence of diabetes have been steadily increasing over the past few decades;
- In Hong Kong, diabetes mellitus is one of the major root of morbidity and mortality, causing about 15,400 inpatient discharges and inpatient deaths in Hong Kong².

ICT usage

1. AI for eyes (VisionaDR)

- analyse diabetic retinopathy
- glaucoma suspect and
- age related macular degeneration;



2. InBody 270

- body composition
- obesity diagnosis
- weight control
- segmental lean and
- segmental fat, etc;



ICT usage

3. Zoom and YouTube

- to deliver online physiotherapy exercise class, twice per week;

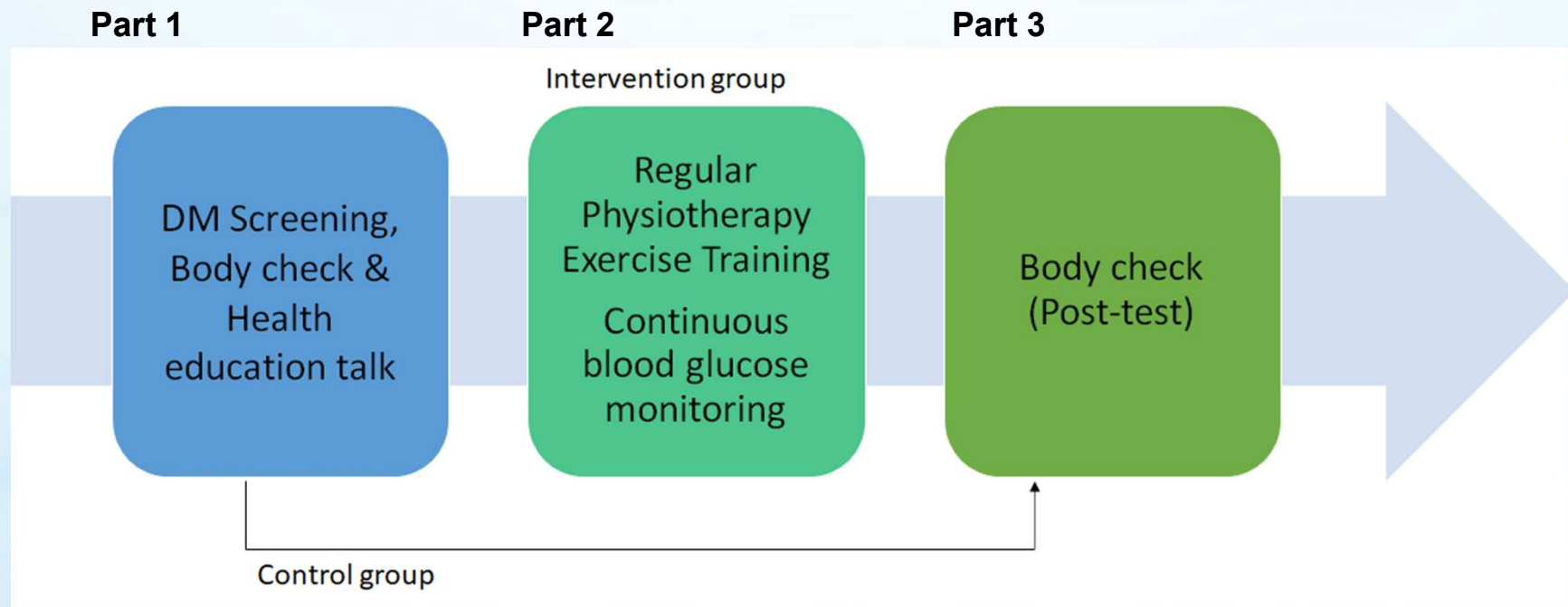
The screenshot shows the iSocial 2013 Basic web portal. The top navigation bar includes links for 個人 (Personal), 個案 (Cases), 預約 (Reservations), 項目 (Items), 活動 (Activities), 交易 (Transactions), 候到 (Waiting), 報表 (Reports), 人力 (Human Resources), 自助 (Self-help), and 設定 (Settings). Below the navigation bar, there are icons for home, user profile, calendar, and other functions. A date filter is set to 2021-05-14. The main content area displays a table of health records for 31 patients. The table has columns for 紀錄日期 (Record Date), 上 (Upper), 下 (Lower), 心 (Heart), 血 (Blood), 糖 (Sugar), 血氣飽和 (Blood Saturation), 供氧 (Oxygen Supply), 空腹血 (Fasting Blood), 醒後2小時血 (2-hour Blood after Waking), 糖化血色素 (Hemoglobin A1c), 總膽固醇 (Total Cholesterol), 高密度脂蛋白 (HDL), 低密度脂蛋白 (LDL), 三酰甘油 (Triglycerides), 尿酸 (Uric Acid), 骨質密度 (Bone Density), 體重 (Weight), 身高 (Height), 備註 (Remarks), 最後更改日期 (Last Modified Date), and 更改職員 (Modified Staff).

紀錄日期	上	下	心	血	糖	血氣飽和	供氧	空腹血	醒後2小時血	糖化血色素	總膽固醇	高密度脂蛋白	低密度脂蛋白	三酰甘油	尿酸	骨質密度	體重	身高	備註	最後更改日期	更改職員	
2021-05-12 16:04									6.2												2021-05-12 16:04	梁景輝
2021-05-05 13:46									6.8												2021-05-08 13:46	梁景輝
2021-04-28 11:02									7.3												2021-04-29 11:03	梁景輝
2021-04-21 14:46									5.4												2021-04-21 14:46	梁景輝
2021-04-14 15:57									6.1												2021-04-14 15:57	梁景輝
2021-04-10 15:40	116	57	55						7.1												2021-04-10 15:43	林惜欣
2021-04-07 16:11									6.5												2021-04-10 16:11	梁景輝
2021-03-31 15:15									4.5												2021-04-10 15:15	梁景輝

4. iSocial plus mobile application

- linking to the i-Cloud that people could make a reference to his blood glucose readings previously recorded in elderly centre by using the Mobile App.

DM Screening and Prevention Programme Programme Design



DM Screening and Prevention Programme

 循道衛理中心
Methodist Centre

「控糖健康有辦法」篩查及預防計劃

1) 「至Fit人生」物理治療運動訓練
 日期：2021年3月22日-6月13日
 (連續12星期，共24堂，詳情見附上之日程表)
 時間：上午8:30-10:00
 地點：莊士敦道211號活動室/網上進行
 內容：由物理治療師帶領運動，於每週的定時運動中達至控糖減脂的健康人生

活動內容
 上午8:30至9:00
 血糖檢查
 (每星期一次血糖檢查)
 上午9:00至10:00
 物理治療運動秘笈
 (每星期兩次，由物理治療師帶領互動運動)

個人運動：
 中心將提供物理治療運動影片30分鐘
 參加者須自行安排運動時間完成

對象：
 1. 關注健康 或
 2. 糖尿病會員

收費：
 課程及控糖健康檢查：\$280
 (參加者可用現金繳付，或可於3月20日
 使用醫療券<活動前請交付\$100按金>)
 血糖檢查：免費

2) 控糖健康檢查日
 日期：2021年3月20日(六)
 時間：上午8:15-下午2:00
 地點：莊士敦道211號一樓活動室及地下大廳
 內容：提供眼底(包括糖尿眼、青光眼及黃斑點病變)篩查及報告、InBody身體組成分析(包括蛋白質、肌肉及脂肪等)及報告分析；另設有控糖健康講座及血糖檢測

查詢： 愷姑娘或余先生
(2527-4107)

名額有限，報名從速！

 循道衛理中心
Methodist Centre

1) 「至Fit人生」物理治療運動訓練日期及檢查日：

	星期一	星期三	星期五
第一週	22/3 8:30-10:00 一樓飯室	24/3 8:30-10:00 二樓活動室	
第二週	29/3 8:30-10:00 地下大廳	31/3 8:30-10:00 一樓飯室	受苦節
第三週		7/4 8:30-10:00 二樓活動室	9/4 8:30-10:00 二樓活動室
第四週		14/4 8:30-10:00 一樓飯室	16/4 8:30-10:00 二樓活動室
第五週		21/4 8:30-10:00 二樓活動室	23/4 8:30-10:00 二樓活動室
第六週		28/4 8:30-10:00 二樓活動室	30/4 8:30-10:00 二樓活動室
第七週		5/5 8:30-10:00 二樓活動室	7/5 8:30-10:00 二樓活動室
第八週		12/5 8:30-10:00 二樓活動室	14/5 8:30-10:00 二樓活動室
第九週	17/5 8:30-10:00 地下大廳	佛誕	21/5 8:30-10:00 二樓活動室
第十週		26/5 8:30-10:00 二樓活動室	28/5 8:30-10:00 二樓活動室
第十一週		2/6 8:30-10:00 二樓活動室	4/6 8:30-10:00 地下大廳
第十二週		9/6 8:30-10:00 二樓活動室	11/6 8:30-10:00 一樓飯室

地點：莊士敦道211號活動室/ 於網上同步進行

2. 「至Fit」檢查日
 日期：16/6/2021 (三)
 時間：上午9:00-下午4時00分
 地點：灣仔莊士敦道211號二樓活動室
 內容：由物理治療師進行InBody身體組成分析，與你回顧運動帶來的成果

報名方法：
 前往莊士敦道211號2樓或
 軒尼詩道130號修頓中心5樓報名及付款
 *參加者可以\$280現金付款或於20/3/2021使用醫療券
 (需預先繳付\$100按金，並將於活動當日發還)

DM risk screening (across the programme)

Assessment Tools	Week 1 (Baseline)	Week 2-11 (Intervention)	Week 12 (Post-test)
1. AI-powered retinal image analysis (VisionaDR)	✓ * recommend post-test after 1 year	n/a	n/a
2. Body Composition Analysis (InBody)	✓	n/a	✓
3. Blood glucose monitoring	✓	✓ Weekly measurement	✓

Part 1: DM Risk Screening Day

DM Screening,
Body check &
Health
education talk

DM Risk Screening Day (控糖健康檢查日)

Date: 20/3/2020 (Saturday)

Time: 09:00 – 14:00

Venue: Wan Chai Methodist Centre for the Seniors

Goal:

1. To allow early detection of risk for Diabetes Mellitus and/or DM retinopathy using Gerontechnology devices
2. To increase patient's awareness and knowledge in DM

Part 1: DM Risk Screening Day

DM Screening,
Body check &
Health
education talk

1. Blood glucose monitoring station

- Performed by health worker

2. Body Composition Analysis

- Report explanation by Physiotherapist
- Provide health education and recommendations

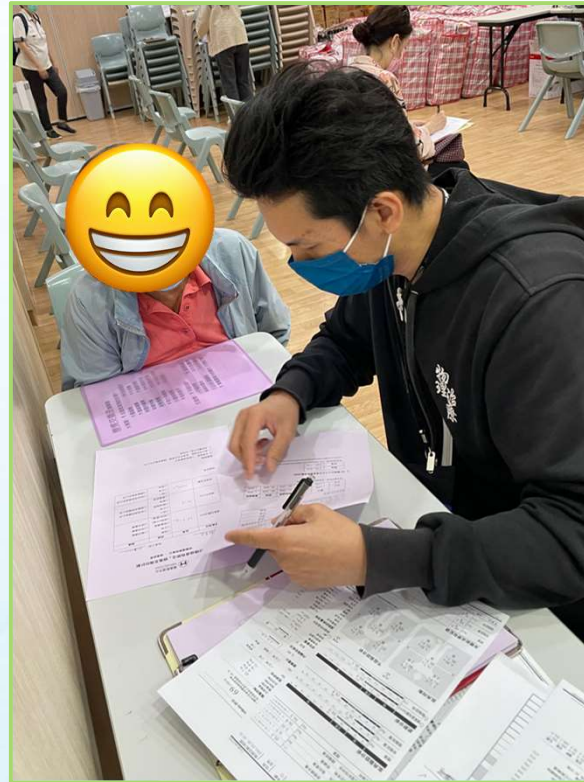
[focus on DM / body weight management]



Body Composition Analysis



Client is using InBody



Physiotherapist is providing consultation

DM Screening,
Body check &
Health
education talk

Body Composition Analysis

InBody

ID: _____ Height: _____ Age: _____ Gender: _____ Test Date / Time: _____

Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	47.3	(39.1-47.7)
For building muscles	Protein	(kg)	12.8	(10.4-12.8)
For strengthening bones	Minerals	(kg)	4.68	(2.62-4.42)
For storing excess energy	Body Fat Mass	(kg)	13.4	(8.2-16.6)
Sum of the above	Weight	(kg)	78.2	(50.1-70.9)

Muscle-Fat Analysis

Weight	(kg)	78.2
SMM (Skeletal Muscle Mass)	(kg)	36.6
Body Fat Mass	(kg)	13.4

Obesity Analysis

BMI	(kg/m ²)	24.6
PBF (Percent Body Fat)	(%)	17.2

Segmental Lean Analysis

Right	3.79kg	111%
Left	3.74kg	111%

Segmental Fat Analysis

Right	0.9kg	102.70%
Left	0.9kg	102.70%

Body Composition History

Weight	78.2	78.3	78.4	78.4	78.4	78.5	78.6	78.4
SMM	36.7	36.6	36.7	36.8	36.7	36.7	36.7	36.6
PBF	16.4	16.4	16.4	16.5	16.5	16.7	16.7	16.5

InBody Score

84 / 100 Points

Weight Control

Tight Weight: 76.2 kg
Weight Control: -2 kg
Fat Control: -2 kg
Muscle Control: 0 kg

Obesity Evaluation

BMI: Normal Under Slightly Over Over

PBF: Normal Slightly Over Over

Waist-Hip Ratio

0.84

Visceral Fat Level

Level 5

Research Parameters

Fat Free Mass: 64.8 kg
Basal Metabolic Rate: 1705 kcal
Oxygen Uptake: 113 % (90-110)
Recommended calorie intake: kcal

Calorie Expenditure of Exercise

Golf	138	Outball	149
Volleyball	156	Volley	156
Badminton	177	Table Tennis	177
Tennis	225	Bicycling	225
Diving	235	Basketball	235
Mountain Climbing	255	Jumping Rope	274
Aerobics	274	Jogging	274
Soccer	274	Swimming	274
Japanese Fencing	301	Rickshaw	381
Squash	381	Table Tennis	381

Impedance

RA: 20.4, LA: 28.7, TR: 28.6, RL: 21.7
Z0.05: 234.1, Z0.1: 226.9, R1: 172.7, R1.5: 175.4

循道衛理中心
Methodist Centre

「控糖健康有辦法」篩查及預防計劃
控糖健康檢查日 - 檢查結果

姓名: _____ 檢查日期: _____

檢查結果:

檢查項目	結果	評級	建議
體重指數(BMI)	24.6	<input type="checkbox"/> 過輕 <input checked="" type="checkbox"/> 正常 <input type="checkbox"/> 過重邊緣 <input type="checkbox"/> 肥胖(中度) <input type="checkbox"/> 肥胖(嚴重)	<input type="checkbox"/> 增加體重 <input checked="" type="checkbox"/> 保持體重 <input type="checkbox"/> 降低體重
體脂百分比	17.2	<input type="checkbox"/> 過少 <input checked="" type="checkbox"/> 正常 <input type="checkbox"/> 輕度過胖 <input type="checkbox"/> 肥胖 <input type="checkbox"/> 嚴重肥胖	<input type="checkbox"/> 保持現時體脂比例 <input checked="" type="checkbox"/> 調整現時體脂比例
骨骼肌指數	36.6	<input type="checkbox"/> 過少 <input checked="" type="checkbox"/> 正常 <input type="checkbox"/> 過多	<input type="checkbox"/> 保持現時骨骼肌比例 <input checked="" type="checkbox"/> 調整骨骼肌比例

整體建議:

- 定期檢查，以跟進身體情況
- 建立良好運動、飲食及生活習慣，調整身體成份比例
- 聯絡醫生作進一步檢查

循道衛理中心
Methodist Centre

「控糖健康有辦法」篩查及預防計劃
控糖健康檢查日 - 檢查結果

參考:

1. 亞洲成年人的體重指數(BMI)及患上嚴重疾病的對照表參考

體重指數	分類	患上嚴重疾病的風險
<18.5	過輕	低 (體重過輕對健康有其他影響)
18.5 - 22.9	正常	普通
23 - 24.9	過重	增加
25 - 29.9	肥胖(中度)	中度
≥30	肥胖(嚴重)	高度

*資料來源: 醫務管理委員會資料

2. 體脂百分比參考

	過少	正常	輕度過胖	肥胖	嚴重肥胖
男性	<14%	14 - 23%	25 - 30%	30 - 35%	≥35%
女性	<17%	17 - 27%	30 - 35%	35 - 40%	≥40%

*參考資料來源: 黃金標準營養學的雜誌

3. 60 歲或以上人士正常骨骼肌指數(SMI)

性別	正常範圍
男性	7.70 - 9.20
女性	5.67 - 7.40

*參考資料來源: C.O. Walowski et al. Reference Values for Skeletal muscle mass - current concepts methodological considerations. Nutrients. 2020 Mar; 12(1): 755

Part 1: DM Risk Screening Day

DM Screening,
Body check &
Health
education talk

3. AI for eyes (VisionaDR)

- Analyse diabetic retinopathy
- Glaucoma suspect
- Age related macular degeneration

The screenshot shows a report from 'Eye & Health' dated 2021-03-20. It includes patient details (Name, Sex: Female, DOB: 1946-05, ID: SHCC0031), a recommendation to consult an ophthalmologist ASAP, and two retinal fundus images (Right and Left eye). A table summarizes the analysis results for the right and left eyes.

分析結果	右眼	左眼
糖尿病	無轉診	無轉診
青光眼	無轉診	無轉診
老年黃斑病變	無轉診	無轉診

以上數項數據為原數據之壓縮版本，僅供參考，不能用作診斷依據。
The above retinal images are compressed versions of the original ones, and are for illustration purposes only.

重要聲明：本報告內容僅供參考之用。由於電腦系統對於影像辨識與診斷等後續分析平台的準確度與即時性存在一定程度的限制與不確定性，本報告內容僅供參考之用，不能作為最終診斷依據。本報告內容僅供參考之用，不能作為最終診斷依據。 Disclaimers: All content in this report is provided FOR REFERENCE ONLY. The analysis result has its limitation which is imposed by a number of factors including but not limited to sensitivity & specificity of VisionaDR, as well as the quality of retinal images received for analysis. Isolated screening test never confirms the final diagnosis of retinal disease. Visiona Med Tech International Limited reserves the rights of the ultimate interpretation of this report.

Powered by Visiona MedTech

<https://ai.visionamed.com/DocumentDetail?DocumentId=SHCC0031&backurl=DocumentList>

Visiona DR



Waiting area and report printing



DM Retinopathy screening

Part 1: DM Risk Screening Day

DM Screening,
Body check &
Health
education talk

4. Health education on DM delivered by Nurse

- Diet control
- BG monitoring
- Importance of exercise
- DM complications



Intervention: Health talk by RN

DM Screening,
Body check &
Health
education talk



Notes of healthy diet and diet control

Findings: Body Composition Analysis – InBody (pre-test)

Gender	Assessment item	Intervention group		Control group	
		Range	Mean	Range	Mean
Male	BMI	21-26.6	22.62	16.3-30.8	24.31
	Percent Body Fat	13.7-24.1	17.8	11.2-34.6	25.6
	Skeletal muscle mass index	7.1-8.4	7.725	5.2-9.7	7.32

Findings:

- BMI: I-group slightly overweight, C-group with obese member
- PBF: I-group close to the normal range, C-group with obese member
- SMI: I-group normal, C-group has member under normal range

Impression:

- Body composition of I-group members are average
- C-group has obese member(s)
- C-group also has member lacking skeletal muscles

Findings: Body Composition Analysis – InBody (pre-test)

Gender	Assessment item	Intervention group		Control group	
		Range	Mean	Range	Mean
Female	BMI	19.5-30.4	23.05	15.5-25.6	21.3
	Percent Body Fat	18.2-42.6	32.33	15.7-44.2	30.6
	Skeletal muscle mass index	4.7-7.7	5.86	4.6-6.5	5.56

Findings:

- BMI & PBF: I-group has obese members, while C-group has underweight and overweight members
- SMI: Both I-group and C-group has member under normal range

Impression:

- I-group members shall control weight (correlation with more DM patients?)
- Body composition of C-group members are more diverse
- Both groups have members lacking skeletal muscles

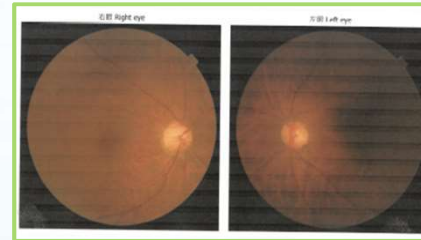
Findings: DM Retinopathy risk

VisionaDR (pre-test)

- No. of retinal screening performed: 41
- Among the reports:
 - 6 participants require follow up (1 patient has two suspected problems)
 - Suspected diabetic retinopathy = 5 patients
 - Suspected age-related macular degeneration = 2 patients
 - No risk for glaucoma was found
- 2 of the 6 is having DM → helping to find out the DM eye complication

Follow-up:

- Participants are recommended to consult an ophthalmologist for further check-up
- Their awareness of having DM related complications are raised



DM Screening,
Body check &
Health
education talk

Limitations:

- The result is limited by the clarity of the lens and the size of pupil during measurement
- The retina may not be clearly seen because of having cataract surgery done or other eye diseases
- The extent of pupil dilation in the dark environment may affect the result (Non-pharmaceutical screening test, no pupil-dilating drug was used)

Part 2: DM complications prevention

Physiotherapy Exercise Training

(「至Fit人生」物理治療運動訓練)

Date: 22/3/2021 - 11/6/2021 (12 weeks)

Time: 09:00 - 10:00

Mode: **via YouTube or Zoom**

Goal:

1. To empower elders in DM control through exercise and regular BG monitoring.
2. To monitor elders' risk for DM complications (e.g. DM retinopathy, Hyperglycaemia, Hypoglycaemia).

Intervention group

Regular
Physiotherapy
Exercise Training
Continuous
blood glucose
monitoring

Part 2: DM complications prevention

Intervention group

Regular
Physiotherapy
Exercise Training
Continuous
blood glucose
monitoring

Intervention:

- **Regular physiotherapy exercise class** through video conference application (Zoom or YouTube live);
- **1-hour** online classes, **two times per week** (usually on Wednesday and Friday)
- **30 min** self-initiated exercise at home.

**Total:
150min / week**

Monitoring:

- Weekly BG monitoring through Smart e-Healthcare Project; or
- Self-monitoring of BG and report to programme staff

Part 2: DM complications prevention

Intervention group

Regular
Physiotherapy
Exercise Training
Continuous
blood glucose
monitoring

Target:

1. Patients with DM diagnosis
2. Elderly with risk for DM identified from screening tests
 - Aged 55 or above, and increased body mass index (BMI $\geq 23\text{kg/m}^2$ for Asian, BMI $\geq 25\text{kg/m}^2$ for non-Asian)/ Waist circumference ($\geq 80\text{cm}$ for female, $\geq 90\text{cm}$ for male);
 - Family history (first-degree relatives) of DM;
 - History of prediabetes, gestational diabetes, big baby (>9 lbs or 4.1kg) or
 - Random blood glucose $\geq 6.1\text{mmol/L}$

Participant demographics

Intervention group

Regular
Physiotherapy
Exercise Training
Continuous
blood glucose
monitoring

Intervention group:

Age range: 54-85

Average age: 69

Male: 4 Female: 20

Participant with DM: 13/28

Control group:

Age range: 59-94

Average age: 74

Male: 10 Female: 9

Participant with DM: 4/19

Implication:

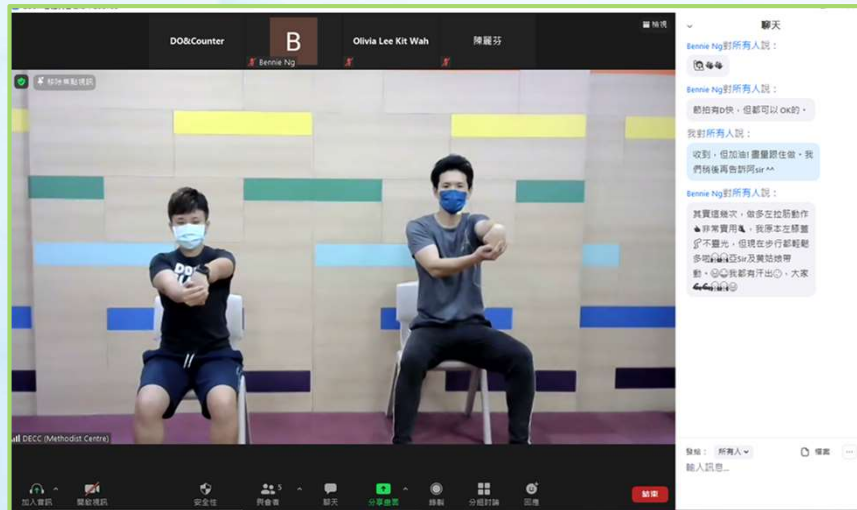
- Both groups have similar age range
- Members with DM diagnosis have **higher motivation** in joining the exercise training course
- Female has higher awareness / motivation to participate in 'long term' exercising program when compared with male members

Weekly exercise class

- Through aerobic and resistance exercises
- To control blood glucose and enhance muscle power

Intervention group

Regular
Physiotherapy
Exercise Training
Continuous
blood glucose
monitoring



Isocial Plus mobile application



循道衛理中心
Methodist Centre


告示


會員資料


中心資料


運動記錄


健康記錄


有用連結


問卷


心電圖

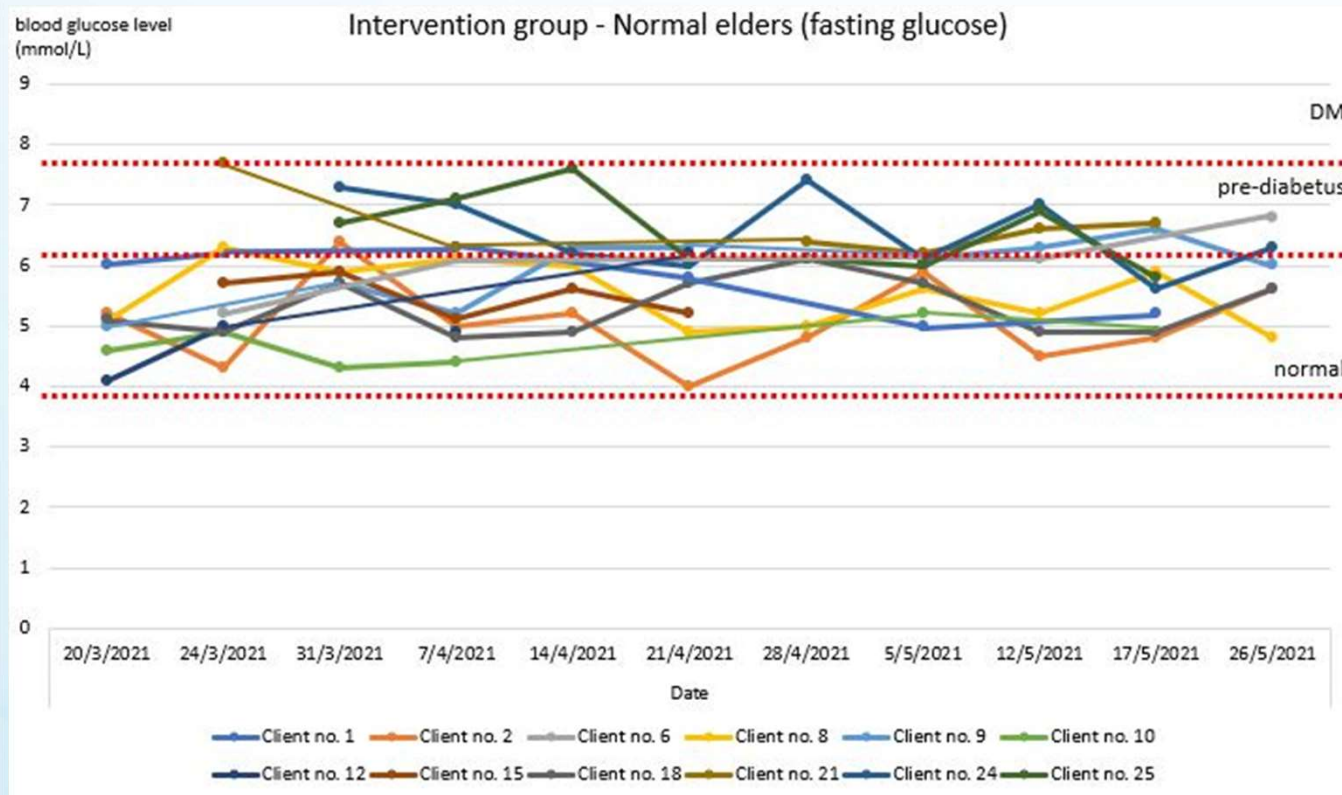
Wed May 12 15:54		FG 空腹血糖 (mmol/L):	4.5	修改
Sat May 08 13:37		FG 空腹血糖 (mmol/L):	5.9	修改
Thu Apr 29 10:55		FG 空腹血糖 (mmol/L):	4.8	修改
Wed Apr 21 14:41		FG 空腹血糖 (mmol/L):	4.0	修改
Wed Apr 14 15:42		FG 空腹血糖 (mmol/L):	5.2	修改
Sat Apr 10 16:05		FG 空腹血糖 (mmol/L):	5.0	修改

Wed May 12 15:53		2 hr pp G 餐後2小時血 糖 (mmol/L):	4.8	修改
Sat May 08 13:36		FG 空腹血糖 (mmol/L):	5.0	修改
Thu Apr 29 10:53		2 hr pp G 餐後2小時血 糖 (mmol/L):	5.8	修改
Wed Apr 21 14:40		FG 空腹血糖 (mmol/L):	5.8	修改
Wed Apr 14 15:37		2 hr pp G 餐後2小時血 糖 (mmol/L):	5.7	修改
Sat Apr 10 16:03		FG 空腹血糖 (mmol/L):	6.3	修改

Intervention group

Regular
Physiotherapy
Exercise Training
Continuous
blood glucose
monitoring

Findings: Continual monitoring of BG

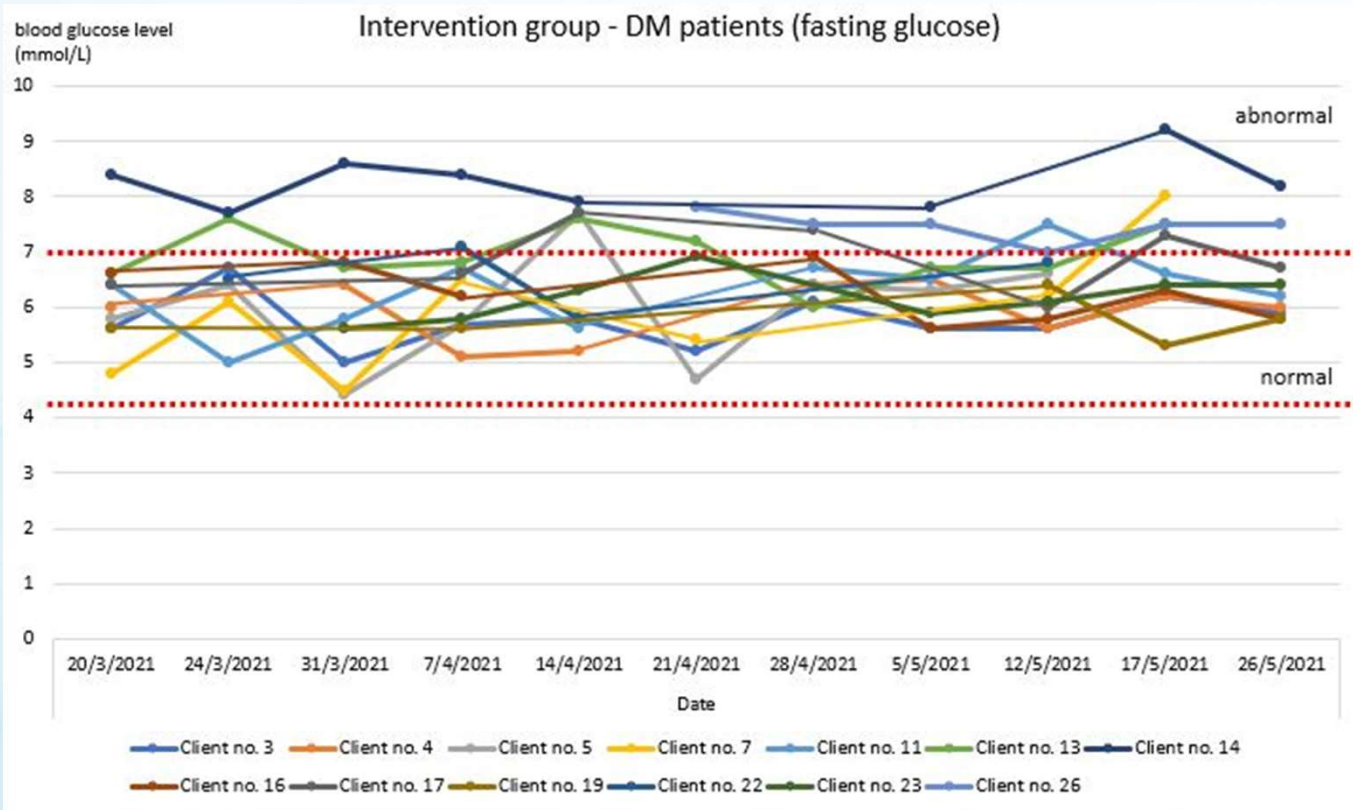


Screening programme results:

Among 12 normal participants,

- Normal: 7 participants
- Between normal and pre-DM: 2 participants (Client no.1 & 9)
- **pre-DM: 3 participants** (Client no. 21, 24 & 25)

Findings: Continuous monitoring of BG

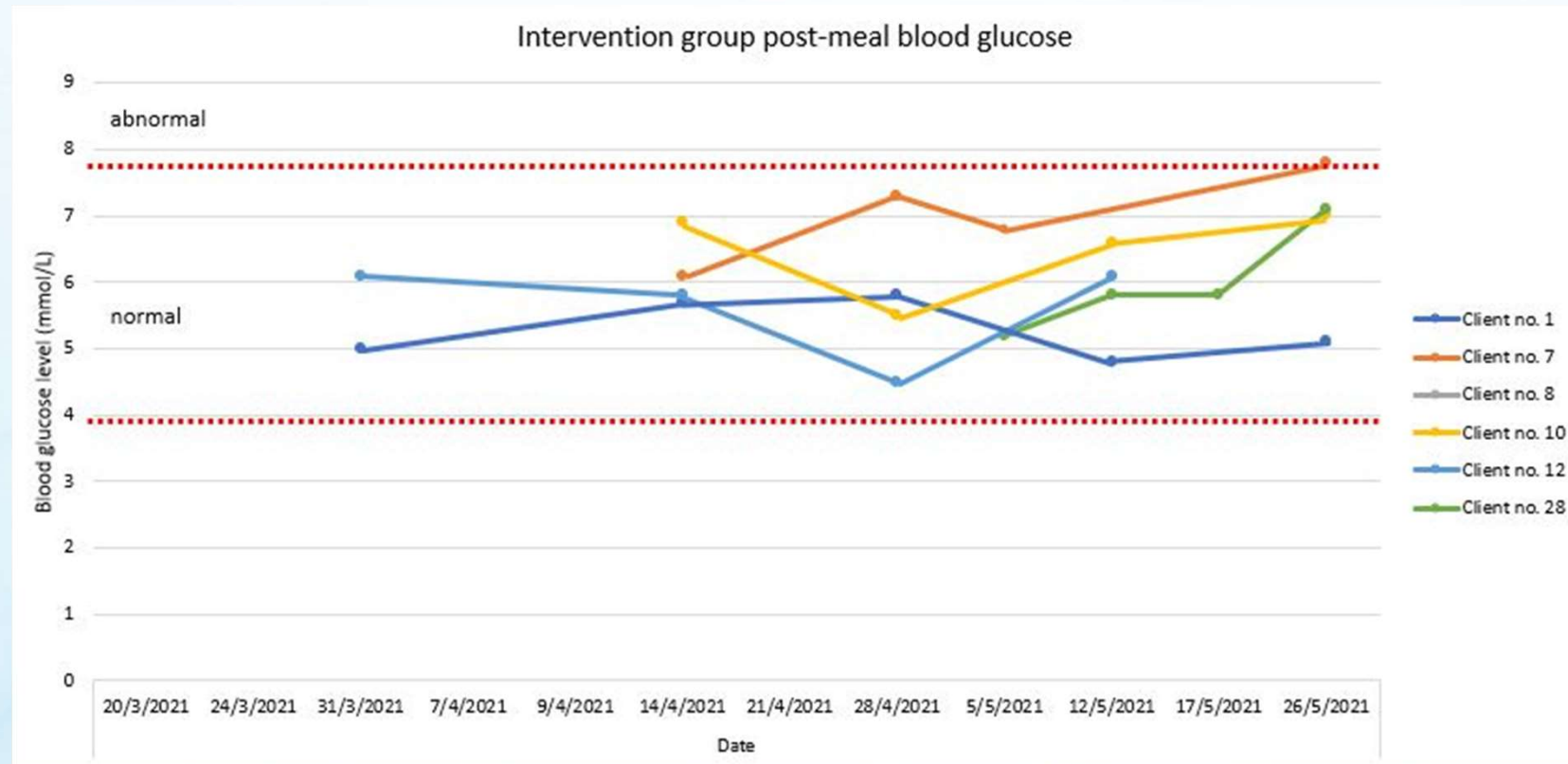


Prevention programme results:

Among 13 DM patients,

- **Good control: 8 patients** (Client no.3, 4, 7, 11, 16, 19, 22 & 23)
- Fair control (2 or 3 times abnormal): 2 patients (Client no. 5, 17)
- Poor control: 3 patients (Client no.13, 14 & 26)

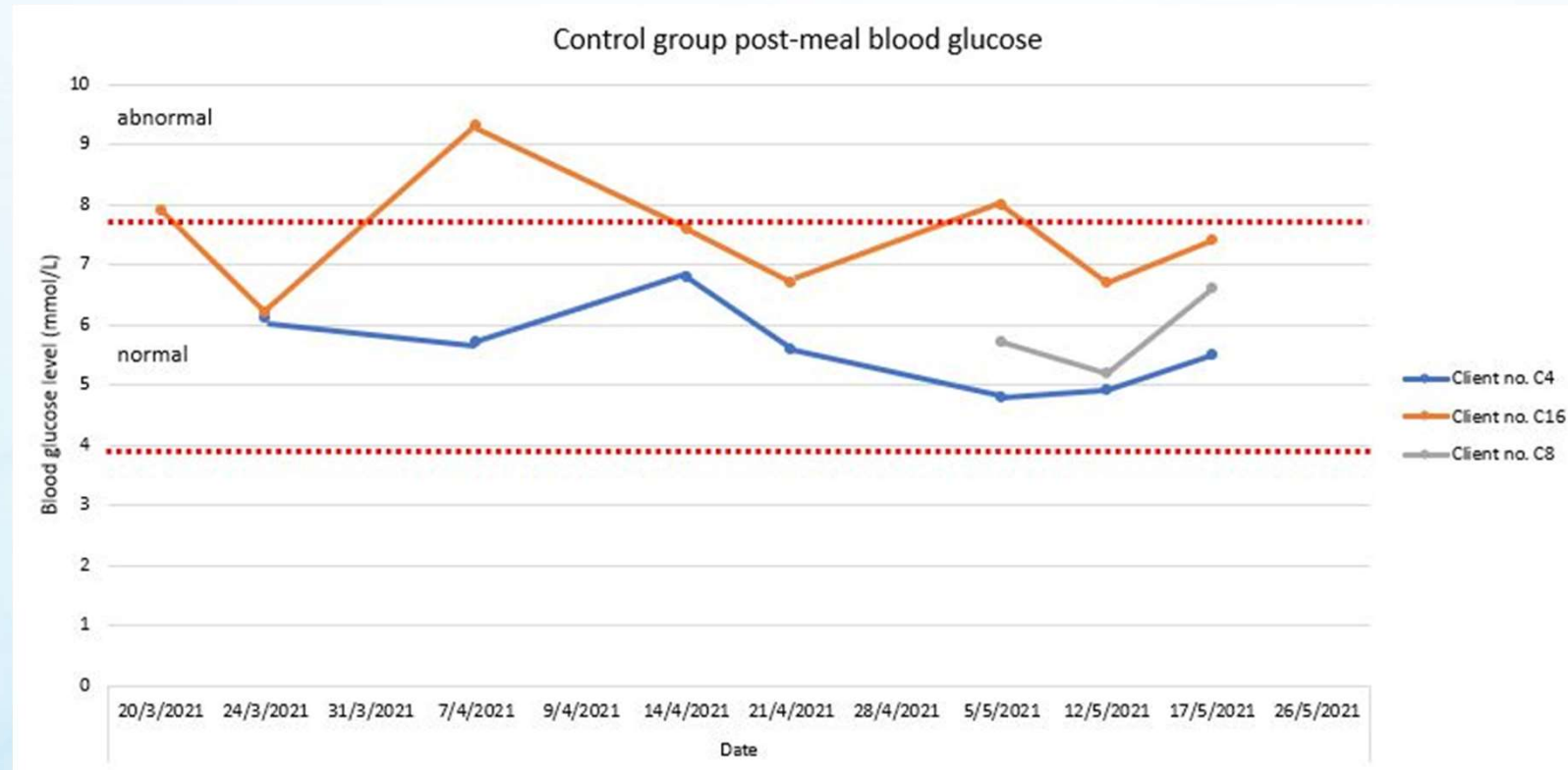
Findings: Continuous monitoring of BG



Intervention group: Random sampling of post-meal blood glucose

- Most findings are satisfactory, **under good control**
- This programme has some effect in maintaining **stable blood glucose level**

Findings: Continuous monitoring of BG



Control group: Random sampling of post-meal blood glucose

- Some abnormal findings among members
- Highly recommend this DM screening and prevention programme to them

What is next?

Body check
(Post-test)

Final evaluation: 「至Fit」檢查日

1. Body Composition Analysis review
(pre- and post comparison)

2. Blood glucose level:

- BG record review (12 weeks)
- No. of emergency admission owing to Hyperglycaemia
- No. of emergency admission owing to Hypoglycaemia

2. 「至Fit」檢查日

日期：16/6/2021 (三)

時間：上午9:00-下午4時00分

地點：灣仔莊士敦道211號二樓活動室

內容：由物理治療師進行InBody身體組成分析，
與你回顧運動帶來的成果



報名方法：

前往莊士敦道211號2樓或

軒尼詩道130號修頓中心5樓報名及付款

*參加者可以\$280現金付款或於20/3/2021使用醫療券
(需預先繳付\$100按金，並將於活動當日發還)

Positive effects...

- Weekly measurement of BG could raise the awareness of the participants on their BG level
- Coordinating with the health app usage and InBody post-test will make them to be more alert to their BG and body compositions
- A group of people who do exercise together making them to be more determined to participate and continue the exercising plan
- Through weekly exercising, health is improved by increasing their muscle strength

Sharing from the participants

其實這幾次，做多左拉筋動作👍非常實用👏
我原本左膝蓋不靈光，但現在步行都輕鬆多啦🙏🙏
陳sir及黃姑娘帶動。😊😊我都有汗出😊，
大家💪💪🙏🙏😊

吳女士 (糖尿病患者)

多謝你們舉辦這個活動，我未見過有機構對糖尿的活動是這樣**全面**的。希望你們日後舉辦更多這些活動。

阮先生 (有糖尿家族史的非糖尿病患者)

Sharing from the participants

這個活動對我**幫助很大**，因一向以為甚麼運動都會對糖尿有用，所以一向多做帶氧運動，但糖尿度數是高，但這二個月做肌力，我的糖尿度數減了，無論是空腹或食後度數。所以將來我會繼續做肌力希望中心能繼續舉辦此活動，**有同學一起做，有檢查，非常好。**

何女士 (非糖尿病患者)

製作極之認真，很有心思。👍🏆❤️

感謝各位的努力及付出。💪👏😊

多謝各位 😊👉

黃先生 (糖尿病患者)

Sharing from the participants

我每次一定用zoom 跟做，從不缺課。
跟大家一起做運動，**很享受!**

李女士 (非糖尿病患者)

本人是一個很懶做運動的人，這個活動令我**可以強迫自己**
每周做2.5小時運動，雖然未必令**糖尿病及血壓**立即痊癒，
但至少可**降低一些**，多謝各位帶領做運動的老師及安排活
動的姑娘和工作人員，希望有機會多舉辦這些活動。

陳女士 (糖尿病患者)

Sharing from the participants

手臂開始有力和雙腳平衡力進步了。

整體身體活動能力好咗。

多留意少食太多甜品，（特別驗血糖之前天 😄）

喜歡導師的循序漸進教導和解答我們身體不適和對運動的疑惑 🙏

提意多啲這樣有規劃的長programs去幫助有血壓，高脂或其他病患者。能活得健康些，不只係食藥。運動和食療也可以做得到 💪 😊

還有謝謝姑娘和她的同事們 🙏 🙏 🙏 😊 😊 😊

岑女士 (非糖尿病患者)

Reference

1. World Health Organisation. (2021). *Diabetes*. Retrieved from https://www.who.int/health-topics/diabetes#tab=tab_1
2. Centre for Health Protection, Department of Health. (2020). *Diabetes Mellitus*. Retrieved from <https://www.chp.gov.hk/tc/healthtopics/content/25/59.html>