

Diabetes Club

Endocrine & Diabetes Centre



With advanced medical technologies and medical professionals, the Endocrine & Diabetes Centre of the Hong Kong Sanatorium & Hospital aims to provide excellent quality diabetes care and education services to those who have diabetes, as well as their families, in order to achieve good blood glucose control, prevent complications and enhance quality of life.

Established in 2005, the Diabetes Club is a special patient group for people with diabetes with the aim to build a support network for people with diabetes and share their experiences through various activities.

Our Objectives

- To provide diabetes-related information regularly to people with diabetes and their families to enhance their understanding of this specific condition
- To create a better environment through various activities to enhance patient-patient, and patient-healthcare team communication
- To achieve the goal of Stay Healthy with Diabetes, Be Smart, Take Charge! By mutual help and continuous education

Healthcare Team

Endocrinologist
Diabetes Nurse
Registered Dietitian
Clinical Psychologist
Physiotherapist
Podiatrist
Pharmacist



Membership Benefits

- Free Glucometer
- DM Nutrition and Care Gift Package
- Regular newsletters and email alerts providing diabetes-related news and information
- Regular diabetes-related talks and activities

Activities of Diabetes Club

- Diabetes and Health Talks
(Delivered by Endocrinologist and other specialists e.g. Cardiologist and Ophthalmologist, Clinical Psychologist, Diabetes Nurse and Dietitian)
- Diabetes Cooking Class
- Visit organic farm
- Dine out gathering

**Entrance and Lifetime
Membership**

HK\$500

For application and enquiries, please contact us at :

10/F, Li Shu Pui Block, Hong Kong Sanatorium & Hospital
2 Village Road, Happy Valley, Hong Kong

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Fax : 2892 7513

E-mail : diabetes@hksh.com

[http:// www.hksh.com](http://www.hksh.com)



養和醫院

HONG KONG SANATORIUM & HOSPITAL

養和樂胰會

內分泌及糖尿病中心



養和醫院內分泌及糖尿病中心旨在提供優質的糖尿病醫療及教育服務，並配合先進的醫療科技，讓糖尿病患者及其家人均達致有效的血糖控制，既可預防併發症的發生，又能擁有健康愉快的生活。

養和樂胰會成立於二零零五年，專為糖尿病患者而設，透過各項活動，讓患者建立相互支持的網絡，分享面對糖尿病之經驗及心得。

養和樂胰會成立之目的：

- 透過定期提供糖尿病新資訊，加深患者及其家人對此病患之了解
- 舉辦小組、講座等活動，加強患者彼此以及與醫護人員小組間之溝通
- 彼此互勵互勉，互教互學，達到「醫護同行保平安，毋懼糖尿損健康」之目標

醫護人員小組

內分泌及糖尿科專科醫生
糖尿科護士
註冊營養師
臨床心理學家
物理治療師
足病診療師
藥劑師



會員福利

- 免費血糖機一部
- 糖尿飲食護理禮品及購物優惠
- 透過會訊及電郵形式定期獲得糖尿病新資訊
- 參加定期之糖尿病小組活動及講座

養和樂胰會定期舉辦不同活動

- 糖尿病及健康講座
(由糖尿專科醫生，其他專科醫生，如：心臟科醫生、眼科醫生，臨床心理學家，糖尿科護士及註冊營養師主講)
- 糖尿烹飪班
- 參觀有機農莊
- 出外聚餐

入會費(永久會員)

HK\$500

報名或查詢，歡迎聯絡我們
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