

Medical Museum snapshot

香港醫學博物館 通訊



胰島素面世百年 推進糖尿病診治 急速發展的契機

*The centenary of insulin discovery:
key to the rapid development of diabetes diagnosis and treatment*

踏入廿五周年的香港醫學博物館，適逢胰島素面世百年，特別舉辦「論盡糖尿一百年」網上講座，以鼓勵公眾對糖尿病等慢性疾病的關注。

In coincidence with the centenary of insulin invention, the Hong Kong Museum of Medical Sciences organized an online lecture, "the Sweetest talk of the Century: treating diabetes" at its 25th anniversary in order to raise public awareness of chronic diseases such as diabetes.

是次講座的嘉賓和主持都是重量級，包括香港醫學博物館贊助人、香港大學內科學系榮休教授楊紫芝教授(中間)、香港大學內科學系名譽臨床副教授胡裕初醫生(右二)、兒童糖尿協會主席鄭馮亮琪女士(左二)、兒科醫生歐陽卓倫醫生(左一)，以及內分泌科醫生及沙田醫院行政總監蘇詠儀醫生(右一)。



The host and guest speakers of the lecture are all eminent persons, including Professor Rosie Young, the patron of the Museum and an Emeritus Professor at the University of Hong Kong (middle), Dr. Woo Yu Cho, an Honorary Clinical Associate Professor of the University of Hong Kong and a consultant endocrinologist of Queen Mary Hospital (second from the right), Ms. Fina Cheng, the chairlady of Youth Diabetes Action (second from the left), Dr. Henry CL Au Yeung, a paediatrician (on the far left), and Dr. So Wing Yee, an endocrinologist and the Hospital Chief Executive of Sha Tin Hospital (on the far right)

The discovery of insulin is a milestone in diabetes treatment. One hundred years ago, diabetes was incurable. Professor Rosie Young, a pioneer of local diabetes research, mentioned that patients could only regulate their blood glucose levels through strict diets, which made them feeble and vulnerable to infections. Many patients thus became infected with tuberculosis or needed to undergo amputation due to leg infections. Yet ever since insulin was discovered, the fate of patients with diabetes has been completely changed.

Nowadays, insulin and a variety of ever-improving medications are available. Patients with type 2 diabetes can effectively control their blood glucose levels and reduce the risk of diabetic retinopathy, a type of diabetic microvascular complication, by complying with their doctors' medical prescriptions.

As said by Dr. Woo, the symptoms of diabetes can be found in the historical records of ancient Egypt and China, which date back to more than 1,000 thousand years ago. Without effective treatment against diabetes, countless people, including Szema Sheungyu of the Western Han Dynasty, had suffered from the disease.

胰島素的出現可說是治療糖尿病的里程碑，在一百年前未有此藥時，糖尿病是一種無藥可醫的重病。本地糖尿病研究先驅楊紫芝教授指出，未有胰島素前，病人只能透過嚴格的飲食控制血糖，此舉亦令病人消瘦、虛弱，於是容易受到感染。過去不少病人因而患上肺癆，又或腳部感染要截肢，直至胰島素的面世改寫了糖尿病患者的命運。

胰島素的出現，加上不斷推陳出新的各類藥物，如今二型糖尿病患者只要遵醫囑用藥，即可有效控制血糖，減少患上小血管併發症「糖尿眼」的機會。

胡裕初醫生提到，古埃及和中國史書早在1,000前已記載糖尿病／消渴症的症狀，而中國西漢時期的司馬相如更是無數患者之一，卻一直苦於沒有奏效的治療方法。

胡裕初醫生介紹，1921年加拿大外科醫生 Frederick Banting 在 John Macleod 等人的支持和協助下，成功從動物身上分離出胰島素，後來兩人因此而獲得諾貝爾獎。

胰島素令糖尿病治療躍進了一大步，而血糖檢測的改進也為醫護人員和病人帶來更多的方便。蘇詠儀醫生說，現在「篤一篤」手指便能知道血糖讀數，甚至有儀器可作廿四小時無間斷監察。但五六十年代，醫護人員主要根據加熱尿液後所產生的化學反應，從而估算血糖的度數，所以當時在病房一隅常常看見護士正在「煲尿」。

由糖尿病出現，到分離出胰島素，中間數千年的時間，但隨著醫學認知愈來愈豐富，糖尿病藥物的研發也變得快速，除了口服藥物，患者亦可選擇使用針劑。歐陽卓倫醫生本身患有二型糖尿病。他以自身經驗勸勉病患者，毋須害怕打針，最重要是妥善控制血糖，從而減低患上腎衰竭等併發症的風險。

近年糖尿病的發病趨勢令人擔心，亦有不少由兒童患者。鄭馮亮琪女士以自身經驗指出，鼓勵大家接納患有糖尿病的兒童，歧視的情況自然減少，他們也不至於要躲進廁所注射胰島素。如此一來，孩子也會逐漸接受自己的病情，也更願意進行各種治療。

楊紫芝教授亦期望，政府可以在預防糖尿病方面做得更好，同時，也要教育社會各界學懂與糖尿病共存，明白患者與常人實無分別。

According to Dr. Woo, in 1921, Canadian surgeon Frederick Banting successfully isolated insulin from animals with the support and assistance of John Macleod and other researchers. Banting and Macleod were later awarded the Nobel Prize for their discovery of insulin.

While insulin brought about a great leap forward in diabetes treatment, the advancement of blood glucose tests provides medical workers and patients with great convenience. As Dr. So said, it is now possible to measure patients' blood glucose levels through simple finger prick tests. There is even equipment that enables continuous glucose monitoring. In the 50s to 60s, medical workers mainly estimated patients' blood glucose levels by observing the results of the chemical reaction patients' urine underwent after boiling. Therefore, in those days, nurses were often seen boiling urine in the ward.

It took mankind thousands of years to discover and isolate insulin since the presence of diabetes. Yet, nowadays, the development of diabetes medications is greatly accelerated by the increasing body of medical knowledge. Patients with diabetes can now opt for injections besides oral drugs. Using his own experience as a type 2 diabetes patient, Dr. Au Yeung encouraged patients with diabetes not to be afraid of injections and to regulate their blood glucose levels properly in order to lower the risk of diabetic complications such as renal failure.

The recent incidence trend of diabetes has been worrying. Many patients develop diabetes in their childhood. Based on her personal experience, Ms. Cheng pointed out that encouraging the public to accept children with diabetes helps reduce discrimination. In this way, children with diabetes do not need to hide in the lavatories for insulin injections. They would then gradually accept that they have diabetes and become more willing to undergo various treatments.

Professor Young also hopes that the government can do better in diabetes prevention, and at the same time, educate the public on how to live with diabetes and the fact that patients with diabetes appear to be the same as ordinary people.



▲ 60、70年代的醫生會在同一房間為門診病人診症*
In the 1960s and 1970s, doctor consultations for patients were conducted in the same room in out-patient clinic

圖片來源：香港醫管局《協力》2017年11月
Photo source: 11. 2017, HASLink, Hospital Authority



▲ 1922年出現了第一位使用胰島素的病人
The first person to receive an injection of insulin in 1922

足本重溫，請登入 www.hkmmms.org.hk
To review the full lecture, please visit www.hkmmms.org.hk

翻譯義工 關雅婷

Translated by Volunteer Angela Kwan

香港醫學博物館 25 周年呈獻 Hong Kong Museum of Medical Sciences 25th anniversary presents

醫學歷史興趣組講座

Medical History Interest Group – Medical Education Series

為慶祝香港醫學博物館成立 25 周年，我們籌備了一系列講座，誠邀各專科醫生和教授，與眾探討醫學歷史、發展及健康知識。講座時間表如下：

To celebrate the 25th anniversary of the Hong Kong Museum of Medical Sciences, a series of talks was launched. We have invited specialist doctors and professors in different fields to explore medical history, development as well as health knowledge with the public. The schedule is as follows:

日期 Date	主題 Topic	主持 Moderator
27/11/2021	腎防衰竭、預防腎病 Beware and Prevent Kidney Disease 講者：余宇康教授、梁智鴻醫生、鄧智偉教授、周啟明醫生、馬錦文醫生、雷兆輝醫生 Speakers: Prof Richard Yu, Dr C.H. Leong, Prof Sydney Tang, Dr Chow Kai Ming, Dr Maggie Ma, Dr Lui Siu Fai	李錦滔教授 Prof Philip K.T. Li
11/12/2021	心血管病：談古論今話未來 Cardiovascular Diseases – past, present and future 講者：甄榮達醫生、謝鴻發教授、鄭俊豪醫生、甄秉言醫生、陳國強醫生 Speakers: Dr Victor Yan, Prof Tse Hung Fat, Dr Cheng Chun Ho, Dr Bryan Yan, Dr Chan Kwok Keung	余卓文教授 Prof Yu Cheuk Man

醫學博物館駐館藝術家 查傳訥《西學東傳》藝術作品展 展期：2021年11月19日至12月19日

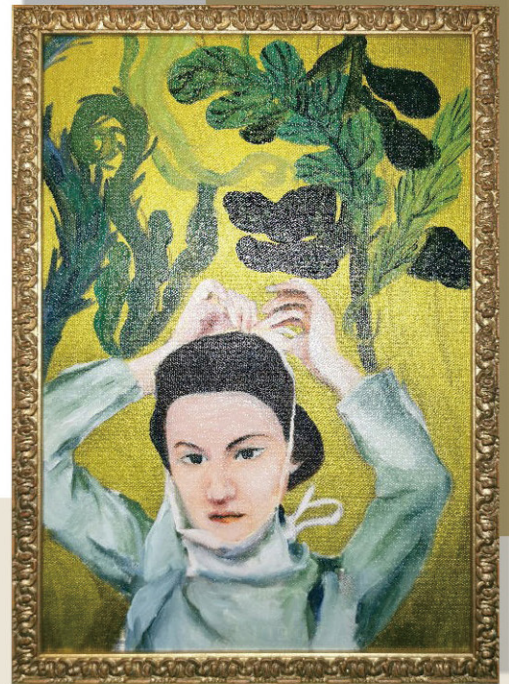
*Hong Kong Museum of Medical Sciences Presents
"The Transfer of the Western Knowledge to the East:
Solo Exhibition of Artist-in-Residence Edna CHA"
Opening on 19 November to 19 December 2021*

香港藝術家查傳訥成為醫學博物館 2020-2021 年留駐藝術家，自 2020 年 10 月起於博物館內設立工作室，於融合藝術、歷史及醫學的文化氛圍裡展開創作旅程。11 月醫學博物館將為查女士舉辦個人展覽：「西學東傳」，與公眾分享她過去一年留駐計劃的體驗，亦為留駐計劃推向高潮。

展覽由林漢堅先生策展。

Hong Kong based, Artist Edna CHA joined the artist-in-residence program of the Hong Kong Museum of Medical Sciences for one year commencing from October 2020 to experiment studio practice in a rich cultural context embracing art, heritage and medical sciences. The solo exhibition is the culmination of her residency. Ms Cha will share her engaging experience with the public.

The exhibition is curated by Guest Curator Andrew Lam.



Edna Cha,
Bacteriological Institute Nurse (#1-4)
2021
Oil paint on inkjet prints
8 inch x 12 inch

香港醫學博物館展覽榮獲

香港工程師學會

Innovation Award 2021 Grand Prize 創意大獎

Hong Kong Museum of Medical Sciences' Exhibition won
The Grand Prize in Hong Kong Institution of Engineers
Innovation Award 2021



(圖片來源：香港工程師學會
The Hong Kong Institution of Engineers)

The exhibition project team including Dr YU Chau Leung (Project Chief Coordinator) (right), Dr TONG Ka Shun (Project Scientific Leader) (2nd right), Ir CHAN Cheuk Ming (Project Engineer) (left) and Ir Prof PL Yuen, President of the HKIE (2nd left).

香港醫學博物館「中醫與科技結合 - 3D 針灸銅人」展覽獲香港工程師學會頒發 Innovation Award 2021 組別一「發明」創意獎，展覽項目團隊包括 余秋良醫生 (首席統籌) (右一)、唐嘉信博士 (科技領導人) (右二)、陳卓銘工程師 (項目工程師) (左一) 於頒獎典禮與香港工程師學會會長李栢樑教授 (左二) 合照。展覽項目將於 12 月 28 日再次於醫學博物館展出，不容錯過！

The Hong Kong Museum of Medical Sciences "Chinese Medicine Through Technology - 3D Acu-Man" exhibition was awarded with the Innovation Award 2021 Category I - An Invention Grand Prize by The Hong Kong Institution of Engineers (HKIE). The "3D Acu-Man" will open to public again from 23 December in the Museum. Don't miss it!

一齊加入「我是小醫生」行列 Let's join the "I am a Little Doctor" together

二十位來自優才書院小學部的同學參加了由醫學博物館主辦的「我是小醫生」活動，同學嘗試使用醫生常用的聽診器，覺得非常有趣。兩位演講嘉賓：公共衛生醫學專科醫生程卓端醫生及醫學博物館學會主席麥衛炳

醫生分享了家庭醫生的角色，同學亦汲取了一些培養健康生活的的心得。有興趣加入「我是小醫生」行列的學校，歡迎致電 2549 5123 向職員查詢。



Twenty students from the G.T. (Ellen Yeung) College participated in the "I am a Little Doctor" Program presented by the Medical Museum. The students experienced the use of stethoscope, which they found very interesting. Meanwhile the two speakers, Dr Regina Ching, Specialist in Public Health and Dr WP Mak, Chairman of Hong Kong Museum of Medical Sciences Society, introduced the role of family doctor.

The students gained a better understanding of how to live healthily. If your school is interested in joining the "I am a little doctor" program, please contact Museum staff at 2549 5123.

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1906 年亨利·費烈士醫生的香港西醫大學堂畢業證書 Dr Henry Phillips' graduation certificate from the Hong Kong College of Medicine for Chinese, 1906

於 1900 年代早期，入讀香港西醫大學堂的 128 名學生當中，至少有 19 名來自香港及中國以外的地方，這並不為眾人所熟知。當時的外地學生多來自亞洲，包括新加坡、馬六甲、檳城、緬甸、錫蘭和印度，另有四名美國的華裔學生。這些學生都來自英語國家，其實也不足為奇，因為當時的大學堂以英語授課。

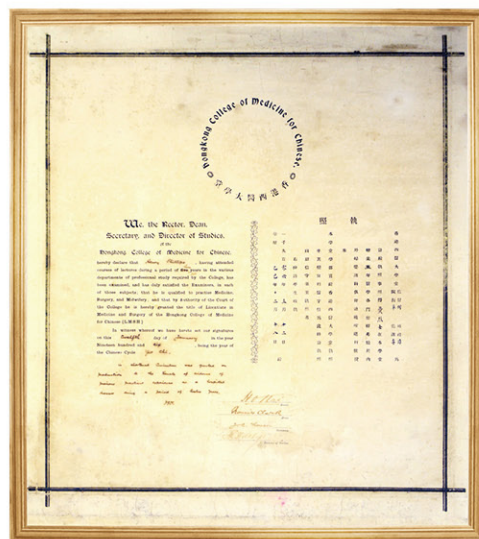
文中的畢業證書屬於亨利·費烈士醫生 (1867-1918)，他正是其中一位外地學生。生於錫蘭 (現斯里蘭卡)，費烈士醫生成為香港西醫大學堂的學子並於 1906 年畢業。值得一提的是證書上學院的中文名稱，在其他史料及檔案中，均被譯為「香港西醫書院」，而此證書上則見「香港西醫大學堂」，代表其時的大學堂已被認可為一所大學。

有賴費烈士醫生的後人於 2000 年捐贈此證書和醫生的照片與香港醫學博物館，我館得以展示證書複製品和原照於雅麗氏何妙齡那打素慈善基金會展覽廳。

Unknown to many, of the 128 students enrolled at the Hong Kong College of Medicine for Chinese (HKCM) in the early 1900s, at least 19 came from places other than Hong Kong and China. Most students came from Asia including Singapore, Malacca, Penang, Burma, Ceylon and India. There were also four students of Chinese descent from the United States. Not surprisingly, all students were from English-speaking countries, as the college's courses were taught in English.

Dr Henry Phillips (1867-1918), whose certificate appears in this article, was one of them. Born in Ceylon (now Sri Lanka), Dr Phillips studied at the HKCM and graduated in 1906. It is worth mentioning that in other historical materials and archives, the Chinese name of the college had been translated as "香港西醫書院". In the case of Dr Phillips' certificate, the words "香港西醫大學堂" were used, a recognition of the college being seen as equivalent to a university.

This certificate was kindly donated to the museum in 2000 by Dr Phillips' descendant. Its replica and Dr Phillips' photo are on display in the museum's Alice Ho Miu Ling Nethersole Charity Foundation Gallery.



Reference: Ho-Wat CS. Dr Henry Phillips' graduation certificate from the Hong Kong College of Medicine for Chinese, 1906. Hong Kong Med J 2018; 24: 647-649.

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星期二至六 早上10時至下午5時
星期日及公眾假期 下午1時至5時
Opening Hours
Tuesday to Saturday 10 am to 5 pm
Sunday and Public Holidays 1 pm to 5 pm
入場門票
\$20 成人
\$10 小童、全日制學生、六十歲以上長者或殘疾人士
\$50 家庭套票 (包括兩位成人及最多三位小童使用)
Admission Fee
\$20 Adults
\$10 Children, full-time students, senior citizens (aged 60 or above) and disabled persons
\$50 Family Package (2 adults and maximum of 3 children)

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