

COMMUNITY HEALTH NEWSLETTER

社區健康季刊 | 2016 WINTER 冬季刊

Jade Medical Group Makes a Splash

The Jade Health Care Medical Group (Jade) is a new doctor group dedicated to serving our community.

Jade Medical Group was founded by Dr. Gustin Ho, an esteemed and well-known community doctor, and Dr. Edward Chow, one of our community most respected doctors who is also the President of San Francisco Health Commission.

Jade Medical Group of doctors include many primary care and specialist doctors with offices in Chinatown and in neighborhoods across San Francisco, Daly City and northern San Mateo County. You may have even seen their pictures in newspaper ads and at bus stops. Jade was formed to replace a previous medical group that decided to leave the Chinese Hospital's health care system that includes Chinese Community Health Plan (CCHP).

When asked, Dr. Ho said, 'At Jade, we are committed to providing our community with the best medical care possible. This is why I am a part of the new Jade Medical Group. We will be working closely with CCHP and Chinese Hospital to offer you the kind of quality care our community deserves.'

This enrollment season for Medicare Advantage and Covered California plans, choose a doctor who is in the new Jade Medical Group.

For advice on which doctor may suit your needs best, please contact:

CCHP Member Services

827 Pacific Ave, San Francisco, CA 94133

Tel: 1-415-834-2118

熱烈歡迎翡翠東華醫師協會

翡翠東華醫師協會 (Jade) 是一個致力為我們社區服務的新醫生組織。

翡翠東華醫師協會是由備受社區尊敬的知名醫生何明聖醫學博士和周兆年醫學博士創辦。周博士更是三藩市醫療委員會的主席。

翡翠東華醫師協會有許多主治和專科醫生，他們在唐人埠、三藩市、帝利市和聖馬刁縣北部設有醫生診所。您甚至可以在報紙廣告和公共汽車站看到醫生們的照片。新的翡翠東華醫師協會成立是取代先前決定離開包括華人保健計劃 (CCHP) 的東華醫院醫療保健系統的醫療團體。

何醫生說：「在翡翠東華醫師協會，我們致力為社區提供最佳的醫療服務。」這就是我成為翡翠東華醫師協會一部分的原因。我們將與華人保健計劃和東華醫院緊密合作，為您提供我們社區應有的優質護理。

在這聯邦醫療健保和投保加州醫療保健計劃的註冊開放期季節，您可在新的翡翠東華醫師協會選擇您的醫生。

華人保健計劃會員服務部可為您提供選擇合適醫生的建議，請聯絡：

華人保健計劃會員服務部

三藩市柏思域街827號

電話：1-415-834-2118



Chinese Hospital New Patient Tower and Pharmacy are Now Fully Open!

It was a busy afternoon at Chinese Hospital's new Pharmacy, but, patients did not have to wait long. That's because, instead of one line each for ordering prescriptions and pick-up, there are now five windows to serve the community better and faster. It is just around the corner from the old Pharmacy, in the New Patient Tower.

That morning, (Saturday, October 8th), all the patients in the old hospital were moved into their new, state-of-the-art rooms that are larger and more suited for better healing. The nursing staff and doctors have been planning this move for weeks; making sure to carefully move patients without causing undue stress or discomfort. Thanks to all the attention to detail, all the patients were settled in their new rooms by late afternoon. All patients now enjoy the wonderful views of San Francisco Bay and the new amenities designed to help them feel well.

All this was especially gratifying after months of finishing the last details. The New Patient Tower at Chinese Hospital is now 100% open to patients and visitors. This includes the new, larger Pharmacy, Imaging services that offer X-Rays, CT Scan, Ultrasound, and MRI machine, a Cardio-Pulmonary Unit (CPU) for the care of heart related matters, Emergency Department, and much more – all departments are larger and with all-new equipment. When asked about the new hospital, CPU Manager Elena Wong said 'it's so much larger now, we are going to need roller skates to get around.'

Chinese Hospital thanks all the construction crews, nurses, support staff and doctors for their dedication and hard work to make the hospital operation smooth.

For more information about the new Patient Tower or how you can get your prescription moved to Chinese Hospital Pharmacy, please contact Chinese Hospital at 415-982-2400 or just visit.



東華醫院新醫務大樓及藥房全面投入服務

東華醫院的新藥房座落於新的醫務大樓。在一個繁忙的下午，人們配藥不必等待很長時間，因為有別於以往只有一個訂購處方藥櫃台和一個領取藥物櫃台，現在新藥房共有五個櫃台為社區提供更好和更快的服務。

在十月八日(星期六)的早上，所有住在舊醫院的病人開始被妥善地搬進了新醫院最先進的新房間，更大更舒適的環境有助治療。醫護人員和醫生經過數星期的細心策劃；確保搬遷程序仔細妥當，以免引起病人不適。由於搬遷計劃顧及所有細節，全部病人在當天的下午已經入住新醫院的房間。現在所有患者都可以享受舊金山海灣的美妙景色和醫務大樓新的設施，使他們安心休養。

令人欣慰的是經過幾個月完成最後的施工細節，東華醫院的新醫務大樓現在全面開放，為患者和訪客提供服務。所有部門配有全新設備，包括更大的新藥房、提供服務如X-光、CT掃描、超聲波和磁力共振測試、治療肺部及心臟疾病的心肺科部門(CPU)、急診部等，不能盡錄。當被問及新醫務大樓時，心肺科部門經理Elena Wong說：「現在醫務大樓這麼大，我們需要滾軸溜冰鞋來回不同部門。」

東華醫院感謝所有的施工隊伍、護士、醫護支援人員和醫生的獻身精神和努力工作，使醫院運作順利。

欲了解更多有關新醫務大樓及如何轉往東華醫院藥房配購處方藥物，請親臨東華醫院或致電1-415-982-2400與東華醫院聯絡。



Scoliosis: A Mystery Condition

What is it and who may have it?

A curvature in the spine, generally known as scoliosis, is generally seen in childhood but can exist throughout adulthood and the rest of individual's life. The shape of the curvature either forms the shape of an "S" or a "C" and can vary in severity. Some curves are more severe than others and serious curves may even require surgery. Scoliosis is idiopathic meaning that the cause of this medical condition is unknown. Scoliosis can arise due to a variety of factors such as genetics, lower body distortions in the feet, head injuries, and surgeries performed on the spine.

Scoliosis Treatment

Even though there is no cure for scoliosis, treatment can prevent the curve from becoming more severe and may even help partially straighten the curve. Lifestyle changes can also be made which will lead to a healthier back.

There are many treatment options that can be applied to scoliosis depending on the severity of the spine curve. The treatment options will also depend on a patient's gender, age, bone age, location of curvature, and severity of curvature.

Back Brace

For moderate and mild scoliosis, back braces can play a large role in stopping and even slightly reversing the curve. This device stabilizes and supports the back but will restrict many movements people naturally use. It has the ability to reverse a curve, stop the curve from further worsening, and also slow down the curve. However, the results will randomly vary from person to person. The reasons are unknown as to why patients receive such different results from using a back brace.

Surgery

Surgery consists of two different options. You can either undergo bone grafting or spinal fusion. Spinal fusion is surgery to join together two or more bones together so there is no movement between them. The other option is bone grafting. This option is the surgical placement of a new bone around fractures to assist them in the healing process.

Therapy

Therapy consists of stretching exercises that improve overall flexibility and physical functions. Not only are these exercises better for your spine, but they are also better for your overall health.

By Landon Chan and Lily Phan, RN, MSN, Director of Clinical Services

神秘的脊柱側彎問題

什麼是脊柱側彎？誰會有這問題？

脊柱的彎曲，通常被稱為脊柱側彎，通常在兒童時期發現，但可以延續到整個成年期永遠存在。視乎嚴重程度，脊柱的彎曲可成“S”或“C”的形狀。一些嚴重情況甚至可能需要手術治療。脊柱側彎是特發性的，致病的原因未明；而導致脊柱側彎原因可以很多，例如遺傳，足部下半身的身體變形，頭部損傷和曾進行脊柱手術。

脊柱側彎治療

即使脊柱側彎不能完全治癒，治療可以防止彎曲問題變得更嚴重，甚至可以幫助矯正部分脊柱的彎曲。改變生活方式也可以令背部脊柱更健康。

脊柱側彎的治療方法很多，而選擇治療方法取決於患者的性別，年齡，骨骼年齡，彎曲位置和嚴重程度。

背部矯形腰帶

對於中度和輕度的脊柱側彎，背部矯形腰帶在停止脊柱側彎和甚至稍微改善背部曲線起到很大的作用。它能穩定並支撐背部，但患者許多自然活動會受到限制。矯形腰帶可矯正脊柱側彎，停止側彎進一步惡化，也減慢了側彎速度。然而，治療效果因人而異。不同患者接受這種治療會有不同的效果，效果不同的原因始終成迷。

手術

兩個不同的手術是進行骨骼接駁或脊柱融合。脊柱融合術是將兩個或多個骨骼連接在一起的手術，從而控制骨骼活動。另一種選擇是骨骼移植。這是在骨折的周圍裝上新骨，以幫助骨折的癒合。

物理治療

物理治療包括提高身體靈活性和活動功能的伸展運動。這些鍛不僅對您的脊椎有益，對您的整體健康也更有益處。

本文由Landon Chan 及臨床醫療服務總監Lily Phan RN, MSN 提供。



Are You At Risk For Osteoporosis?

Osteoporosis is a disease that causes bones to become thin and weak, making them easier to break. Some bone loss is a natural part of aging, and usually begins after age 35. Asian or Caucasian women are more at risk for osteoporosis especially if they have a family history of osteoporosis, had their ovaries removed, are small-boned, inactive, or past the age of menopause. Men can also develop osteoporosis.

Some warnings signs of osteoporosis:

- Fractures (hip, wrist, spine)
- Curvature of the upper back
- Loss of height

What to do to prevent osteoporosis:

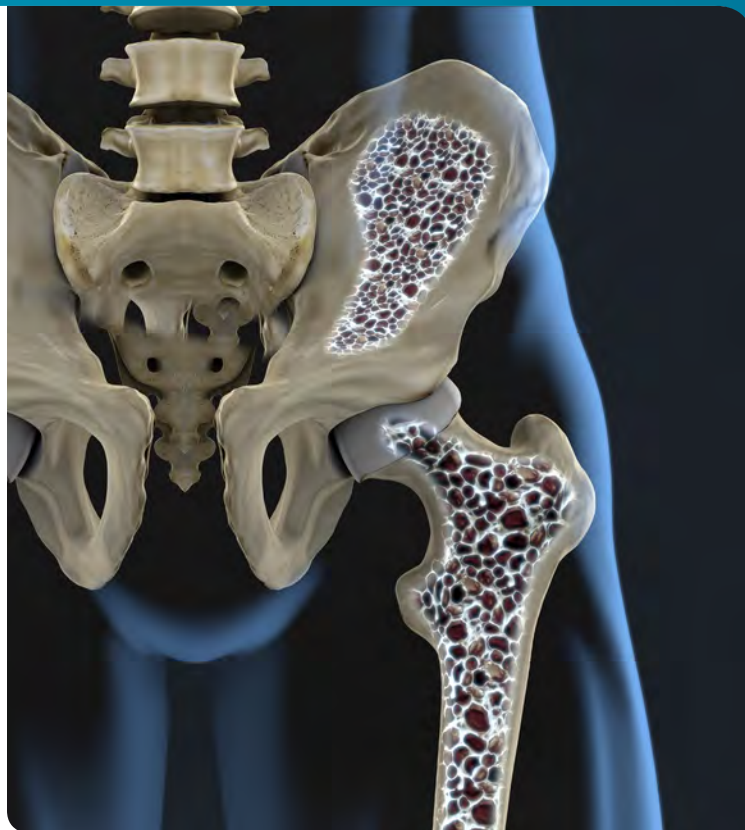
- Stop smoking
- Limit alcohol and soft drinks
- Include weight-bearing (e.g. walking, jogging, dancing and stair climbing) and resistance exercises (e.g. weight lifting using free weights or weight machines) to strengthen muscles and improve bone strength.
- Eat foods high in calcium, such as dairy products, firm tofu, canned fish with bones, dark-green leafy vegetables. Consider calcium and vitamin D supplements.
- Daily exposure to sunlight to help the body make vitamin D needed for calcium absorption
- Do exercises to improve balance so you are less likely to fall, e.g. yoga, tai chi

If you are over 50 years old or older and/or have gone through menopause, ask your doctor about having a bone density test which shows how dense your bones are. Several new prescription medications are available to treat osteoporosis. Physical therapy may also be an option. Discuss with your doctor to see which treatment may be appropriate for you.

Above article contributed by the Chinese Community Health Resource Center 1-415- 677-2473
www.cchrchealth.org

您是否會患上骨質疏鬆症？

骨質疏鬆症是一種骨質變得稀薄及脆弱的病症，而患有骨質疏鬆症的人容易發生骨折。一些骨質的流失，是年齡老化的自然現象，通常三十五歲以後便會發生。如果您是亞裔或白種女性，家族有人曾患骨質疏鬆症，或您曾動過卵巢切除手術、骨骼細小、不勤運動或已過



更年期，這些因素都會增加您患骨質疏鬆症的風險。男士也有可能患上骨質疏鬆症。

骨質疏鬆症的一些警訊包括：

- 骨折斷（臀部、手腕、脊柱骨）
- 脊骨彎曲
- 身材縮短

如何預防骨質疏鬆症：

- 避免抽煙
- 減少喝酒及汽水飲料
- 恒久地做負重運動，例如步行、慢跑步、跳舞及爬樓梯等鍛骨骼。包括輕量舉重運動，強健骨質及肌肉。
- 吃高鈣質食品，例如奶及乳製品、硬豆腐、帶軟骨的罐頭魚類、深綠色蔬菜。考慮服用鈣片和補充維他命D。
- 每日曬曬陽光可以幫助身體製造維他命D，促進鈣質的吸收。
- 做改善平衡的運動以防跌倒，例如瑜伽和太極拳等。

如果您超過五十歲或正處於更年期，您可以詢問您的醫生有關“骨質密度”的檢查。此檢查可測試出您的骨質是否稀薄。現有幾種處方藥物可幫助治療骨質疏鬆症，物理療法也是選擇之一。請與您的醫生商討那一種治療方法適合您。

以上資料由「華人社區健康資源中心」提供
1-415-677-2473 www.cchrchealth.org

Helpful Glossary of Health Coverage and Medical Terms

What is a Medical Group?

Health plans contract with groups of doctors to provide your health care. These groups of doctors are called medical groups. Medical groups can range from small practices with several doctors to very large organizations with hundreds of doctors. While a small number of health plans – fewer than twenty – insure most people in California, there are hundreds of medical groups in the state.

What is a Health Plan?

A Health Plan is an entity that provides, offers or arranges for coverage of designated health services needed by plan members for a fixed, prepaid premium.

What is the difference between a medical group and a health plan?

The difference between a medical group and a health plan sometimes isn't clear. The medical group's job is to care for patients – this work is done by the doctors, nurses, therapists and other professionals in the medical group. The health plan is responsible for seeing that its members get care easily by contracting with enough medical groups and their doctors in a local area so it is convenient for members to get care nearby. The health plan pays the contracted doctors, providers and facilities and typically makes the rules to determine the types of care that are covered.

In general, health plans take the financial responsibilities for the members who need health and medical services.

Source: reportcard.opa.ca.gov/rc2012/medicalgroupwhatis.aspx

保健計劃及醫療詞匯

什麼是醫療團體？

醫療健保計劃與不同的醫生團體簽署合約為您提供醫療服務。這些醫生團體被稱為醫療團體。醫療團體的規模可由幾個醫生組成的小團體至擁有數百個醫生的大團體。在加州的醫療健保計劃少於二十個，但醫療團體卻有數百個。

什麼是醫療健保計劃？

醫療健保計劃為會員提供或安排指定的醫療保健服務。醫療健保公司向會員收取固定保險月費。

醫療團體和醫療健保計劃之間有什麼不同？

醫療團體和醫療健保計劃之間的區別有時並不清楚。醫療團體的工作是照顧病人 - 這項工作是由醫生，護士，治療師和醫療團體的其他專業人員完成的。醫療健保公司負責確保與足夠的醫療團體和他們的醫生簽約，使其會員容易在社區內得到醫療護理。醫療健保公司支付費用予合約醫生，醫療服務提供者和醫療護理機構，並且制定規則以確定醫療服務範圍。

通常，醫療健保公司為需要醫療服務的會員承擔財務責任。

參考資料: reportcard.opa.ca.gov/rc2012/medicalgroupwhatis.aspx

Everyday Exercise Routine

Calf Raise

- 1 Stand 6 -12" away from a wall with your feet slightly apart and toes facing the wall. Place your hands on the wall to balance.
- 2 Slowly rise up on your toes, lifting your heels off the floor. Keep your knees straight and hold the raised position for 5-10 seconds.
- 3 Slowly lower your heels back to the floor.
- 4 Repeat the exercise with one foot or both feet at a time.

日常運動小貼士

提腳跟

- 1 站在遠離牆壁，兩腳稍微分開，腳尖對著牆，離開牆約6-12寸站立。將雙手扶著牆來平衡你的身體。
- 2 慢慢地用趾站立起來，使腳跟離開地面。保持膝蓋伸直，並維持此姿勢約5-10秒。
- 3 慢慢放下跟，落回地面。
- 4 重複用單腳或雙腳練習。





Eat Well, Live Well Recipe – Delicious and Healthy Millet Porridge with Fresh Chinese Yam, Kabocha Squash, and Goji Berries

Ingredients (For 12-1 cup servings):

- 2 tbsp goji berries
- 1 cup fresh Chinese yam (diced)
- 2 cup kabocha squash (diced)
- 1 cup millet
- 12 cups water

Instructions:

1. Wash and rinse all ingredients. Drain and set aside.
2. In a bowl, soak millet in water for 30 minutes.
3. In a large pot bring 12 cups of water to boil and then add millet, fresh Chinese yam, and kabocha squash to boiling water. Continue to boil on medium heat for 30 minutes.
4. Add goji berries and cook for 5 minutes.

This porridge is low in fat and sodium. It has B vitamins, potassium, dietary fiber, and is a good source of vitamin A.

One serving (8 oz cup) of this porridge can be counted as 1 carbohydrate count (15 grams).

*Designed by the Registered Dietitians at
Chinese Hospital*

Nutrition information per serving:

Calories: 80kcal	Dietary Fiber: 2.1 g
Protein: 2.5 g	Sodium: 13 mg
Carbohydrates: 16 g	Potassium: 150 mg
Cholesterol: 0 g	

東華醫院註冊營養師推介食譜 健康美食 – 淮杞南瓜小米粥

材料（12 碗份量）：

- 2 湯匙杞子
- 1 杯鮮淮山（切粒）
- 2 杯南瓜（切粒）
- 1 杯小米
- 12 杯清水

做法：

1. 用水洗淨全部材料。
2. 用清水浸泡小米 30 分鐘、隔水備用。
3. 用大煲將 12 杯水煮沸後加入小米，南瓜，鮮淮山，轉以中火煲 30 分鐘。
4. 加入杞子再煲5分鐘，即成。

此食譜為低脂肪、低鹽。

含有豐富維他命 A、多種維他命 B、鉀質及食用纖維。

一杯（8 安士）小米粥等同一份（15 克）炭水化合物的份量。

小米具有健脾和胃及滋陰益氣之功效。

此食譜由東華醫院的住院部註冊營養師設計

每份營養含量：

卡路里：80 千卡	食用纖維：2.1 克
蛋白質：2.5 克	鈉（鹽）：13 毫克
炭水化合物：16 克	鉀：150 毫克
膽固醇：0 克	

Acupuncture and Asthma

Asthma is a chronic disease of the lungs and affects an estimated 300 million people around the world. As Asthma care can be frustrating, it is one of the most common diseases for which patients turn to alternative therapies such as acupuncture for treatment and relief.

Acupuncture is widely used as a preventative medicine technique, and as such, is most effective when used to treat initial attacks or mild bouts of asthma. The disease is one of 40 considered by the World Health Organization (WHO) that may benefit from acupuncture.

In Traditional Chinese Medicine, asthma is called “xiao chuan”, which means “wheezing” and “shortness of breath”, respectively. Chinese medicine classifies xiao and chuan as two separate illnesses with different treatments. Xiao (wheezing) is characterized by a whistling sound during breathing, increased respiration rate, difficult breathing and inability to rest in a horizontal position. Chuan (shortness of breath) is characterized by difficulty breathing, constant opening of mouth to grasp air, raised shoulders, flared nostrils and inability to rest in a horizontal position.

According to TCM, there are many factors that can trigger asthma attacks. Examples include the invasion of the external pathogenic factors (such as cold, heat, pollen, cigarette smoke, and any other allergens), diet,

emotional disturbances, congenital weakness and chronic illnesses. The best prevention is understanding and avoiding triggering factors.

Acupuncture points for the treatment of asthma are often located along the lung, spleen, large intestine, and stomach, kidney meridians. Acupuncture points along the bladder meridian are also used since Shu points for each organ on the bladder channel are also considered important for the overall health of the body's organs. Herbs may also be prescribed to treat patients in both acute and remission stages of asthma.

If you are interested in learning more about how acupuncture might help with asthma, please contact Chinese Hospital East West Health Services at 1-415-795-8100 or 1-650-761-3542. As with all chronic diseases, you should consult with your primary care doctor about the use and benefits of acupuncture for you. If you have an acute asthma attack or difficulty breathing, you should seek immediate medical attention.

針灸與哮喘

世界上大約有三億人受哮喘病影響。由於一般的哮喘的治療護理可能會不盡如人意，以致病人轉而尋求非傳統療法的疾病之一，如通過針灸治療和緩解病症。

針灸被作為預防疾病的醫學技術被廣泛應用，同樣，它在治療哮喘病初期或輕度哮喘的時候針灸是最有效的。世界衛生組織公佈哮喘是四十種能夠通過針灸改善的疾病之一。

在傳統中醫裡，「哮喘」的意思是呼吸短促且伴有呼哧呼哧聲。中醫把「哮」和「喘」分為兩種不同的疾病，需要不同的治療。「哮」的是指呼吸時伴有類似哨聲的喘息聲，呼吸頻率加快，呼吸困難以及不能平躺。「喘」是指呼吸困難，持續地張嘴吸氣，抬肩，鼻孔張大且不能平躺。

根據傳統中醫，有很多因素會引起哮喘發病。例如外界病原體的入侵（如冷、熱、花粉、煙以及其他過敏原），飲食，情緒困擾，先天不足或者慢性疾病。最好的預防方法是找出且避免觸發哮喘的致病源。

治療哮喘的針灸穴位通常分佈在肺、脾、大腸、胃、以及腎經絡。膀胱經附近的針灸穴位也常被用到，因為每個器官在膀胱經的俞穴也被認為對身體各器官的整體健康非常重要。在哮喘的急性期和緩解期的治療中，也常常會用到中草藥。

如果您有興趣瞭解更多關於針灸如何明治療哮喘的知識，歡迎聯絡東華醫院中西醫門診進行諮詢，電話 1-415-795-8100 或 1-650-761-3542。無論哪種慢性病，您都應該先諮詢您的家庭醫生有關針灸治療的可行性以及益處。如果您遇到急性哮喘發作或者呼吸困難，您應該立即就醫。



Healthy Smiles Make Happy Children

One of the happiest sights of the year is the bright and healthy smile of a young child. Yet, cavities dim the smiles of nearly half of our community's children. Cavities in baby teeth are the most common disease of childhood. Cavities are caused by bacteria and can be prevented. Cavities in children lead to adult diseases and limit adult health and wellbeing. This means children with cavities may not be as successful as possible when they become adults. School success suffers when children with cavities suffer.

Many of us do not know it is easy to protect our teeth and our children's teeth. Cavity causing bacteria sticks to teeth. Brushing the teeth for 2 minutes with fluoride toothpaste every morning and night removes the bacteria before it harms us. Flossing keeps the gums wrapped tightly around teeth, too! Acids and sugar from foods and drinks help the bacteria become more harmful. Choosing water as the main drink keeps teeth and bodies strong. Avoiding extra sugar is difficult, especially during the holidays, but it is worth the extra protection to the teeth. Seeing the dentist every 6 months from the age of 1 year old, is not enough to ensure cavity-free teeth. Daily choices to brush twice a day, floss and avoid sugary and acidic foods are the safest way to nurture our children into a successful adulthood.

This article was contributed by Dr. Lyra Ng, MD, MPH, General Pediatrician at the Gellert Health Services, Chinese Hospital. You can also contact Dr. Ng by calling 1-650-761-3500

健康笑容令小孩快樂

小孩子明亮和健康的笑容是我們最樂見的景象之一。然而，蛀牙使我們社區中近一半的兒童微笑黯淡，成為最常見的兒童疾病。蛀牙由細菌引起並且是可以避免的。童年的蛀牙導致成年後的疾病，並影響成年時的健康和幸福。當兒童受蛀牙困擾，學業成績也會受到損害。這意味著有蛀牙的兒童在成年後可能不會得到最大的成功。

許多人不知道保護我們和我們孩子的牙齒是很容易。蛀牙令細菌粘在牙齒上。在細菌損害牙齒前，只要每天早晚使用含氟的牙膏刷牙兩分鐘，即可除去細菌。此外，使用牙線能保持牙齦緊貼牙齒！來自食物和飲料的酸性和糖份令細菌變得更有害，所以選擇水作為主要飲料能保持牙齒和身體強壯。在節日假期中，要避攝取額外的糖份是困難的，但此舉能為牙齒提供額外的保護。從一歲開始每六個月看牙醫一次並不足以確保牙齒免受蛀牙威脅。培育我們的孩子邁向成功最安全的方法是每天刷牙兩次，使用牙線及遠離含糖和酸性食物。

此文由東華醫院的帝利市Gellert華康醫務中心的小兒科專家，伍韻琴醫學博士提供。如需聯絡伍醫師，請致電：1-650-761-3500。

Free Health Screenings and More at CCHRC's Wellness Library!

CCHP members are welcome to stop by the Wellness Library at 835 Pacific Ave., San Francisco to browse through our collection of health education books and materials, and also receive the following FREE services:

- Health Screenings: Bone Density, Blood Pressure, Body Mass Index/Body Fat
- Free reading glasses (vision assessment required)
- Free cell phone program (applicant must meet California LifeLine income eligibility requirement)

For more information, please contact the Chinese Community Health Resource Center (CCHRC) at 1-415-677-2473 www.cchrchealth.org

「華人社區健康資源中心」之保健圖書室提供多項免費服務

歡迎華人保健計劃會員臨位於三藩市柏思域街835號的保健圖書室，參考我們的健康教育書籍及資料，並獲取以下免費服務：

- 健康檢查：骨質密度，血壓，體重指數/身體脂肪檢查
- 免費老花眼鏡（需接受視力評估）
- 零月手機計劃（申請者需符合加州政府LifeLine計劃的收入資格）

如欲獲取更多資訊，請聯絡「華人社區健康資源中心」1-415-677-2473 www.cchrchealth.org



Colorectal Cancer Screening

Colorectal cancer is cancer of the colon or rectum. It is the second leading cause of cancer-related deaths in the United States. Colorectal cancer is expected to cause about 49,190 deaths during 2016.¹

Colorectal cancer does not always cause symptoms. You can have it and not know it. That is why regular screenings are important to help find colorectal cancer in its early stages when treatment works best. Adults 50-75 years old should be regularly screened for colorectal cancer. Adults 76-85 should ask their doctor if they should be screened. There are several screening tests available:

- Fecal Occult Blood Test (every year)
- Colonoscopy (every 10 years)
- Flexible Sigmoidoscopy (Every 5 years)

People 50-75 years old are encouraged to complete their routine screening. CCHP members who have not completed their screening should have received a simple fecal immunochemical test (FIT) kit in the mail. This kit detects blood in the stool. If you have not completed the test yet, we encourage you to do it soon. If you did not receive a kit in the mail, please talk to your doctor to see if you need this screening. Your doctor can also determine which test is right for you.

For more information, please call CCHP Member Services at 1-415-834-2118 or ask your doctor.

¹ www.cancer.org/cancer/colonandrectumcancer/detailedguide/colorectal-cancer-key-statistics

結腸直腸癌篩查

結腸直腸癌是結腸或直腸的癌症，也是美國第二大導致死亡的癌症。預計結腸直腸癌在2016年將導致約49,190人死亡。¹

結腸直腸癌並不一定有徵狀。您可以不知道自己患上結腸直腸癌。治療結腸直腸癌效果最好是在患病早期，所以定期檢查幫助尋找早期結腸直腸癌是非常重要的。五十至七十五歲的成年人應作定期結腸直腸癌測試。七十六至八十五歲的成年人應該詢問醫生是否有進行測試的需要。測試有以下幾個：

- 大便隱血測試（每年一次）
- 大腸鏡檢查（每十年一次）
- 乙狀結腸鏡檢查（每五年一次）

我們鼓勵五十至七十五歲的人士完成常規檢查。未進行檢查的華人保健計劃會員應從郵箱中收到一個簡單的大便免疫化學檢測（FIT）郵包以檢測大便中的血液。如果您還沒有完成測試，我們建議您盡快完成。如果您沒有收到此郵包，請與您的醫生聯絡，了解您是否需要進行檢查。您的醫生也可以確定哪種測試適合您。

了解更多資料，請致電1-415-834-2118與會員部聯絡或向您的醫生查詢。



Tips for a Healthy Holiday Season

Good health begins with a healthy diet. Choosing what to eat and what to buy at the grocery store can make a difference in your health and the health of your family, especially during the holiday season. Here are some tips to help you keep a healthy diet:

- Eat a low fat snack such as fresh fruit before a holiday meal so you won't be tempted to overeat.
- Chew slowly and enjoy each bite of food, and you'll be less likely to go for seconds.
- Extend the time and frequency of your exercise routine to burn off the extra calories.
- Center your holiday get-togethers on friends and family instead of eating and drinking.
- Avoid crowded places to limit your exposure to second-hand smoke and germs.
- Don't mix alcohol with medication.
- Remember to bring enough medications and keep them in your carry-on luggage when you travel.
- Reduce last minute anxiety and stress by shopping early and making a list ahead of time.

The "Nutrient Analysis" and "Grocery Shopping" interactive tools on the Chinese Community Health Resource Center's bilingual website can help you get started in making wise food choices for you

and your family. Please visit: www.cchrhealth.org/healthful-eating/healthful-eating

享有一個健康假期的秘訣

健康的體魄取決於您如何選擇您的食物。了解如何吃得健康及懂得如何選擇購買食物，對您及您家人的健康是非常重要的，特別在多個公假期期間。以下有些假期飲食的秘訣幫助您保持飲食健康：

- 參加宴會及聚餐前，先吃一些低脂肪的小食如水果，可避免在聚餐時吃得過量。
- 慢慢細嚼和品嚐每一口食物，可令您減少添食的慾望。
- 增加運動的時間和次數以助消耗多餘的熱量。
- 假期內與朋友和家人歡聚，應偏重閒談及有益身心的娛樂，不要只顧吃和喝。
- 減少到空氣不流通的公眾場所，可減低吸二手煙和感染病菌的機會。
- 服用藥物時不要喝酒。
- 出外旅遊切記帶備您所需的藥物並應放在手提行李內。
- 購物前列出一份想買東西的清單及預早購買，可以減輕精神緊張和心理壓力。

華人社區健康資源中心網上“鍋中有學問營養成分”及“日常食品購買指南”的互動工具，可幫助您如何選擇健康的飲食，開始您健康的第一步。請瀏覽網址 www.cchrhealth.org/tw/healthful-eating/healthful-eating (中文)

Be Prepared with Advance Health Care Planning

The Advance Health Care Directive is a legal form that documents your written or oral instructions to health care providers regarding your medical treatment preferences. They are valuable during times when you are too sick to make the decision for yourself. It is helpful to complete an Advance Health Care Directive to prepare for the unexpected. That way, your doctors and family members do not have to guess what your preferences for health care and treatments are. This will also help to reduce anxiety, guilt, and possible conflicts with making a decision on your behalf.

To assist you in learning more about advance health care planning and in completing the required forms, please contact:

Chinese Community Health Resource Center
835 Pacific Ave., San Francisco
Tel: 1-415-677-2473

醫療照護事前計劃

“醫療照護事前指示”是一份用來記錄有關您自己的醫療意願的法律文件。若您因病重而無法作出任何醫療意願；事先填寫一份“醫療照護事前指示”，可以幫助您為一些突如其來的事情作好準備。

如此，您的醫生及家屬便不用猜測您的醫療意願，更可以減少他們的憂慮、內疚及彼此間因意見不合而造成的衝突。

華人社區健康資源中心可幫助您了解更多關於醫療照護事前計劃，並協助您填寫醫療照護事前指示。請聯絡：

華人社區健康資源中心保健資訊圖書室
三藩市柏思域街 835 號
電話: 1-415-677-2473



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This quarterly newsletter highlights health topics and programs that may be important to you, your family or someone you care about. Please read, enjoy, participate in our programs and pass it along when done. If you would like additional copies or to be removed from our mailings, please call 1-415-955-8800 extension #3257 or email Info@CCHPHealthPlan.com. Electronic copies are available online at:

www.CCHPHealthPlan.com/community-health-newsletter

www.cchrchealth.org/health/library/health-newsletters

這季刊會注重每季度健康的主題和活動，對您，您的家人及親友都很有益。健康寶貴，分享無價。請您仔細閱讀及積極參與這些活動的同時，將這季刊在您的親友之間傳閱。如果您想索取更多副本或剔除您的郵寄地址，請致電 1-415-955-8800 內線 #3257，

電郵 Info@CCHPHealthPlan.com 或上網瀏覽：

www.CCHPHealthPlan.com/community-health-newsletter

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IMPORTANT CONTACT INFORMATION 重要聯絡資料

CCHP Member Services CCHP 會員服務	CCHP Member Services Center - Chinatown CCHP 會員服務中心 - 華埠 827 Pacific Ave., San Francisco www.CCHPHealthPlan.com/memberservices	1-415-834-2118		Sunset Health Services 日落區華康醫務中心 1800 31st Ave., San Francisco www.chinesehospital-sf.org	1-415-677-2388
	CCHP Member Services Center - Daly City CCHP 會員服務中心 - 帝利市 386 Gellert Blvd., Daly City www.CCHPHealthPlan.com/memberservices	1-415-834-2118		Excelsior Health Services 米慎區華康醫務中心 888 Paris St., #202, San Francisco www.chinesehospital-sf.org	1-415-677-2488
Health Education 健康教育	Chinese Community Health Resource Center 華人社區健康資源中心 835 Pacific Ave., San Francisco www.cchrchealth.org	1-415-677-2473	Chinese Hospital Clinics 東華醫院門診中心	Daly City Health Services 帝利市華康醫務中心 93 Skyline Plaza, Daly City www.chinesehospital-sf.org	1-650-991-8883
Chinese Hospital 東華醫院	Chinese Hospital 東華醫院 845 Jackson St., San Francisco www.chinesehospital-sf.org	1-415-982-2400		Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd., Daly City www.chinesehospital-sf.org	1-650-761-3500
	Support Health Services 東華醫院健康服務中心 845 Jackson St., Floor B1 San Francisco www.chinesehospital-sf.org	1-415-677-2370		East West Health Services - Financial District 中西醫學門診 - 金融區 632 Commercial St., Suite 100 San Francisco www.chewhs.org	1-415-795-8100
	Chinese Hospital Outpatient Center 東華醫院門診中心 386 Gellert Blvd., Daly City www.chinesehospital-sf.org	1-650-761-3500		East West Health Services - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd., Daly City www.chewhs.org	1-650-761-3542