

COMMUNITY HEALTH NEWSLETTER

社區健康季刊 | 2015 WINTER 冬季刊

Updates on the New Chinese Hospital Construction

The new hospital construction is moving at a very fast pace. Over 80% of the construction is complete. Five of the eight floors are built with painting, flooring, and cabinetry finished. Major medical equipment such as MRI machine, CT scanner, Nuclear Medicine machine, and surgery room equipment will arrive in January 2016. Between February and April, the project will focus on commissioning, testing and final approvals. Additionally, the new fire alarm and medical gas systems are being installed at the existing hospital, which will be connected to the new building. All major mechanical and electrical equipment have been installed and are scheduled for start-up of all major systems in November next year. These updates are wonderful examples of the new tower "waking up" and taking its true form that everyone has been so eagerly waiting for.

For more information on ways to help, please call Office of Fund Development at 1-415-677-2470 or you may donate online at www.chinesehospital-sf.org

新東華醫院擴建最新資訊

東華醫院全新的建築正以極速進行，現百分之八十已完工。八層樓的其中五層基本建築包括油漆，地板和櫃的裝設已經完成。大型醫療設備，如MRI磁力共振治療儀，CT掃描儀，核子醫學及手術室設備將於2016年1月運送到達。2月到4月期間，本項目將著重於調試，檢測以及工程的最終審核。除此之外，新的火災警報和醫

用氣體系統正在安裝並連接到新醫務大樓。所有主要的機械儀器和電子設備已經安裝完畢，並定於明年11月開始啟動。這是一個讓人翹首以待的時刻，我們將一起見證新醫務大樓落成夢想成真，造福社群。

想了解更多關於新醫院捐贈方式及籌募活動，請聯絡東華醫院基金發展部1-415-677-2470或瀏覽網站 www.chinesehospital-sf.org



CCHP Would Like Your Opinions

CCHP is constantly looking for ways to improve our services to members. One way we do this is by asking our members directly. We are looking for members who can commit to 2-3 hours, once every three months. You will be asked to visit our offices in Chinatown for casual group discussions about what we are doing right and what we can do better.

If this sounds like you, please call CCHP member services at 1-415-834-2118 and say 'I want to help'.

華人保健計劃希望知道您的意見

華人保健計劃不斷尋找各種方法來提升會員服務質素，而直接與我們的會員溝通是其中一個好方法。我們正在尋找可以承諾出席每三個月一次，每次兩至三個小時的休閒小組會議的會員。您將會參觀我們在三藩市華埠的辦事處並參加會議，以分享您的意見：告訴我們有什麼做得對及有什麼可以做得更好。

如果您是會員又想參加會議，請致電會員服務部1-415-834-2118說「我想分享意見」。



Importance of Eye Exams

Periodic eye exams are an important part of keeping you healthy. Many eye and vision problems can occur without you noticing them. As a result, people are often unaware that problems exist. Early detection and treatment of eye and vision problems are important for maintaining good vision and eye health. Children between the ages of 3-5 years old should get their eyes checked at least once. Eye exams for children are important for normal vision development and for doing well in school. Adults should get an eye exam every year, especially those over the age of 50. Your doctor can check for early signs of diseases such as cataracts, glaucoma, diabetes, and high blood pressure. You should get an eye exam sooner if you experience any of the following:

- Red, dry, itchy eyes
- Spots, flashes of light, floaters
- You have diabetes or another health condition that affects the eyes
- Family history of diabetes or glaucoma
- Your last eye exam was more than 1 year ago
- Difficulty driving at night and seeing street signs in the dark
- Headaches and/or blurred vision, eye strain after spending a long time in front of a computer
- Motion sickness, dizziness, or trouble following a moving object
- Hold books or the newspaper far away from your face or squint to read clearly

- Changes in your vision

Reference:

<https://www.vsp.com/eye-exam-needed.html>

眼科檢查的重要性

全面的眼科檢查對我們非常重要。因為我們的視力會在不知不覺間轉變，所以很多時候未能察覺到視力及眼睛出現問題。早期發現和治療是保持良好的視力和眼睛健康的關鍵。3至5歲的兒童應該進行至少一次眼睛檢查；因為眼科檢查對兒童視力正常發展和良好學業至關重要。成年人(尤其是50歲以上的人仕) 都應該進行定期眼科檢查。您的眼科醫生可以檢查出早期白內障或青光眼、糖尿病、高血壓的症狀。如您遇到以下的情況，便要提早進行眼科檢查：

- 眼睛發紅，乾燥和/或發癢
- 看到斑點，閃光，或有飛蚊症
- 有糖尿病或其他能夠影響視力的疾病
- 有糖尿病或青光眼家族史
- 超過一年沒有進行眼科檢查
- 在夜間駕駛出現困難或看不到路牌
- 長時間使用電腦後出現視力模糊，眼睛疲勞
- 暈車、眩暈症狀或眼睛不能跟隨物件移動
- 看書籍或報紙時，需要保持很遠距離或眯著眼睛看
- 視力改變

參考資料：

<https://www.vsp.com/eye-exam-needed.html>

Simple Tips for Healthy Eyes

Your eyes are an important part of your health. Whether you spend hours in front of a computer, tablet or smart phone, you can do many things to keep your eyes healthy.

1. Visit your eye doctor regularly, for a comprehensive eye exam. When it comes to common vision problems, some people may need glasses or contact lenses to see better. Your eye doctor can diagnosis many common eye diseases, such as glaucoma, diabetic eye disease, and age-related macular degeneration, which can be discovered early in the disease process.
2. Eat right to protect your sight. Carrots are good for your eyes. But eating a diet, rich in fruits and vegetables; particularly dark leafy greens, such as bok choy, gailan or spinach is good for eye health. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.
3. Maintain a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you're having trouble maintaining a healthy weight, talk to your doctor.
4. Quit smoking or never start. Smoking is as bad for your eyes, as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.
5. Wear sunglasses. They protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.
6. Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes look away, about 20 feet in front of you for 20 seconds. This short exercise can help reduce eyestrain.
7. Clean your hands and your contact lenses properly to avoid the risk of infection. Always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

References:

www.nei.nih.gov/healthyeyes/eyehealthtips
<http://www.webmd.com/eye-health/good-eyesight>

保持眼睛健康的簡單竅門

您的眼睛是身體健康重要的一環。即使您經常使用電腦，電子產品或智能手機，您也可以做很多事情，讓眼睛保持健康。

1. 定期進行全面的眼科檢查。當談到普遍的眼睛問題，有些人可能需要配戴眼鏡或隱形眼鏡矯正視力。您的眼科醫生可以診斷出許多常見的疾病，如青光眼，糖尿病眼疾及與年齡相關的黃斑病變，而這些問題都可在早期患病時被發現。
2. 吃得健康以保護您的視力。胡蘿蔔對眼睛很有益。水果和蔬菜；尤其是深色綠葉蔬菜，如白菜，芥蘭或菠菜有利於眼睛健康。研究還指出，多吃含omega-3脂肪酸的魚，如三文魚，吞拿魚和大比目魚對眼睛的健康有益處。
3. 保持健康的體重。超重或肥胖增加您患上糖尿病等其他導致視力下降的疾病，如糖尿病眼病或青光眼。如果您無法保持健康的體重，請約見醫生尋求協助。
4. 戒煙或從不吸煙。吸煙危害您的眼睛健康，正如會危害身體其他部分。研究指出吸煙會導致與年齡相關的黃斑病變，白內障和令視神經損傷的危險性增加，這些疾病可以導致失明。
5. 戴太陽鏡。他們保護您的眼睛免受陽光中的紫外線所傷。購買太陽鏡時，尋找那些阻擋百分之九十九至一百UV-A和UV-B輻射的太陽鏡。
6. 給眼睛休息。如果您花很多時間在電腦前，或全神貫注地做事情，您有時會忘記眨眼，使眼睛疲勞。嘗試20-20-20規則：每20分鐘看遠大約20英尺一次，每次持續20秒。這個簡單的練習可以幫助減輕眼睛疲勞。
7. 配戴隱形眼鏡前正確地清潔雙手及隱形眼鏡，以避免眼睛受感染的風險。戴上或取下戴隱形眼鏡前一定要徹底洗手及按指示消毒隱形眼鏡，並適當地定期替換隱形眼鏡。

參考資料：

www.nei.nih.gov/healthyeyes/eyehealthtips
<http://www.webmd.com/eye-health/good-eyesight>



CCHP Community Fitness Program Member Rewards

Since the CCHP Community Fitness Program was founded in 2010, more than 700 students have joined over 3,500 free classes. A recent survey of active students showed that 97% of participants felt healthier and more energetic since they joined the classes.

This year, CCHP presented a “CCHP Community Fitness Award” and prize to three active fitness program students with highest attendance and longest participation. Lin Oi Pun, Robert Huang, and Judy Huang happily received their award and shared about their experience.

華人保健計劃健身課程學員獎勵活動

華人保健計劃（CCHP）在2010年開設了CCHP社區健身課程。參加的學員逾700人，健身課程超過3500堂。最近的現役學員滿意度調查結果顯示，百分之九十七的學員覺得自從他們參加了CCHP健身課程後變得更健康、更有活力。

今年，華人保健計劃頒發了“CCHP社區健身獎”獎狀和獎品給三位參加健身課程時間最長、出席率最高的現役學員。獲獎學生潘蓮愛、黃繼勳和黃吳嬌娥欣然領獎並分享他們的健身故事。

Awardee Story 獲獎者故事

Lin Oi Pun:

I joined CCHP community fitness classes in 2011. Before the program, my health condition was not good. I had pain in my back and legs. After these years of exercise with CCHP, my health condition has greatly improved and the pains are gone. It's not an overnight thing. We need to have perseverance and patience to see improvement. I have been participating in Yoga, Qigong, and Taichi classes. They are all very good classes and the instructors are very professional and patient. I've recommended CCHP fitness classes to a lot of my friends and they seem to enjoy them as well.

Robert and Judy Huang:

We have been participating in CCHP community fitness classes since 2011. As seniors, keeping good health is most important. We really appreciate this program. Its benefits are beyond measure. The instructors are very experienced and professional. We've participated in yoga, tai chi and qigong classes. We learn new things from every class, and feel motivated to exercise as a

group of students doing it together. We've also made a lot of new friends in the classes. We always go to class together and that's probably why we rarely miss a class.

潘蓮愛：

為了改善自己的身體健康，我從2011年起參加華人保健計劃健身班。以前腰和腳常疼痛；自從參加華人保健計劃健身班之後，身體就逐漸變好了。不過老實說，這個成果不是一朝一夕的，要持之以恆地運動。我參加過瑜伽，氣功及太極班，老師都很專業和有耐性。現在身體好了，就將健身課程介紹給很多朋友，他們也很喜歡華人保健計劃健身班。

黃繼勳和黃吳嬌娥：

我們是2011年開始參加華人保健計劃健身班的。對七十歲以上的老人家來說，身體健康是最重要的。華人保健計劃的健身班真是功德無量。我們參加過瑜伽，太極及氣功健身班。老師們非常專業及有經驗，我們每一堂課都學到新的東西。運動需要有伴，大家一起學習更有動力。我們也在課上認識了很多新朋友。可能因為我和太太（Judy）兩個人一起參加，所以出席率比較高。



Ms. Pun enjoys CCHP fitness classes at the Chinatown YMCA
潘蓮愛女士非常喜歡CCHP在華埠青年會開設的健身課程



Robert and Judy Huang are committed to CCHP fitness classes at Excelsior Health Services
黃生和黃太長期堅持參加CCHP外米慎區的華康醫務中心健身班

Helpful Tips for Enrolling in or Renewing Health Coverage

The Covered California annual Open Enrollment Period started on November 1st, 2015 and will continue through January 31st, 2016. This is the important time when most people can join or switch to a qualifying health plan like CCHP.

When you apply for or renew your coverage in Covered California, you'll need to provide some information about you and your household. These include income, any coverage you currently have, and some additional items.

1. Update information about your household. e.g. decide who needs coverage
2. Prepare information about everyone applying for coverage. e.g. Social security Number, 2015 tax return, addresses
3. Document information for legal immigrants.
4. If you are getting help completing your application, make sure you have information about the professional helping you apply and your account log in information.
5. Employer and income information for every member of your household. e.g. pay stub, W-2 forms, estimate income in 2016

If you have questions or need help be sure to call 1-877-224-7808 to speak to a qualified enrollment agent.

Reference:

<https://marketplace.cms.gov/outreach-and-education/marketplace-application-checklist.pdf>

申請或更新醫療保健計劃的小提示

投保加州的年度開放註冊期是2015年11月1日至2016年1月31日，這是您續保或參加像華人保健計劃的合格健保計劃的重要機會。

當您申請投保加州醫療保健計劃或更新現有的醫療保障時，您需要提供有關您和您家庭成員的資料，包括收入、現有的醫療保健資料。

1. 更新家庭成員的資料(例如：決定誰需要醫療保障)。
2. 為每個需要醫療保障的家庭成員準備申請所需的資料。例如社會安全號碼、2015年納稅申報表、地址。
3. 合法移民的證明文件。
4. 如果有專業人士協助您完成申請，請保留專業人士的資料和您的帳號資料。
5. 每一個家庭成員的僱主和收入資料。例如工資單、W-2表格、2016年收入預估。

如有疑問或需要協助，請致電1-877-224-7808尋找合格的登記代理。

參考資料：

<https://marketplace.cms.gov/outreach-and-education/marketplace-application-checklist.pdf>



Chinese Hospital Outpatient Center
(On Gellert), Opening Spring 2016
東華醫院門診中心
(位於Gellert 大道)，2016年春季開幕

Stick your tongue out!

A common question people ask about acupuncture is “Why does my acupuncturist look at my tongue?” The answer is that looking at the tongue is one important way that acupuncturists diagnose patients’ conditions. They may also feel patients’ pulse, look at their hair, skin and nails, and ask them about their lifestyle. All of this information helps the acupuncturist to correctly diagnose the patient’s condition. A correct diagnosis is important for deciding on the best treatment plan.

When looking at the tongue, acupuncturists look at the shape, color, coating and features such as peeling and cracks. This information can show the depth and nature of any imbalances. Marks on specific areas of the tongue can point to imbalances in different body systems. According to Chinese medicine, a normal tongue has a light red or pinkish body. It is proportionally-sized, evenly-shaped and does not have any cracks or peeling. The coating is thin, white and slightly moist. Of course, food and drink, such as coffee, tea and candy can alter the color of the tongue coating.

The appearance of the tongue is not only thing needed to make a diagnosis. For example, a pale tongue color usually indicates a deficiency in the body. However, the diagnosis could be Qi Deficiency, Blood Deficiency or Yang Deficiency. In order to determine what kind of deficiency a patient has, the acupuncturist will feel the pulse and ask for more details about the patient’s symptoms. Changes in the tongue can also tell the acupuncturist about the progress of the condition.

So go ahead and stick your tongue out. It might be trying to telling you something!

Article provided by Chinese Hospital East West Health Services. For more information, call 1-415-795-8100.

舌診:伸出您的舌頭！

關於針灸的一個常見問題是：“為什麼針灸師會看我的舌頭？”答案是，舌診是針灸師診斷病症的一種重要方法。針灸師也可以把脈，觀察頭髮，皮膚，指甲，以及詢問病人的生活習慣。所有這些信息都可以幫助針灸師正確診斷病人的狀況並制定最好的治療方案。

在舌診過程中，針灸師會觀察病人舌頭的形狀，顏色，舌苔，以及脫皮和裂紋等特徵。舌頭的這些信息可以顯示出身體某方面的失衡以及反映身體失衡的程度和源頭。中醫認為，正常的舌頭顏色為淡紅或粉紅，比例良好，均勻且沒有任何裂紋和脫皮。舌苔以薄，白和潤為正常。當然，食物和飲料，例如咖啡，茶和糖果會改變舌苔的顏色。

要正確地作出診斷不能單靠舌診。例如，舌色淺淡通常表示體虛。但是，這亦可以被診斷為氣虛，血虛，或者陽虛。為了判斷病人到底是哪一種體虛，針灸師會把脈和詢問病人更多的細節以及症狀。通過觀察舌頭的變化，針灸師還能判斷病情的進展。

所以，把舌頭伸出來，讓針灸師看看吧，它會告訴您一些關於您自己的身體狀況！

本文由中西醫療門診中心提供。請致電1-415-795-8100了解更多詳情。





Colorectal Cancer Awareness

Colorectal cancer is cancer of the colon or rectum. It is the second leading cause of cancer deaths in the United States. About 140,000 Americans are diagnosed with colorectal cancer each year and more than 50,000 people die from it every year. People 50 years and older make up more than 90% of the colorectal cancer cases.

Precancerous polyps (abnormal growth in the colon) and colorectal cancer do not always cause symptoms so you can have it and not know it. That is why screening tests are important. Regular screening tests can help find colorectal cancer in its early stages making treatment more effective. Adults 50-75 years old should get screened for colorectal cancer regularly. There are different screening tests available:

- Colonoscopy (every 10 years)
- Fecal Occult Blood Test, stool test (every year)
- Sigmoidoscopy (every 5 years)

Talk with your doctor about which test is right for you.

Common symptoms of colorectal cancer include:

- Blood in or on the stool.
- Stomach pain, aches, or cramps that do not go away.
- Unexplained weight loss.

If you have any of these symptoms, see your doctor.

Reference:

<http://www.cdc.gov/cancer/dcpc/resources/features/ColorectalAwareness/index.htm>

認識大腸癌

大腸癌是結腸或直腸的癌症。在美國死於癌症的病例中，大腸癌居第二位。每年大約14萬美國人被診斷患上大腸癌，而且有超過5萬人死於大腸癌。百分之九十以上的患者年齡介乎50歲或以上。

癌前息肉（在結腸異常生長）和大腸癌並不一定有症狀，所以您可能不知道它的存在。因此，驗查是非常重要的。定期檢查測試有助發現早期大腸癌並使治療更加有效。50至75歲的成年人應該定期作大腸癌檢查。請與您的醫生商討，從以下不同的測試中找出適合您的檢查：

- 大腸鏡檢查（每10年一次）
- 大便潛血檢查，大便常規檢查（每年一次）
- 結腸鏡檢查（每5年一次）

大腸癌的常見症狀包括：

- 肛門出血
- 持續的肚子痛，酸痛或抽筋。
- 不明原因的體重下降。

如您有任何上述症狀，請與醫生聯絡。

參考資料：

<http://www.cdc.gov/cancer/dcpc/resources/features/ColorectalAwareness/index.htm>

Eat Well, Live Well Recipe – Hawaiian Curry Chicken with Pineapple

Ingredients:

(Makes 4 servings)

- 10 oz. chicken, cut to bite size
- ½ tsp. salt
- 1/8 tsp. black pepper
- 1 tsp. garlic, finely chopped
- 1 tsp. shallot, finely chopped
- 2 oz. mushroom
- 1 ½ -2 tsp. curry powder
- 2 tbsp. olive oil
- 1 tbsp. flour
- 1 oz. butter, cubed
- 6 oz. chicken broth
- 2 oz. pineapple juice
- 2 slices pineapple, cut to bite size
- 1 banana, sliced
- 2 tbsp. toasted almonds

Instructions:

1. Season chicken with salt and black pepper and marinate for 10 minutes.
2. In a sauté pan, heat olive oil over medium high heat, sauté chicken until light brown, add mushroom, garlic and shallot; cook until soft. Add curry powder, sauté for 2 more minutes until aromatic; add flour and sauté for 1 more minute.
3. Add chicken broth and pineapple juice, bring to boil. Add pineapple and banana, cook for 1 minute. Stir in butter until melted; remove from heat.
4. Serve in deep plate, garnish with toasted almonds.

Recipes are used with permission from
“JoyLife Club Recipe Collection.”



Nutrition information per serving:

Cal 318
Total fat 17 g
Sat fat 5 g
Chol 76 mg
Sodium 420 mg
Carb 19 g
Protein 25 g



健康美食 - 夏威夷菠蘿咖哩雞

材料（4人分量）：

10 安士雞肉，切粒

½ 茶匙鹽

1/8茶匙黑椒

1 茶匙 蒜頭，切碎

1 茶匙紅蔥，切碎

2 安士磨菇

1½ -2 安士咖哩粉

2 湯匙橄欖油

1 湯匙麵粉

1安士牛油

6 安士雞湯

2 安士菠蘿汁

2 片菠蘿，切粒

1 隻香蕉, 切片

2 湯匙杏仁(經烤焗)

做法：

1. 將鹽和黑胡椒灑上雞肉醃10分鐘。
2. 在易潔平底鑊放入橄欖油和雞肉；用中火煮至金黃色。
3. 加入磨菇、紅蔥、蒜頭煮至軟身。
4. 加入咖哩粉約2分鐘至炒香，加入麵粉煮1分鐘。
5. 加入菠蘿和香蕉，煮1分鐘。加入牛油，煮至融化；離火。
6. 上碟時使用較深的盤，灑上經烤焗的杏仁即成。

每份營養含量：

卡路里：318

脂肪總量：17 克

飽和脂肪：5 克

膽固醇：76 毫克

鈉質：420 毫克

碳水化合物：19 克

蛋白質：25 克

食譜擇自「JoyLife Club Recipe Collection-張黃靜雯提供」。

Why are Bright Smiles and Oral Health Important?

40% of children in San Francisco have cavities before they start kindergarten. This is even higher in lower income schools that Chinese children attend. According to the Asian Pacific islanders' Health Parity Coalition, "... the highest burden of children's dental caries is found in San Francisco Chinatown neighborhoods...."

Why Should You Care About Your Teeth?

A bright, fulfilling smile is important to health and happiness. What determines if a smile is healthy? A happy smile is more than appearances. Tooth decay can lead to:

- Toothaches
- Emergency Room treatment for pain
- Tooth decay that is expensive to treat
- Tooth decay that cannot be treated – so, tooth is pulled
- Spread of the infected tooth to the jaw, and even into the blood stream

What are the Methods to Obtain Healthier Teeth?

Brushing your teeth after meals is important for overall healthy teeth and gums. Healthy teeth are also related to a healthy diet. Another important practice is to use mouthwash right after brushing your teeth. However, check to make sure that the mouthwash is alcohol-free. Another important thing to do is to use dental floss regularly. Talk with your dentist about what would be best for you and your family.

According to the 2014 San Francisco Children's Oral Health Strategic Plan, our community can make big changes to tackle this major dental health issue. We hope to raise awareness to parents so they can communicate to children about proper dental health. We can improve the dental health of our community if we unite. Our community is already working together to communicate our vision. Oral health is essential to overall health, well-being, and quality of life.

Article contributed by Landon Chan and Richard Garcia, MD

Reference:

<http://www.healthypeople.gov/2020/topics-objectives/topic/oral-health>

http://assets.thehcn.net/content/sites/sanfrancisco/Final_document_Nov_2014_20141126111021.pdf

為什麼燦爛的笑容和口腔健康重要？

在三藩市，百分之四十的兒童在開始入讀幼兒園之前就有蛀牙問題。這情況在中國兒童就讀的低收入學校更普遍。亞洲太平洋群島均勢聯盟指出：「..... 舊金山唐人街被發現有最嚴重的兒童蛀牙問題...。」

為什麼要關心您的牙齒健康？

一個明亮，滿足的笑容是健康和快樂的重要元素。健康的笑容是怎樣的？健康的笑容不單是指牙齒外觀漂亮。蛀牙會導致：

- 牙痛
- 到急診室治療疼痛
- 治療蛀牙的費用昂貴
- 蛀牙情況太嚴重時，必須將牙齒拔除
- 牙齒感染可撒播至顎骨，甚至進入血管

怎樣才能擁有健康的牙齒？

飯後刷牙對整體牙齒和牙齦健康非常重要。牙齒健康也與健康的飲食習慣有關。此外，刷牙後使用不含酒精的漱口水漱口是牙齒健康的另一關鍵。要注意的是使用不含酒精的漱口水。經常使用牙線也是非常重要。請與您的牙醫尋求最適合您和您家人的牙齒保健方法。

根據2014年三藩市兒童口腔健康策略計劃的資料顯示，我們的社區有能力解決這個重大的牙齒健康問題。我們希望通過提高家長對兒童口腔健康的意識，使他們能夠教導孩子有關牙齒健康的正確方法。當我們團結一致，就可以提高社區的牙齒健康。這是我們的宗旨。因此，我們已經開始合作交流，共同向這目標邁進。口腔健康是整體健康及幸福生活不可缺少的一部分。

本文由Landon Chan 及 Richard Garcia醫生提供。

參考資料：

<http://www.healthypeople.gov/2020/topics-objectives/topic/oral-health>

http://assets.thehcn.net/content/sites/sanfrancisco/Final_document_Nov_2014_20141126111021.pdf





◀ LOOK ▶

both ways before crossing the street.

◀ 看 ▶

左看、右看、再左看，確保安全才過馬路。

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



COMMUNITY HEALTH NEWSLETTER 社區健康季刊 | 2015 WINTER 冬季刊

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 and www.cchrhealth.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 及 www.cchrhealth.org/health/library/health-newsletters

IMPORTANT CONTACT INFORMATION 重要聯絡資料



CCHP Member Services Center
CCHP 會員服務中心
827 Pacific Avenue, San Francisco
1-415-834-2118
www.CCHPHealthPlan.com/memberservices



Chinese Community Health Resource Center
華人社區健康資源中心
835 Pacific Avenue, San Francisco
1-415-677-2473 | www.cchrhealth.org



Chinese Hospital
東華醫院
845 Jackson Street, San Francisco
1-415-982-2400 | www.chinesehospital-sf.org



Support Health Services
東華醫院健康服務中心
827 Pacific Avenue, Rm 214A, San Francisco
1-415-677-2370 | www.chinesehospital-sf.org



Sunset Health Services
日落區華康醫務中心
1800 31st Avenue, San Francisco
1-415-677-2388 | www.chinesehospital-sf.org



Excelsior Health Services
米慎區華康醫務中心
888 Paris Street, #202, San Francisco
1-415-677-2488 | www.chinesehospital-sf.org



Daly City Health Services
帝利市華康醫務中心
93 Skyline Plaza, Daly City
1-650-991-8883 | www.chinesehospital-sf.org



East West Health Services
中西醫學門診
632 Commercial St., Suite 100, San Francisco
1-415-795-8100 | www.chewhs.org