

# COMMUNITY HEALTH NEWSLETTER

## 社區健康季刊 | 2016 FALL 秋季刊

### Updates on the Chinese Hospital New Patient Tower

This fall, Chinese Hospital will make the historic move into the new Patient Tower and begin serving the community. In the last few months, we have been busily moving-in equipment and furniture; we received large truck loads every day for two weeks! We have also been testing and training nurses, doctors and other staff so everybody knows what to do.

The medical staff have been practicing the move from the existing hospital tower to the new tower. This is to ensure every patient is safely transferred. The carefully designed plan includes transporting patients and various medical equipment that must go with the patient. The community will be pleased to know that the new Patient Tower is going from shared rooms to either private or semi-private rooms. The new rooms offer beautiful views, where patients will have more privacy and a peaceful environment in which to get well. Also, new technologies that give patients more information have been integrated into the new tower. These include electric Care Board in every patient room, which links employee ID badges to indicate the name, position, and photos of the attending nurse and medical team. Pharmacy, laboratory and emergency departments will be first to start operations in the new tower.

To learn more about our programs and ways to support the services provided by the new Patient Tower, please call Office of Fund Development at 1-415-677-2470 or you may donate online at [www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

### 東華醫院新醫務大樓最新資訊

這個秋季，東華醫院將迎來另一個歷史性的時刻，就是遷入新醫務大樓以及開放服務給社區大眾。在過去幾個月，我們一直忙碌於儀器設備和家私用具的搬運。這兩周甚至每天都接收大貨車的貨物運載。與此同時，我們也進行護士，醫生和醫護人員的培訓和測評，使每個人都了解自己的職責。

醫護團隊會練習搬遷的程序，以確保每位患者的安全轉移。細心的策劃包括病人在搬遷過程中必須與正在使用的不同醫療設備互相連接。相信社區大眾都十分高興得知新醫務大樓會從過去的共用病房更新到現在的私人和半私人病房。新房間提供優美宜人的景色，使病人擁有更多的隱私權和舒適的環境去幫助康復。另外，幫助病人了解更多醫療資訊的現代化技術亦會配套應用。這包括每個病房都會設置電子護理板，註明有關醫務人員的姓名，職務和照片。藥劑部、化驗部和急診部將會是第一批在新大樓投入服務的部門。

想了解更多關於新醫務大樓的服務以及如何支持這計劃，請聯絡東華醫院基金發展部1-415-677-2470或網上捐款[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)



## Helpful Glossary of Health Coverage and Medical Terms

**Network** - The facilities, providers and suppliers your health insurer or plan has contracted with to provide health care services at discounted rates to save members money.

**Primary Care Physician (PCP)** - A physician who directly provides or coordinates a range of health care services for a patient. Members of Health Maintenance Organizations (HMO) like CCHP are required to choose one.

**Specialist** - A physician specialist focuses on a specific area of medicine or a group of patients to diagnose, manage, prevent or treat certain types of symptoms and conditions. A non-physician specialist is a provider who has more training in a specific area of health care.

**Preauthorization** - A decision by your health insurer or plan that a health care service, treatment plan, prescription drug or durable medical equipment is medically necessary. Sometimes called prior authorization, prior approval or precertification. Your health insurance or plan may require preauthorization for certain services before you receive them, except in an

emergency. Preauthorization isn't a promise your health insurance or plan will cover the cost. Your coverage terms such as meeting deductibles and copays will continue to apply.

## 保健計劃及醫療詞匯

**網絡** - 與健康保險公司簽有合約的醫療服務機構、醫療服務提供者及供應者，以優惠費率為會員提供醫療服務，助會員節省金錢。

**主診醫師** - 直接為病患提供或協調各種健康照護服務的醫生。健康照護機構 (HMO) 的會員，例如華人保健計劃的會員需要選擇一個主診醫生。

**專科醫生** - 一位醫師專家，專注於醫學的某個具體領域或某個病患群組，診斷、管理、預防或治療某些種類的症狀及病情。非醫師專家是一位在健康照護某個具體領域受過更多訓練的提供者。

**預先授權** - 由您的健康保險公司或計劃做出的決定，確定相關的健康照護服務、治療計劃、處方藥或耐用醫療設備是醫療必需的。有時稱為事先授權、事先批准或預先認證。在您獲得某些服務之前，您的健康保險或計劃可能需要預先授權，但緊急情況除外。預先授權並不承諾您的健康保險或計劃將承保費用。您仍需根據醫療保障條款支付自付費及扣除額。

## Importance of Preventive Care

Good health comes not just from receiving quality medical care but from stopping disease before it starts. That is why the annual wellness/physical examination and preventive screenings are an important part of health promotion. This is also the reason most health plans like CCHP cover many preventive screenings at no additional cost.

Going to the doctor each year for a physical examination is a good way to stay on top of your overall health. During this visit your doctor will look at your weight, blood pressure, cholesterol and decide which preventive screenings (e.g., breast cancer screening, colorectal cancer screening) are appropriate for you based on your age, gender, overall health status and personal health history. Preventive care can help you avoid potentially serious health conditions and/or obtain early diagnosis and treatment. Generally, the sooner your doctor can identify and treat a medical condition, the better the outcome. Call your doctor today to schedule your annual physical exam.

## 健康之道在於預防疾病

預防與治療並重！健康的身體不單源自得到高質完善的醫療護理，避免疾病產生亦是身體健康的關鍵。年度身體檢查及和預防疾病檢測是宣傳身體健康重要的一環。因此，很多保健計劃例如華人保健計劃，為會員承保很多免費的疾病預防檢測。

每年約見醫生進行身體檢查是掌握您整體健康情況的好方法。這時醫生會測量您的體重、血壓、膽固醇和根據您的年齡、性別、整體健康狀況和個人健康史決定適合您的預防性檢驗（例如，乳腺癌檢查，大腸癌檢查）。預防保健可以幫助您避免患上潛在的嚴重疾病和/或盡早獲得診斷和治療。一般來說，當醫生越早識別和治療疾病，治療效果會越好。今天就打電話給您的醫生來安排您的年度體檢。



## Importance of Flu Shots

Influenza (the flu) is a highly contagious viral infection that can lead to hospitalization and even death. Common symptoms include sudden onset of fever and severe aches and pain. The best way to protect against influenza is to get a flu vaccine every year.

The flu shot is made with inactivated (killed) flu virus. Healthy people 6 months and older and those with chronic health conditions can get the shot.

The flu vaccine doesn't cause the flu, but allows your body to develop an immune response to fight the flu viruses.

Everyone 6 months of age and older should get the flu vaccine annually. It is especially important for the following people to get the vaccine:

- Children & Infants
- Pregnant Women
- Seniors
- People with Disabilities
- People with Health Conditions

Flu shots will be available to CCHP members at the Chinese Hospital clinics when they become available – before the flu season begins.

References:

[www.flu.gov/prevention-vaccination/vaccination/flugov\\_infographic.html](http://www.flu.gov/prevention-vaccination/vaccination/flugov_infographic.html)

[www.mayoclinic.org/diseases-conditions/flu/in-depth/flu-shots/art-20048000?pg=1](http://www.mayoclinic.org/diseases-conditions/flu/in-depth/flu-shots/art-20048000?pg=1)

## 注射流感疫苗的重要性

流行性感冒（流感）是一種具有高度傳染性並可導致入院治療，甚至死亡的病毒感染。常見的症狀包括突發性發燒及劇烈疼痛。每年注射流感疫苗是防止流感的最好方法。

流感疫苗是由滅活(已死亡) 流感病毒製成。六個月大或以上健康的人、老年人和慢性疾病患者也可注射流感疫苗。

流感疫苗讓您的身體產生免疫反應對抗流感病毒，並不會引起流感。

所有年齡六個月以上的人應每年接受流感疫苗。接種疫苗對下列人士尤其重要：

- 兒童及嬰兒
- 孕婦
- 長者
- 殘疾人士
- 疾病患者

東華醫院屬下的診所將會在流感季節開始前為華人保健計劃會員注射流感疫苗。

參考資料:

[www.flu.gov/prevention-vaccination/vaccination/flugov\\_infographic.html](http://www.flu.gov/prevention-vaccination/vaccination/flugov_infographic.html)

[www.mayoclinic.org/diseases-conditions/flu/in-depth/flu-shots/art-20048000?pg=1](http://www.mayoclinic.org/diseases-conditions/flu/in-depth/flu-shots/art-20048000?pg=1)



# Chinese Hospital Diabetes Management Program

Chinese Hospital Diabetes Management Program was created to meet the increasing need to help patients with diabetes in our community live a healthy lifestyle. With dedicated doctors and staff, the Diabetes Program offers patients professional and convenient access to diabetes management services in a relaxed office setting.

Chinese Hospital Diabetes Program is made-up of a team of experts, including endocrinologists, diabetic educators, dieticians and nurse practitioners. The goal of the Diabetes Program is to encourage patients to receive early specialty care and education – so they can learn to manage their diabetes condition before returning to their primary care physicians for ongoing management. There are many types of individual diabetes education programs that are offered year-round for patients and their families. For convenience, on-site retinal eye screenings are available at the newly opened Gellert Health Services clinic to screen for diabetic eye conditions.

## Who do we treat?

Chinese Hospital provides diabetes management treatments to patients with type 1, type 2 and other rare types of Diabetes Mellitus. Comprehensive treatment options and services include:

- Comprehensive diabetes education classes
- Early treatment and education for newly diagnosed diabetics
- Intensive diabetic care for patients with Type 1 and Type 2 diabetes
- Nutrition services
- Treatments for patients with difficult-to-control diabetes or high-risk patients with diabetes

## Why choose Chinese Hospital?

- Our diabetes program is culturally unique with a focus on the Chinese and Asian populations. Our doctors and staff can communicate with patients in their own language.
- Coordination with primary care physicians and other specialists who are often times involved in diabetes care, such as cardiologists, ophthalmologists, nephrologists, and dermatologists
- Access to the latest information and treatment options available for diabetes, as well as diabetes educators that can help patients better manage their disease.

## About Chinese Hospital Diabetes Management Programs

### 1. Comprehensive Diabetes Self-Management Education

Our Diabetes Program offers comprehensive diabetes

self-management education to help you succeed in managing all aspects of diabetes care. Individual visits are available year round with group class open in future, and both are taught by certified diabetes educator (CDEs) and nutritionist. Class topics include eating healthy, being physically active, monitoring blood sugars and interpreting results, taking medications safely, reducing risk of complications, and setting personal goals for managing diabetes. A physician referral is required.

### 2. Introduction to insulin and other non-insulin injection

We provide education and hands-on training on insulin injection and usage of other non-insulin injectable drugs. We will review with patients the different types of insulin and non-insulin injectable drugs and the benefits and disadvantage of each. This will help patients make informed decisions about the treatment. Patients will get hands-on learning about the different drugs.

### 3. Weight Management Program

Program teaches healthy eating and cover topics including: balancing diets, dining out, shopping tips, recipes and menus, weight plateaus, emotional and social eating, fiber and fit, time savers, and exercise. For those patients who have difficulty making lifestyle changes, our endocrinologist will advise and apply weight loss medication to help them lose weight. To ensure a safe and effective weight loss, the endocrinologist will closely monitor the results and any adverse effects.

### 4. Pre-Diabetes Program

Through this program, participants work in a group with a trained lifestyle coach to learn the skills needed to lose weight, become more physically active, and manage stress. Chinese Hospital Diabetes Prevention Program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It's proven to prevent or delay onset of type 2 diabetes.

The local program will be offered in both English and Chinese at Chinese Hospital Outpatient Center Gellert Health Services, 386 Gellert Boulevard, Daly City. The program is FREE to CCHP members and Chinese Community Health Services patients, \$220 for everyone else (we do not accept other insurance). Chinese Hospital Diabetes Prevention Program groups meet once a week for 16 weeks, then once a month for 6 months.

Qualifications for the program include patients who have been diagnosed with prediabetes (a fasting blood glucose level between 100 and 125mg/dl; or A1c level between 5.7 and 6.4), or are overweight and have a family history of diabetes. To find more information about eligibility or to register, please call 1-415-677-2458.

This article was contributed by Chengyu Xu, MD, Chinese Hospital Outpatient Center. You can also contact Dr. Xu by calling 1-415-677-2370.

## 東華醫院糖尿病護理計劃

為了滿足日益增長的需求，東華醫院設立糖尿病護理計劃，幫助我們的社區患者建立健康的生活方式。專業的醫生和醫護人員團隊為糖尿病患者提供在輕鬆及便利的環境下接受糖尿病護理服務。東華醫院糖尿病護理計劃是由一個專家團隊，包括內分泌科醫生、糖尿病教育專家、營養師和醫護師組成。護理計劃的目標是鼓勵病人接受早期的專業護理和教育，使他們再約見主診醫生之前懂得日常管理和控制糖尿病病情。此外，本計劃全年為患者及其家屬提供多種個人化的糖尿病教育課程。為方便起見，新開張的Gellert華康醫務中心提供即場視網膜檢查服務以監測糖尿病引起的眼部疾病。

### 我們的服務對象是誰？

東華醫院為糖尿病一型、二型和其他類型的罕見糖尿病患者提供服務。全面的治療方案和服務包括：

- 全面的糖尿病教育課程
- 為初患糖尿病患者而設的早期治療和教育
- 為一型和二型糖尿病患者提供強化醫療護理
- 營養服務
- 治療難以控制的糖尿病或高風險的糖尿病患者

### 為什麼選擇東華醫院？

- 我們的糖尿病護理計劃是專為中國及亞洲人而設，醫生和醫護人員都能以患者的語言溝通。
- 我們為患者安排主治醫生和其他經常參與糖尿病護理的專科醫生，如心臟科、眼科、腎臟科、皮膚科醫生之間緊密合作。
- 可掌握糖尿病的最新資料和治療方案，並安排糖尿病教育專家幫助您更好地管理糖尿病。

### 有關東華醫院的糖尿病護理計劃

#### 1. 綜合糖尿病自我管理教育

我們的糖尿病計劃提供全面的糖尿病自我管理教育，以幫助您多方面成功管理糖尿病。現在，本計劃全年提供個人診症，未來將會設立團體健康講座。此服務皆由經過認證的糖尿病教育專家 (CDEs) 及營養師提供。課程主題包括健康飲食及運動，監測血糖和解釋測試結果，安全地服用藥物，減少併發症的風險，並訂立管理糖尿病的個人目標。此項服務必需醫生轉介信。

#### 2. 介紹胰島素和其他非胰島素注射

我們提供注射胰島素和其他非胰島素藥物實習課程，並將與病人分析注射不同類型的胰島素和非胰島素藥物長處及短處，從而幫助患者對治療作明智的決定。患者從實習時間認識不同的藥物。

#### 3. 體重管理計劃

我們計劃講授的健康飲食主題包括：均衡飲食，外出就餐及購買食物的技巧，菜譜和菜單分析，減輕體重，情感和社交飲食，纖維與健康，節省時間和運動鍛煉。對於那些難以改變生活方式的患者，我們的內分泌專科醫生會建議應用減肥藥物來幫助他們減肥並同時密切監測結果和任何不利影響，從而確保患者安全和有效地減輕體重。

#### 4. 糖尿病前期計劃

通過這項計劃，參加者與受過訓練的教練以團體形式學會減肥所需要的技能，令參加者變得更加活力和學會管理壓力。東華醫院糖尿病預防計劃是美國國家糖尿病預防計劃的一部分，由疾病控制及預防中心(CDC)領導，並已被證實有效防止或延緩二型糖尿病的發作。

東華醫院轄下位於帝利市Gellert大道386號的Gellert華康醫務中心提供中英雙語進行的東華醫院糖尿病預防計劃；華人保健計劃會員和所有華康醫務中心病人費用全免（我們不接受其他保險）。此計劃以團體小組形式進行；首十六週每週開會一次，然後六個月，每月開會一次。非華人保健計劃會員費用為\$220。

合資格的參加者包括已確診為糖尿病前期患者（空腹血糖水平在100和125毫克/分升之間；或糖化血紅蛋白水平5.7和6.4之間），或者是超重及有糖尿病家族史人士。請致電1-415-677-2458查詢有關參加資格或報名。

本文由東華醫院門診中心徐晨羽醫生提供。您也可以致電1-415-677-2370聯絡徐醫生。





## Dark Green Leafy Vegetables for a Healthy Body

Research has shown that eating green vegetables lower the risks of many types of cancers, high blood pressure, heart disease, strokes, diabetes and glaucoma. Dark green vegetables are especially good for your health.

Dark green leafy vegetables like spinach, Bok Choy and Chinese Broccoli are excellent sources of vitamin C and K, fiber, folate, and a variety of minerals and calcium. Together, they act as antioxidants which remove bad cells from the body.

The body needs some dietary fat to absorb the carotenoids which are the antioxidants found in green leafy vegetables. Adding one to two teaspoons of oil (dietary fat) when cooking will help increase the absorption of the nutrients.

It is recommended that teens and adults eat 1 ½ to 2 cups of dark leafy vegetables each week. Children ages 4-8 should eat 1 cup of vegetables and children ages 2-3 should eat up to a half-cup.

Dark Green leafy vegetables should be purchased fresh, and stored in the refrigerator. Vegetables should not be stored closed to apples or tomatoes, which will cause the greens to wilt and spoil quickly.

When preparing vegetables, wash with cold water before cutting them. Rinse until all the dirt has been

rinsed away and place clean wet vegetables into a colander or blot with paper towel to dry.

**IMPORTANT NOTE:** If you take blood thinning medications, let your doctor know you are eating more greens since it could affect how your medicine works.

## 深綠色蔬菜有助強健體魄

研究指出吃蔬菜有助減低患上多種癌症、高血壓、心臟疾病、腦中風、糖尿病和青光眼的風險。

深綠色蔬菜例如菠菜，白菜和芥蘭中含有維生素C和K，纖維，葉酸，礦物質和鈣在體內扮演抗氧化劑的角色，能消除人體內的壞細胞。

此外，深綠色蔬菜中含有抗氧化的胡蘿蔔素，而身體需要一些食物中的脂肪幫助吸收胡蘿蔔素，所以烹調深綠色蔬菜時加一至兩茶匙油有助吸收營養。青少年和成年人每週應該喝一杯半至兩杯份量的深色蔬菜。四至八歲的兒童，每週應該喝一杯蔬菜；兩至三歲的兒童應每週吃最多半杯蔬菜。

我們應該購買新鮮的深綠色蔬菜，並儲存在冰箱。蔬菜不宜與蘋果或蕃茄一同存放，避免導致蔬菜迅速枯萎和腐壞。

將蔬菜用冷水洗淨，直至無砂粒或污垢才切開。沖洗後將蔬菜放在隔水容器或有吸水紙的容器上晾乾。

**重要提示：**如果您服用抗凝血藥物，而又增加了吃蔬菜的份量，請必須通知您的醫生，因為這可能會影響藥物的效用。



## Eat Well, Live Well Recipe – Salmon and Herb Potato Cake

### Ingredients (For 8 pieces):

- 60g Salmon (diced)
- 140g Potato (shredded)
- 3 pieces Basil leaves(chopped)
- 2 tsp Celery (chopped)
- 1 tsp Pine nuts
- 2 tsp Oil
- 1/4 tsp Salt
- 1/8 tsp Black pepper powder
- 1 tsp Cornstarch

### Instructions:

1. Mix shredded potato, salmon into a bowl; add salt, Basil, Celery and Pine nuts.
2. Divide mixed ingredients into 8 portions. In a sauté pan over medium low heat, warm oil and put potato cakes until cooked. Then, use medium heat until light brown on both sides.

### Nutrition information per serving:

- Calories: 37
- Total fat:1.9g ( 0 g saturated)
- Cholesterol: 3mg
- Sodium: 79mg
- Carbohydrates: 3.5g
- Protein: 1.9g

Source: Diabetes Hongkong  
[www.diabetes-hk.org/page/ch/%E9%A3%9F%E8%AD%9C%E4%B%8B%E7%B4%B9%20-%20%E4%B8%B%E8%8F%9C](http://www.diabetes-hk.org/page/ch/%E9%A3%9F%E8%AD%9C%E4%B%8B%E7%B4%B9%20-%20%E4%B8%B%E8%8F%9C)

## 健康美食 – 香草三文魚薯餅

### 材料 (8 件份量) :

- 60克 三文魚肉 (切粒)
- 140克 馬鈴薯 (去皮)
- 幾片九層塔 (切碎)
- 2茶匙 香芹(切碎)
- 1茶匙 松子仁
- 2茶匙 油
- 1/4茶匙鹽
- 1/8茶匙黑胡椒粉
- 1茶匙生粉

### 做法:

1. 馬鈴薯去皮刨絲後，加入三文魚粒及加入調味料攪均，最後加入松子仁、香芹及香葉。
2. 將三文魚材料平分八份，放入鑊先用中慢火煎熟，改中火，煎至香及兩邊金黃色，便可上碟。

### 每份營養含量：

- 卡路里：37
- 脂肪總量：1.9克
- 飽和脂肪：3克
- 膽固醇：3毫克
- 鈉質：79毫克
- 碳水化合物：3.5克
- 蛋白質：1.9克

食譜來源: 香港糖尿聯會  
[www.diabetes-hk.org/page/ch/%E9%A3%9F%E8%AD%9C%E4%B%8B%E7%B4%B9%20-%20%E4%B8%B%E8%8F%9C](http://www.diabetes-hk.org/page/ch/%E9%A3%9F%E8%AD%9C%E4%B%8B%E7%B4%B9%20-%20%E4%B8%B%E8%8F%9C)

## Eating right for Diabetes Prevention

Prediabetes is a major wake-up call that you are on the verge of having diabetes. Commonly referred to as borderline diabetes, prediabetes is a state in which your blood sugar levels are higher than normal but not in the diabetes range. A hormone produced by your body called insulin is used to help control blood sugar. Many people who have prediabetes usually do not produce enough insulin after eating a meal to lessen their blood sugar levels or their body might not respond to insulin in the proper way.

To prevent diabetes, eating the proper nutrition is the most effective way to mitigate this warning sign. Eating complex carbohydrates such as brown rice and whole grain bread is a great way to start living a healthier lifestyle. Taking in a variety of fruits and vegetables along with low fat proteins such as chicken or turkey will help. Also, controlling the amount of calories you take in a day is crucial to being healthier. Depending on the physical activity you take part in, you will need to increase the amount of calories you consume daily to support a more active lifestyle. For a person who does not take part in physical activity, a standard 2000 calorie diet is recommended. If you would like more information about nutrition and diet plan that will work best for you, please talk to your doctor about referring you to a dietician or visit the Chinese Community Health

Resource Center website at [www.cchrhealth.org/healthful-eating/healthful-eating](http://www.cchrhealth.org/healthful-eating/healthful-eating).

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

## 正確的飲食預防糖尿病

糖尿病前期是將會患有糖尿病的重大警號，通常被稱為邊緣性糖尿病，因為血糖高於正常水平但未達到糖尿病範圍。您的身體會分泌一種荷爾蒙稱為胰島素以幫助控制血糖。但是很多患上糖尿病前期的患者，身體通常不能在用餐後產生足夠的胰島素以減低血糖水平，或身體對胰島素無法產生正常的反應。

攝取適當的營養是預防糖尿病和緩解這警告訊號的最有效方式。吃含有複合碳水化合物食物，如糙米和全麥麵包是健康生活方式的好開始。此外，多吃各種水果和蔬菜，低脂肪的蛋白質，如雞或火雞也對健康有幫助。控制每天攝取的卡路里和保持更積極更活躍的生活方式，對健康有關鍵作用。您需要根據平日的運動量，增加每日消耗的卡路里總數量。對於不運動的人士，我們建議使用每天二千卡路里的飲食指標。如果您想了解營養和飲食計劃的詳細資料，請約見醫生轉介您與營養師見面，並找出最適合您的飲食計劃或瀏覽華人社區健康資源中心網站網址：[www.cchrhealth.org/healthful-eating/healthful-eating](http://www.cchrhealth.org/healthful-eating/healthful-eating)。

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

## Everyday Exercise Routine

### Contralateral Limb Raise

- 1 Lie on your stomach with the arms outstretched and palms facing one another.
- 2 Slowly lift right arm and left leg a few inches off the floor,
- 3 Keep your body straight and hold your head and upper body still.
- 4 Hold the position for 5 seconds, then lower the arm and leg back down.
- 5 Repeat with the opposite arm and leg.

## 日常運動小貼士

### 抬高一邊肢體

- 1 伏臥在地上，腹部壓著地面，手臂向前伸展和手掌相對。
- 2 慢慢地將右臂和左腿抬起離地數英寸。
- 3 保持身體筆直，昂起頭和上半身不動。
- 4 保持此姿勢約5秒，然後放下手臂和腿。
- 5 另一邊手臂和腿重複如上動作。





## Acupuncture and Diabetes

### Traditional Chinese Medicine as a Complement to Western Medical Care for Diabetes

According to early Chinese Medicine texts, Traditional Chinese Medicine (TCM) has provided treatment for a syndrome similar to diabetes called “Xiao Ke” for over 2000 years. Xiao Ke is classically divided into three types. Each type has characteristic symptoms. For example, the upper type is characterized by excessive thirst, the middle type by excessive hunger, and the lower type by excessive urination.

Unlike Western medicine, TCM does not measure and monitor blood glucose levels for diabetic patients. Instead, diagnosis is based on patterns of symptoms and treatment is geared toward treating the symptoms to rebalance the body’s ability to regulate itself. TCM treatment of Xiao Ke may include acupuncture, nutritional therapy, and herbal medicine.

Clinical and experimental studies have demonstrated that acupuncture has a beneficial effect on lowering serum glucose levels and reducing peripheral neuropathy, which is a condition that often causes weakness, numbness and pain, usually in the hands and feet.

An example of nutritional therapy might be to eat spinach or to boil tea from spinach and drink 1 cup three times/day. This is because TCM defines diabetes as a disease characterized by Yin deficiency and excess internal heat, and spinach is considered a “cooling” food. Other cooling foods considered to be good for diabetes include vegetables and grains like celery, pumpkin, soy, string beans, sweet potatoes, turnips, tomato, wheat bran, and millet. Fruit remedies include crab apple, guava, plum, strawberry, and mulberry. It is generally recommended that patients eat a wide variety of seasonal foods and avoid or minimize consumption of sweets and most fruits. Meals should be smaller, eaten more frequently, and eaten at regular times each day.

Herbal prescriptions for diabetes are formulated or prescribed based on the patient’s main symptoms. Patients should have their type of diabetes and any other diagnoses confirmed before starting any herbal treatment. In addition, patients should only seek treatment from a qualified and experienced herbal therapist, and talk to their western doctor before taking any herbal medicines or stopping conventional medications to avoid serious complications.

Patients, acupuncturists, and doctors who choose to integrate the two forms of care must recognize the importance of clear communication and continuous monitoring of blood glucose levels, changes in symptoms, and prescriptions of herbal and western medicines.

If you are interested in learning more about Traditional Chinese Medicine as a complement to care, please contact Chinese Hospital East West Health Services at 1-415-795-8100 (San Francisco) or 1-650-761-3542 (Daly City).

## 傳統中醫輔助西醫治療糖尿病

根據古代中醫文獻記載，傳統中醫藥治療“消渴症”，類似於糖尿病的綜合症，已有兩千多年歷史。消渴症被分為上消，中消和下消三種類型。每一類型表現著不同的症狀。例如，上消症狀為口渴多飲，中消症狀為易餓多食，下消症狀為排尿過頻。

有別於西醫，中醫不測量和監控糖尿病病人的血糖值。相反，中醫根據患者症狀的表現形式作出診斷，治療方案通過有針對性地治療這些症狀從而使身體恢復自我調節的能力。消渴症的中醫治療方法包括，針灸，飲食調理和中藥調理。

臨床和實驗研究已證明針灸有助於對降低血糖和減低周圍神經系統病變，一種經常引起四肢無力，麻痺和疼痛的病症。

飲食調理的一個有效例子是食用菠菜，或用菠菜煮茶，一天喝三次。這是因為從中醫學角度來說，糖尿病是陰虛和內熱的表現，而菠菜被認為屬性甘涼。其他對糖尿病有幫助的涼性蔬菜和穀類，包括，芹菜，南瓜，黃豆，豆角，番薯，蘿蔔，西紅柿，蕎麥，和小米。水果類包括，山楂，番石榴，梅子，草莓，桑葚。通常情況下，一般建議患者吃各種各樣的應季食物，避免或者少吃大部分含糖量高的水果。少吃多餐，每天準時進食。

治療糖尿病的中藥會根據患者的主要症狀而進行處方和配製。患者在使用中藥治療前，必須確認自己所患糖尿病的類型以及其他診斷。此外，患者應該向合格的、有草藥經驗的中醫師尋求治療，並且在服用中藥或者停止傳統西藥前諮詢西醫，以免引發嚴重的併發症。

使用中西醫結合治療糖尿病的患者、針灸師和醫生，必須認識到對血糖值、症狀變化以及中西醫藥方的清晰溝通和持續觀測的重要性。

如果您有興趣學習更多關於傳統中醫對糖尿病的輔助治療，請聯繫東華醫院中西醫門診1-415-795-8100（三藩市）或1-650-761-3542（帝利市）

## Protect Yourself against Respiratory Infections

Do you dread the winter months because of frequent colds, bronchitis and other respiratory infections? Are you searching for ways to stay healthy during the winter season? Follow these helpful suggestions to guard against respiratory infections:

### 1. Build up your immunity

- Eat a balanced diet with plenty of fresh fruits and vegetables
- Get adequate rest
- Exercise regularly
- Reduce stress

### 2. Maintain good personal hygiene

- Avoid touching your nose, eyes or mouth with your hands
- Cover your mouth and nose with a tissue when sneezing or coughing. Be considerate of others and do not spit onto the street. Saliva and mucus can carry germs that spread diseases.
- Wash your hands frequently with soap and water. Use a paper towel to dry your hands, turn off faucet, and turn doorknobs.

### 3. Stop smoking and avoid second hand smoke

### 4. Avoid crowded places with poor ventilation

### 5. Keep homes and workplaces well ventilated

### 6. Get an annual flu shot especially if you have chronic health problems such as diabetes, asthma, cancer, or heart disease.

Source: Chinese Community Health Resource Center

Tel: 1-415- 677-2473

Website: [www.cchrhealth.org](http://www.cchrhealth.org)

## 冬季謹防呼吸道感染

冬季即將來臨，您是否擔心自己會在冬季的日子裏患上感冒，支氣管炎或其他上呼吸道感染疾病？您可能正在未雨綢繆，為健康而愉快地度過冬季策劃方案，作好安排。以下幾點提議可有助您遠離呼吸道感染的煩惱：

### 1. 提高自身免疫功能

- 均衡飲食並進食大量新鮮水果、蔬菜



- 充足休息
- 定期運動
- 減低壓力

### 2. 保持良好個人衛生

- 莫用手擦鼻子、眼睛或口
- 打噴嚏或咳嗽時，應考慮到別人，用紙巾掩鼻及口。並不要隨地吐痰。因唾液或痰均會傳染疾病。
- 常用肥皂及水洗手。用紙巾抹手，關水喉以及開門或關門。

### 3. 戒煙或避免二手煙

### 4. 避免到人多稠密的場所

### 5. 保持家居及工作地方空氣流通

### 6. 如患有慢性疾病，如糖尿病，哮喘，癌症或心臟病等，應每年注射感冒預防針。

以上資料由華人社區健康資源中心提供

電話：1-415- 677-2473

網址：[www.cchrhealth.org](http://www.cchrhealth.org)

## Tips for Eating Out

With the holidays fast approaching, many of us will probably eat out with friends and family more often than usual. Making healthy choices when eating out is not an easy task. Here are some dining tips for you to help you maintain healthy eating habits while eating out.

- Avoid “All You Can Eat” buffet
- Request a to-go box and pack away some of the food to take home before you start eating
- Request salad dressing, butter, sour cream and sauce on the side
- Request less oil/butter and no MSG in dishes
- Order fewer dishes and share
- Ask for water or tea instead of soda or alcohol
- Have fish or seafood instead of meat



- Try vegetarian or meatless dishes
- Go for steamed or grilled items
- Skip dessert or share a dessert

For more information about healthy eating, visit the Chinese Community Health Resource Center's bilingual website at [www.cchrhealth.org](http://www.cchrhealth.org)

## 出外用餐提示

隨著假日的來臨，很多人會相約親朋戚友出外用餐。要出外用餐時吃得健康並不容易。以下是一些小提示可以幫助您出外用餐時維持健康的飲食習慣。

- 避免到自助餐廳
- 用餐前，先將部份食物放入外賣盒中以帶回家
- 要求將沙拉醬，牛油，和醬料與食物分開放在旁邊
- 點菜時要求少放油及「免味精」
- 避免點過多菜式並與別人分享食物
- 以水或茶代替汽水或酒
- 以魚或海鮮代替肉類
- 嘗試素食
- 選擇蒸或烤的食品
- 少吃甜品或與人分享甜品

如欲索取更多有關健康飲食的資料，請瀏覽華人社區健康資源中心的雙語網站 [www.cchrhealth.org](http://www.cchrhealth.org)

## 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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[www.cchrchealth.org/health/library/health-newsletters](http://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](mailto:Info@CCHPHealthPlan.com) 或上網瀏覽：

[www.CCHPHealthPlan.com/community-health-newsletter](http://www.CCHPHealthPlan.com/community-health-newsletter)  
[www.cchrchealth.org/health/library/health-newsletters](http://www.cchrchealth.org/health/library/health-newsletters)

## COMMUNITY HEALTH NEWSLETTER 社區健康季刊 | 2016 FALL 秋季刊



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### IMPORTANT CONTACT INFORMATION 重要聯絡資料

CCHP Member Services CCHP 會員服務	<b>CCHP Member Services Center - Chinatown</b> CCHP 會員服務中心 - 華埠 827 Pacific Ave., San Francisco <a href="http://www.CCHPHealthPlan.com/memberservices">www.CCHPHealthPlan.com/memberservices</a>	1-415-834-2118	Sunset Health Services 日落區華康醫務中心 1800 31st Ave., San Francisco <a href="http://www.chinesehospital-sf.org/clinics">www.chinesehospital-sf.org/clinics</a>	1-415-677-2388	
	<b>CCHP Member Services Center - Daly City</b> CCHP 會員服務中心 - 帝利市 386 Gellert Blvd., Daly City <a href="http://www.CCHPHealthPlan.com/memberservices">www.CCHPHealthPlan.com/memberservices</a>	1-415-834-2118		<b>Excelsior Health Services</b> 米慎區華康醫務中心 888 Paris St., #202, San Francisco <a href="http://www.chinesehospital-sf.org/clinics">www.chinesehospital-sf.org/clinics</a>	1-415-677-2488
Health Education 健康教育	<b>Chinese Community Health Resource Center</b> 華人社區健康資源中心 835 Pacific Ave., San Francisco <a href="http://www.cchrchealth.org">www.cchrchealth.org</a>	1-415-677-2473	Daly City Health Services 帝利市華康醫務中心 93 Skyline Plaza, Daly City <a href="http://www.chinesehospital-sf.org/clinics">www.chinesehospital-sf.org/clinics</a>	1-650-991-8883	
Chinese Hospital 東華醫院	<b>Chinese Hospital</b> 東華醫院 845 Jackson St., San Francisco <a href="http://www.chinesehospital-sf.org/clinics">www.chinesehospital-sf.org/clinics</a>	1-415-982-2400		<b>Gellert Health Services</b> Gellert 華康醫務中心 386 Gellert Blvd., Daly City <a href="http://www.chinesehospital-sf.org/clinics">www.chinesehospital-sf.org/clinics</a>	1-650-761-3500
	<b>Support Health Services</b> 東華醫院健康服務中心 827 Pacific Ave., Rm 214A San Francisco <a href="http://www.chinesehospital-sf.org/clinics">www.chinesehospital-sf.org/clinics</a>	1-415-677-2370		<b>East West Health Services - Financial District</b> 中西醫學門診 - 金融區 632 Commercial St., Suite 100 San Francisco <a href="http://www.chewhs.org">www.chewhs.org</a>	1-415-795-8100
	<b>Chinese Hospital Outpatient Center</b> 東華醫院門診中心 386 Gellert Blvd., Daly City <a href="http://www.chinesehospital-sf.org/clinics">www.chinesehospital-sf.org/clinics</a>	1-650-761-3500	<b>East West Health Services - Daly City</b> 中西醫學門診 - 帝利市 386 Gellert Blvd., Daly City <a href="http://www.chewhs.org">www.chewhs.org</a>	1-650-761-3542	