

COMMUNITY HEALTH NEWSLETTER

社區健康季刊 | 2016 SPRING 春季刊

Please Join Us to Celebrate

Chinese Hospital New Patient Tower Grand Opening Celebration

Date: Monday, April 18, 2016
Location: 845 Jackson Street
San Francisco, CA 94133

For more information, please call 1-415-677-2470 or
visit our website at www.chinesehospital-sf.org

歡迎您到來一起慶祝東華醫院新醫務大樓落成慶
典。查詢請致電基金發展部 1-415-677-2470



Helpful Glossary of Health Coverage and Medical Terms

Cost Sharing

In many cases, both you and your health insurance company pay part of your medical expense. This is called Cost Sharing. Deductibles, copays, and coinsurance are examples. Understanding how they work will help you know when and how much you have to pay for care.

Deductible

A deductible is the amount you pay for health care services before your health insurance begins to pay.

For example, you pay 100 percent of your medical and pharmacy bills until the amount you pay out-of-pocket reaches your plan's deductible amount. After that, your share of the cost may be a copay, coinsurance, or nothing, depending on the plan you selected.

Copay

A copay is a fixed amount you pay for a health care service. The amount can vary by the type of service or prescription. So, as an example, if your doctor's visit has a copay, you pay that, usually when you receive the service.

Coinsurance

Coinsurance is your share of the cost of a health

care service. It's usually a percentage of the amount charged for the service. In most cases, you start paying coinsurance after you've paid your plan's deductible.

保健計劃及醫療詞匯

分擔費

在許多情況下，您和您的健保公司一起支付部份醫療費用。扣除額，自付費和共付費就是分擔費的例子。了解其意思會幫助您知道何時繳付醫療服務費用及金額。

扣除額

在本計劃開始支付您享有的保障醫療護理及藥物的分擔費用之前，您應負擔的費用。

例如，您支付全部醫療護理和藥物費用直至總額達到您計劃的扣除額。視乎您選擇的計劃，在達到扣除額之後，您承擔的費用可能是一個自付費，共付費，或沒有自付費。

自付費

這是您為承保的醫療服務所支付的固定金額，通常在您接受服務時支付，例如在診所見醫生時支付自付費。此金額是根據承保醫療服務和藥物的種類有所不同。

共付費

這是您滿足扣除額後為承保的醫療服務費用分擔的部份，通常按承保服務費用的百分比計算。

Get Your Annual Check-up – It's FREE

There is a good reason why your insurance company has included annual check-ups as part of the no cost preventive service. This means you will not have to pay a copay or meet deductibles.

The reason for seeing your primary care doctor at least once a year is so she or he can monitor your general health such as blood pressure, heart rate, cholesterol, weight and more. In fact, just by talking with you, your doctor may detect signs of any change in your health. It is also an opportunity to make sure you have received your immunizations and screenings. Your doctor will take these tests and compare them to your last check-up. This will help your doctor catch any problems before it gets worse.

It is even more important if your primary care doctor is new to you or if you have never had a check-up. It is an opportunity for you to get to know your doctor so if something does happen, he or she knows how to treat you better.

Don't wait, call your doctor's office and make the appointment. It's free and it's good for your health.

接受免費的年度身體檢查吧！

您的醫療健保公司已將年度體檢列入免費的預防性服務，意思是您不必為年度體檢支付任何自付費或扣除額。

每年見您的主治醫生至少一次，讓醫生可以從血壓、心跳率、膽固醇、體重等數據檢測您的健康狀況。事實上，醫生和您談話時可能探測出您健康改變的跡象。這也是好的機會確保您已經接種疫苗和檢查。醫生將測試報告與您上一次的體檢報告作對比，有助在病情惡化之前發現問題。

更重要的是如果您有新的主治醫生，或者您從未接受檢查；這是一個了解您醫生的好機會，假若日後有醫療需要，醫生知道如何提供更適合您的醫療服務。

不要等待！請致電您的醫生診所預約年度體檢。這是免費及對健康有益的。

Discounted Memberships At YMCA

The YMCA of San Francisco and CCHP are partnering to help you achieve your wellness goals. With fitness centers throughout San Francisco and San Mateo, the Y offers a wide range of programs and services to help you achieve your goals. From Yoga and Zumba to personal training and swim lessons, the Y offers something for everyone.

All CCHP Members receive a special rate and reduced join fees. Visit a YMCA branch near you for more information.

For locations and membership information, visit www.ymcasf.org.

*Present this announcement to receive a free 2-week trial. (New members only / Offer Expires: April 30, 2016)

三藩市青年會新入會折扣

三藩市青年會和華人保健計劃將聯手幫您達到健康的目標。在三藩市和聖馬刁市的健身中心，青年會提供多樣化的課程和服務協助您達到目標。從瑜伽和尊巴舞到個人訓練和游泳課程，青年會為每個人都提供課程。

所有華人保健計劃會員可以享受特別的費率和入會費。如需更多資訊，請親臨您最就近的青年會。

地點及會員資訊，請參考 www.ymcasf.org

*出示此通知將可以免費試用兩週。（只限新會員2016年4月30日截止）



Everyday Exercise Routine

Jogging in Place

- 1 Stand in one place.
- 2 Hop from foot to foot, lifting your feet slightly off the ground.
- 3 Move your arms up and down as you jog in place.
- 4 Lift your knees higher to increase your heart rate.
- 5 Jog faster to create a higher intensity workout.



日常運動小貼士

原地慢跑

- 1 找一個地方站立。
- 2 合攏雙腳，抬起腳稍微離地。
- 3 在原地跑步時，將手臂向上，向下擺動。
- 4 膝蓋要盡量高，以增強你的心跳率。
- 5 動作加快以增強運動量。

CCHP Wellness Rewards Program

CCHP Community Fitness and Wellness Program is going into its 7th year in 2016. As added motivation to stay healthy, we are expanding our Wellness Rewards Program. CCHP members can earn points for completing health screenings, attending health education classes and participating in our free fitness classes. Points can be redeemed for gifts and prizes.

To earn points and get rewards, you must:

- Be a CCHP member;
- Complete an annual health check-up with your doctor or complete a FREE CCHP-sponsored health screening (call for locations and times); AND
- Attend CCHP Community Fitness Classes (see class schedule attached in the newsletter) and maintain an attendance rate above 60%.

The rewards of staying fit include good mental, physical and emotional health. Now they also include rewards from CCHP! For detailed information, please call us at 1-415-677-2458!

華人保健計劃健康獎勵項目

2016年，華人保健計劃社區健身及健康項目已步入了第七年。為了進一步鼓勵會員保持健康，我們正在擴大健康獎勵項目。會員可以通過完成健康檢查、上健康教育課以及參加運動健身班贏取積分。積分可以在年終時兌換成獎品和禮物。

贏取積分和獎勵的條件包括：

- 華人保健計劃現役會員
- 在家庭醫生診所完成免費的年度體檢，或者參加華人保健計劃提供的免費體檢（具體時間及地點請來電諮詢，健身班學生可等候班內通知）
- 參加華人保健計劃社區健身班（此季刊內附有該季度課程表）並保持百分之六十以上的課程出席率（即已報名課程，每門課每季度至少出席七次）

保持積極健康的生活方式益處多多，它使你擁有良好的精神、體質和情緒。而現在，您還能獲得由華人保健計劃為此提供的獎勵！欲詢問詳情，歡迎致電 1-415-677-2458!



Get Your Teenager Off The Couch

Once teens begin to exercise regularly, they will discover many reasons why exercise is so important and why it is such a good way to help improve their quality of life. Exercise reduces stress, lifts spirit and mood, re-energizes the body, and helps sleep better. It can keep everyone looking and feeling younger throughout their entire life.

In our society, teens lack exercise due to school, television, videogames, and many other priorities. However, teenagers don't realize how easy it is to maintain their health through getting more exercise. To improve health, the American Heart Association suggests at least 150 minutes of moderate exercise or 75 minutes of intense exercise per week. If a teenager exercises for 30 minutes a day for 5 days a week, he or she would meet the exercise guidelines. It's that easy.

Exercises for teens involve cardiovascular fitness (exercises good for the heart) and strength training (exercises that support muscle growth). Cardiovascular exercises include walking to school, biking, running, swimming, and recreational activities like dancing. Strength training involves weight lifting and calisthenics such as push-ups, pull ups and jumping jacks. These two broad forms of exercise offer many choices for physical activities that everyone can easily incorporate into their daily lives.

Change seems hard for everyone, especially teens. Parents play an important role in motivating teenagers

to get off the couch and be more physically active. So tell your kids to get out there, get moving, and get that heart pumping!

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

讓您的青少年遠離沙發坐椅

青少年一旦開始經常運動，便會發現運動是，有助提高生活質量的好方法。運動可以減壓，振奮精神和情緒，讓身體注入新的動力，並幫助睡得更好及感覺更年輕。

現今青少年受學校、電視、視頻遊戲和其他事項的影響而缺乏運動。然而，青少年不知道多做運動，便能輕易保持身體健康。

要改善您的健康，美國心臟協會建議青少年每星期至少有一百五十分鐘中等強度的運動或七十五分鐘的劇烈運動。即是青少年每週五日，每日運動三十分鐘，就能輕易達到建議運動指標。

有助心血管健康的運動包括步行上學、騎自行車、跑步、游泳、跳舞，能鍛鍊青少年的心肺功能對心臟有好處；力量訓練如舉重和健身操如掌上壓、引體向上和雙手開合跳躍運動有利於肌肉生長。以上兩組運動也非常容易融入我們的日常生活中。

人們要作出改變並不容易，特別是青少年。家長擔當鼓勵孩子多做運動，遠離沙發坐椅的重要角色。現在就鼓勵他們走出去，動起來，讓心臟跳動吧！

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

Prevent Childhood Obesity

People of many cultures believe that being overweight is a sign of health and wealth. This is not true. Being overweight or obese increases a person's risk of many health problems, such as high blood pressure, diabetes, joint problems, and children are no exception.

The major cause of obesity is simply too much food and too little exercise. Although genetics play a role in determining a person's body shape, weight problem that runs in the family is more likely due to similar eating and exercise habits.

Children need the right amount of nutrients and calories for proper growth and development. Eating a healthy diet and increasing physical activity are key to achieving healthy weight. It is important to begin healthy habits at an early age.

To help prevent childhood obesity, the Chinese Community Health Resource Center (CCHRC) has developed eight online short videos (in Cantonese) for parents and children ages 3-5. You will learn how to make smart nutrition choices, be more active, reduce screen time, and maintain a healthy weight for life. To view the videos, visit www.cchrhealth.org and click on this icon:



預防兒童肥胖症

中國的傳統文化素來認肥胖代表富足及有福氣，而胖嘟嘟的小孩即表示健康。其實超重或肥胖症是很多疾病如高血壓，糖尿病，關節問題等的根源；而兒童過早肥胖同樣對健康不利。

造成兒童肥胖的最主要原因是進食過多食物及缺乏運動。雖然一個人的體形與肥瘦高矮很大程度上與遺傳基因有關，但如果家人都是肥胖超重，通常是因為相同的飲食模式和運動習慣而造成。

兒童需要適當的營養和卡路里(熱量)來維持正常的發育與成長。維持健康良好體重的關鍵是飲食健康和保持運動。從幼年開始養成良好的飲食及運動習慣是非常重要的。

華人社區健康資源中心特別提供一套為華人父母及三至五歲兒童而設的粵語網上短片(共八個)，以幫助他們預防兒童肥胖症。家長和兒童會學習如何明智地選擇食物，增加體力活動，減少坐在熒光幕前的時間，及保持健康的體重。請瀏覽華人社區健康資源中心的網站：www.cchrhealth.org，然後點擊以下圖標：



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

New Outpatient Medical Center in Daly City

Chinese Hospital Outpatient Medical Center proudly opened its doors with a grand opening ceremony and community health fair in late January. Mayors and community leaders from Daly City and Colma warmly welcomed the addition of the new center, which offers comprehensive health services including primary and specialty care, acupuncture, pharmacy, radiology, optometry and laboratory services. Over 330 community members attended the health fair and enjoyed free health screenings, wellness education, acupuncture and massage.

With the addition of the new Outpatient Medical Center, CCHP Health Plan members now have another convenient option for seeing a doctor, getting their prescriptions filled and getting their diagnostic testing. The center is open Monday through Saturday and free parking is available.

For more information or to make an appointment, please call 1-650-761-3500.

帝利市東華醫院門診中心隆重開幕

一月下旬，東華醫院門診中心在帝利市隆重開幕迎診，並舉行了盛大的開業典禮和社區健康日。帝利市和科爾馬市的市長及社區領導人都出席了開業典禮，對這個提供包括初級醫療和專科醫療、針灸、藥房、放射診療、驗光和化驗等全面醫療服務的新增醫療機構，紛紛表達了熱烈的歡迎。超過330位社區民眾參加了門診中心舉辦的社區健康日，享受了免費的體檢、健康教育、針灸、按摩等服務。

通過這個新增的門診中心，華人保健計劃的會員們看醫生、配藥以及做化驗多了一個更便利的選擇。門診中心週一至週六均營業應診，並提供免費停車位。

欲查詢詳情或預約看診，歡迎致電1-650-761-3500。





季節性的過敏

歡迎來到過敏季節！季節性過敏每年都會在同一段時間發生。春天是鮮花盛開和樹木茂盛的季節，但亦是過敏原，如草，花粉，塵和蟑螂繁盛的時候。您的身體對這些過敏原產生反應，就是花粉症；亦是最常見的過敏性疾病。它的症狀包括流鼻水或鼻塞，打噴嚏，鼻及喉部癢，和鼻後滴流。季節性過敏沒有真正的治愈方法。服用過敏藥物和避免接觸引起花粉症的過敏原能減輕花粉症的症狀。以下的方法能助您避免接觸過敏原：

Seasonal Allergy

Welcome to allergy season! Seasonal allergies come at the same time every year. Spring means trees and blooming flowers. Substances that cause allergies such as grass, pollens, dust mites and cockroaches are called allergens. Your body reacts to these allergens causing hay fever. Hay fever is the most common allergy disease. Symptoms of hay fever include runny or stuffy nose, sneezing, itchy nose and throat and post nasal drip. There is no real cure for seasonal allergy. To reduce hay fever symptoms, take allergy medications and avoid exposure to the allergens that cause hay fever. The following are ways you can avoid allergen exposure:

Pollens or Molds:

- Keep doors and windows closed during pollen season
- Use air conditioning in your house and car
- Avoid outdoor activity in the early morning, when pollen counts are highest. Stay indoors on dry, windy days

Dust Mites, Cockroaches, Pets:

- Keep house clean
- Wash sheets and blankets frequently in hot water
- Avoid carpets and use hardwood or linoleum flooring
- Remove all food and water that can attract cockroaches. Use a suitable pesticide
- Keep pets out of the bedroom and bathe them weekly

Talk with your primary care doctor if you think you might have seasonal allergies. There are many prescription and over-the-counter allergy medications; ask your doctor to help you find the right one for you.

Reference:

www.cdc.gov/conjunctivitis/clinical.html#allergic

www.mayoclinic.org/diseases-conditions/hay-fever/basics/definition/con-20020827

www.mayoclinic.org/diseases-conditions/hay-fever/basics/prevention/con-20020827

花粉或黴菌：

- 在花粉季節保持門窗關閉
- 在室內和汽車開放冷氣
- 避免在清晨花粉量最高時進行戶外活動。天氣乾燥和大風時留在室內

塵蟎，蟑螂，寵物：

- 保持房間整潔
- 頻密地用熱水清洗床單和毯子
- 使用硬木或油氈地板和避免使用地毯
- 消除所有吸引蟑螂的食物和積水，並使用合適的農藥
- 禁止寵物走進睡房和每週替寵物洗澡

如果您認為您可能會有季節性過敏，請約見醫生找出合適您的處方和非處方過敏藥物。

參考資料:

www.cdc.gov/conjunctivitis/clinical.html#allergic

www.mayoclinic.org/diseases-conditions/hay-fever/basics/definition/con-20020827

www.mayoclinic.org/diseases-conditions/hay-fever/basics/prevention/con-20020827



Eat Well, Live Well Recipe – Stir-Fried Korean Style Vermicelli (Japchae)

Ingredients *(Makes 4 servings):*

100 g dried Korean sweet potato starch vermicelli
80 g sliced beef
1 egg
¼ cup shredded Chinese mushroom
¼ cup shredded carrot
¼ cup shredded celery
¼ cup sectioned chive shoot
2 tsp. chopped garlic

Marinade (sliced beef):

1 tsp. light soya sauce
a little sesame oil and pepper
½ tsp. cornstarch
1 tsp. water
1 tsp. oil

Seasoning:

3 tbsp. Korean all purpose soya sauce
1 tsp. chicken powder
1 tbsp. sugar
½ tbsp. sesame oil

Instructions:

1. Place vermicelli in boiling water for 5 min, remove from heat and cover for 5 min, remove and drain.
2. Sliced beef, mix with marinade; cut the rest of the ingredients.
3. Beat egg, fry into an egg pancake, shred finely.
4. Heat 2 tbsp oil, fry sliced beef, add chopped garlic and then the rest of the ingredients to mix.
5. Add cooked vermicelli and seasonings, tossing well together.



Nutrition information per serving:

Calories: 161
Total fat: 3.4 g (0.9 g saturated)
Cholesterol: 59 mg
Sodium: 270 mg
Carbohydrates: 21 g
Protein: 11 g



健康美食 - 韓式什錦炒粉絲

材料（4人分量）：

用料：

- 100克 韓國金薯粉絲
- 80克 牛肉(切片)
- 1/4杯 冬菇(切絲)
- 1/4杯 紅蘿蔔(切絲)
- 1/4杯 西芹(切絲)
- 1/4杯 韭菜花(切段)
- 1隻 雞蛋
- 2茶匙 蒜蓉

醃料(牛肉):

- 生抽1茶匙
- 麻油及胡椒粉各少許
- 生粉1/2茶匙
- 水、油各1茶匙

調味料：

- 3湯匙韓國萬用豉油
- 1茶匙雞粉
- 1湯匙糖
- 1/2湯匙麻油

做法:

1. 燒滾半鍋水，放下金薯粉絲，用中火煮5分鐘，再熄火浸焗5分鐘，取出，瀝乾，備用
2. 牛肉切絲，拌入醃料，其他配料切絲，韭菜花切段
3. 將蛋拌勻，用平底鑊煎成蛋皮，切成蛋絲
4. 用中火煮2湯匙油，炒牛肉絲，加入蒜蓉及所有材料炒勻
5. 最後加粉絲及調味料炒勻即成

每份營養含量：

- 卡路里：161
- 脂肪總量：3.4 克
- 飽和脂肪：0.9 克
- 膽固醇：59 毫克
- 鈉質：270 毫克
- 碳水化合物：21 克
- 蛋白質：11 克



Trying to Quit Smoking? Try Acupuncture

More than 70% of U.S. smokers report wanting to quit smoking. While millions of people try every year, it's estimated that most smokers try to quit two or more times before finally quitting for good.

If you've ever tried to quit, you know it's difficult. Common withdrawal symptoms include insomnia, fatigue, jitters, chest tightness, constipation, irritability, depression, anxiousness and lack of concentration.

When conventional methods fail, some smokers look to alternative medicine such as acupuncture.

How does it work?

Acupuncturists view and treat addiction as a whole, including the physical, mental and emotional parts of addiction. Acupuncture is provided to support patients through the acute stages of withdrawal. Patients often notice a decrease in cravings and relief from feeling tired, cranky or anxious. In addition, acupuncture can help to detoxify and heal the body, and promote relaxation.

Typically, treatments last about 20 minutes. Patients are treated one or two times a week in the first few weeks, followed by monthly treatments for four to six months. Some symptoms are relieved after the first visit, while more severe or chronic symptoms often need more treatments.

Patients may also take herbs or supplements to help control cravings and withdrawal symptoms. They can also wear 'ear seeds', which are tiny pellets taped to specific points on the ear. When a cigarette craving hits, patients gently press on the pellets to stimulate the points to calm the mind and reduce cravings.

Acupuncture is not a magic cure in quitting smoking, but it's effective in making it easier to quit and stay smoke-free. If you're ready to quit smoking and want to know how acupuncture can help, please ask your doctor or call Chinese Hospital East West Health Services at 1-415-795-8100 (San Francisco) or 1-650-761-3542 (Daly City).

Smoking and Your Health

Dangers of Smoking

Nearly 1 out of every 5 deaths each year in the United States is related to cigarette smoking. Besides becoming a life long addict to cigarettes, smoking can increase your risks for lung disease, cancer of the mouth and lungs, heart disease and stroke, and others.

The longer you smoke, the greater these risks become.

Reasons to Quit Smoking

- Reduces risk of heart disease, stroke, lung problems and some cancers
- Spares others from breathing in second hand smoke
- Saves money (the cost of cigarettes can add up)
- Fresher breath
- Clean smelling hair and clothes
- Whiter teeth (no more tobacco stained teeth)
- Fewer wrinkles

Electronic Cigarettes or E-cigarettes

E-cigarettes are battery-powered devices that heat a liquid containing nicotine, a highly addictive chemical found in tobacco. E-cigarettes may contain other harmful chemicals. There is not enough evidence at this time to show that E-cigarettes are safer than regular cigarettes and that they help smokers to quit smoking.

For resources and assistance on how to quit smoking, visit the Chinese Community Health Resource Center (CCHRC) website at www.cchrhealth.org or contact CCHRC at 835 Pacific Ave., San Francisco, CA 94133. 1-415-677-2473

Reference: www.cdc.gov/tobacco

Lifestyle and Dietary Strategies to Help You Stop Smoking

- Exercise more. Getting moving is a great way to remind yourself why you shouldn't smoke. Exercise can reduce your stress and help you relax far better than cigarettes.
- Get plenty of fresh fruit and vegetable juices to neutralize and clear the blood of nicotinic acid and to fortify blood sugar.
- Avoid junk food, sugar and coffee. They can upset blood sugar levels and increase blood acidity which can aggravate smoking withdrawal symptoms.

想要戒煙？試試針灸吧！

據報，百分之七十的美國煙民想要戒煙。但據估計每年有幾百萬吸煙者在真正成功戒煙之前，多數都失敗過兩到三次。

如果您曾經嘗試過戒煙，您一定了解箇中困難。常見的戒煙反應包括失眠、疲勞、神經過敏、胸悶、便秘、易怒、抑鬱、焦慮以及注意力不集中。

當傳統的療法不起作用的時候，一些吸煙者開始轉向非傳統醫學，比如針灸。

原理是什麼？

針灸師觀察整體症狀來治療身體、精神和情緒的癮症，以幫助病人度過戒煙的關鍵期。針灸後，病人常感到吸煙慾望下降，不再覺得疲勞、暴躁或者焦慮。另外，針灸還能幫助排毒和促進身體放鬆及復原。

每次治療通常持續二十分鐘左右。病人通常在開始治療後首個星期接受一至兩次治療，然後每月一次、持續四至六個月。一些症狀會在第一次治療後就減輕，而更嚴重或慢性的症狀常常需要更多的治療。

戒煙者也可以通過吃中藥或營養補充劑來幫助控制吸煙慾望和戒煙症狀。他們還可以戴“耳穴壓丸”，即是把極小的球狀丸藥貼在耳朵的特定位置。當煙癮來的時候，病人只要輕輕按壓微丸，刺激穴位，就可以讓自己平靜下來，且降低吸煙的慾望。

儘管針灸對戒煙來說並不是根治術，但是它能使戒煙和不再吸煙變得更簡單。如果您正準備戒煙並且想要了解針灸對此有何幫助，請諮詢您的醫生，或者致電東華醫院中西醫門診，電話1-415-795-8100 (舊金山市) 或者1-650-761-3542 (帝利市)。

吸煙與您的健康

吸煙的危害

在美國，幾乎每五個死亡個案裏就有一個與吸煙有關。除了會有終生煙癮外，吸煙還會導致其他的健康問題如

肺病、口腔癌和肺癌、心臟病和腦中風等。

吸煙時間越長，患病風險越大！

戒煙的理由：

- 減低患有心臟病，中風，呼吸道疾病及某些癌症的風險
- 讓您身邊的人不再吸入二手煙
- 能夠省錢（因長期吸煙花費很大）
- 口氣清新
- 頭髮和衣服都有乾淨的味道
- 牙齒潔白，沒有煙漬
- 減少皺紋

電子煙

電子煙是一種使用電池，將含有尼古丁的煙油加熱的電子產品。尼古丁是煙草中所含的一種使人很容易上癮的化學物。電子煙可能還含有其他有害化學物質。目前並沒有足夠的證據能證明電子煙比香煙更安全和可以幫助吸煙者戒煙。

如需要索取有關戒煙的資料或戒煙輔導服務，請瀏覽華人社區健康資源中心網站 www.cchrhealth.org 或聯絡該中心，三藩市柏思域街 835 號，1-415-677-21473。

資料來源: www.cdc.gov/tobacco

助您戒煙的生活方式與飲食策略:

- 多運動：運動是一個有效的方法來提醒自己為什麼不應該吸煙並幫助您減壓放鬆。
- 多吃新鮮水果和喝蔬菜汁來平衡和消除血液中的尼古丁酸並且強化血糖。
- 避免進食垃圾食品、糖和咖啡，以免擾亂血糖水平和增加血液中的酸度，從而加重戒煙期間的不適症狀。



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

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