Thank you to all who have supported and helped sponsor our phoenix tile program! With your help, the phoenix tiles are about 75% sold, and we are asking our generous donors to sponsor our $5,000 to $25,000 level tiles. The donations from this program will be used to renovate the Chinese Hospital 1979 Building Renovation Project which is adjacent to the new patient tower. Please act now and buy your phoenix tile. And when all tiles are sold, we will begin the installation of the phoenix which will be there for another 100 years.

For more information on the Phoenix Tile Program, please call 1-415-677-2470, and act now!
Open 24/7: Chinese Hospital Emergency Department

Welcome to the new Chinese Hospital emergency department. We have seven private single bed treatment rooms and a four bed observation area. There is an excellent nursing staff, who are, for the most part trilingual, speaking English, Cantonese, and Mandarin. The Emergency Medicine physician staff is experienced, board certified in Emergency Medicine, and present in the hospital 24 hours a day and 7 days a week.

When you come to the ER, your care providers will want to know the history and details of why you came, your symptoms, recent events, medications you have been taking, and other assorted information. This will help doctors and nurses figure out what the problem is and decide on a treatment more quickly. After the ER evaluation and treatment is complete, about 70% of patients will be able to go home for follow up with their own doctors and possibly a specialist. This usually takes less than three hours and for many patients, less than two hours. In some situations, you may be asked to return to the ER for a re-evaluation within 24 hours, especially on weekends when the offices may be closed.

Chinese Hospital ER can treat most medical conditions. Examples of these are fever, cough, abdominal pain, dizziness, shortness of breath, certain types of chest pain, and nausea and vomiting. The ER physician may order blood tests and x-ray imaging if she/he feels that are necessary for your evaluation. Falls with cuts and bruising, pain, back pain, and possible fractures are common reasons for ER evaluations. If you are experiencing chest pain, especially associated with shortness of breath and sweating, you should call 911 and have the paramedics come to you and take you to the appropriate hospital by ambulance. Similarly, if you develop sudden weakness of your arms, legs, face, or are unable to talk, you should call 911.

The Chinese Hospital ER is not a substitute for your regular doctor and should only be used for more serious conditions that you are concerned about, that if not treated immediately, may cause harm or significant discomfort. Chinese Hospital has clinics that may be able accommodate you if your doctor is unavailable. Treating your chronic medical problems or managing your blood pressure and diabetes should not be reasons for coming to the ER.

Chinese Hospital is able to care for most of the patients that come to our ER, but some may require transfer to another hospital for a higher level of care that we cannot provide. These conditions may include, vascular or neurosurgery, acute stroke, psychiatric issues requiring admission, and pediatrics. On the average, about 10 patients per month, less than 2% of the total, will need to be transferred to other hospitals for definitive specialty care.

In the next issue, we will discuss when and why one may choose to come to the emergency department, the types of testing that may be required, and the decision process that determines whether you will be able to go home or need inpatient care.
二十四小時服務 - 東華醫院新醫務大樓急症室

歡迎來到東華醫院急症室。我們這裡不單有七個單人治療室和四個床位的觀察區；更有精通英語、粵語和普通話三種語言的優秀護理人員。急症室的醫生持有急症醫學委員會認證；醫護團隊經驗豐富，並每週7天每日24小時在醫院工作。

當您來到急症室，醫護人員會詢問您到訪原因、不適症狀、您的近況、正在服用的藥物及其他資料。這將有助於醫生和護士找出問題，並盡快進行治療。在評估和治療完成後，約百分之七十的患者將能夠回家並由主治醫生或專科醫生跟進；大部分的患者通常在兩至三個小時內回家。但在某些情況下，例如在醫生診所休診的週末；您可能會被要求在二十四小時內返回急症室進行跟進評估。

東華醫院急症室可以治療大多數如的發燒、咳嗽、腹痛、頭暈、呼吸急促、某些類型的胸痛、噁心和嘔吐等病情。在必要時，醫生可以提供血液檢查和X光射線成像以作醫療評估。跌倒引致瘀傷或流血疼痛，背部疼痛和骨折是需要急症服務的常見原因。如果您感到胸痛及呼吸急促和出汗，您應該撥打911，讓護理人員用救護車帶您去到適當的醫院。 同樣地，如果您手、腳、臉部突然變弱、或忽然無法說話，您應該撥打911。

東華醫院急症室只適用於需要立即治療否則可能會造成傷害或極度不適的緊急情況，並不能取代您的主治醫生。當您有慢性疾病或血壓和糖尿病管理等不屬於急診的問題；而您的醫生未能即時給予治療，東華醫院的診所可能照顧到您即時的需要。

東華醫院能照顧大部分到急症室的患者，但有些可能需要轉送到另一家醫院進行我們無法提供的更高級別護理。這些病症可能包括嚴重的創傷、血管或神經外科、急性中風、需要入院治療的精神問題和兒科服務。平均來說，每月只有少於百分之二即大約十個人，需要轉送到其他醫院進行專科護理。

我們會在下一期季刊中，討論何時以及選擇到急症室門的原因，可能需要的測試類型以及決定是否能夠回家或需要住院治療的決策過程。
Gellert Health Services Optometry

The optometry clinic at Gellert Health Services is staffed by board-certified optometrists and opticians, and provide full optometric service for glasses and contact lenses. Beautifully displayed in the optical showcase is a wide variety of designer frames for adults and kids to fit any patient’s budget. The ophthalmic laboratory incorporates the latest technology to provide fast-turnaround lens edging service.

Meet the Doctors:

Jenny Yuen, O.D.

Dr. Jenny Yuen is a glaucoma and board-certified optometrist specializing in pediatrics and ocular diseases. Dr. Yuen is experienced in full-scope primary eye care services with added emphasis in ocular disease management. She also works with adults and children with binocular vision disorders such as amblyopia and strabismus. Having worked in Hong Kong, Dr. Yuen has a strong knowledge of examining and managing most common and complicated eye conditions common in the Chinese population.

Laura Chu, O.D.

Dr. Laura Chu is a glaucoma-certified optometrist specializing in ocular diseases and specialty contact lens fitting. Dr. Chu is experienced in full scope optometry ranging from complicated contact lens fittings to management of ocular diseases and surgical co-managements. She is also experienced in fitting specialty contact lenses, including orthokeratology for myopia control in pediatric patients and young adults, and rigid gas permeable contact lenses for keratoconus patients.

Gellert Health Services Address: (Optometry)
386 Gellert Blvd, Daly City, CA 94015

Business Hours:
Mon, Tue, Thu & Fri: 9:00 a.m. - 5:30 p.m.
Wed: 10:00 a.m. - 6:30 p.m.
Sat: 9:00 a.m. - 4:00 p.m.
Join Our 50th Year Anniversary Gala

Celebrate our 50 years serving Chinese Hospital and the Community
Fundraising for the new future Women’s Clinic

**When:**
September 30 2017 • 5:30pm - 11:30pm

**Where:**
Chinese American Citizens Alliance
1044 Stockton Street, San Francisco, CA 94108

**Admission:**
Tickets $100 per person
with special VIP RAFFLE $25

**Music by Jes Jammin’, entertainment and raffle drawing**
**Attire: Chinese traditional semi-formal**

Please call for reservations, 1-415-860-1117,
then mail checks by Sept 22nd.
Checks made payable to CH Auxiliary,
and mail to 845 Jackson St. SF, CA 94133

**Did You Know?**
After a meal, carbohydrates (e.g. rice, noodles and breads) can make you sleepy while protein (e.g. meats, fish, milk and eggs) makes you more alert. Your digestive system breaks down the digestible carbs, which raises blood sugar. Protein provides the amino acids your brain needs to function well.

Reference:
healthyeating.sfgate.com/benefits-lots-protein-morning-3574.html
Helpful Glossary of Health Coverage and Medical Terms

Co-payment – This is the fixed dollar amount (for example, $15) you pay for a covered health care service, usually when you receive the service. The amount can vary by the type of service covered.

Co-insurance – This is your share of the cost of a covered health care service, calculated as a percent (for example, 20%) of the allowed amount for the service. You pay the co-insurance amount plus any deductibles you may owe. For example, if an office visit is $100, and you have met your deductible, your coinsurance payment of 20% would be $20. The health insurance or plan pays the rest of the allowed amount.

Deductible – This is the amount you owe for health care services your health insurance or plan covers before your health insurance or plan begins to pay. For example, if your deductible is $1,000, your plan won’t pay anything until you have met your $1,000 deductible for covered health care services subject to the deductible. The deductible may not apply to all services.

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

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835 Pacific Ave., San Francisco
Tel: 1-415-677-2473
Influenza season: 2017 – 2018

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors’ visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women and people with certain health conditions who are more vulnerable to serious flu complications.

What’s new this flu season?

- Only injectable flu shots are recommended this season.
- Flu vaccines have been updated to better match circulating viruses.
- Generic versions of the flu antiviral drug oseltamivir have become available.

What are everyday preventive actions?

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC, (U.S. Centers for Disease Control and Prevention), recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

For more information about seasonal flu:
www.sfcdcp.com/flu

流感季節到了

接種流感疫苗是保護您和家人免受感冒困擾的首要及最好的方法。流感疫苗可以幫助減少感染流感和看醫生的次數，同時能減少人們因流感導致住院或不能上班和缺課的機會。接種疫苗的人越多，免受感冒困擾的人也越多，尤其是老年人，非常年幼的兒童，孕婦以及身體健康狀況較差的人更容易感染嚴重的流感併發症。

這個流感季節有什麼新事？
- 只注射本季推薦的流感疫苗。
- 流感疫苗已更新，以更好地對抗病毒。
- 抗流感病毒藥物oseltamivir的非商標藥物現已有售。

有什麼日常預防措施？
- 避免與病人近距離接觸。
- 如果您或您的子女患有疑似流感疾病，CDC（美國疾病控制和預防中心）建議您（或您的子女）除了要出外就醫或其他必需的情況外，在發燒之後的至少24小時留在家中。不需要用退燒藥，也應該會自然退燒。
- 經常用肥皂和水洗手。如果沒有肥皂和水，請使用含酒精成份的免水洗手液。
- 避免用手觸摸眼睛、鼻子和嘴巴，以防止細菌傳播。

參考資料:
www.sfcdcp.com/flu
Eat Well, Live Well Recipe –
Stir Fry Fuzzy Melon with Fish Cake

Ingredients *(For 2 Servings)*:
8 oz Fuzzy Gourd/Melon (weighs about 1/2 pound)
4 oz Fish Cake or Patty
1 oz Red Pepper
1 tbsp Ginger Root
1/4 tsp Salt
1 tsp Sugar
1/3 tsp Sesame Oil
1 tsp Cornstarch
1 tsp Ground White Pepper
1 1/2 tsp Safflower Oil

Instructions:
1. Peel off skin from the fuzzy melon. Julienne the fuzzy melon, red bell peppers and fish cake.
2. Stir fry fish cake on high heat with 1 teaspoon safflower oil. Set aside.
3. Stir fry ginger slices on high heat with ½ teaspoon of oil, then add the melon and cook until tender. Add fish cake and red peppers. Add salt and sugar.
4. Mix cold water to cornstarch. Stir in mixture to thicken sauce. Sprinkle with white pepper and sesame oil. Mix well and serve hot.

Each serving provides the following nutrients:

Kilocalories: 185.7kcal
Protein: 8.4g
Carbohydrate: 12g
Cholesterol: 29.7mg
Dietary Fiber: 0.87g
Sodium: 285mg

Designed by the Registered Dietitians at Chinese Hospital.

東華醫院註冊營養師推介食譜
健康美食 – 節瓜炒魚崧

材料（2人分量）：
8安士節瓜（約1/2磅重）
4安士魚餅或魚漿
1安士紅椒
1湯匙薑片
1/4茶匙鹽
1茶匙白糖
1/3茶匙麻油
1茶匙生粉
1茶匙胡椒粉
1 1/2茶匙植物油

製法：
1. 先將去皮的節瓜、魚餅、紅椒分別切成條狀。
2. 再用1茶匙植物油將魚崧炒香備用。
3. 用1/2茶匙植物油用薑片爆香後加入節瓜炒至八成熟，然後再加入魚崧和紅椒一起翻炒至熟透，最後放入鹽和白糖炒數次。
4. 再以生粉加水打芡把材料炒均, 撒上少許胡椒粉和麻油便可上碟。
Annual Open Enrollment Season Is Here

Many people know that fall is the time to think about their health care needs for the following year. If you do not have health insurance coverage or if you do not have CCHP health insurance, this is the time to act.

For Medicare-eligible people, time join or switch to CCHP is October 15th to December 7th.

This is the time to switch if you want to join thousands of people who are happy with the high-quality coverage CCHP offers. With the recently formed Jade Health Care Medical Group whose community doctors and specialists now number over 200 providers, you will find caring and committed doctors.

If you only have Original Medicare (administered by the federal government), you can join a privately managed Medicare Advantage Plan like CCHP’s Senior or Senior Select program. This can save you money as Original Medicare only covers about 80% of your health care.

For individuals, small employer groups, and Covered California-eligible people, time join or switch to CCHP is November 1, 2017 to January 31, 2018.

Covered California is the state’s health insurance exchange where qualifying people and families of certain incomes can receive financial assistance for premiums and for some, cost sharing too. With the recent news of some health plans abandoning its members in San Francisco and northern San Mateo County, you will find CCHP offers among the most affordable rates with over 1700 doctors and specialists in the network.

For more information, please contact CCHP sales at 1-877-224-7808 or email sales@cchphealthplan.com

日常運動小貼士– 橋樑練習

仰臥在地板上，膝蓋保持彎曲。
收緊腹部肌肉。
將臀部從地板上抬起，維持此姿勢5秒鐘。
回到原本位置並重複。

Above exercise tip contributed by the Chinese Community Health Resource Center

以上運動小貼士由華人社區健康資源中心提供
(1-415) 677-2473  www.cchrchealth.org
Snoring and Sleep Apnea

Why does Snoring occur?

Snoring occurs when the fleshy soft tissue on the back of the roof of the mouth (soft palate), the triangular piece of tissue hanging from the soft palate (uvula), tongue, tonsils and/or muscles in the back of the throat rub against each other, generating a vibrating sound during sleep. This usually occurs when one is sleeping on his back and the tongue falls back against the throat constricting the airway. Snoring is not only a nuisance for the sleep partner, it can also be an indication of serious health conditions, such as obstructive sleep apnea.

What contributes to Snoring?

- Enlarged tonsils and throat muscles.
- An elongated uvula.
- A crooked partition between the nostrils (deviated nasal septum).
- Chronic nasal congestion caused by allergies or a deviated septum.
- Frequent use of sedatives (sleeping pills) or tranquilizers, or excessive intake of alcohol before bedtime causing the throat muscles to relax too much.
- Being overweight.
- Obstructive sleep apnea – a condition of multiple pauses in breathing during sleep.

How is Snoring related to Sleep Apnea?

Habitual snoring can be a result of sleep apnea, where a person actually stops breathing for brief periods of time while asleep. The most common type of sleep apnea is obstructive sleep apnea. The airway is blocked, causing shallow breathing or breathing pauses which can last from a couple of seconds to several minutes. This can happen hundreds of times during the night. This sudden decrease in oxygen level in the blood can increase the risk of high blood pressure, heart attack, heart failure and stroke.

Symptoms of Sleep Apnea

If you or your sleep partner experience or observe any of the following symptoms, consult a medical professional for diagnosis and treatment:

- Excessive daytime sleepiness
- Loud snoring or choking sounds at night
- Awakenings with shortness of breath
- Breathing pauses during sleep

- Morning headache
- Increased irritability

Treatment for Snoring and Sleep Apnea

Your doctor may refer you to an ear, nose, and throat (ENT) doctor or to a sleep clinic where equipment and machines are used to monitor sleep pattern, heart, lung, brain activity, and oxygen levels. For mild cases of snoring, your doctor may recommend these lifestyle changes:

- Lose weight.
- Change sleep position: sleep on your side to prevent the tongue from blocking the airway.
- Use nasal strips to increase the nasal passage area and enhance breathing.
- Clear nasal congestion by using a nasal decongestant spray (for no more than three days unless directed by the physician) or inhaling steam before bedtime.
- Limit sedatives and alcohol intake. Avoid drinking alcohol four hours before sleeping.

If lifestyle changes are ineffective, the following treatment may be prescribed:

1. **Oral devices** to position the soft palate and tongue to keep the airway passage open.
2. **Continuous positive airway pressure (CPAP)** where a pressurized mask is placed over the nose during sleep. The mask is connected to a pump that forces air into the nose to keep the upper airway passages open.
3. **Surgery** to tighten and trim excess tissues from the uvula and soft palate in order to enlarge the airway and reduce vibration.

It is important to correctly diagnose and treat habitual snoring and sleep apnea. Without adequate and quality sleep, the chances of work and driving-related accidents, memory problems, mood swings, depression, heart problems, stroke and other health related problems increase. Treating habitual snoring and sleep apnea can lead to more restful sleep for everyone in the household and also lower your risk of many serious health conditions.

For more information on Sleep Apnea:

American Sleep Apnea Association
www.sleepapnea.org

Above article contributed by the Chinese Community Health Resource Center
(1-415) 677-2473 www.cchrchealth.org
打鼻鼾與睡眠窒息症

為什麼會打鼻鼾？
睡覺時口腔頂部的肉質軟組織（軟齶）與軟齶上部掛著的一塊三角形組織（懸雍垂）、以及舌頭、扁桃體或在咽喉後部的肌肉互相摩擦，產生振動而形成打鼻鼾的聲音。當一個人躺臥時，舌頭向後頂著咽喉，使氣道收窄，便容易發生打鼻鼾。打鼾不僅干擾睡眠，也可以是某些嚴重健康問題的徵兆，如阻塞性睡眠窒息症。

甚麼原因造成打鼻鼾？
- 增大了的扁桃體和喉嚨肌肉。
- 過長的懸雍垂。
- 兩鼻孔的分隔彎曲（鼻隔膜偏離）。
- 由於過敏或鼻隔膜偏離引起的長期性鼻塞。
- 經常用鎮靜劑或安眠藥，或在睡前過量喝酒，導致喉嚨肌肉過於放鬆。
- 過胖
- 阻塞性睡眠窒息症 - 一種在睡眠中多次呼吸暫停的病症。

打鼻鼾與睡眠窒息症有甚關係？
習慣性打鼻鼾可能是由睡眠窒息症所引致。亦即當一個人睡著時可能呼吸曾短暫停頓數次。最常見的睡眠窒息症是阻塞性睡眠窒息症。氣道受到阻塞，造成呼吸短促或呼吸暫停數秒鐘到數分鐘。一夜中類似情形可能發生數百次。這種情況使血液中的氧氣含量突然減少，而可能增加患高血壓，心臟病，心力衰竭和中風的危險。

睡眠窒息症的症狀
如果你或你的伴侶有以下任何的症狀，請諮詢醫生作出診斷及治療：
- 日間極度嗜睡
- 夜間鼾聲如雷和有窒息的聲音
- 覺醒後呼吸急促
- 睡眠時呼吸暫停
- 晨早頭痛
- 煩躁不安

打鼻鼾與睡眠窒息症的治療
你的醫生可能推薦您到耳鼻喉科專科醫生處或治療睡眠問題的診所去復查。那裏有專門的設備和機器來監測您的睡眠模式，以及您的心臟，肺，及大腦的活動情況，氧氣的水平等等以作出診斷。對於輕微的打鼾症狀，醫生可能會建議改變某些生活方式以使症狀得以改善：
- 減肥
- 改變睡眠姿勢：睡覺時側臥，以防舌頭阻塞氣道
- 使用一種鼻竇專用器材，固定在鼻樑上，可以擴大鼻孔通
道，改善呼吸
- 使用通鼻塞噴劑，清除鼻道阻塞（除非醫生有指示，否則不可使用超過 3 天）或者睡前吸入蒸氣
- 限制服用鎮靜劑和酒精。睡覺前 4 小時避免喝酒。

如果改變生活方式後依然無效，可以採用以下的治療方法：
1. 在口腔使用一種儀器來固定軟齶及舌頭，以保持氣道通暢。
2. 持續正壓通氣（CPAP）方法。睡眠時用加壓面罩放置在鼻子上。該面罩連接到一個氣泵，使空氣泵入鼻子裏，保持上呼吸道的氣道開通。
3. 利用手術收緊和縮減多餘的軟齶及懸雍垂組織肌肉，以擴大氣道，減少震動。

正確地診斷和治療習慣性打鼾和睡眠窒息症是非常重要的。如果睡眠不足或睡得不好，容易工作犯錯或與發生車禍，並且會增加記憶問題，情緒波動，抑鬱症，心臟病，中風和其他健康問題的可能性。治療好習慣性打鼾和睡眠窒息症會使您和您的家人享有更酣睡的睡眠，也降低了罹患其他許多嚴重健康問題的危險性。

欲了解更多有關睡眠窒息症的資料，請聯絡以下機構：

美國睡眠窒息症協會
American Sleep Apnea Association
www.sleepapnea.org

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