

# COMMUNITY HEALTH NEWSLETTER

## 社區健康季刊 | 2015 SPRING 春季刊

### The New Chinese Hospital Update

Excitement has filled the community as the New Hospital has taken its true form. During 2015, the new and existing building will be physically connected and their infrastructure system will be integrated to become a larger, single hospital. The construction projects are on schedule to be completed in 2016.

If you would like to support the hospital and potentially win some valuable prizes, take part in the Chinese Hospital Spring Raffle, with \$5 each or 25 tickets for \$100. Drawing will be at the 6th Annual Spring Fling event night on May 7th, 2015 at SF Design Center. Winners need not be present to win. Names of the winners will be posted on hospital website after May 11th.

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](http://www.chinesehospital-sf.org)

### 新東華醫院擴建最新資訊

隨著東華醫院新大樓的漸漸成形，整個華埠洋溢著興奮之情。2015年期間，大樓的內部裝修就會正式開始。同時，現有住院大樓和新大樓的基礎設施會進行

連接，使它們整合成一個更大的醫院。工程進展順利，預期在2016年完工。

捐贈支持並參與東華醫院一年一度慈善大抽獎，有機會獲得豐富禮品。購買抽獎券每張5元，買20張送5張。抽獎將於5月7日在第六屆春季慈善嘉年華酒會上舉行。得獎名單其後會在東華醫院網站公佈，中獎者將被個別通知。

想了解更多關於新醫院的捐贈方式及籌款活動，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](http://www.chinesehospital-sf.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



## Glossary of Health Coverage and Medical Terms

When you or your family need health care services it is important to use providers who are in the health plan or insurance company's 'network' or 'in-network'. These providers have contractual agreements with your health plan at an agreed price. Using a network provider will save you money and helps to keep premiums affordable for everyone. Below are three important terms associated with provider networks and co-payment or co-insurance:

### **Network or In-Network Provider**

The facilities, doctors, specialists and suppliers your health plan has contracted to provide health care services.

### **In-network Co-payment**

A set amount of money (for example, \$25) you pay for covered health care services. You pay this to providers who agreed to work with your health plan. In-network providers usually charge lower copays than those that are out-of-network.

### **Out-of-network Co-insurance**

Your share of the cost you must pay to providers who are not In-network. Usually you pay a percent (for example, 50%) of the allowed amount for covered

health care services. This applies to providers who do not have an agreement with your health insurance or plan. Out-of-network co-insurance usually costs you more than in-network co-insurance.

## 保健計劃及醫療詞匯

當您或您的家人需要醫療服務時，確保使用與保健計劃簽有合約的醫生是非常重要的。這些醫生與保健計劃達成收費協議；這不但能為您節省開支，更有助令保費維持在人人都能負擔的水平。以下是三個有關的重要詞匯：

**網絡提供者**是指與醫療保健計劃簽有合約為會員提供醫療保健服務的醫療設施機構、醫療服務提供者(如醫院和醫生)及醫療用品供應商。

**網絡內自付費**是一個由您的醫療保健計劃與醫療服務提供者合約定明向會員收取的固定醫療服務收費金額(例如\$25美元)。網絡內的自付費通常少於網絡外的共付費。

**網絡外共付費**是當您使用的醫療服務提供者沒有與您的醫療保健計劃簽署合約時，您需要支付承保醫療服務收費的百分比(例如50%)。當您使用的醫療服務提供者沒有與您的醫療保健計劃簽署合約，這些醫療服務提供者便是網絡外的醫療服務提供者。通常，網絡外共付費高於網絡內共付費。



## After the Doctor Visit, What Can You Expect?

So you visited your Primary Care Physician (PCP) or doctor for your annual check-up. What should you expect next? Is there something you should do and what can you expect from your doctor. Here are some Frequently Asked Questions (FAQ) after a visit to your doctor.

- 1. How long is the wait for blood work results?**  
Routine blood test results are available to your physician one week after the blood test is done.
- 2. Where should I call or go to find out my test results?**  
Ask your physician who ordered the test to contact you if you would like to find out your test results.
- 3. If I have questions after my physical examination, who should I call first?**  
Please contact your physician if you have any questions about your physical exam.
- 4. Should I call to schedule my next annual visit appointment? Or will someone remind me before my next annual checkup?**  
This really depends on your physician's office. Some offices will send you a post card reminder to schedule the next visit. Some offices will contact you by phone to schedule the next visit. Some offices may even schedule you for the next annual visit the same day after you have completed your physical exam. To be sure that you are scheduled for your annual exam, please contact your physician to schedule the visit before your next annual exam is due.
- 5. Where should I call or go to find out about specialist coordination if I was referred by my Primary Care Physician (PCP)?**  
Your primary care physician is responsible for coordinating the care that you need. If you need to see a specialist, your primary care physician will refer you to the appropriate specialist for care.
- 6. Where should I call or go to find out about Wellness/Health education classes?**  
Please call Chinese Community Health Resources Center at 1-415-677-2473 for bilingual health education materials and health education classes. The bilingual health education materials are free of charge and the health education classes are open to all CCHCA-CCHP members.

## 年度身體檢查後， 該如何跟進呢？

當主治醫生（PCP）為您完成年度體檢後，接下來醫生會怎樣跟進，而您應該做什麼呢？以下是我們約見醫生並完成年度體檢後一些常見問題解答（FAQ）。

- 1. 需要等候多少時間才能獲得驗血報告？**  
您的醫生會在常規血液測試完成的一星期後知道驗血結果。
- 2. 我可以怎樣得知驗血結果？**  
您可要求為您安排驗血的醫生告知您驗血的結果。
- 3. 如果我在年度身體檢查後有疑問，應該與誰聯絡？**  
如果您對體檢有任何疑問，請聯絡您的醫生。
- 4. 我是否需要自行預約安排下一年度的身體檢查？  
還是我會收到預約提示？**  
這取決於您的醫生診所如何安排。有些醫生診所會寄出明信片提醒您安排下次體檢。有些醫生診所會致電聯絡您安排下次體檢時間。有些診所甚至會在您完成體檢之後立即安排您在下一年的同一天進行下年度的身體檢查。為了確保您按時每年定期進行身體檢查，請在身體檢查限期之前約見您的醫生。
- 5. 如果我的主治醫生（PCP）轉介我約見專科醫生，  
我應該與誰聯絡？**  
您的主治醫生負責協助您獲得所需要的醫療護理。如果您需要約見專科醫生，您的主治醫生會向您推薦及安排合適的專科護理。
- 6. 我在何處能找到健康教育資料及參加健康講座？**  
華人社區健康資源中心提供雙語健康教育資料及健康講座，請致電1-415-677-2473索取有關資料。所有華人保健計劃的會員可以參加健身課程及索取免費的健康教育資料。



## Everyday Exercise Routine

You probably know that exercise is good for you and that you need to do more of it. Exercise can help you look and feel better. Before beginning any exercise program, be sure to check with your doctor first. Make exercise a part of your life. Don't delay, start today!

Here are some simple exercises and stretches that you can do anytime, anywhere:

### Knee Lifts

1. Stand up straight with hands on your waist
2. Slowly lift one foot off the floor and aim the knee toward your chest
3. Hold for 5 seconds
4. Slowly lower the foot to the floor, and repeat with the other leg
5. Repeat 5-10 times

### Arm Circles

1. Stand with feet slightly apart
2. Stretch both arms out to your sides
3. Make small backward circles with your arms for 15 times
4. Switch direction and make small forward circles with your arms for 15 times
5. Relax your arms and repeat



**Knee Lifts** 提膝運動

## 日常運動小貼士

人人都知道運動的益處，而且應多做運動。運動能使您容光煥發，心情舒暢。在開始某項運動之前，請與您的醫生商討一下看看該項運動是否適合您。希望您堅持運動，讓運動成為您生活中不可缺少的一部份。請不要再遲疑，今天就開始行動！

以下提供一些簡單的，您可以隨時隨地都可以做的伸展運動：

### 提膝運動：

1. 站直，雙手叉腰
2. 慢慢地將一條腿抬起離地面，將膝蓋盡量拉向您的胸口
3. 維持這個姿勢5秒鐘
4. 然後慢慢地降腳放回地上，如此動作再重複另一條腿
5. 重複 5-10 次

### 手臂划圈

1. 站立，雙腳稍微分開
2. 雙臂向身體兩側伸展
3. 用您的手臂向後划小圓圈 15 次
4. 然後再向反方向划小圓圈 15 次
5. 將手臂放下，放鬆，再重複如上動作



**Arm Circles** 手臂划圈

Above exercise tips contributed by the Chinese Community Health Resource Center.

以上伸展運動技巧由華人社區健康資源中心提供。1-415-677-2473 | [www.cchrhealth.org](http://www.cchrhealth.org)

## Asthma & Allergy Season is Here

Asthma and allergies often go together. Asthma is a disease of the lungs. Allergies are caused by substances called allergens such as dust mites, pollens, pets, foods and cockroaches. An estimated 1 in 12 adults and about 1 in 11 children have asthma in the U.S. and allergic asthma is the most common form of asthma. When someone with asthma is exposed to an allergen, he or she can have an asthma attack. During an asthma attack, the airway becomes blocked or narrowed, making it hard to breathe.

Common things that can trigger asthma include,

- Exercise (very common in children)
- Cold air or changes in temperature
- Air pollution
- Dust
- Strong smelling chemical products (e.g. perfume or nail polish)
- Strong emotions (e.g. fear, crying, laughing hard)

To minimize asthma attacks, avoid things that can trigger an asthma attack. Daily monitoring of your asthma may help you identify triggers. Seek treatment as soon as possible to prevent severe asthma attack. Take medications as prescribed, including inhalers, nebulizers and oxygen.

There is no cure for asthma. There are medications that can help control the symptoms of asthma. In most cases, people with asthma can live free of symptoms by following their treatment plans. Be sure to talk with your primary care doctor and follow their instructions. Tell your doctor if you have extra trouble breathing, chest pain or pressure that will not go away. To learn more about asthma, visit these sources online:

<http://www.cdc.gov/asthma>

[http://www.cdc.gov/asthma/impacts\\_nation/asthmafactsheet.pdf](http://www.cdc.gov/asthma/impacts_nation/asthmafactsheet.pdf)

<http://www.cdc.gov/niosh/topics/asthma/default.html>

<http://www.cdc.gov/asthma/links.htm>

<http://www.webmd.com/allergies/guide/asthma-allergies>



## 哮喘及過敏季節已來臨

哮喘是一種與過敏症有關的肺部疾病。引起過敏的過敏原包括有灰塵，花粉，寵物，食品 and 蟑螂等。在美國，最常見的哮喘是過敏性哮喘。根據估計，在12名成人中有1人患有哮喘，兒童患有哮喘的比率大約是11份之1。當有患者接觸到過敏原時，會引起哮喘發作。哮喘發作時，氣管被阻塞或收窄，導致呼吸困難。

觸發哮喘的常見誘因包括：

- 運動（常見於兒童）
- 冷的空氣或溫度變化
- 空氣污染
- 灰塵
- 強烈氣味的化工產品（如香水和指甲油）
- 強烈的情緒（如恐懼，大哭，大笑）

為了減少哮喘發作，您可進行日常哮喘監測，這可以幫助您識別過敏原。此外，盡快尋求治療，可以防止嚴重的哮喘發作。按時吃藥（包括使用吸入器，霧化器和氧氣），都能減少哮喘發作機會。

現在還沒有根治哮喘的方法，藥物可以幫助控制哮喘的症狀。在大多數情況下，哮喘病人可以按照自己的治療計劃而過著沒有哮喘症狀的生活。如您患有過敏性哮喘，請務必與您的醫生商討，並聽從他們的醫療指示。如果您有嚴重呼吸困難，胸部疼痛或揮之不去的壓力，也要通知您的醫生。

要了解更多有關問卷調查的資料，請瀏覽下列網址：

<http://www.cdc.gov/asthma>

[http://www.cdc.gov/asthma/impacts\\_nation/asthmafactsheet.pdf](http://www.cdc.gov/asthma/impacts_nation/asthmafactsheet.pdf)

<http://www.cdc.gov/niosh/topics/asthma/default.html>

<http://www.cdc.gov/asthma/links.htm>

<http://www.webmd.com/allergies/guide/asthma-allergies>



## Say Goodbye to Allergies!

Spring is coming, and for many people, so are seasonal allergies. What causes allergies, and what are our options for relief?

Allergies happen when the body has an overactive response to a substance or material that enters or contacts the body. Materials that cause allergic reactions are called “allergens”. Common allergens include pollen, fur, dust or specific foods.

A common misconception about allergies is that they are only caused by outside materials. In reality, allergies may actually point to an immune system that is not working correctly. For example, the body may begin to produce excess amounts of inflammatory chemicals such as histamine. Excessive histamine can cause itchy watery swollen eyes, sneezing, runny nose, congestion, hives and rashes.

Many use over-the-counter medications like antihistamines to combat allergies. But for some, they can have unwanted side effects such as drowsiness, increased heart rates, immune system suppression, or over-reliance on medications. There are alternatives to over-the-counter medications.

Traditional Chinese Medicine includes a combination of acupuncture and Chinese herbs that help the body to control its reaction to allergens. Treatments are designed to address both the root of the allergies as well as their symptoms. Acupuncture can treat allergies by controlling the body’s inflammatory reactions to allergens. Herbs can also help with reduce the inflammatory reaction as well as desensitize the body to allergens.

Ideally, treatments with an acupuncturist begin about four to six weeks before the start of the allergy season. This allows time for the body to build immunity to allergens. Of course, if allergy season has already begun or if you have allergies all year round, then you may find relief by starting treatment immediately. If you are currently taking allergy medications, then acupuncture and herbs may help you to decrease them eventually.

If you are interested in learning whether acupuncture can help you, please talk to your doctor, or call Chinese Hospital East West Health Services at 1-415-795-8100.

## 告別過敏！

春天就要來了！對很多人來說，這也意味著季節性的過敏隨之而來。造成過敏的原因到底是什麼？我們又能採取什麼措施來緩解呢？

當外界物質進入或者接觸到人的身體，而人體對此過度反應的時候，過敏就發生了。使人體產生過敏反應的物質被稱作“過敏原”。常見的過敏原包括花粉，毛髮，灰塵，或者某些特定的食物。

人們常常誤解認為過敏是由外來物質引起的。其實，過敏是免疫系統沒有正常運作的一種反應。例如，人體可能產生大量的炎症化學物質，如組胺。大量的組胺又能引起眼睛水腫瘙癢，打噴嚏，流鼻涕，充血，麻疹，及皮疹等。

非處方藥如康組胺，雖然可以有效地遏制過敏；但是它們常帶來一些副作用，例如有睡意，心跳加快，免疫系統被抑制，或者過度依賴藥物。幸好，我們有非處方藥以外的其他治療方法。

傳統中醫結合針灸和中藥，能夠幫助身體控制對過敏原的過度反應。首先，針灸治療能夠控制身體對過敏原的炎症反應。接著，中藥能減少炎症反應及幫助身體脫離過敏原的滋擾。這結合的治療方式能夠在“治標”的同時也“治本”。

如果能在過敏季節到來之前的四至六星期開始接受針灸治療，效果最佳。這樣您的身體有足夠的時間來建立對過敏原的免疫力。當然，如果過敏季節已經開始或者您長年都受過敏的困擾，那麼您可能在開始治療後短時間內就能看到效果。如果您正在服用抗過敏的藥物，那麼針灸和中藥能幫助您進一步緩解病情。

如果您想要了解針灸是否對您有幫助，請向您的醫生諮詢，或者致電東華醫院中西醫門診，電話 1-415-795-8100。





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## Get Screened for Hepatitis B

Hepatitis B is an infectious disease with serious complications including liver cirrhosis and liver cancer. According to the Centers for Disease Control and Prevention, Asians have the highest risk of hepatitis B among all ethnic groups. Asians are also more likely to suffer from chronic hepatitis B infection and to die from liver cancer, compared with the rest of the general population.

Hepatitis B is caused by infection with the hepatitis B virus (referred to as “HBV”). In some patients, hepatitis B can lead to cirrhosis of the liver or liver cancer. HBV is mainly transmitted in 3 ways: body fluids, from mother to child at time of birth, and contact with infected blood.

Fortunately, Hepatitis B is a vaccine-preventable disease, so the best way to prevent infection is to first get screened and then get vaccinated. Other prevention tips include practicing safe sex by using condoms and avoiding sharing personal items with others.

Those infected with HBV may experience mild to no symptoms. When symptoms do develop they may include fatigue, loss of appetite, mild fever, abdominal pain, diarrhea, muscle or joint pain, nausea, vomiting, or skin rash. While there is no cure for HBV, it is best to avoid drinking alcohol and talk to your doctor about medications that can control the multiplication of the virus.

For information on Hepatitis B educational seminars, please refer to the attached schedule or call 1-650-991-8883.

## 接受乙型肝炎測試

乙型肝炎是一種可導致嚴重併發症(如肝硬化與肝癌)的傳染病。根據疾病控制中心的統計數據，亞裔患乙型肝炎的風險遠高於其他族裔。亞裔飽受慢性乙型肝炎的困擾，甚至死於肝癌的機率也高於一般民眾。

乙型肝炎是由於感染了乙型肝炎病毒引起的傳染性疾病（乙型肝炎，簡稱“乙肝”）。肝炎會轉化為肝硬化或肝癌。乙型肝炎的傳播途徑主要有三種：體液傳播，孩子剛出生時的母嬰傳播，以及血液傳播。

幸好，乙肝是一種可以通過注射疫苗來預防的疾病，所以保護您自己不被乙肝病毒侵擾的最佳辦法是檢查後接受疫苗注射。其他預防的方法則包括在性交時使用安全套並避免與他人共用個人用品。

乙肝患者可能會有輕微或完全沒有症狀，又或者會在被感染後的幾週至數月才出現。症狀包括：疲憊，食慾減退，輕微發熱，腹痛，腹瀉，肌肉或關節疼痛，噁心，嘔吐，皮疹等。

由於現在還沒有根治乙肝的方法，如果已經感染，最好避免飲酒，並諮詢醫生後服用控制病毒的藥物。

關於更多乙型肝炎的教育講座信息，請參考本刊附帶的健康教育課程表，或來電1-650-991-8883諮詢。



## Bone Marrow Donation Can Save Lives

In the midst of predictable New Year's resolutions, like getting fit and more organized, Asian American Donor Program would like you to add a very special goal to your list: curing someone of their cancer. It's easier than you think. All you have to do is register to be a bone marrow and stem cell donor on the Be The Match registry.

Receiving a bone marrow or stem cell transplant is often the only way for a person with leukemia or lymphoma, both deadly blood cancers, to survive. This poses a challenge, because for two people to have a matching cell-type is very rare, and is even more difficult for those from minority or mixed race backgrounds. That is because out of the 10.5 million people on the Be The Match registry, only 7% are Asian and 4% are mixed race. Since matching is based on ethnicity, patients from underrepresented communities in the registry—such as Chinese Americans—have a slim chance of finding a matching donor.

If you're between the ages of 18-44 years old, we need your help. Registering is easy, requiring the completion of a consent form and a cheek swab. There is only a 1 in 544 chance that you will match a patient in your lifetime. But if you do, you can save their life through one of two donation methods.

75% of the time, patients require a stem cell donation, which is similar to donating blood. 25% of the time, a bone marrow donation is required. Find out more about the facts and fiction of donating. Visit [www.aadp.org](http://www.aadp.org) or call 1-510-568-3700.

### 骨髓捐贈可拯救生命

迎接新一年的來臨，您可能已經有一連串的新年計劃；例如新一年要每天做運動。美亞骨髓捐贈會AADP希望您加上一個特別的計劃：您可以拯救癌症病人。骨髓捐贈是比您想像中容易！您只需要註冊成為骨髓和幹細胞捐贈者。

找到合適的骨髓捐贈者是血癌病人生存的唯一希望。華裔病人多數需要配對華人捐贈者。美國骨髓登記捐贈者有一千五百萬人，但只有大概七十萬捐贈者是亞裔人仕，數目非常低，因此要找到合適的華人捐贈者是非常困難。

如果您的年齡介乎18至44歲，我們需要您的幫助。骨髓捐贈登記過程十分簡易，您只需填一份表格及用棉花棒提供口腔細胞樣本。我們每人只有544分之一機會與患者配對成功。百分之75的機會您只需要從手臂抽取血液細胞，過程與捐血類同。百分之25的機會您會捐贈骨髓；您會接受全身麻醉，捐贈過程不會感到痛楚。請致電1-510-568-3700或瀏覽網址 [www.aadp.org](http://www.aadp.org)







## Do you know your BMI?

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI can be used as an indicator of body fat for most people. BMI does not measure body fat directly, but is used to screen for weight problems, that may lead to health issues, such as diabetes and heart disease. Studies have shown that Asians have a higher percentage of body fat than Caucasians who are of the same age, sex and BMI.

### Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{Weight (lbs)} \times 703}{\text{Height (in)} \times \text{Height (in)}}$$

#### Body Mass Index (BMI) for non-Asians (Adults)

Low <18.5	Normal 18.5 – 24.9	Pre-obese 25.0 – 29.9	Obese >=30
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#### Body Mass Index (BMI) for Asians (Adults)

Low <18.5	Normal 18.5 – 23.0	Pre-obese 23.0 – 27.5	Obese >=27.5
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To calculate your BMI, use the formula above or go to the Chinese Community Health Resource Center's website:

<http://cchrchealth.org/health-calculators/body-mass-index-bmi-adults>

Anyone who is overweight should try to avoid gaining additional weight. Additionally, if you are overweight with other risk factors (such as high LDL cholesterol, low HDL cholesterol, or high blood pressure), you should try to lose weight. Even a small weight loss (just 10% of your current weight) may help lower the risk of disease. It is a good idea to discuss with your physician about appropriate ways to lose weight.

## 體質指數知多少?

體質指數(BMI)是根據一個人的體重和身高推算出來的數字。

對於大多數人來，體質指數是一個比較可靠的測量身體脂肪含量的方法。雖然，BMI並沒有直接測量身體脂肪含量，但可以作一種檢查方法，使您了解您的體重是否合宜，以及是否有導致其他健康問題的風險。

比起同年齡，同性別和體質指數的白種人，亞裔人仕傾向有較高的體脂指數。因此，BMI 在 23.0 以上的亞裔人仕患上某些慢性疾病，如糖尿病的風險較高。

### 體質指數 (Body Mass Index- BMI)

$$\text{BMI} = \frac{\text{體重 (磅)} \times 703}{\text{身高 (英寸)} \times \text{身高 (英寸)}}$$

#### 非亞裔人仕BMI體質指數

體重過輕 <18.5	正常體重 18.5 – 24.9	初期肥胖 25.0 – 29.9	肥胖 >=30
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#### 亞裔人仕BMI體質指數

體重過輕 <18.5	正常體重 18.5 – 23.0	初期肥胖 23.0 – 27.5	肥胖 >=27.5
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請使用上面的公式計算您的BMI，或瀏覽華人社區健康資源中心網站：

<http://cchrchealth.org/health-calculators/body-mass-index-bmi-adults>

過重人仕(尤其是低密度脂蛋白膽固醇過高，高密度脂蛋白膽固醇過低或高血壓人仕) 應該盡量避免增加額外的重量及嘗試減肥。因為即使是減去很小的重量(現時重量的百分之10) 都可以幫助降低患病的風險，所以您應該與您的醫生討論適當的減肥方法。

## Spring into Summer Activities For Teens

### Exercise... Your SMILE!

San Francisco residents, smile! The City of San Francisco is offering FREE exercises classes at various parks and recreation centers throughout the city. Many classes such as zumba and guided nature walks are for all ages, so kids, parents, and grandparents can participate together. Some classes are only for children or teenagers, making it fun for them.

There are many benefits of exercising regularly for every one of all ages. Exercise helps maintain healthy bones, muscles, and joints. It helps you control your weight, increase lean muscle, and reduce body fat. Exercise also helps control blood pressure and diabetes. You can also decrease your chance of cancer and heart disease with regular exercise.

Exercise is also good for your mind. Your brain produces positive hormones that reduces anxiety and depression, and improves feelings of wellness.

Start moving today! Go online at [sfrecpark.org](http://sfrecpark.org) for the complete class schedule or for more information. Take advantage of these classes to move your body and SMILE!

### 運動與歡笑！

三藩市市民，盡情歡笑吧！三藩市的市政府在市內多個公園及娛樂中心為市民提供既免費又老少皆宜的健身課程，例如尊巴健身操和在嚮導帶領下自然漫步等。此外，三藩市亦同時提供一些專門為兒童或青少年而設的精彩有趣課程。

經常鍛煉身體為不同年齡的人仕都帶來多不勝數的益處。運動能幫助您保持骨骼、肌肉和關節的健康；它能幫助您控制體重，減少脂肪及增強肌肉。堅持常規的運動有助控制血壓和糖尿病，更能降低您患癌和心血管疾病的機會。

運動也有利於您的心靈健康。當您運動時，大腦會產生減少焦慮和抑鬱感覺的積極荷爾蒙；自身的健康感從而提高。

讓我們從今天就開始運動吧！請瀏覽網址[sfrecpark.org](http://sfrecpark.org) 查看完整的課程時間表及有關資料。好好享受這些免費課程，“助”您更加健康與快樂！





## Eat Well, Live Well Recipe – Baked Coconut Shrimp with Lime Dipping Sauce

### Ingredients:

(Makes 4 servings)

- 1 lb. Jumbo Shrimp, about 16 pcs., peeled but keep the tail and deveined
- 1/2 cup Japanese panko bread crumbs
- 1/2 cup sweetened coconut flake
- 1 egg white
- 1/2 tsp. sea salt
- 1/8 tsp. white pepper
- 2 Tbsp. flour

### Lime Yogurt Dipping:

- 6 oz. Greek yogurt
- 1 Lime zest (green part only)
- 1 Tbsp. lime juice
- 1/2 tsp. sugar
- 1/8 tsp. sea salt

### Instructions:

1. Pat dry shrimp, marinate with sea salt and white pepper. Cover and refrigerate for 10 mins.
2. Preheat oven to 400°F.
3. Mix panko bread crumbs and coconut flake together.
4. Beat egg white until slightly foamy.
5. Coat thin layer of the flour on the shrimp; and then dip in egg white and coat with bread crumbs mixture.
6. Put shrimp on rack within a sheet pan, bake for 10-15 mins until golden brown.
7. Meanwhile, mix all lime yogurt dipping ingredients together.
8. Serve hot with lime yogurt dipping. Enjoy!

### Nutrition information per serving:

Calories: 195  
Total fat: 3 g  
(1 g saturated)  
Cholesterol: 170 mg  
Sodium: 286mg  
Carbohydrates: 14 g  
Protein: 26 g

### 每份營養含量：

卡路里：195  
脂肪總量：3 克  
飽和脂肪：1 克  
膽固醇：170 毫克  
鈉質：286 毫克  
碳水化合物：14 克  
蛋白質：26 克

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

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



## 健康美食

### 椰子焗大蝦配青檸乳酪醬

(4 人份量)

1磅珍寶大蝦 (約16隻)

除去殼及內臟，但保留尾部

1/2 杯日本panko麵包糠

1/2 杯甜椰絲

蛋白 (一隻)

1/2 茶匙海鹽

1/8 茶匙白胡椒粉

2 湯匙麵粉

### 青檸酸乳酪醬

6安士純酸乳酪 (yogurt)

1 個青檸檬皮  
(綠色部分)，磨碎

1 湯匙青檸汁

1/2 茶匙糖

1/8 茶匙海鹽

### 做法:

1. 將蝦洗後弄，加入海鹽及白胡椒粉拌勻，用保鮮紙蓋好後放入雪櫃約10分鐘。
2. 焗爐預熱至 400° F 度。
3. 將甜椰絲加入日本panko麵包糠拌勻，備用。
4. 用另一容器，將蛋白打至輕微泡沫狀，備用。
5. 將蝦塗上少許麵粉，再沾上蛋白，然後將蝦放入先前拌勻的甜椰絲及日本panko麵包糠。
6. 把蝦放在烤盤上焗10至15分鐘，直至金黃色。
7. 將青檸酸乳酪醬所有材料混合在一起，備用。
8. 享用時，將蝦點上青檸酸乳酪醬。



## COMMUNITY HEALTH NEWSLETTER 社區健康季刊 | 2015 SPRING 春季刊

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](mailto:Info@CCHPHealthPlan.com). Electronic copies are available online at: [www.CCHPHealthPlan.com/community-health-newsletter](http://www.CCHPHealthPlan.com/community-health-newsletter) and [www.cchrhealth.org/health/library/health-newsletters](http://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](mailto:Info@CCHPHealthPlan.com) 或上網瀏覽：[www.CCHPHealthPlan.com/community-health-newsletter](http://www.CCHPHealthPlan.com/community-health-newsletter) 及 [www.cchrhealth.org/health/library/health-newsletters](http://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/memberservices.html](http://www.CCHPHealthPlan/memberservices.html)



**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](http://www.cchrhealth.org)



**Chinese Hospital**  
東華醫院  
845 Jackson Street, San Francisco  
**1-415-982-2400** | [www.chinesehospital-sf.org](http://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](http://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](http://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](http://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](http://www.chinesehospital-sf.org)



**East West Health Services**  
中西醫學門診  
632 Commercial St., Suite 101, San Francisco  
**1-415-795-8100** | [www.chewhs.org](http://www.chewhs.org)