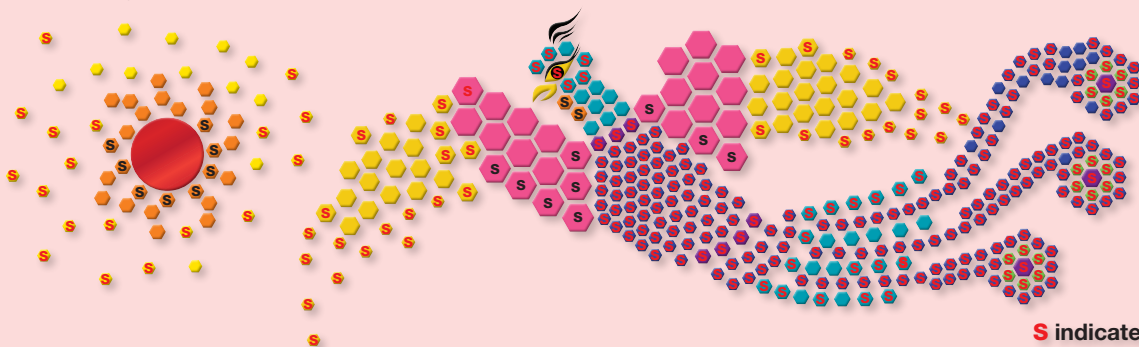


# COMMUNITY HEALTH NEWSLETTER

## 社區健康季刊 | 2017 FALL 秋季刊

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.

萬分感謝各界善長人翁對東華醫院火鳳凰籌款活動的鼎力支持與慷慨捐助。慈善磚推出以來獲得廣大支持，至今已售出超過7成半，餘下的慈善磚由\$5,000至\$25,000不等。是次活動所籌得的善款，將用於翻新與新醫務大樓相連的1979年大樓。慈善磚將於售罄後便會開始安裝於本院外牆。慈善磚可作紀念親人之用或作公司扣稅，一舉兩得。行善積德，福有悠歸。查詢請致電 1-415-677-2470。



S indicates tile \*SOLD\*

For more information on the Phoenix Tile Program, please call 1-415-677-2470, and act now!



翡翠東華醫師協會

## 開啟完善醫療服務新篇章

「翡翠東華醫師協會」是東華醫院和華人保健計劃的合作夥伴。我們的醫生為華人社區提供無微不至的醫療照顧，充分運用東華醫院及華人保健計劃在舊金山和聖馬刁北部的醫療網絡，提供優質的醫療服務。

「翡翠東華醫師協會」是您最精明的選擇！



170 Columbus Ave. Suite 368  
San Francisco, CA 94133

www.JadeHCMG.com  
會員服務：(415) 834-2118

Selecting Jade Health Care Medical Group doctors is your smart choice

## 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，如果您的手、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。但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.



Phoropter (綜合驗光儀)

## 華康醫務中心- 眼科/驗光部

眼科/驗光部提供眼睛護理服務，包括眼科檢查及治療。眼科檢查能評估眼睛健康和視覺能力、診斷眼疾及視覺系統毛病。治療服務包括眼鏡、隱型眼鏡、視覺訓練、光學及藥物，以上治療皆由州法例監管。診所的驗光師和配鏡師都具有美國醫學委員會的認證。診所還提供多樣且價格合理的眼鏡選擇。

### 阮飛翔醫生

阮醫生是經美國醫學委員會認證及受青光眼專科培訓的視光師，她的專長是兒科及眼疾治療。阮醫生經驗豐富，能提供全面的眼科護理及眼疾管理服務。她亦治療兒童及成人視力障礙的問題，包括弱視及斜視。阮醫生曾於香港工作，她非常了解華人普遍且複雜的眼睛疾病。

### 朱巧喬醫生

朱醫生是具有美國醫學委員會認證及治療青光眼專業資格的視光師，她的專長是隱形眼鏡驗配。朱醫生擁有全面的視光學專業知識，從複雜的隱形眼鏡驗配到眼科疾病管理及手術共同管理均擁有豐富的經驗。朱醫生還擁有特殊隱形眼鏡驗配的經驗，包括適合兒童及青少年的角膜矯形術及適合圓錐角膜病人的硬性透氧隱形眼鏡。

Gellert 華康醫務中心（眼科/驗光部）  
386 Gellert Blvd, Daly City, CA 94015

### 營業時間:

星期一、二、四及五：上午9時至下午5時30分  
星期三：上午10時至下午6時30分  
星期六：上午9時至下午4時



Showroom (陳列室)





CHINESE HOSPITAL AUXILIARY 東華醫院輔助會

## 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:

[www.livestrong.com/article/530662-does-eating-carbs-make-you-sleepy/](http://www.livestrong.com/article/530662-does-eating-carbs-make-you-sleepy/)

[healthyeating.sfgate.com/benefits-lots-protein-morning-3574.html](http://healthyeating.sfgate.com/benefits-lots-protein-morning-3574.html)

### 您知道嗎?

吃完飯後，碳水化合物可以使你很困倦，而蛋白質會讓您更加甦醒。您的消化系統會分解可消化的碳水化合物，而升高血糖。蛋白質會提供您的大腦所需要的氨基酸功能。

參考資料：

[www.livestrong.com/article/530662-does-eating-carbs-make-you-sleepy/](http://www.livestrong.com/article/530662-does-eating-carbs-make-you-sleepy/)

[healthyeating.sfgate.com/benefits-lots-protein-morning-3574.html](http://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.

### 保健計劃及醫療詞匯

**自付費** – 這是您為承保的醫療服務所支付的固定金額（如\$15），通常在您接受服務時支付。此金額是根據承保醫療服務的種類有所不同。

**共同保險** – 這是您為承保的醫療服務費用分擔的部份，按服務允許額的百分比計算（如20%）。您需要支付共同保險加上您欠的任何扣除額。例如，如果醫療保健計劃的醫生就診允許額是\$100，而您已經達到您的扣除額，那麼您應支付20%的共同保險\$20。醫療保健計劃則為您支付允許額的其餘部份\$80。

**扣除額** – 這是在您的醫療保健計劃開始為您支付醫療費用前，您需要首先支付的費用。例如，如果您的扣除額是\$1000，在您達到\$1000扣除額之前，您的計劃將不會為承保的計入扣除額的醫療服務支付任何費用。並非所有承保的醫療服務都計入扣除額。



## 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



## 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.sfcddcp.com/flu](http://www.sfcddcp.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？

- 盡量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.sfcddcp.com/flu](http://www.sfcddcp.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 1/2 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	Cholesterol: 29.7mg
Protein: 8.4g	Dietary Fiber: 0.87g
Carbohydrate: 12g	Sodium: 285mg

## 每份材料含以下營養：

熱量：185.7千卡	膽固醇：29.7毫克
蛋白質：8.4克	食用纖維：0.87克
碳水化合物：12克	鈉(鹽)：285毫克



## 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](mailto:sales@cchphealthplan.com)

## 年度開放入會期即將開始！

很多人都知道秋天是考慮明年的醫療保健需要的季節。如果您沒有華人保健計劃的醫療保險(CCHP)或其他醫療保險，現在是時候需要採取行動。

持有聯邦醫療健保的人士可於年度入會期10月15日至12月7日加入或轉到華人保健計劃。

如果您希望加入數千名對CCHP提供的高品質醫療服務感到滿意的會員的行列，現在是轉到CCHP的好時機。隨著擁有超過200多位致力服務社區民眾的醫生的翡翠東華醫師協會最近正式成立，您將會找到關懷可信賴的主治及專科醫生。

如果您只有原式的聯邦醫療健保，您可以參加像東華耆英(HMO)計劃及東華智選(SNP)計劃私營的聯邦醫療優勢計劃。這樣您可節省金錢，因為原式的聯邦醫療健保只提供百分之八十的保障。

參加個人健保、公司團體計劃及投保加州的人仕，可由2017年11月1日至2018年1月31日加入或轉換醫療健保到華人保健計劃(CCHP)。

投保加州是加州的醫療保險交易所，某些符合收入條件的個人和家庭可以獲得保險費和一些費用分擔的經濟援助。隨著一些醫療健保公司退出在三藩市和聖馬刁縣北部的服務，您將發現CCHP提供最實惠的價格以及超過1700名網絡主治醫生和專科醫生為您服務。

欲了解詳情，請致電1-877-224-7808或發電郵至 [sales@cchphealthplan.com](mailto:sales@cchphealthplan.com) 聯絡CCHP營業部。

## Everyday Exercise Routine – Bridge Exercise

- 1 Lie on your back and keep your knees bent.
- 2 Tighten your stomach muscles.
- 3 Raise your hips off the floor and hold for 5 seconds.
- 4 Go back to the starting position and repeat.

### 日常運動小貼士 – 橋樑練習

- 1 仰臥在地板上，膝蓋保持彎曲。
- 2 收緊腹部肌肉。
- 3 將臀部從地板上抬起，維持此姿勢5秒鐘。
- 4 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](http://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 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](http://www.sleepapnea.org)

Above article contributed by the Chinese Community Health Resource Center

(1-415) 677-2473 [www.cchrchealth.org](http://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。
- 經常使用鎮靜劑或安眠藥，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。對於輕微的打鼻鼾症狀，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

- 使用一種鼻貼帶，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和舌頭，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](http://www.sleepapnea.org)

以上資料由華人社區健康資源中心提供  
(1-415) 677-2473 [www.cchrchealth.org](http://www.cchrchealth.org)





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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 1-628-228-3257，電郵 [Info@CCHPHealthPlan.com](mailto:Info@CCHPHealthPlan.com) 或上網瀏覽：

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[www.cchrchealth.org/health/library/health-newsletters](http://www.cchrchealth.org/health/library/health-newsletters)

## COMMUNITY HEALTH NEWSLETTER 社區健康季刊 | 2017 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	CCHP Member Services Center - Chinatown <b>1-415-834-2118</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>		Sunset Health Services <b>1-415-677-2388</b> 日落區華康醫務中心 1800 31st Ave., San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>
	CCHP Member Services Center - Daly City <b>1-415-834-2118</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>		Excelsior Health Services <b>1-415-677-2488</b> 米慎區華康醫務中心 888 Paris St., #202, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>
Health Education 健康教育	Chinese Community Health Resource Center <b>1-415-677-2473</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>	Chinese Hospital Clinics 東華醫院門診中心	Daly City Health Services <b>1-650-991-8883</b> 帝利市華康醫務中心 93 Skyline Plaza, Daly City <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>
Chinese Hospital 東華醫院	Chinese Hospital <b>1-415-982-2400</b> 東華醫院 845 Jackson St., San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>		Gellert Health Services <b>1-650-761-3500</b> Gellert 華康醫務中心 386 Gellert Blvd., Daly City <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>
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