

COMMUNITY HEALTH NEWSLETTER

社區健康季刊 | 2017 SPRING 春季刊

Chinese Hospital New Phoenix Tile Program

The dragon tiles on the community wall at the Chinese Hospital New Patient Tower were so popular that all the tiles were sold out quickly last year and raised close to \$4 million. People asked to be on the wait list if there is any such similar program in the future. After working with the designers for several months, we are excited to announce that the new phoenix and flaming fire design is here!

This new phoenix wall will be placed next to the dragon wall. Together it completes the prosperous image giving the meaning of a holistic good fortune and wellness. The new design includes a total of 406 hexagon glass tiles in 10 colors and of different sizes. Suggested donation for the tiles range from \$1,500 to \$25,000 on a first come, first serve basis. Starting bid of the only ONE "flaming fire" is \$500,000.

All contributions are 100% tax deductible. For more information, please contact Office of Fund Development at 1-415-677-2470 or visit our website at www.chinesehospital-sf.org

東華醫院全新火鳳凰牆磚計劃

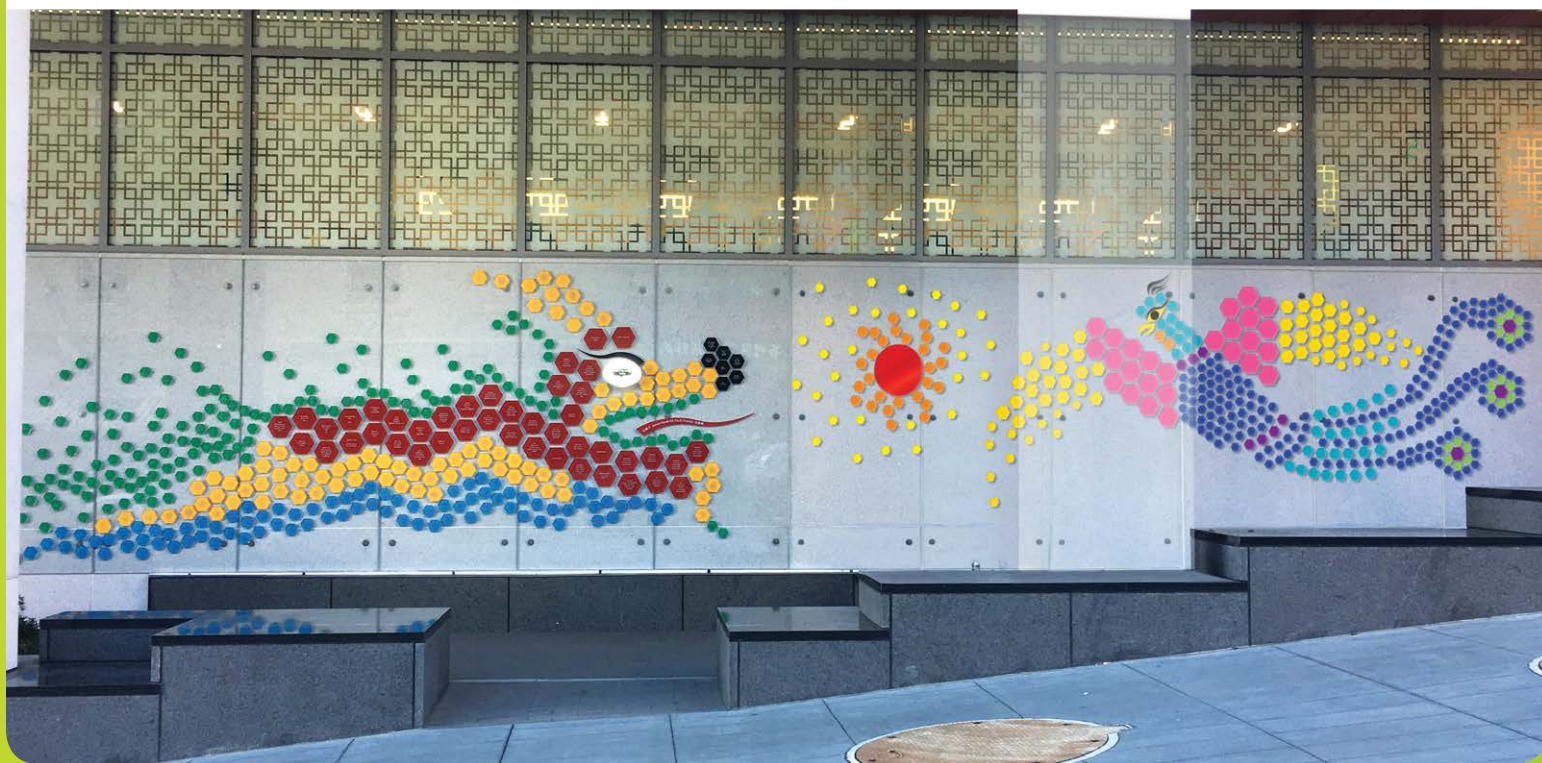
自從東華醫院新醫務大樓外牆的慈善龍揭幕，得到大家的喜愛，全部售罄後，依然有不少民來電詢問，有意訂購。經過幾個月來醫院領導層和設計師的努力商討下，我們很高興地宣佈新的鳳凰與火球的設計已經出爐。

新牆磚亦將會設置在新醫務大樓外牆，就在慈善龍旁邊，共同完整“龍鳳呈祥”之圖案，寓意事事順利，好運連連。此火鳳凰設計共有四百零六塊六邊形的玻璃磚瓦，十種艷麗色彩，層次分明。樂捐一千五百美元到兩萬五千美元不等，便可以在新大樓刻上您或您摯愛親友的名字，支持東華醫院繼續為社區服務。名額有限，先到先得。唯一一顆位於正中的紅色火球，投標價由五十萬美元起。

捐款可全額減稅，想了解更多詳情，請聯絡基金發展部 1-415-677-2470 或瀏覽本院網站 www.chinesehospital-sf.org



Phoenix Tile Sample



Chinese Hospital has a new Magnetic Resonance Imaging (MRI) scanner.

The new Patient Tower at Chinese Hospital has all new equipment to serve the community better. This article features the new state-of-the-art MRI scanner – what it is, what it does, and why someone may need it.

Magnetic Resonance Imaging (MRI) is a test that uses a magnetic field and pulses of radio wave energy to make pictures of organs and structures inside the body. In many cases, MRI gives different information about structures in the body than can be seen with an X-ray, Ultrasound, or Computed Tomography (CT) scan. MRI also may show problems that cannot be seen with other imaging methods.

For an MRI test, the area of the body being studied is placed inside a special machine that contains a strong magnet. Pictures from an MRI scan are digital images that can be saved and stored on a computer for more study. The images also can be reviewed remotely, such as in a clinic or an operating room. In some cases, contrast material may be used during the MRI scan to show certain structures more clearly.

Why It Is Done

Magnetic Resonance Imaging (MRI) is done for many reasons. It is used to find problems such as tumors, bleeding, injury, blood vessel diseases, or infection. MRI also may be done to provide more information about a problem seen on an X-ray, ultrasound scan, or CT scan. Contrast material may be used during MRI to show abnormal tissue more clearly. An MRI scan can be done for the:

- **Head.** MRI can look at the brain for tumors, an aneurysm, bleeding in the brain, nerve injury, and other problems, such as damage caused by a stroke. MRI can also find problems of the eyes and optic nerves, and the ears and auditory nerves.
- **Chest.** MRI of the chest can look at the heart, the valves, and coronary blood vessels. It can show if the heart or lungs are damaged. MRI of the chest may also be used to look for breast cancer.
- **Blood vessels.** Using MRI to look at blood vessels and the flow of blood through them is called Magnetic Resonance Angiography (MRA). It can find problems of the arteries and veins, such as an aneurysm, a blocked blood vessel, or the torn lining of a blood vessel (dissection). Sometimes contrast material is used to see the blood vessels more clearly.

- **Abdomen and pelvis.** MRI can find problems in the organs and structures in the belly, such as the liver, gallbladder, pancreas, kidneys, and bladder. It is used to find tumors, bleeding, infection, and blockage. In women, it can look at the uterus and ovaries. In men, it looks at the prostate.
- **Bones and joints.** MRI can check for problems of the bones and joints, such as arthritis, problems with the temporomandibular joint, bone marrow problems, bone tumors, cartilage problems, torn ligaments or tendons, or infection. MRI may also be used to tell if a bone is broken when X-ray results are not clear. MRI is done more commonly than other tests to check for some bone and joint problems.
- **Spine.** MRI can check the discs and nerves of the spine for conditions such as spinal stenosis, disc bulges, and spinal tumors.

For more information about the new MRI and other radiology equipment, please contact Chinese Hospital Radiology Department at 1-415-677-2328.

Source: Chinese Hospital Imaging (Radiology) Department



東華醫院新醫務大樓設有最新的磁力共震掃描儀

為了讓社區得到更好的醫療服務，東華醫院的新醫務大樓設有最新設備。以下介紹最新及最先進的磁力共震掃描儀(MRI scanner) - 我們向您講解：它有什麼用途？誰可能需要它？

磁共振掃描(MRI)是使用磁場和無線電波能量來掃描出人體器官和結構的影像。在許多情況下，MRI提供與X-光，超聲波或電腦斷層掃描(CT)不同的影像及資料。此外，MRI還可能驗測出其他掃描方法看不到的問題。

進行MRI測試時，身體在磁力共震掃描儀內，以收集掃描影像並存儲在電腦作各種研究之用。醫護人員還可以遙控地在診所或手術室中查看掃描影像。在一些情況下，MRI掃描可以使用造影材料收集更清楚的身體結構影像。

為什麼要進行MRI測試？

磁力共振成像(MRI)用途廣泛。例如檢測腫瘤，內出血及損傷，血管疾病或感染的問題。從X-光，超聲波掃描或CT掃描結果上發現問題後，磁力共振成像可提供更多信息及更清楚地顯示異常組織。

MRI可掃描：

- 頭部。MRI可以檢測腦部的腫瘤、動脈瘤、腦出血、神經損傷以及由中風引起的內傷。同時，MRI可以檢測眼睛和視覺神經以及耳朵和聽覺神經問題。
- 胸部。胸部的MRI可檢測心臟，瓣膜和冠狀動脈血管和乳腺癌等問題。驗測結果可以顯示心臟或肺部是否受損。
- 血管。比使用MRI更清楚觀察血管和血液流動被稱為磁共振血管造影技術(MRA)，可測出動脈腫瘤，血管阻塞或血管撕裂的問題。



- 腹部和骨盆。MRI可檢查腹部的器官例如肝臟，膽囊，胰臟，腎臟和膀胱是否有腫瘤，出血，感染和阻塞問題。女性可透過MRI檢查子宮和卵巢；男性可用以檢查前列腺健康。
- 骨骼和關節。MRI可檢查骨骼和關節的問題，例如關節炎，顫下頷關節的問題，骨髓問題，骨腫瘤，軟骨問題，韌帶撕裂或感染。當X-光結果不夠清楚時，MRI也可用於診斷骨骼是否斷裂。因此，MRI用於檢查骨和關節問題比其他檢查更常見。
- 脊柱。MRI可以檢查脊柱的椎間盤和脊柱神經的情況，例如脊柱狹窄，脊椎間盤突出和脊柱腫瘤問題。

有關新的MRI和其他放射學設備的更多信息，請致電1-415-677-2328聯絡東華醫院放射科。

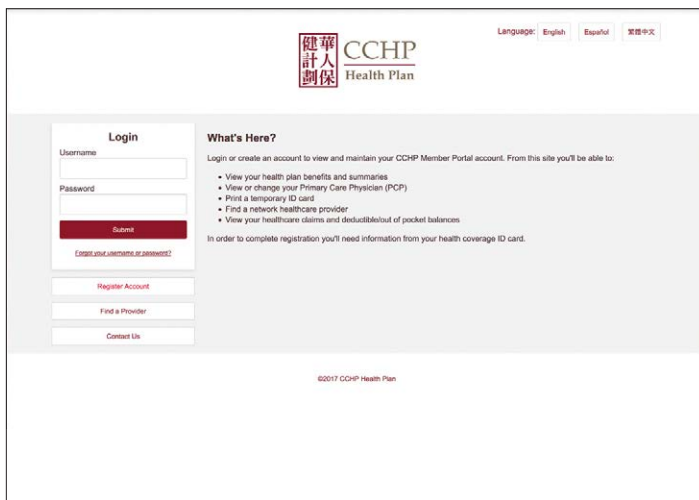
資料來源：東華醫院放射科



The New CCHP Member Portal & App

CCHP is pleased to introduce the new CCHP Member Portal and App. It is secure, personalized, and everything you wanted to know about your CCHP health plan is now available at your fingertips, 24/7, and in your language (English, Chinese, Spanish):

- Check your benefits and coverage
- Check the status of your claims and out of pocket balances
- Print or order your member ID cards
- Find provider information
- Your personalized recommendations about preventive care
- Contact Member Services
- Pay your bills (coming soon)
- And much more!

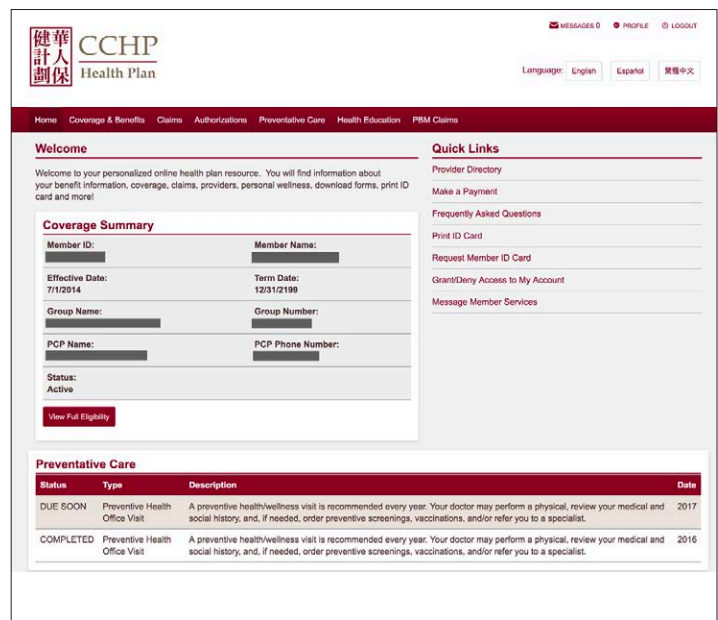


Get started today! To get access to your personalized health information online, all you need to do is create an account at www.cchphealthplan.com/mportal or download the CCHP Health Plan app at the app store.

全新的華人保健計劃(CCHP)會員手機應用程式

我們很高興地介紹新的華人保健計劃會員手機應用程式。會員可隨時隨地從手機登入安全及個人化的網上帳戶，輕易地以您的語言（英文，中文，西班牙語）掌握一切關於您及本計劃的資料：

- 查看您的華人保健計劃醫療福利和保障
- 查看您的索賠和醫療開支情況
- 打印會員咭或要求本計劃寄發會員咭
- 查找醫生及醫療機構資料
- 個人化的疾病預防護理建議
- 聯絡會員服務部
- 支付賬單（即將推出）
- 以及更多服務！



Status	Type	Description	Date
DUE SOON	Preventive Health Office Visit	A preventive health/wellness visit is recommended every year. Your doctor may perform a physical, review your medical and social history, and, if needed, order preventive screenings, vaccinations, and/or refer you to a specialist.	2017
COMPLETED	Preventive Health Office Visit	A preventive health/wellness visit is recommended every year. Your doctor may perform a physical, review your medical and social history, and, if needed, order preventive screenings, vaccinations, and/or refer you to a specialist.	2016

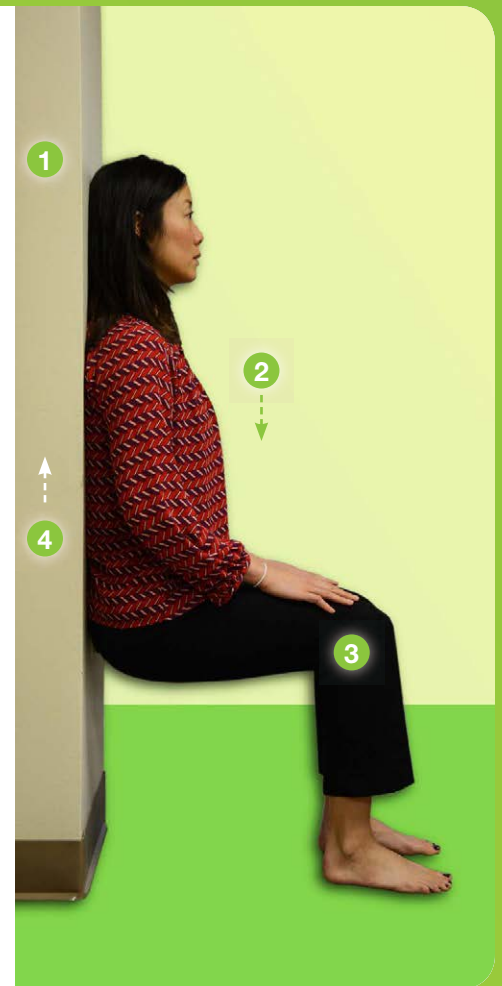
現在立即開始使用！您只需要在www.cchphealthplan.com/mportal網頁，建立一個屬於您的帳戶或在應用程式網站下載CCHP保健計劃應用程式。

Everyday Exercise Routine – Wall Sit

- 1 Stand with your back against a wall, with feet apart and about 2 feet from the wall.
- 2 Slowly slide your back down the wall until your thighs are parallel to the ground. To reduce pressure on your knees, aim for a 45 degree angle at the hips rather than a 90 degree angle.
- 3 Keep your back straight and adjust your feet so that your knees are directly above your ankles.
- 4 Hold the position for 10 seconds then slowly return to the standing position.
- 5 Rest and repeat. Increase your hold time longer as you get stronger.

日常運動小貼士 – 靠牆坐

- 1 站立,背靠著牆,雙腳分開,離開牆約2尺。
- 2 慢慢將你的背靠著牆往下蹲,直到大腿與地面平行,大腿與小腿成90度角,維持此姿勢。如欲減輕對膝蓋的壓力,臀部與牆可保持45度角,而不是90度。
- 3 保持背部挺直,並使你的膝與腳踝成直線。
- 4 維持此姿10秒鐘,然後慢慢回復站立姿勢。
- 5 休息,然後再重複以上動作。你練得更壯後,慢慢增加你維持此姿勢的時間。



Mental Health

Mental health affects over 22% of Americans every year and plays a significant role in our social, emotional, and physiological well being. These variety of triggers influence the way we think, act, and feel along with constructing our perception upon the world. Our choices, thought process, and relationships are significantly affected by our mental health.

People develop mental health issues due to their genetic makeup, traumatic experiences, and hereditary record. Mental disorders and illnesses have multiple causes and can be diagnosed by seeing a psychiatrist or a counselor. People who suffer from mental health are usually sleep deprived, exhibit highly irrational reasoning, mood swings and frequent dramatic emotions, suffer from constant depression, and suicidal thoughts. These signs have commonly seen in people who suffer from mental health issues.

A person's attitude and outlook on their life can significantly affect their mental health. People who are positive and carry optimistic ideals on a frequent basis generally suffer less from mental health issues. Other ways to maintain a healthy mental state are frequent exercise, having stress relieving activities,

socializing with friends and family, and by providing a positive and meaningful impact on the lives of others.

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

精神健康護理

在美國,每年有百分之二十二的人受精神問題影響。在我們的日常生活中,精神健康影響社交情緒及心理健康;從而塑造我們對外界的認知。因此,精神健康很大程度上影響我們的思維、每日作出的決擇及人際關係。

構成精神健康問題的因素有:基因結構、經歷沉重打擊及家族遺傳。精神障礙和精神病由多種因素誘發,精神科醫生或輔導員可診斷出這些問題。精神病患者通常出現失眠、思想失去理性、頻密而劇烈的情緒起伏、長期抑鬱及有自殺傾向。

我們的態度及對生活的看法影響精神健康。經常積極樂觀的人較少機會受精神病影響。此外,經常運動、與家人朋友聚會及為別人的生命作出正面又有意義的影響時也有助減壓,以保持精神健康。

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

Food Allergies

What Are Food Allergies?

Normally, your immune system protects the body from germs and diseases. A food allergy happens when the immune system makes a mistake. The body reacts to certain food as if it is dangerous to you. The response can be serious.

Common Food Allergens:

- Nuts – peanuts, walnuts, almonds, etc.
- Shellfish – shrimp, lobster, crab, abalone, clams, oyster, etc.
- Fish
- Milk (yogurt, cheese)
- Soy (soymilk, soybeans, tofu)
- Wheat – bread, noodles, pasta, cereals, baked goods made with wheat flour
- Eggs
- Chocolate
- Fruits – orange, strawberries, mango
- Vegetables – tomato, corn
- Food additives/preservatives – MSG, sulfites (found in wine, dried fruits) food dyes (coloring)

Symptoms may appear within a few minutes to two hours. If you have a severe reaction, seek emergency help. Common reactions may include:

- Itchy skin rash as hives – pink or red bumps, slightly raised patches on the skin
- Runny nose
- Tingling in the tongue or lips
- Tightness in the throat
- Hoarse voice
- Wheezing, coughing
- Nausea, vomiting
- Stomach pain
- Diarrhea

There is no cure for food allergies. The only way to prevent a reaction is to avoid exposure to the food.

If you think you have food allergies, talk to your doctor. You may be referred to an allergy specialist.

Reference:

www.cdc.gov/healthyschools/foodallergies/index.htm

www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm

www.mayoclinic.org/diseases-conditions/food-allergy/basics/prevention/con-20019293

Chinese Community Health Resource Center Revised 8/2015

食物過敏

什麼是食物過敏？

一般來說，您的免疫系統會保護身體免受疾病及細菌侵襲。當免疫系統發生錯誤，便會產生食物過敏。此時身體誤以為某些食物對您有危險從而作出可能很嚴重的反應。

常見的食物過敏來源：

- 果仁—花生（包括花生油，花生醬），合桃，杏仁等
- 貝殼類—蝦，龍蝦，蟹，鮑魚，蜆，蠔等
- 魚類
- 牛奶，酸奶（yogurt），乳酪（芝士）
- 黃豆（包括豆漿，豆腐）
- 小麥—麵包，麵，通心粉，意大利粉，五穀片（cereal），麵粉製成的餅食
- 蛋
- 巧克力（朱古力）
- 水果—橙，草莓（士多卑李），芒果
- 蔬菜—蕃茄，粟米
- 食物防腐劑 加添於葡萄酒及乾果內的亞硫酸鹽（Sulfites）
- 味精，食物染色素

過敏症狀可能在進食引致過敏的食物後幾分鐘至兩小時內出現。如果您有嚴重反應，請尋求緊急醫療協助。常見反應可能包括：

- 瘙癢皮疹及麻疹 - 粉紅色或紅色腫塊，皮膚上略微凸起的塊
- 流鼻水
- 在舌頭或嘴唇上刺痛
- 喉嚨緊繃
- 聲音沙啞
- 喘氣，咳嗽
- 噁心，嘔吐
- 肚子疼
- 腹瀉

現時沒有治癒食物過敏的方法。預防過敏反應的唯一方法是避免接觸引致過敏的食物。

如果您認為您有食物過敏，請告訴您的醫生。您可能被轉介約見過敏專科醫生。

參考資料:

www.cdc.gov/healthyschools/foodallergies/index.htm

www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm

www.mayoclinic.org/diseases-conditions/food-allergy/basics/prevention/con-20019293

華人社區健康資源中心於2015年8月修訂



Eat Well, Live Well Recipe – Garlic and Vegetable Salad

Ingredients (For 2 (1 Cups) Servings):

- 1/3 Cup Carrot (Cut into strips)
- 1 Cup Jew's Ear or Pepeao
- 1 Cup Cucumber
- 1 1/2 tsp White sesame seeds
- 2 tsp Balsamic vinegar
- 2 tsp Sugar
- 1 tsp Sesame oil
- 1 1/2 tsp Sliced garlic clove
- 1 1/2 tsp Soy sauce

Instructions:

1. Wash and rinse all ingredients. Drain and set aside.
2. Cucumber and peeled carrots cut into pieces or strips.
3. Jew's Ear or Pepeao soaked with water overnight, and then change the water washed several times reserve
4. Stir fry white sesame seeds until fragrant
5. Mix all ingredients together and marinate for 30 minutes to serve

Designed by the Registered Dietitians at Chinese Hospital

Each serving provides the following nutrients:

Kilocalories	86 kcal	Cholesterol	0 mg
Protein	1.6g	Dietary Fiber	1.4 g
Carbohydrate	13g	Sodium	32mg

東華醫院註冊營養師推介食譜 健康美食 – 蒜香素沙律

用料 (材料 2碗份量)：

- 1/3杯紅蘿蔔 (切條狀)
- 1 杯黑木耳
- 1 杯黃瓜
- 2 茶匙陳醋
- 2 茶匙白糖
- 1 茶匙芝麻油
- 1 茶匙蒜茸
- 1 茶匙白芝麻
- 1 茶匙生抽

製法:

1. 用水洗淨全部材料
2. 黃瓜和去皮紅蘿蔔切成片塊或長條狀
3. 黑木耳用清水浸泡過夜，然後換水多次洗淨瀝乾備用
4. 白芝麻慢火炒至微香
5. 將所有食材放在一起，攪拌勻，醃制30分鐘即可食用

此食譜由東華醫院的註冊營養師設計

每份含以下營養：

熱量	86 千卡	膽固醇	0 毫克
蛋白質	1.6 克	食用纖維	1.4 克
碳水化合物	13 克	鈉(鹽)	32毫克

Helpful Glossary of Health Coverage and Medical Terms

Formulary: This is a list of prescription drugs that CCHP covers. It can include drugs that are brand name and generic. Drugs on this list may cost less than drugs not on the list. How much a plan covers may vary from drug to drug.

Specialty Medication: Specialty drugs are prescription medications that require special handling, administration or monitoring. These drugs are used to treat complex, chronic and often costly conditions, such as hepatitis B and certain cancers.

Drug Tiers: These are how different drugs are grouped on the formulary. Drugs are generally grouped by the value they bring to disease management. Each group or tier may require a different copay. Drugs on lower tiers generally correspond to lower copays.

Brand Name Drug: A brand name drug is usually the first marketed version of a particular drug.

Generic Drug: A generic drug works the same as a brand name drug and generally costs less.

保健計劃及醫療詞匯

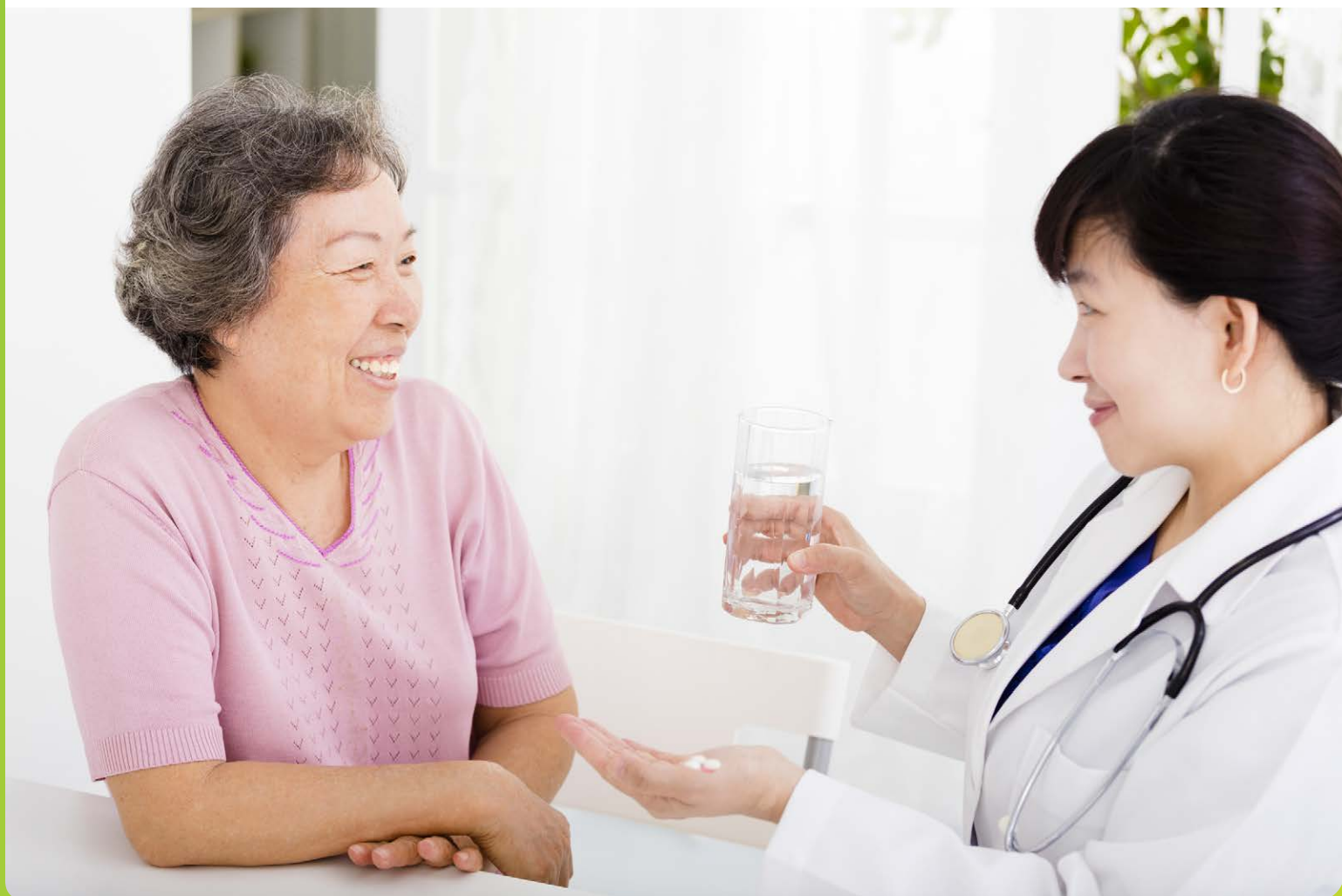
藥物表上所列的藥物都是華人保健計劃 (CCHP) 會承保的藥物。這些藥物包括商標藥或非商標藥。相比不在藥物表的藥物，列於藥物表上的藥物費用會較低；您需付的自付費也比較少。

特殊藥物是那些種需要特別處理和監管的藥物。這些藥一般用於治療較複雜和通常費用較昂貴的慢性疾病，例如乙型肝炎及一些癌症。

藥物等級顯示藥物的分類。藥物表上的藥物通常根據藥物對於疾病的控制來加以分類。一般來說，低等級的藥物自付費比較低。

商標藥物通常是指首次上市的新藥物。

非商標藥物與商標藥物的療效是一樣，但價格通常要比商標藥物較低。



CCHP is here to support your care

Your primary care provider is part of a larger team at CCHP that is here to support your health goals this year. Whether that means getting fit through the CCHP yoga classes at the Gellert Clinic, or saving money on your drugs, we are here to help. We may also reach out to you throughout the year to make sure you're receiving the care and support you need.

If you are looking to save money on drug costs, we are happy to help. One way you can save money is by switching to a generic drug, or to similar drugs that are less expensive. If you would like more information, please call our Member Services team at 1-888-775-7888. We are always available to help you look for savings. Below are examples of some common drug substitutions that have helped other members.

Ask your doctor today if these changes are right for you!

If you have . . . 如果您患有……	and are taking . . . 及正在服用……	you may save on drug costs by switching to one of the following: 您可以轉為配購以下藥物以節省藥物費用:
Osteoporosis 骨質疏鬆症	Forteo	alendronate, ibandronate, risedronate
severe eye inflammation 嚴重眼發炎	Pazeo, Pataday	olopatadine, azelastine, ketotifen ophthalmic solutions
nerve pain 神經痛	Lidoderm, lidocaine ointment	lidocaine cream
glaucoma 青光眼	Alphagan P	brimonidine tartrate 0.15% ophthalmic solution
high blood pressure or heart disease 高血壓或心臟病	Inderal	propranolol, nadolol, pindolol
And many more . . . ! 還有更多例子…… !		

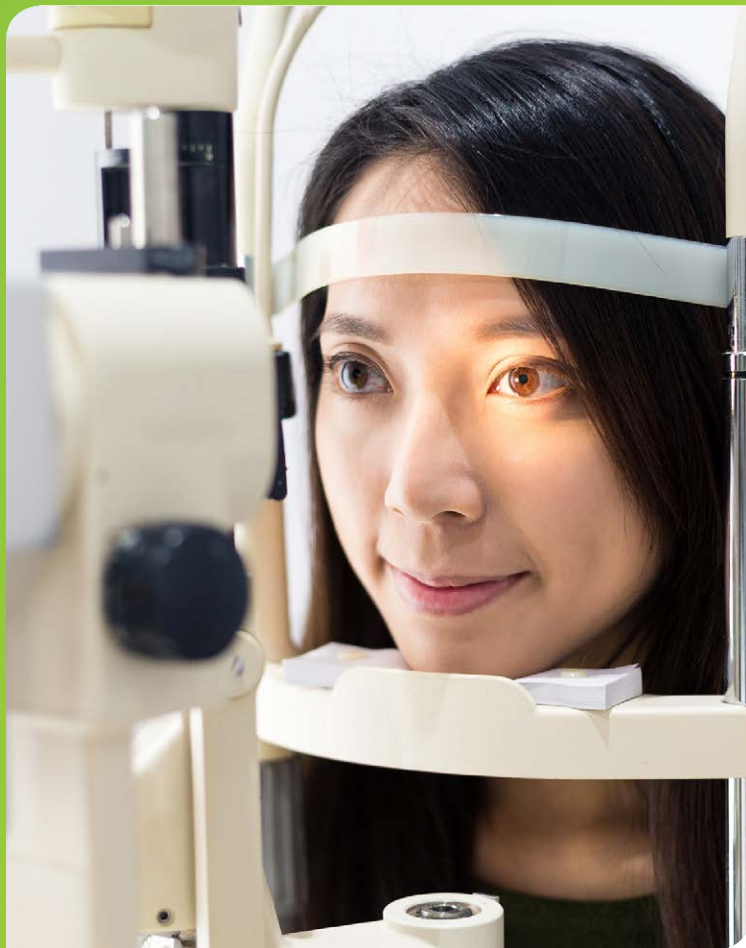
CCHP是您醫療護理的好伙伴

您的醫生是華人保健計劃 (CCHP) 大的團隊的一部分，共同支持您達到今年的健康目標。不論您的計劃是透過我們的Gellert診所CCHP瑜伽課程達到健身目標，或者想節省藥費，我們都可提供協助。在這一年間，我們也可能與您聯絡；以確保您得到所需的醫療護理和支援。

如果您希望節省藥物費用，我們很樂意提供幫助。我們可以幫助您尋找節省藥物費用的方法，例如轉為配購非商標藥物或更便宜的類似藥物。要了解詳情，請致電1-888-775-7888聯絡我們的會員服務團隊。我們已經幫助一些會員節省藥物費用，以下分享一些常見的轉換藥物例子。

今天諮詢您的醫生，看看這些藥物轉換是否適合您！





Glaucoma

High IOP (High Intraocular eye pressure) used to be considered glaucoma. In the past 30 years it has been recognized to be just one of the many causes of this eye disease.

Glaucoma is now defined as the progressive degeneration of the optic nerves, leading to the constriction of the visual field and eventually loss of vision due to the damage to the optic nerves.

Some patients who are diagnosed glaucoma have normal eye pressure. Their eye disease is called “normal tension glaucoma.” As glaucoma can occur even without high IOP, comprehensive eye examination of the optic nerves and visual field testing are essential in making a diagnosis of glaucoma.

Modern technologies have offered equipment besides visual fields testing for early detection of glaucoma. Ocular Coherence Tomography captures micrometer resolution, three dimensional images of the inner eye to help diagnosis.

Treatment options depend on the type of glaucoma diagnosed. There are numerous new medication (eye drops) for lowering IOP and protecting optic nerves.

Laser treatments of glaucoma have become quite common. Open angle glaucoma is often managed using Argon laser, Selective laser or Micropulse laser. Yag laser peripheral iridoplasty is very effective on patients with angle closure glaucoma which is a condition common in Asian populations.

In recent years there are also many new micro-invasive surgical techniques available for the treatment at different stages of glaucoma.

Glaucoma is the eye disease that leads to damage of the optic nerve and in some cases to severe vision loss, if undetected. Once optic nerve damage and vision loss occur, it is permanent. Regular eye examinations are the best way to detect it.

This article was contributed by Doctor Shiu Yuen Kwok, MD, PhD, Eye Physician and Surgeon

青光眼新知

以往人們總認為眼壓高便是青光眼；現在我們瞭解到眼壓只是青光眼的致病因素之一。

有些青光眼患者的眼壓是正常的，我們叫這類青光眼為「正常眼壓青光眼」。因為這個關係，青光眼的定義有了修正的必要。

目前青光眼是指一種視神經病變，導致視野收窄，最後變成失明的疾病。

在診斷方面，除了量度眼壓外，視神經檢查也是必須的。眼底鏡及照相是一般的檢查工具，而視網膜神經層掃描亦開始被普及應用。早期青光眼可以從視野表現檢查出來。新一類視野儀，例如短光波視野，動點視野等在這方面有一定價值。

在治療方面，近年青光眼藥水種類繁多；用以控制眼內水份分泌和輸送，從而降低眼壓。未來的藥物更將會偏重於直接保護視神經組織，發揮固本培元的功效。

激光治療法近年也被廣泛運用。多種激光應用於治療開角型青光眼。而Yag激光則用來治療在亞洲民族中較為普遍的閉角型青光眼。Yag激光是唯一徹底治療和預防這類青光眼的方法，效果也相當理想。近年更有微創手術處理不同程度的青光眼。

青光眼是導致視神經損傷的眼部疾病，如未能及時檢測發現，則可能導致嚴重的永久視神經受損及失明；進行定期眼睛檢查是檢測青光眼的最佳方法。

此文由郭兆源眼科醫學博士提供。

Hepatitis B Phone Line Navigator

2017 is a milestone for the **San Francisco Hep B Free campaign**, 10-year anniversary; and Chinese Hospital has been an active partner with SF Hep B Free since its inception.

This year, we are excited to announce the launch of a new direct service, the **“Hepatitis B Phone Line Navigator.”** Thanks to the generous support of the San Francisco Cancer Initiative (SF CAN), we are now accepting calls on our special phone line for all of your hepatitis B related questions. This service is available in two languages, English and Chinese, with the support of three dialects, Cantonese, Mandarin, and Taishanese.

We look forward to expanding and growing our services throughout 2017, and we thank you for your ongoing and generous support of our efforts to make San Francisco the first hepatitis B free City and County in the nation.

For any questions, please feel free to utilize “Hepatitis B Phone Line Navigator” phone line, at **1-415-336-2629** or visit www.SFHepBFree.org for more information.

乙型肝炎專線全面服務大眾

2017年是三藩市**SF Hep B Free**活動十週年的一個里程碑；自三藩市**SF Hep B Free**成立以來，東華醫院一直是積極合作夥伴；在三藩市提供免費檢查及低廉的疫苗接種。

今年，我們很高興地宣布推出一個新的“**乙型肝炎專線**”直接通話服務。此服務得到三藩市癌症關注組織 San Francisco Cancer Initiative (SF CAN) 的慷慨支持，我們現在接聽有關乙型肝炎問題的電話。這項服務有兩種語言（英文和中文）及三種方言（粵語，普通話和台山話）選擇，方便市民查詢。

在2017年，我們期待擴展服務。在此，我們感謝您一直地慷慨支持；使我們能繼續努力，令三藩市成為全國第一個免受乙型肝炎威脅的城市。

請隨時致電乙型肝炎專線**1-415-336-2629**或瀏覽網站 www.SFHepBFree.org 了解詳情。



Be Prepared with Advance Health Care Planning

The Advance Health Care Directive is a legal form that documents your written or oral instructions to health care providers regarding your medical treatment preferences. They are valuable during times when you are too sick to make the decision for yourself. It is helpful to complete an Advance Health Care Directive to prepare for the unexpected. That way, your doctors and family members do not have to guess what your preferences for health care and treatments are. This will also help to reduce anxiety, guilt, and possible conflicts with making a decision on your behalf.

To assist you in learning more about advance health care planning and in completing the required forms, please contact:

Chinese Community Health Resource Center
835 Pacific Ave., San Francisco
Tel: 1-415-677-2473

醫療照護事前計劃

“醫療照護事前指示”是一份用來記錄有關您自己的醫療意願的法律文件。若您因病重而無法作出任何醫療意願；事先填寫一份“醫療照護事前指示”，可以幫助您為一些突如其來的事情作好準備。

如此，您的醫生及家屬便不用猜測您的醫療意願，更可以減少他們的憂慮、內疚及彼此間因意見不合而造成的衝突。

華人社區健康資源中心可幫助您了解更多關於醫療照護事前計劃，並協助您填寫醫療照護事前指示。請聯絡：

華人社區健康資源中心保健資訊圖書室
三藩市柏思域街 835 號
電話: 1-415-677-2473



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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 1-628-228-3257 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 1-628-228-3257，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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HOSPITAL
& CLINICS**



Chinese
Community
Health
Resource
Center
華人社區健康資源中心

IMPORTANT CONTACT INFORMATION 重要聯絡資料

CCHP Member Services CCHP 會員服務	CCHP Member Services Center - Chinatown CCHP 會員服務中心 - 華埠 827 Pacific Ave., San Francisco www.CCHPHealthPlan.com/memberservices	1-415-834-2118	Chinese Hospital Clinics 東華醫院門診中心	Sunset Health Services 日落區華康醫務中心 1800 31st Ave., San Francisco www.chinesehospital-sf.org	1-415-677-2388
	CCHP Member Services Center - Daly City CCHP 會員服務中心 - 帝利市 386 Gellert Blvd., Daly City www.CCHPHealthPlan.com/memberservices	1-415-834-2118		Excelsior Health Services 米慎區華康醫務中心 888 Paris St., #202, San Francisco www.chinesehospital-sf.org	1-415-677-2488
Health Education 健康教育	Chinese Community Health Resource Center 華人社區健康資源中心 835 Pacific Ave., San Francisco www.cchrchealth.org	1-415-677-2473	Chinese Hospital 東華醫院	Daly City Health Services 帝利市華康醫務中心 93 Skyline Plaza, Daly City www.chinesehospital-sf.org	1-650-991-8883
Chinese Hospital 東華醫院	Chinese Hospital 東華醫院 845 Jackson St., San Francisco www.chinesehospital-sf.org	1-415-982-2400		Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd., Daly City www.chinesehospital-sf.org	1-650-761-3500
	Support Health Services 東華醫院健康服務中心 845 Jackson St, Floor B1, San Francisco www.chinesehospital-sf.org	1-415-677-2370		East West Health Services - Financial District 中西醫學門診 - 金融區 632 Commercial St., Suite 100 San Francisco www.chewhs.org	1-415-795-8100
	Chinese Hospital Outpatient Center 東華醫院門診中心 386 Gellert Blvd., Daly City www.chinesehospital-sf.org	1-650-761-3500		East West Health Services - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd., Daly City www.chewhs.org	1-650-761-3542