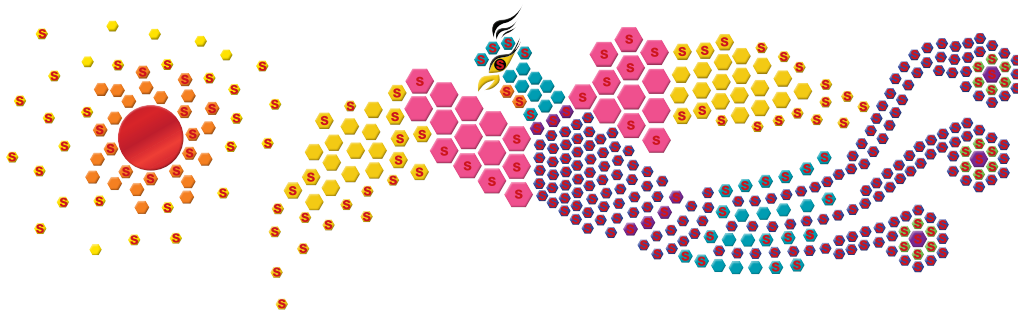


# COMMUNITY HEALTH NEWSLETTER

## 社區健康季刊 | 2017 WINTER 冬季刊

Chinese Hospital thanks all those who have supported and helped sponsor our phoenix tile program! With your help, the phoenix tiles are about 80% 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 for the Chinese Hospital 1979 Building Renovation Project which is next to the new patient tower. **Please act now and buy your phoenix tile.** 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8成，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\***

*Reserve a Phoenix Tile today, please call 1-415-677-2470!*

### Helpful Glossary of Health Coverage and Medical Terms

**Network Hospital** – A network hospital is a hospital where members can get their hospital medical care benefits. They called them “network hospitals” because they contract with your plan. In most cases, your medical care benefits are covered only if you are getting services at one of the network hospitals.

**Out-of-Network Hospital** – A hospital that doesn't have a contract with your plan to coordinate or provide covered medical services to members. Most services you get from out-of-network hospitals are not covered by your plan unless certain conditions apply. Otherwise, members may be charged a higher cost than expected for the visit.

### 保健計劃及醫療詞匯

**聯網醫院** - 聯網醫院是醫療保健計劃會員可以享有醫療服務保障的醫院。我們稱之為「聯網醫院」是因為這些醫院與醫療保健計劃簽有合約。大多數情況下，會員在聯網醫院接受醫療服務才受到保障。

**非聯網醫院** - 是指沒有與您的醫療健保計劃簽約向會員提供醫療服務的醫院。除非某些特殊情況，否則大部份從非聯網醫院提供的醫療服務都不受您的計劃保障。會員可能需要支付高於預期的費用。



## How Best to Use the Emergency Department

The Chinese Hospital Emergency Department, like all the other nine ER's in S.F., is staffed by board certified Emergency Physicians who are trained and experienced in evaluating people's various complaints, symptoms, and injuries. The symptoms may be very specific, for instance, "I fell, hurt my shoulder and I cannot move it without pain", or very general, such as "I don't feel well", or "I'm dizzy".

If you are experiencing severe or worrisome symptoms such as chest pain and shortness of breath or stroke symptoms like sudden onset of paralysis, weakness, inability to walk, we recommend you call 9-1-1. The paramedics will do a brief evaluation and transport you to the appropriate hospital. In San Francisco, the hospitals have different capabilities and some are better equipped to handle certain conditions than others. For example, with cardiac emergencies, obstetric, pediatric, and psychiatric emergencies, the paramedics will take patients directly to ER's that provide those services.

Chinese Hospital Emergency Department and our inpatient facility can treat most internal medicine problems, general surgical and orthopedic problems, and evaluate a variety of other complaints like fever, rash, nausea, vomiting, abdominal pain, cough, and shortness of breath. We use what is called "prudent layperson" definition to determine whether it was reasonable to come to the Emergency Department. That means, if the ordinary person feels

like she/he has symptoms that may lead to serious consequences, like loss of life, disability, severe pain, inability to carry out normal daily functions, it would be appropriate to come to the ER for evaluation. If, on the other hand, the issue is minor or chronic, like a simple cold, a minor rash, constipation for a day or two, for treatment of a chronic medical problem like high blood pressure or diabetes, or that your doctor's office is busy or closed, it may not be reasonable to come to the ER.

If you do feel you need to come to our ER for evaluation and care, you may be brought back into the treatment area immediately or triaged by the nurse and asked to wait in the waiting room. This only happens if the ER is busy and there are no beds available. Chinese Hospital ER like the others in S.F. will usually prioritize the patients based on how sick or injured they are, therefore, it is not always "first come, first served". The nurses and the physicians know you are waiting and will see you as soon as possible. Patience is very helpful to the ER staff. If you have a question or need to communicate with the nurse, please ask the registration staff to call the ER nurse to come out.

In the next newsletter issue, we will review the process of how you are evaluated by the physician and how and how we decide whether to admit you or let you go home.

Above article contributed by  
Elliot Nipomnick, MD, FACEP  
Chinese Hospital Medical Director,  
Emergency Department



Chinese Hospital Emergency Department Information Desk



Chinese Hospital Emergency Department Treatment Area



## 如何善用東華醫院新急症室服務

東華醫院急診部(或稱急症室)與其他九間位於三藩市的急症室一樣，醫生持有急診醫學委員會認證，受專業訓練，經驗豐富，能夠評估非常具體的症狀，例如：「我跌倒了，我的肩膀受傷，並且不能移動肩膀，很痛苦」，或者「我感覺不舒服」或「我頭暈」一般症狀及傷患。

如果您感到胸痛及呼吸急促或出現中風症狀，如突然癱瘓及無力行走，您應該撥打9-1-1。醫護人員會做一個簡短的評估，並把您送到合適的醫院。在三藩市，不同醫院有不同設備處理不同的醫療狀況。例如，醫護人員會直接將緊急的突發性心臟病、婦產科、兒科和精神科疾病的患者送往合適的急診室接受適當的醫療服務。

東華醫院急症室和我們的住院設施可以治療大多數內科、一般外科和骨科問題，並評估各種如發燒、皮疹、噁心、嘔吐、腹痛、咳嗽、呼吸困難等其他症狀。我們使用「審慎的非專業人士」的定義來決定是否有合理的原因到訪急症室。也就是說，如果普通人覺得自己可能出現導致嚴重後果的症狀，如死亡，殘疾，嚴重的疼痛，無法執行日常功能，便最好到急症室進行評估。相反地，如果問題是輕微或慢性的，就像簡單的感冒，輕微的皮疹，便秘一兩天，治療高血壓或糖尿病等慢性病問題，或者你的醫生診所忙碌或關門休息；這些不是到訪急症室合理的原因。

如果您需要來我們的急症室進行評估和護理，您可能立即被帶到治療區或由護士進行檢查，並要求您在候診室等候。這只有在急症室很忙，沒有病床空位時才會發生。東華醫院急症室與三藩市其他醫院一樣會根據患者生病或受傷的情況來確定治療的優先次序，因此並不總是「先到先得」。對急症室醫護人員來說，您的耐心非常有幫助。護士和醫生知道您在等候，並會盡快接見您。如果您有問題或需要與護士溝通，請先告訴詢問處註冊人員，他們會打電話給急症室護士出來見您。

我們會在下一期季刊中，講解醫生如何評估您的病情以及作出留院治療或出院的決策過程。

以上資料由東華醫院急症室醫務總監  
Elliot Nipomnick, MD, FACEP 提供



Chinese Hospital Emergency Room Main Entrance



## Chinese Medicine and Digestive Health

Qi (energy) and blood are considered vital substances in Traditional Chinese Medicine (TCM). They are vital because they help maintain life activities. The digestive system in TCM is responsible for the transformation of Qi and Blood, therefore maintaining a healthy digestive system is extremely important.

In TCM, the digestive system involves stomach, spleen, small intestine and large intestine.

The stomach is responsible for storage and break down of food in preparation for spleen to extract essence from food and transform the essence into Qi. If stomach does not function normally, one may experience vomiting, loss of appetite, bloating and etc.

Spleen in TCM is responsible for transformation of Qi, blood and fluids. Therefore, it plays a very important role in the digestion. When the spleen does not function properly, one may experience bloating, diarrhea, edema, tired and loss of appetite etc. Small and Large intestine are responsible for getting rid of waste from the body. Unbalanced eating habits, emotional stress and consumption of unhealthy food such as chips can negatively impact the digestive system and cause different digestive disorders such as Irritable Bowel Syndrome (IBS), Gastroesophageal Reflux Disease (GERD), Constipation and etc.

According to Traditional Chinese Medicine, there are many factors that can explain digestive disorders such as dampness, cold, heat and Qi stagnations. More importantly, TCM provides many options and answers to help relieve the symptoms and prevent digestive disorders such as Acupuncture, Herbal medicine and Acupressure. Acupuncture is part of the practice of Chinese Medicine.

If you are interested in learning more about how Traditional Chinese Medicine can help with digestive disorders and how to maintain a healthy digestive system, please contact Chinese Hospital East West Health Services at 1-415-975-8100 or 1-650-761-3542. As with all chronic diseases, you should consult with your primary care doctor about the use and benefits of acupuncture for you.

## 中醫與消化系統健康

中醫認為消化系統是負責氣和血的轉化形成，而氣血是維持生命的最基礎物質。因此維持消化系統的健康是十分重要。

中醫認為消化系統主要包括胃、脾、小腸及大腸。

胃負責儲存和分解食物，以準備讓脾進一步吸收及轉化為氣血。若胃的功能失調則容易出現噁心、食慾不振、及胃氣脹等徵狀。

中醫認為脾在消化系統中扮演很重要的角色，因為脾負責接收胃的食物並轉化為氣血。如脾失調，則可能出現胃氣脹、腹瀉、水腫、疲倦、或食慾不振等徵狀。小腸和大腸則主要負責排泄身體內的廢物。不均衡的飲食習慣，情緒壓力及進食不健康食品，例如薯片能影響消化系統而導致消化系統出現包括過敏性腸綜合症、胃酸倒流及便秘等毛病。

根據中醫的理論，有很多因素能解釋消化系統毛病，包括寒濕、燥熱及脾氣虛等。更重要的是中醫能提供多種包括針灸，中藥及推拿等治療方法以舒緩不適徵狀及預防消化系統毛病。

若您有興趣學習更多有關中醫治療如何幫助消化系統問題及怎樣保持健康的消化系統，歡迎致電1-415-795-8100或1-650-761-3542聯絡東華醫院中西醫門診諮詢。無論那種慢性病，您都應先諮詢您的家庭醫生有關中醫治療的可行性及益處。如患有其他慢性疾病，請先諮詢您的主治醫生有關針灸治療的可行性及益處。





## Chinese Hospital East West Health Services (San Francisco Clinic) Moving to A New Location

Chinese Hospital East West Health Services recently celebrated 5 years since it first opened its doors to the public. The San Francisco clinic is pleased to announce that it is moving to a larger space in early 2018. The new clinic will remain in Chinatown/Financial District, located at 445 Grant Avenue, between Pine and Bush streets, only a few blocks away from the current location.

We will continue to offer an array of Traditional Chinese Medicine services to patients, including acupuncture, herbal medicine, cupping and moxibustion.

If you are a CCHP member, your plan includes acupuncture services. Please contact CCHP Member Services at 1-415-834-2118 if you would like to verify your coverage.

If you have any questions, please contact our clinic at 1-415-795-8100 (San Francisco) or 1-650-761-3452 (Daly City). Please note that there will be no changes to the Daly City clinic, which is located at 386 Gellert Boulevard.

East West Health Services looks forward to welcoming new and returning patients alike to our new space!

## 東華醫院中西醫學門診 (三藩市診所) 遷移新地點

東華醫院中西醫學服務門診中心最近慶祝服務社區五週年，我們很高興地宣布，三藩市診所將在2018年初搬到更大的診所。新診所仍留在華埠/金融區，距離目前診所的位置只有幾個街口的都板街445號，介乎板街及布殊街。

我們將繼續提供一系列的中醫服務包括針灸，中藥，拔罐和艾灸。

如果您是華人保健計劃 (CCHP) 的會員，您的計劃會承保針灸服務。如果您想查詢您的醫療保障內容，請致電 1-415-834-2118 與CCHP會員服務部聯絡。

如果您有任何疑問，請致電1-415-795-8100聯絡我們的三藩市診所或1-650-761-3452帝利市診所。請注意，帝利市診所位於Gellert大道386號，並不會有任何變動。

中西醫學服務門診期待所有新舊顧客光臨我們新的門診中心！



## CHINESE HOSPITAL EAST WEST HEALTH SERVICES 東華醫院中西醫學服務診所

445 Grant Avenue, Ground Floor  
San Francisco, CA 94108  
P: 1-415-795-8100  
F: 1-415-795-4404  
[www.chewhs.org](http://www.chewhs.org)

### Clinic Hours:

Monday - Thursday 9:00 a.m. - 6:30 p.m.

Friday 9:00 a.m. - 6:00 p.m.

Saturday 9:00 a.m. - 5:00 p.m.

### 營業時間:

星期一至四：上午9時至下午6時30分

星期五：上午9時至下午6時

星期六：上午9時至下午5時

Opening  
Spring 2018



## More Convenience for the Community: CCHP Member Services and Sales Offices have moved to Chinese Hospital.

To better serve CCHP members and the community, CCHP Member Services and CCHP Sales offices have moved from the old Pacific Avenue location to the new location inside the Chinese Hospital. They are located at 845 Jackson Street. Just enter through the familiar Chinese Hospital lobby and you will find the Sales Office immediately on the right of the entrance and the Member Services office is just past the Registration Desk.

Members can inquire about finding a new doctor or specialist, get benefits questions answered, inquire about claims status, pay bills and more. Ms. Chow, a long time CCHP member said this: "This is so convenient now. I can get all of my medical services such as visiting the pharmacy, getting check-ups, screenings and then, visit my friends at Member Services – all right inside the Chinese Hospital!"

Ms. Irene Louie, Member Services Manager welcomes everyone to visit the new offices. "Yes of course it's more convenient for our members. But, it's also new and larger! We hope everyone will stop by and say hello!"

To visit, the address is 845 Jackson Street (same as Chinese Hospital) or call 1-415-834-2118 or email [memberservices@cchphealthplan.com](mailto:memberservices@cchphealthplan.com) for directions.

For non-members looking for coverage or past members wishing to return, they can visit the Sales office to talk to a representative about which plan is right for them. The address is same as above (at Chinese Hospital)

or they can call 1-888-681-3888 or email at [sales@cchphealthplan.com](mailto:sales@cchphealthplan.com)

We hope to see you there!

## 為方便社區：CCHP會員服務部和營業辦公室已經搬到東華醫院

為了更完善地為會員和社區服務，華人保健計劃(CCHP)會員服務部和營業部辦公室已經從柏思域街遷移到東華醫院積臣街845號。只要進入您熟悉的東華醫院大堂，您會找到在大堂入口的右面的營業部辦公室，而會員服務部辦公室位於登記處後面。

會員可以查詢有關醫療保障福利、尋找新的醫生或專科醫生、查詢醫療帳單情況、支付賬單等等。CCHP長期會員周女仕表示：「現在這樣很方便。我可以在這裡得到所有的醫療服務，例如去藥房、檢查、化驗；然後探訪我在會員服務部的朋友 - 全都在東華醫院裡面！」

會員服務部經理鄺太歡迎大家蒞臨新的會員服務中心：「會員現在可享用更方便、更新及更大的會員服務中心！希望大家來打個招呼！」

歡迎您蒞臨位於東華醫院的新會員服務中心

或致電查詢：  
東華醫院積臣街845號  
1-415-834-2118

[memberservices@cchphealthplan.com](mailto:memberservices@cchphealthplan.com)

如有興趣參加或舊會員想重新加入CCHP，可到營業部查詢(地址同上)；我們有營業代表協助您選擇一個適合您的醫療健保計劃。您亦可致電1-888-681-3888或發電郵到[sales@cchphealthplan.com](mailto:sales@cchphealthplan.com)查詢詳情。

我們熱切期待您的光臨！



CCHP Member Services Office is behind Registration Desk



CCHP Member Services



CCHP Sales Office

## Eat Well, Live Well Recipe – Teriyaki Eggplant

### Ingredients (For 3 servings):

- 2 item eggplant (approximately 1 lb)
- 1 Tbsp dried shrimp (approximately 0.6 oz)
- 1 Tbsp garlic
- 1 Tbsp red bell pepper
- 1 Tbsp scallion

### Seasonings:

- 1 Tsp low sodium teriyaki sauce
- 1/3 Tsp low sodium soy sauce
- 1-1/2 Tsp white sugar
- 1/4 Cup cold Water
- 3/4 Tsp safflower oil
- 1 Tsp sesame oil
- 1 Tsp corn starch
- 1 Tsp cooking wine

### Instructions:

1. Slice the eggplant in strips, and steam them for about 15 minutes. Set aside.
2. Add safflower oil to a pan over medium heat. Stir fry dried shrimps, garlic, and red bell pepper in oil. Add water, low sodium soy sauce, low sodium teriyaki sauce and sugar. Mix thoroughly. Stir in a mixture of corn starch and cold water.
3. Pour seasoning mixture (#2) onto eggplant. Toss in scallion, sesame oil and cooking wine. Serve hot.

### Each serving provides the following nutrients:

Kilocalories: 87.8kcal	Cholesterol: 28.6mg
Protein: 5.24g	Dietary Fiber: 4.73g
Carbohydrate: 13.95g	Sodium: 368mg

### 每份材料含以下營養：

熱量：87.8千卡	膽固醇：28.6毫克
蛋白質：5.24克	食用纖維：4.73克
碳水化合物：13.95克	鈉(鹽)：368毫克



## 東華醫院註冊營養師推介食譜 健康美食 – 日式燒汁扒紫茄

### 材料（3人分量）：

- 2條紫茄（約1磅）
- 1湯匙蝦米粒（約0.6安士）
- 1湯匙蒜粒
- 1湯匙紅椒粒
- 1湯匙蔥花

### 調味料：

- 1湯匙低鈉日式燒汁
- 1/3茶匙低鈉豉油
- 1-1/2茶匙白糖
- 1/4 杯凍水
- 3/4茶匙紅花油
- 1茶匙麻油
- 1茶匙生粉
- 1茶匙料酒

### 製法:

1. 先將紫茄開邊切成花紋條狀，然後蒸大約15分鐘。
2. 熱鑊熱紅花油爆香蝦米粒、蒜粒、紅椒粒後，加水、低鈉日式燒汁、低鈉豉油及白糖拌勻。然後用生粉打薄芡。
3. 最後將製法(2)的材料淋在茄子上。灑上蔥花淋上料酒和麻油便成。



# Overactive Thyroid (Hyperthyroidism)

Hyperthyroidism is a condition in which too much thyroid hormone is secreted by the thyroid gland, a butterfly-shaped gland located at the base of the neck. When excessive amount of thyroid hormone is produced, the body's metabolism speeds up.

## Causes

- Grave's disease- an autoimmune disease
- Multinodular goiter- benign lumps in the thyroid gland
- Thyroiditis – inflammation of the thyroid gland

## Signs and Symptoms

- Weight loss
- Anxiety, nervousness and irritability
- Rapid or irregular heart rate
- Intolerance to heat and increased sweating
- Bulging eyeballs
- Swelling of the front of the neck

## Diagnosis

Diagnosis often includes a physical exam, blood test, radioactive iodine uptake test, and thyroid scan.

## Possible Treatment

1. Anti-thyroid medications to block the production of new thyroid hormone.
2. Beta blocker drugs to block the action of thyroid hormone and reduce rapid heart rate.
3. Radioactive iodine taken orally to shrink and destroy the thyroid gland. Since this treatment can lead to underactive thyroid, most individuals need to take replacement thyroid hormone for the rest of their lives.
4. Thyroidectomy to surgically remove the thyroid gland. Lifelong treatment with thyroid hormone pills is necessary after surgery. Calcium and vitamin D supplement may also be prescribed for some patients.

Untreated hyperthyroidism can lead to problems of the heart, eye, skin and bones. If you experience any of the described symptoms, be sure to meet with your primary care physician to obtain a proper diagnosis of the problem.

For more information on thyroid diseases:  
American Thyroid Association  
[www.thyroid.org](http://www.thyroid.org)

Above article contributed by the Chinese Community Health Resource Center  
1- 415- 677-2473 [www.cchrchealth.org](http://www.cchrchealth.org)

# 甲狀腺功能亢進症（簡稱甲亢）

甲狀腺功能亢進症是甲狀腺體分泌過量的甲狀腺荷爾蒙而形成的一種病症。甲狀腺體，形如蝴蝶狀，位於頸部底部。當身體產生過多的甲狀腺荷爾蒙，人體的新陳代謝機能便會加快。

## 起因

- 凸眼性甲狀腺腫 - 一種自身免疫失調疾病。
- 結節性甲狀腺腫 - 在甲狀腺體上生長結節或良性腫塊。
- 甲狀腺炎 - 甲狀腺發炎。

## 症狀

- 體重下降
- 焦慮，緊張和煩躁
- 心跳快速或不規則
- 怕熱並出汗增多
- 眼球外凸
- 頸部前部（喉結下方）腫脹

## 診斷

診斷包括身體檢查，血液檢查，放射性碘攝取測試及甲狀腺掃描。

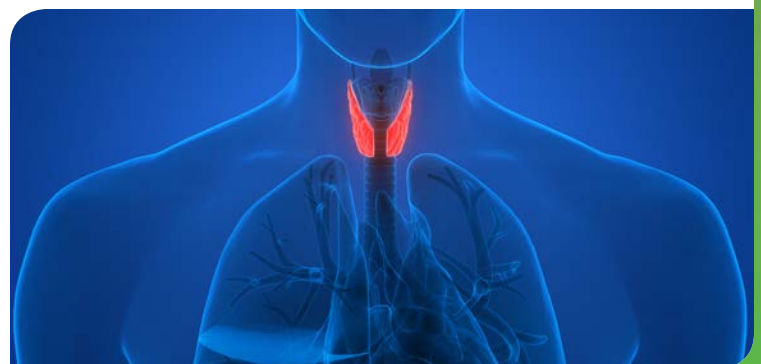
## 可行的治療方法

1. 服用抗甲狀腺藥物，來抑制異常亢進的甲狀腺產生過多的荷爾蒙。
2. 服食β受體阻滯劑的藥物來阻止甲狀腺荷爾蒙的作用，減少心跳及心悸。
3. 服用放射性碘口服劑，可以縮小和破壞甲狀腺。由於這種治療會導致甲狀腺功能減退症，所以大部分患者日後需要接受補充甲狀腺荷爾蒙療法。
4. 甲狀腺切除手術。手術後需終身服用甲狀腺荷爾蒙丸劑。某些患者可能需要補充鈣和維生素D。

若甲狀腺功能亢進症得不到治療會導致心臟，眼睛，皮膚及骨骼的問題。如果您有任何上述的症狀，請約見家庭醫生，尋求適當的診斷及治療。

欲了解更多有關甲狀腺疾病的資料，請參美國甲狀腺協會網站：[www.thyroid.org](http://www.thyroid.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)





## New Primary Care Clinic Inside Chinese Hospital

Did you know that you can choose Chinese Hospital Support Health Services as your Primary Care Provider now? We are located in Chinese Hospital's New Patient Tower Floor B1 (next to Emergency Department). This Brand new facility is fully equipped with state-of-the-art medical equipment to fulfill patient needs and provide best care. Our friendly doctors and medical staff offer culturally competent and multilingual care. We provide Family & Internal Medicine as well as multi-specialty services, including Endocrinology & Diabetes Management, Women's Health, Ear, Nose, Throat, Hepatology, Hematology, Oncology and Mental Health. We accept most health insurance plans, including CCHP, San Francisco Health Plan, San Mateo Health Plan, Blue Shield, Blue Cross, and Medicare and others.

If you are interested in learning more about our services or to make an appointment with us, you are welcomed to call us at 1-415-677-2370 or to visit us at 845 Jackson Street, B1, San Francisco.

### 東華醫院華埠新診所

您知道現在您可以選擇東華醫院健康服務中心（診所）作為您的家庭醫生了嗎？我們位於華埠東華醫院新大樓

B1層（緊鄰急症室）。這個全新的健康服務中心（診所）為給社區提供最好的醫療服務，配備了最先進的醫療設備。我們的醫生及醫務人員親切友好，精通中英文及其他多種語言，致力於為您提供有文化特色的醫療服務。健康服務中心（診所）設有家庭醫生及一般內科，同時也提供多種專科服務，包括內分泌科及糖尿病管理、婦科、耳鼻喉科、肝臟科、血液科、腫瘤科以及精神科。我們接受絕大多數醫療保險，包括華人保健計劃（CCHP）、三藩市保健計劃、聖馬刁保健計劃、藍盾及藍十字、聯邦醫療健保以及其他保險。

如果您想要了解更多有關於我們的服務或者和我們預約看診，歡迎您來電諮詢，我們的電話是1-415-677-2370；或者親臨參觀，我們的地址是三藩市積臣街845號B1層。



Support Health Services

## Everyday Exercise Routine – Clam Shell Exercise

- 1 Lie on your side with your knees slightly bent and with one leg on top of the other.
- 2 Rest your head on your arm.
- 3 Raise your top knee and hold while keeping your feet together.
- 4 Lower your knee back to the original position.
- 5 Repeat 10-15 times and then switch sides.

## 日常運動小貼士 – 貝殼運動

- 1 首先側臥，雙膝重疊及稍微彎曲。
- 2 用手支撐您的頭部。
- 3 提起你的膝蓋，腳部保持在一起。
- 4 將提起的膝蓋下放回原位。
- 5 重複10至15次，然後左右兩側互換。



# Colorectal Cancer

You have probably heard that early detection of cancer saves lives. This is particularly true for cancer of the colon and rectum, or colorectal cancer. Colorectal cancer is the 3rd most common cause of cancer worldwide and the 2nd leading cause of cancer deaths in the U.S.

The large intestine or colon is the lowest portion of the digestive system and measures about 5 feet long. The rectum is the last 6 inches of the colon. Colorectal cancer usually develops gradually over several years. It often begins as a benign (non-cancerous) polyp, a small growth of tissue in the lining or wall of the colon or rectum. Over time, some of these polyps can grow and become malignant (cancerous). As they grow, polyps can bleed or block the intestine. By performing early screening and removing all small visible benign polyps, colorectal cancer can be prevented.

## Who gets colorectal cancer?

Persons with the following risk factors are more likely to develop colorectal cancer:

### Age

Over 90% of colorectal cancer occurs in persons older than 50.

### Race

Highest rates among African Americans, followed by Caucasians, Asian Americans/Pacific Islanders, Hispanic/Latinos and American Indians/Alaska Natives.

## Family or personal history of colorectal cancer, polyps, or chronic inflammatory bowel disease

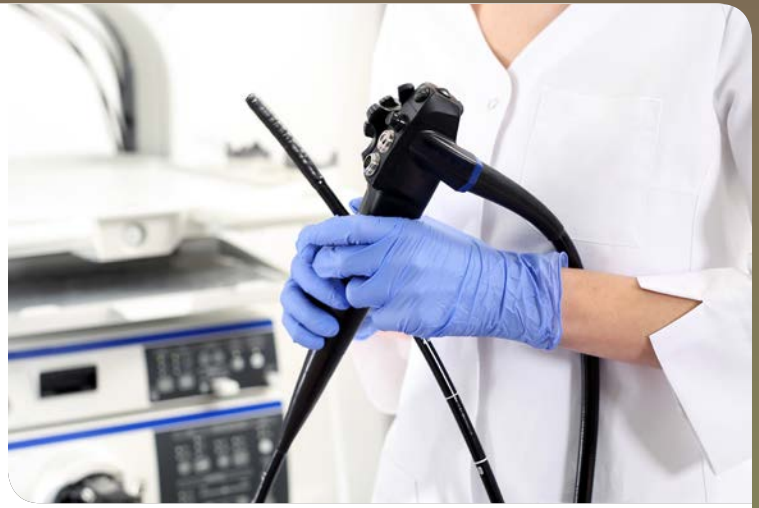
Note: Only 25% of persons diagnosed to have colorectal cancer have a positive family history of the disease. 75% of colorectal cancer occurs in persons without a family history.

- **Physical Inactivity**
- **Overweight/Obesity**
- **Cigarette smoking**
- **Diet high in fat and meat**
- **Diet low in fiber, fruits, and vegetables**
- **High intake of alcohol**

## Warning signs of colorectal cancer

As with all cancers, early colorectal cancer frequently has no symptoms. As the cancer becomes larger, signs and symptoms may include:

- A change in bowel habits (diarrhea or constipation)



- A change in the shape of the stools (becomes narrower)
- Feeling that bowel does not empty completely
- Abdominal discomfort (bloating, cramping, pain)
- Blood in the stool (either bright red or dark in color)
- Bleeding from the rectum
- Chronic fatigue and weakness
- Unexplained weight loss

## Prevention of colorectal cancer

- Get screened for colorectal cancer
- Eat a plant-based diet with plenty of whole grains, fruits, and vegetables
- Reduce intake of high fat foods especially from animal sources
- Be physically active
- Achieve and maintain a healthy weight
- Limit alcohol consumption
- Stop smoking

Studies show that aspirin and postmenopausal hormones decrease the risk of colorectal cancer.

For more information on colorectal cancer and other types of cancer, contact:

American Cancer Society  
1-800-ACS-2345 (1-800-227-2345)  
[www.cancer.org](http://www.cancer.org)

National Cancer Institute  
1-800-4-CANCER (1-800-422-6237)  
[www.cancer.gov](http://www.cancer.gov)

Asian American Network for Cancer Awareness, Research, and Training (AANCART)  
[www.aancart.org](http://www.aancart.org)

Above article contributed by Chinese Community Health Resource Center  
1-415-677-2473  
[www.cchrchealth.org](http://www.cchrchealth.org)



## 預防大腸癌，早作檢查

您大概已經知道，癌症若能早期發現，可免生命危險。對於大腸或直腸癌來，早期發現尤其重要。目前大腸癌在全球人口中屬於第三大常見癌症，而在美國死於癌症的病例中，大腸癌居第二位。

消化系統末端約5英尺的部份稱大腸或結腸，而此部份最末6吋的地方又稱直腸。大腸癌通常是潛伏幾年而慢慢形成的。開始的時候體生長一些良性（即非癌性）的息肉，這些息肉是指在大腸或直腸的粘膜外圍生長的細小組織。經年日久，這些逐漸增大的息肉可能會演變成惡性腫瘤，並可堵塞腸道或使其出血。早作檢查或切除可見的良性息肉，可大大減低或預防患大腸癌的機會。

### 甚人易患大腸癌？

具有以下危險因素的人士較易罹患大腸癌：

#### 年齡

90% 的大腸癌個案年齡都超過50。

#### 種族

最高患病率以如下種族排列：非洲裔美國人，白人，亞裔及太平洋島國人，西班牙及拉丁裔美國人，美國印第安及亞拉斯加人。

家庭或個人病史中曾有患大腸癌，息肉或慢性腸道炎症的疾病

注意：只有25% 的大腸癌患者有家族病史。而其他75% 的患者都沒有家族患病史。

- 不愛運動者
- 肥胖者
- 吸煙
- 高脂肪飲食及大量食肉者
- 少吃水果，青菜及纖維素者
- 過度飲酒

### 大腸癌的早期徵兆

正如所有其他的癌症病例一樣，早期的大腸癌通常沒有症狀。當癌症發展嚴重時，通常有以下的徵兆及症狀：

- 大便習慣改變（便秘或下瀉）
- 大便變幼細
- 大便時有尚未排清的感覺
- 下腹不適（腹部發脹或腸絞痛）
- 便血（鮮紅或黑便）
- 肛門出血
- 長期感覺疲勞或衰弱
- 無原因的體重下降

### 大腸癌的預防方法

- 做早期大腸癌的檢查
- 多吃以素食主的食物，包括全穀類、水果、蔬菜等
- 少吃高脂肪的食物，尤其是來自動物的脂肪

- 多做運動
- 保持理想的體重
- 限制過量喝酒
- 戒煙

研究結果顯示，服用亞斯匹靈及絕經後使用的荷爾蒙可以減低大腸癌的機會。

如欲了解更多有關大腸癌或其他癌症的資料，請聯絡以下機構：

美國防癌協會 (ACS)

1-800-ACS-2345 (1-800-227-2345)

[www.cancer.org](http://www.cancer.org)

全美癌症協會 (NCI)

1-800-4-CANCER (1-800-422-6237)

[www.cancer.gov](http://www.cancer.gov)

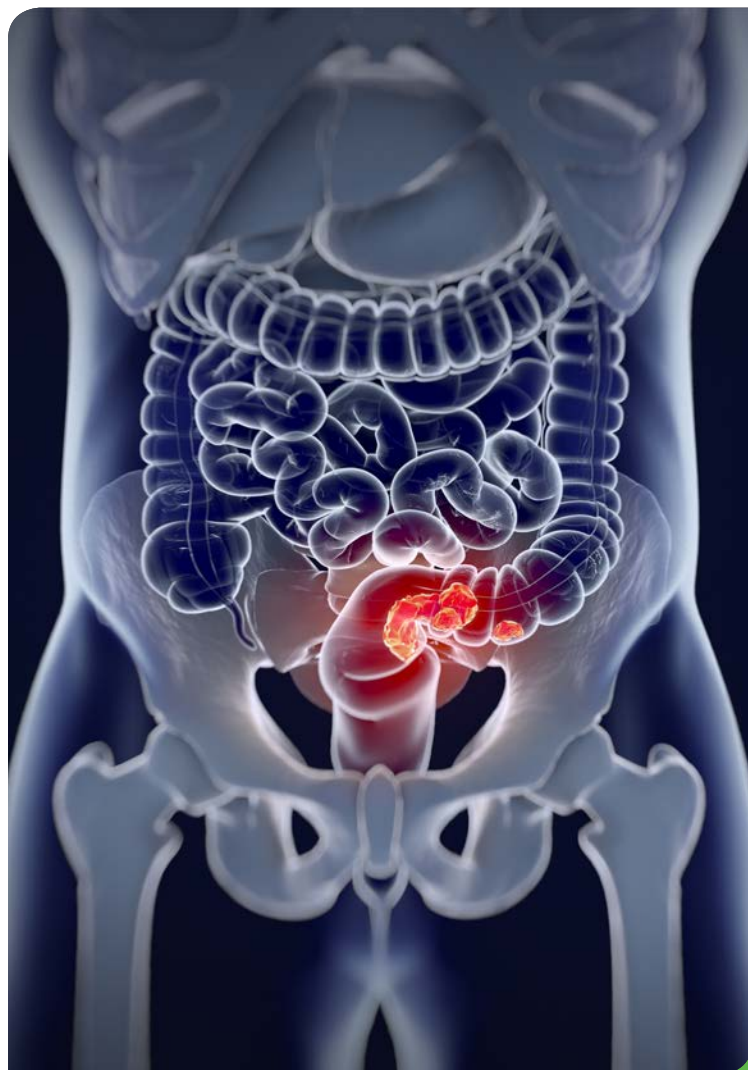
Asian American Network for Cancer Awareness, Research, and Training (AANCART)

[www.aancart.org](http://www.aancart.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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[www.CCHPHealthPlan.com/community-health-newsletter](http://www.CCHPHealthPlan.com/community-health-newsletter)

[www.cchrchealth.org/health/library/health-newsletters](http://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](mailto:Info@CCHPHealthPlan.com) 或上網瀏覽：

[www.CCHPHealthPlan.com/community-health-newsletter](http://www.CCHPHealthPlan.com/community-health-newsletter)

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

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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 845 Jackson St., San Francisco <a href="http://www.CCHPHealthPlan.com/memberservices">www.CCHPHealthPlan.com/memberservices</a>	1-415-834-2118 <b>NEW</b>	Chinese Hospital 東華醫院	Sunset Health Services 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>	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 <a href="http://www.CCHPHealthPlan.com/memberservices">www.CCHPHealthPlan.com/memberservices</a>	1-415-834-2118		Excelsior Health Services 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>	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 <a href="http://www.cchrchealth.org">www.cchrchealth.org</a>	1-415-677-2473	Chinese Hospital Clinics 東華醫院門診中心	Daly City Health Services 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>	1-650-991-8883
Chinese Hospital 東華醫院	Chinese Hospital 東華醫院 845 Jackson St., San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-982-2400		Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd., Daly City <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-650-761-3500
	Support Health Services 東華醫院健康服務中心 845 Jackson St., Floor B1, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-677-2370		East West Health Services - Financial District 中西醫學門診 - 金融區 445 Grant Ave., Ground Floor, San Francisco <a href="http://www.chewhs.org">www.chewhs.org</a>	1-415-795-8100 <b>Opening Spring 2018</b>
	Chinese Hospital Outpatient Center 東華醫院門診中心 386 Gellert Blvd., Daly City <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-650-761-3500		East West Health Services - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd., Daly City <a href="http://www.chewhs.org">www.chewhs.org</a>	1-650-761-3542