

# Community Health Newsletter 社區健康季刊

2018 - Q3 (July-September) | 2018年 - 第三季 (七月至九月)

## Chinese Hospital 24th Annual Golf Tournament

### 第24屆東華醫院年度哥爾夫慈善賽

By Lily Cun, Chinese Hospital Fund Development Manager 本文由東華醫院基金發展部經理 Lily Cun 提供



**SAVE THE DATE • Monday, October 8, 2018**

## Chinese Hospital 24th Annual Golf Tournament

### Olympic Club of San Francisco

(Site of the U.S. Open Championships)

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

Join us for the Chinese Hospital 24th Annual golf tournament on October 8, 2018. The event will be held the world famous Olympic Club Lake Course. It features a day of golf on both the Lake and Ocean Courses, followed by a cocktail reception, auction and dinner. Proceeds benefit Chinese Hospital.

If interested in sponsoring this event, please contact the Office of Fund Development, at [donate@chasf.org](mailto:donate@chasf.org).

我們誠意邀請您參加2018年10月8日在參加世界著名的 Olympic Club Lake Course 舉行的東華醫院第24屆慈善哥爾夫球錦標賽。當日的節目包括在風景秀麗的海洋球場和湖泊球場上的哥爾夫球賽，接著是雞尾酒會，無聲拍賣會和晚宴。所有收益支持東華醫院的發展。

如果您有興趣贊助此活動，請聯絡基金發展辦公室 [donate@chasf.org](mailto:donate@chasf.org)。





## Helpful Glossary of Health Coverage and Medical Terms

### 保健計劃及醫療詞匯

**24 Hour Nurse Advice Phone Line:** With a 24-hour nurse advice line, CCHP members can call 7 days a week, 365 days a year to speak to a registered nurse to ask basic health questions and address concerns such as:

- Your symptoms
- Medications and side effects
- When to go to your doctor
- When to go to urgent care
- When to go to the emergency room
- Doctors and hospitals close to you

If your doctor is not available call the CCHP 24 hour Nurse Advice Line at 1-888-243-8310.

**24小時護士諮詢專線：**通過24小時的護士諮詢專線，CCHP 會員可於全年365天（每週7天），可以致電註冊護士，詢問及解決以下基本健康問題：

- 了解您的症狀
- 認識藥物和其副作用
- 詢問什麼情況應該約見醫生

- 何時需要到急診護理中心
- 什麼情況需要到急症室
- 了解當地醫生和醫院資源

如果您是 CCHP 會員而無法聯絡醫生，請致電 CCHP 24小時護士諮詢專線 1-888-243-8310。



**◀ BE AWARE ▶**

of vehicles even if they are not near you.

**◀ 注意 ▶**

即使車輛未靠近，注意周圍須謹慎。



## Chinese Hospital Gestational Diabetes Management (CDAPP Sweet Success Affiliate) 東華醫院妊娠糖尿病管理項目（加州糖尿病及懷孕項目 Sweet Success 附屬機構）

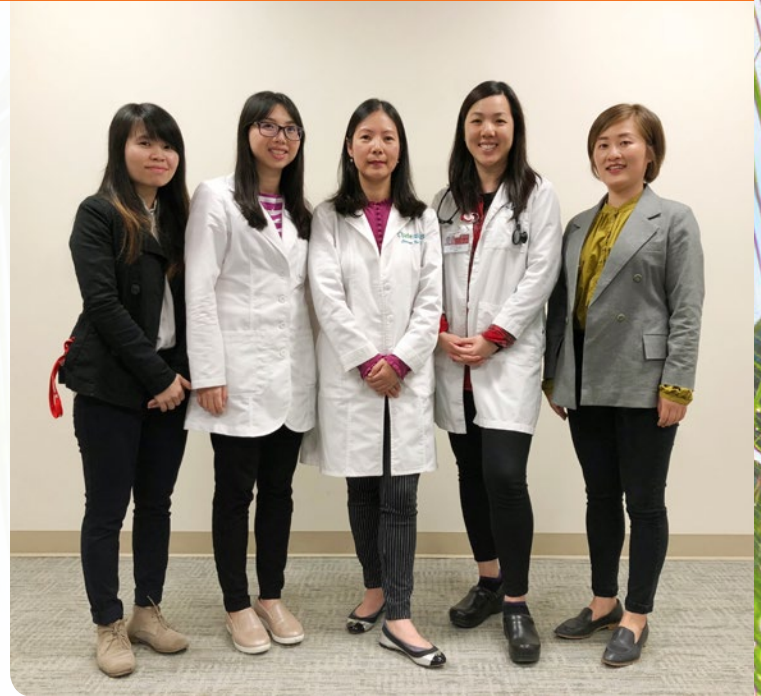
By Jiami Wu, MPH, Chinese Hospital Manager of Support Health and Wellness

本文由東華醫院健康及保健服務經理吳佳咪提供

Gestational diabetes is a condition of high blood sugar levels during pregnancy. It usually shows up in third trimester. Most pregnant women often test for it between 24 and 28 weeks of pregnancy. Gestational diabetes increases the risk of high blood pressure, depression, and requiring a Caesarean section. Uncontrolled gestational diabetes results in delivering large babies, low blood sugar after birth, and jaundice. Untreated diabetes can also result in still-birth. Long term, children are at higher risk of being overweight and developing type 2 diabetes.

Chinese Hospital Gestational Diabetes Management program aims to help high-risk pregnant women with pre-existing diabetes to prevent diabetes while pregnant. It also promotes healthy lifestyle changes and improves pregnancy outcomes to prevent development of diabetes after pregnant.

Chinese Hospital Diabetes Center has a strong bilingual (Chinese & English) medical team made of endocrinologists, nurse practitioners, registered dietitians, and licensed marriage and family therapists. We provide quality services to patient, which include medical management, nutrition counseling and psychosocial support. We accept most insurance and have discounted self-pay options. To find more information about our programs or to make an appointment with us, please call 1-415-677-2370 or 1-415-677-2458.



妊娠糖尿病是指女性在懷孕期間，特別是在妊娠期末三個月血糖水平偏高。大多數孕婦經常在孕期第廿四週至廿八週內進行妊娠糖尿病檢測。妊娠糖尿病會大大增加患上高血壓、抑鬱症、以及需要剖腹生產的風險。妊娠糖尿病控制得不好的孕婦出現新生兒偏大、出生後患有低血糖或者黃疸的嬰兒。如果妊娠糖尿病得不到治療，也有可能導致孕婦難產。長遠來說，這些孩子在成長的過程中更容易過重或者在將來更容易患上糖尿病。

東華醫院妊娠糖尿病管理項目旨在為本身患有糖尿病或在懷孕期間發展成糖尿病的高危孕婦提供專業醫療幫助，優化妊娠，預防妊娠糖尿病的併發症，以及幫助建立良好的健康生活方式，以防止產後糖尿病的出現。

東華醫院糖尿病中心擁有優秀的雙語（中文及英文）醫護團隊，由內分泌專家、家庭醫生、註冊營養師、以及持證心理治療師組成，為病人提供優質的醫療服務，營養諮詢，以及心理輔導。我們接受多種醫療保險，並且提供優惠的自費醫療服務計劃。如果您想了解更多項目相關信息，或者想預約參加，請致電 1-415-677-2370 或者 1-415-677-2458。





## East West Health Services (New SF Location) Celebrates Its Grand Opening 中西醫學門診舉辦開幕剪綵慶祝

East West Health Services celebrated the grand opening of its brand new clinic in San Francisco. It held a ribbon cutting ceremony and health fair on March 26th.

With increased demand for Chinese Medicine, Chinese Hospital started the first East West Health Services 5 years ago in San Francisco Chinatown/Financial District. The effort helps us to develop integrative Chinese and Western medicine in the long term. It also makes the Chinese Hospital Health System more cohesive and accessible to patients and members.



The new location offers all private treatment rooms. It provides a higher degree of privacy and make patients feel more comfortable. Patients in San Francisco Chinatown, North Beach and Financial District now have easier access to more convenient care.

East West Health Services accepts many health insurance plans, including CCHP, Anthem Blue Cross, Blue Shield, Heath Net, Landmark, United Health Care and others.



於3月26日，中西醫學門診為三藩市新診所舉辦了隆重的開幕慶典及健康同樂日。

隨著市民對中醫服務的需求日益增加，東華醫院於5年前在華埠／金融區開設第1間中西醫學門診，積極發展中西醫藥結合治療。新診所讓東華醫院醫療體系更有凝聚力，讓其可繼續為社區帶來更方便及以病人為本的服務；繼續在社區醫療發展中擔當重要角色。

新診所設有更多私人治療室，可讓病人於舒適的環境中接受治療及大大提高病人的私隱度；同時，也為三藩市華埠、北灘區及金融區的病人提供更便利及更舒適的中醫服務。

三藩市東華醫院中西醫學門診接受多種保險，包括華人保健計劃、藍十字、藍盾、Health Net、Landmark及聯合健康保險等等。



**CHINESE HOSPITAL**  
**EAST WEST HEALTH SERVICES**  
東華醫院中西醫學門診



445 Grant Avenue, Ground Floor  
San Francisco, CA 94108

Tel: 1-415-795-8100  
Fax: 1-415-795-4404  
[www.chewhs.org](http://www.chewhs.org)

**NOW OPEN**

### Clinic Hours:

Monday-Friday: 9:00 a.m. - 6:30 p.m.  
Saturday: 9:00 a.m. - 5:00 p.m.

### 營業時間:

星期一至五：上午9時至下午6時30分  
星期六：上午9時至下午5時



# Insomnia and Chinese Medicine 中醫與失眠

By Emily Yuen, L.Ac, Chinese Hospital East West Health Services

本文由東華醫院中西醫學門診針灸師阮寶儀提供

Insomnia is not being able to fall asleep quickly, staying asleep and getting deep sleep. A healthy individual should wake up feeling full of energy.

Having enough sleep is essential in our mental and physical well-being. Short term sleep deprivation can cause an array of problems such as memory impairment, drowsiness, decrease performance, poor decision making, anxiety, and headaches. Long term sleep deprivation can increase your chance of developing more serious health problems.

All types of insomnia are caused by some type of imbalance. It can be caused by a number of factors including physical strain, mental/emotional stress, lifestyle choices or improper diet (basically all aspect of life). Each aspect needs to be balanced in order to get good quality sleep. This will be different for each individual.



For an example if you lead a stressful life with an overactive mind, your Qi stagnates and does not allow your mind to quiet down at night to fall asleep. Or If you are full of worries with poor appetite, your Spleen becomes damage is unable to nourish your Heart to sleep to allow you sleep throughout the night. Or even if you have physical pain it can keep you from falling asleep!

Regardless of the cause of insomnia, creating an environment appropriate for sleep is always helpful. Reduce electronic usage at least an hour before sleeping, create a relaxing atmosphere, and refrain from stimulants in the evening (coffee, tea, alcohol, smoking, excessive exercise, stimulating news and shows).

Acupuncture and herbs can help quiet the mind and allow you to sleep throughout the night. Some easy acupressure points can help with sleep are Yin tang and An mian. Yin tang is located on level with the eyebrows, midpoint right above the nose. An mian is located behind your ears, right below the mastoid process. Gentle circular massage to these acupressure points can ease your mind to sleep.

Regular acupuncture treatments and Chinese herbal medicine can also benefit in a healthier life!

This article is meant as a general guideline. Please talk to your primary care physician or call Chinese Hospital East West Health Services to schedule an appointment if you have questions.

失眠是指無法迅速入睡，保持睡眠或深度睡眠的問題。每早起床都覺得精力充沛才是健康睡眠。

足夠的睡眠對我們的精神和身體健康至關重要。短期的睡眠不足會導致記憶障礙，困倦，做事及決策能力下降，焦慮和頭痛等一系列問題。長期睡眠不足更會增加您出現嚴重健康問題的機會。

各種失眠問題其實都是由多種身體內部不平衡引起的。這包括身體緊張，精神/情緒壓力，不良生活方式或不適當的飲食等各方面問題。我們需要平衡的生活，才能獲得高質量的睡眠。

例如，如果您過著緊張的生活，精神過於活躍，您的氣就會停滯，以致在晚上無法安靜下來進入睡眠。或者如果您因擔憂而食慾不振，脾臟就會受到傷害而不能夠滋養的心臟，令您不能好好睡一覺，如果身體疼痛也會導致不能入睡！

無論失眠的原因如何，營造合適睡眠的環境是有助安眠的。在睡前一小時減少使用電子產品，營造輕鬆的氣氛，並避免在晚上攝入含興奮劑食物（如咖啡、茶、酒精），避免運動過量或收看刺激的新聞和電視節目。

針灸和中藥也可以幫助安靜思緒，讓您安眠。簡單的印堂穴和安眠穴位按摩可以幫助睡眠。印堂穴位於眼眉並齊的位置，鼻子上方的中間點。安眠穴在耳後方頭骨上的位置；輕輕打圈地按摩這兩個穴位可以讓您放鬆心情睡覺。

經常針灸治療和中藥也可以令您的生活更健康！

這篇文章是概括的指引。如有任何問題，請諮詢您的主治醫生或致電 1-415-795-8100 或電郵 [www.chewhs.org](http://www.chewhs.org) 東華醫院中西醫學門診預約。



# Fall Prevention 預防跌倒

By Chinese Community Health Resource Center 以下資料由華人社區健康資源中心提供

## Facts About Falls

- Every year, 1 in 4 adults aged 65 and over falls
- Hip fracture is the most serious injury from a fall
- Falls are the leading cause of fatal injury and the most common cause of hospitalization among older adults

## Factors That Increase Risk of Falling

- Problems with walking posture and balance
- Disorders of the nervous system, muscles, bones and joints
- Side effects of certain medications
- Problems with vision
- Problems with thinking or memory loss
- Environmental dangers such as slippery surfaces, uneven floors, poor lighting, loose rugs, unstable furniture, objects on floors

## Ways to Prevent Falls

- Maintain a regular exercise program
- Get regular vision test
- Be careful when taking medications that affect coordination and balance
- Limit alcohol intake
- Avoid getting up too quickly after eating, lying down, or resting
- Use a cane or walker to help maintain balance
- Wear rubber-soled, low-heeled shoes
- Chairs should be at the proper height and have sturdy arms to push on when you get up
- Have good lighting and remove clutter along stairways and hallways
- Have handrails for entire stairway
- Make sure that rugs or carpets are firmly attached to the floor
- Put night-lights in bathrooms and bedrooms
- Use non-slip mats in bathtub and shower
- Install grab bars in bathtub or shower and next to toilet

To keep your home safe and reduce falls, you can download a home safety checklist at:

[www.cchrchealth.org/health/health-education-material/safety](http://www.cchrchealth.org/health/health-education-material/safety)

## Reference:

National Council on Aging

[www.ncoa.org/healthy-aging/falls-prevention](http://www.ncoa.org/healthy-aging/falls-prevention)



## 有關跌倒的事

- 每年，在每四個 65 歲以上成年人當中，就有一位會跌倒
- 跌倒會造成骨折，而髖部骨折是骨折中最嚴重的
- 骨折是造成致命的主要原因，也是使長者入院的最常見原因

## 引致跌倒的因素

- 步行姿勢和平衡的問題
- 神經系統，肌肉，骨骼及關節病症
- 某些藥物的副作用
- 視力問題
- 思維及記憶問題
- 環境危險（例如：地面濕滑，地面不平，燈光昏暗，鬆的地毯，不穩的傢俱，地上的物件）

## 如何預防跌倒

- 時常保持運動
- 定期測試視力
- 小心服用某些影響平衡的藥物
- 限制飲酒
- 在餐後，躺下或休息後，避免過快起立



- 用拐杖或助行架來保持平衡
- 穿著低跟膠底鞋
- 椅子高度要適當並且有堅固的扶手以方便站立
- 樓梯走廊保持光線良好及不要堆放雜物
- 整個樓梯都要有扶手
- 地毯牢固在地板上
- 在浴室和睡房內安裝長明小燈
- 在浴缸或淋浴室內放置防滑膠墊
- 在浴缸或淋浴室內及廁所旁安裝扶手

如果您想保持家居安全及減少跌倒，可以從以下網站下載一份中文家居安全檢查表：

[www.cchrchealth.org/health/health-education-material/safety](http://www.cchrchealth.org/health/health-education-material/safety)

參考資料：

National Council on Aging

[www.ncoa.org/healthy-aging/falls-prevention](http://www.ncoa.org/healthy-aging/falls-prevention)



## Everyday Exercise Routine - Cat Stretch 日常運動小貼士 - 貓背運動

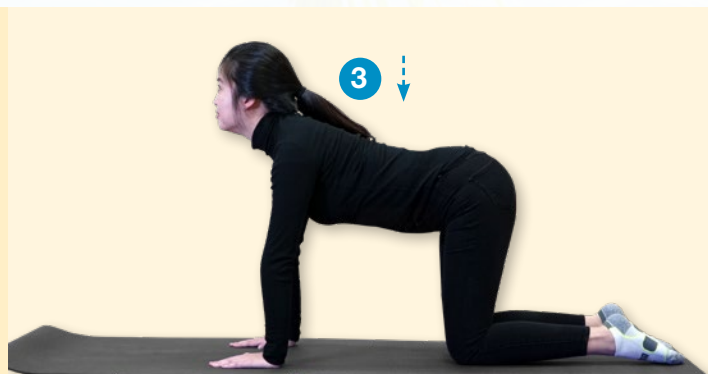
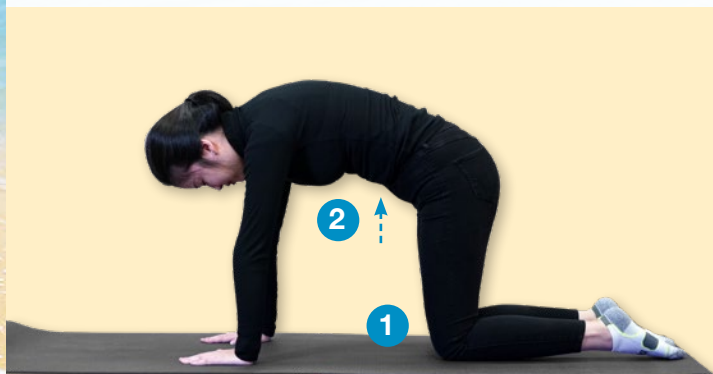
By Chinese Community Health Resource Center 以下資料由華人社區健康資源中心提供

Prolonged sitting and incorrect posture can cause lower back discomfort. Stretching increases flexibility, improves circulation, reduces stress on your spine, and may eliminate lower back pain.

- 1 Kneel on your hands and knees.
- 2 Arch your back slowly and pull in your stomach.
- 3 Slowly let your back and stomach hang down towards the floor.
- 4 Repeat 3-5 times.

長時間的坐著和不正確的坐姿會導致腰部不適。這運動增加脊柱靈活性，改善循環，減輕脊柱壓力，並可能消除腰痛。

- 1 雙手和膝蓋在瑜伽毯上。
- 2 慢慢拱起背部，收縮腹部。
- 3 慢慢讓您的背部和腹部放鬆垂下來。
- 4 重複3至5次。



# Eat Well, Live Well Recipe - Steamed Minced Pork and Eggplant with Preserved Mustard Greens

## 東華醫院註冊營養師推介食譜健康美食 - 梅菜肉茸蒸茄子

From Registered Dietitians at Chinese Hospital 此食譜由東華醫院的註冊營養師設計



### Nutrition information per serving:

Calories: 132 kcal  
Protein: 11 g  
Carbohydrates: 12.5 g  
Cholesterol: 24 mg  
Dietary Fiber: 5.8 g  
Sodium: 137 mg

### 每份材料含以下營養：

卡路里：132 千卡  
蛋白質：11 克  
碳水化合物：12.5 克  
膽固醇：24 毫克  
食用纖維：5.8 克  
鈉（鹽）：137 毫克

### Ingredients:

(Makes 3 servings)

- 1 item eggplant
- 1-½ oz preserved mustard greens (minced)
- 3 oz. minced pork/ground pork
- ½ tbsp garlic
- ½ tbsp scallion
- ½ tbsp yellow bell pepper

### Seasoning:

- ½ tbsp oyster sauce
- ½ tsp sesame oil
- ½ tbsp safflower oil

### Instructions:

1. Slice the eggplant in strips, and set them aside.
2. Mix safflower oil, oyster sauce with garlic in a pan over medium heat. Then add minced and preserved mustard greens, and red bell pepper to the sauce mixture. Add minced pork to the mixture. Stir fry it until fully cooked.
3. Pour seasoning and meat mixture (#2) onto eggplant and steam for 20 minutes.
4. Garnish with scallion and drizzle sesame oil. Serve hot.

### 材料：

- (3 人分量)
- 1 條紫茄
- 1-½ 安士梅菜（切碎）
- 3 安士瘦豬肉（切碎）
- ½ 湯匙蒜粒
- ½ 湯匙蔥花
- ½ 湯匙甜椒粒

### 調味料:

- ½ 湯匙蠔油
- ½ 茶匙麻油
- ½ 湯匙紅花油

### 做法:

1. 先將紫茄開邊切成條狀，備用。
2. 將紅花油、蠔油及蒜粒混合下鑊，並用中火爆香梅菜粒、甜椒粒後，加瘦豬肉碎炒熟。
3. 將製法（2）的材料淋在茄子上蒸大約20分鐘。
4. 最後灑上麻油和以蔥花裝飾點綴便成。



## CCHP 現已與 GoHealth 急診護理中心簽約

本文由華人保健計劃臨床醫療服務總監 Bonnie M. Holland, RN 提供





# Regenerative Surgical Technology: Can Orthopedic Surgeries Be Done Without Implants? 再生外科技術：骨科手術可以不置入植入物嗎？

By Eddie Y. Lo, MD, Jade Heath Care Medical Group Orthopedic Surgery and Sports Medicine Specialist  
本文由翡翠東華醫師協會骨科專家羅友迪醫生提供



I trained with a professor who designed a new technique for rotator cuff repair in Dallas. Traditional rotator cuff repair needs usage of an anchor or screw implant that is inserted into the bone. The implant has sutures on it. It can be used to sew and reattach torn rotator cuff tendons.

Now, we describe a new technique to reattach these tendons. It is an “anchor-less” or suture-only repair technique. It does not require any surgical implants. It creates bone marrow vents, which allows the egress of the bone marrow elements and stem cells. Those stem cells have been shown to maximize the regenerative nature of the body to heal the rotator cuff tear. In 2016, the study was published in the International Journal of Shoulder Surgery and presented in the International Congress of Shoulder and Elbow Surgery in Jeju, Korea. The technique also won “Sports Medicine Innovation of the Year” award.

In the study, we evaluated 107 patients. Their average age was 56 years old and had nearly 4 years of shoulder symptoms. They received surgical treatment with the new technique. 12 months later, the average function was 94 out of 100 points. Four failed surgical outcomes required reoperation. But his surgical approach showed significant clinical success and was similar to previously described anchor repair.

Dr. Eddie Lo received medical training at Columbia University and completed his orthopedic residency at UC Davis. After, he completed two years of fellowship training in Los Angeles and Dallas, specializing in sports medicine and shoulder surgery.

## Office Locations:

2171 Junipero Serra Blvd, #388  
Daly City, CA 94014

728 Pacific Ave, #503,  
San Francisco, CA 94133

Phone: 1-650-933-8349

我在達拉斯接受了有關新型肩旋肌修補手術的培訓。傳統修復肩旋肌損傷技術需要使用線錨或螺絲植入在骨頭上；該植入物有縫合線，可縫合及重新連接撕裂的肩旋肌。

現在，我們會說明一項毋需使用任何植入物的重新連接肩旋肌外科技術。這是一項「無線錨」或僅縫合的修復技術。這技術還可製造骨髓通氣孔，排出骨髓元素及幹細胞。研究顯示這些幹細胞能大大提高人體的再生性質來治療肩旋轉袖斷裂。這項研究已刊登於2016年的國際肩關節外科雜誌及提交至韓國濟州舉行的國際肩膀及手肘手術大會。同時，這項技術亦榮獲「年度運動醫學創新大獎」。

進行研究時，我們為107名接受無線錨肩旋修復手術的患者進行評估。患者平均年齡為56歲及有近4年的肩膀症狀。手術後的12個月，患者平均肩膀功能評分為94分，滿分為100分。研究中有4個失敗個案需要再次進行手術。不過，臨床數據顯示出無線錨肩旋修復手術的成功，而且效果可媲美傳統的線錨植入手術。

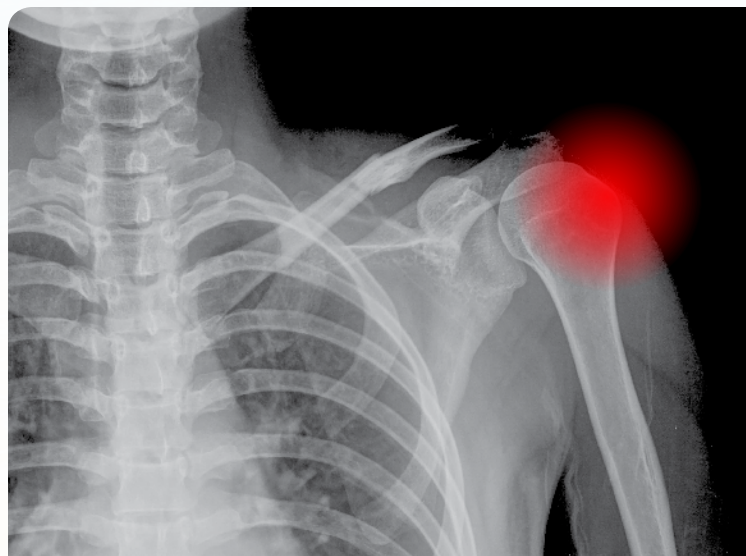
羅醫生是哥倫比亞大學醫學博士，並於 UC Davis 接受了註院骨科醫生培訓。隨後羅醫生在洛杉磯和達拉斯完成了兩年的專業運動醫學及肩膀手術培訓。

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# Drug Storage and Handling Safety Tips 藥物儲存及棄置小貼示

By Gina Yam, Pharm.D., Chinese Hospital Director of Pharmacy and Clinics

本文由東華醫院藥劑部及診所總監 Gina Yam, Pharm. D. 提供

## Do's ☒

- ☒ Store in cool, dark, dry place like closet or cabinet.
- ☒ Keep medication in their original bottles and store as instructed (e.g. refrigerator).
- ☒ Check expiration dates regularly.
- ☒ Keep medications out of reach of young children.

## Don't's ☒

- ☒ Store in the bathroom as it can get hot and moist.
- ☒ Flush medications or sharps down the toilet or throw into the trash can.

## Disposal

What should I do to safely discard sharps or used needles?

- Place sharps in sharps containers or sturdy bottles (e.g. detergent bottles) right after use

Where can I take my needles and sharps?

- Walgreen's pharmacy (any in San Francisco)

What should I do to safely discard medications/ sharps?

- Cross out name and address
- Bring medication or sharps container to a proper site listed below

Where can I take my unwanted or expired medications (no sharps, inhalers, vitamins)?

- Chinese Hospital Pharmacy — collection bin located outside the pharmacy
- 845 Jackson Street, 1/F, San Francisco, CA 94133 (New Patient Tower)
- 386 Gellert Boulevard, Daly City, CA 94015
- Local Police Station

If you have any questions about proper storage or disposal of medications, feel free to give us a call at 1-415-677-2430 or 1-650-761-3560.

Source:

[sfenvironment.org/safe-medicine-disposal](http://sfenvironment.org/safe-medicine-disposal)

[www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/Sharps/ucm263236.htm](http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/Sharps/ucm263236.htm)

## 合適 ☒

- ☒ 存放在涼爽，黑暗，乾燥的地方，如衣櫃或櫥櫃。
- ☒ 將藥物保存在原瓶或藥瓶中，並按指示存放（如冷藏於冰箱）。
- ☒ 定期檢查藥物何時過期。
- ☒ 將藥物放在幼兒接觸不到的地方。

## 不合適 ☒

- ☒ 保存在浴室裡（因為浴室比較暖及潮濕）。
- ☒ 把藥物或針頭沖到坐廁或棄置於垃圾桶。

## 藥物棄置:

怎樣才能安全地棄置針頭?

- 使用後, 將針頭放入回收針頭專用容器或堅固的瓶子（例如洗滌劑瓶）。

哪裡可以接收針管或針頭?

- 三藩市內任何一間 Walgreen's pharmacy

怎樣才能安全地棄置藥物?

- 用筆刪去姓名和地址;
- 然後把藥物或回收針頭專用容器帶到以下適當的地點棄置。

哪裡可以接收不需要或過期的藥物（針頭，吸入器，維生素命丸除外）?

- 東華醫院門診藥劑部 - 等候區內設有回收藥物收集筒
- 845 Jackson Street, 1/F, San Francisco, CA 94133 (新醫務大樓)
- 386 Gellert Boulevard, Daly City, CA 94015
- 警署

如有任何關於藥物儲存及棄置的疑問, 歡迎隨時致電東華醫院門診藥劑部查詢。我們的電話號碼是 1-415-677-2430 或 1-650-761-3560。

資料來源:

[sfenvironment.org/safe-medicine-disposal](http://sfenvironment.org/safe-medicine-disposal)

[www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/Sharps/ucm263236.htm](http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/Sharps/ucm263236.htm)





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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：

[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)

## Community Health Newsletter 社區健康季刊 2018 - Q3 (July-September) | 2018年 - 第三季 (七月至九月)



**Chinese Hospital  
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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 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 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 <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 845 Jackson St, Lobby, San Francisco <a href="http://www.cchrchealth.org">www.cchrchealth.org</a>	1-415-677-2473 <b>NEW</b>	Chinese Hospital 東華醫院	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 - Chinatown/Financial District 中西醫學門診 - 華埠/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>NEW</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