



### Helping Members Save Money on Pharmacy Copays 如何節省藥物的自付費

By Dang Tran, PharmD. at Chinese Community  
Health Plan Pharmacy Department  
此訊息由 Dang Tran, PharmD. 藥房及健康  
管理部提供

CCHP is committed to providing access to high-quality, affordable health care including cost-effective prescription drug coverage. In California, pharmacies must charge whichever is lower: the cash price or your copay. This means your copay is never more than the cost of the drug. For example, when the copay is less than the cash drug price, you pay your copay. However, when the cash drug cost is less than your copay, we automatically reduce the copay to match the cash price of the drug. As a CCHP member, you can also save on drug costs by filling three-month supplies of medications at Chinese Hospital or Costco pharmacies. If you have questions about how to save money on your copays, please reach out to Member Services at 1-415-834-2118 for assistance.

華人保健計劃(CCHP)致力提供優質及可負擔的醫療保健服務，其中包括提供價格合理的處方藥物保障。在加州的藥房，在現金價格與您的自付費之間，他們只能收取兩者之間較低的金額，意味著您的自付費不會高於藥物的價格。如果您的自付費高於藥物的價格，CCHP會自動調整該藥物的自付費，與藥物現金價格相符。凡CCHP會員在東華醫院藥房或Costco藥房取三個月的處方藥物，即可節省更多的藥物費用。查詢詳情，請致電1-415-834-2118與會員服務中心聯絡。



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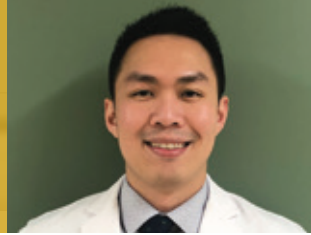
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## Chinese Hospital Service Highlight – Diagnostic Screenings 東華醫院服務 – 診斷檢查

By Harrison Hasanuddin, DO  
Family Medicine, Chinese Hospital  
Support Health Services  
此文由東華醫院健康服務中心  
張宏彬家庭醫生提供



### Did You Have Your Mammogram?

Breast cancer is the most common cancer in women both in the United States and worldwide. In the United States, it is the second leading cause of cancer-related deaths for women.

Mammograms are the best way to find breast cancer early for most women. When breast cancers are detected early, they are easier to treat. In fact, some early breast cancers do not cause symptoms, and they may be too small to feel. Having regular mammograms can lower the risk of dying from breast cancer. Currently, the United States Preventive Services Task Force recommends screening mammogram every 2 years for women 50-74 years old. Women 40-49 years old should discuss with their primary care providers about when to start mammogram screening. Most health insurance plans cover preventive screenings without a copay or cost share. Check with your insurance plan to make sure.

Chinese Hospital is a comprehensive medical facility. It can take care all your medical needs including check-ups and diagnostic tests like mammography. The Chinese Hospital Imaging department offers a comprehensive range of services including bone density, CT scans, interventional radiology, MRI, mammography, nuclear medicine, ultrasound, and x-rays.

Also, Chinese Hospital Support Health Services offers a full spectrum of primary and specialty care services, including family and internal medicine, ear, nose & throat, endocrinology, mental health and women's health.

For more information or schedule an appointment, please call **1-415-677-2370 (Support Health Services)** or **1-415-677-2320 (Imaging)**.

### 您有定期進行乳房X光檢查嗎？

在美國以至全世界女性中最常見的癌症是乳腺癌；這也是美國第二大導致女性死亡的癌症。

對於大多數女性，發現早期乳腺癌的最佳方法是接受乳房X光檢查。事實上，一些早期乳腺癌不帶有任何症狀，而且症狀不容易被察覺，所以及早發現會有助治療。定期進行乳房X光檢查可降低乳腺癌的死亡風險。目前，美國疾病預防工作組建議**50至70歲**的婦女應每兩年進行一次乳房X光檢查；**40至49歲**的女性應與主診醫生討論何時開始接受乳房X光檢查。大部分醫療保險都提供免自付費或免共付費的預防性檢查，詳情請向您的醫療保健公司查詢。

東華醫院是一間提供能全面醫療服務的設施，提供的服務包括一般檢查和診斷測試(如乳房X光檢查)，東華醫院可照顧您所有的醫療需要。其放射部提供的服務包括骨質密度檢查、CT電腦掃描、介入放射學、磁力共振掃描、乳房X光檢查、核子醫學、超聲波和X光檢查等。

此外，東華醫院的健康服務中心提供各種基本和專科服務，包括家庭及內科、耳鼻喉科、內分泌科、精神科和婦女健康服務等。

查詢詳情或預約，請致電**1-415-677-2370 (健康服務中心)**或**1-415-677-2320 (放射部)**。

## Healthy Exercise Tips 健康運動小貼士

By Angela Sun, PhD, MPH at Chinese  
Community Health Resource Center  
以下資料由華人社區健康資源中心  
孫潔博士提供

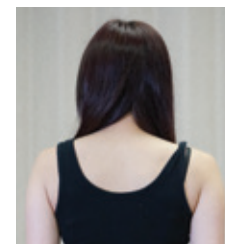


### Shoulder Blade Stretch

1. Sit up straight in a chair
2. Pull your shoulder blades together and for 5 seconds
3. Relax and repeat

### 肩膊伸展運動

1. 在椅子上坐直
2. 將肩胛骨一起向後拉並住持續5秒
3. 放鬆並重複以上動作



STEP 1 / 步驟 1



STEP 2 / 步驟 2

# Spring Season Herbal Highlight

## 春季的草藥: 菊花

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

此文由東華醫院中西醫學門診針灸師阮寶儀提供

In Traditional Chinese Medicine, Spring is associated with the Liver and Gallbladder. The Liver and Gallbladder are strongest from 11pm to 3am, so make sure you are in a deep sleep by then.

This season is all about moving Qi. Let your hair loose and wear looser clothing during this time. Bend down and stretch your muscles and tendons. This a good time to pick up yoga or tai chi!

This season we are going to highlight a liver herb: **Ju Hua**, or **Chrysanthemum**.

Chrysanthemum is bitter, sweet, spicy, and slightly cooling. It benefits the Liver and Lungs meridians. Chrysanthemum has a wide range of benefits, specifically cooling benefits. It is very helpful for red, itchy eyes, which is why it is common to use Chrysanthemum for Spring time hay fever. It is also helpful in relieving dizziness, toxic swelling such as acne, and lowering blood pressure.

**How to use:** The easiest way to use chrysanthemum is in tea form. Put 5-10 chrysanthemum in hot water, let steep for 3-5 minutes, and drink. Since chrysanthemum is such a delicate herb, make sure you do not use piping hot water - just hot water is perfect.

**For itchy red eyes:** Drape a towel over your head and lean over the chrysanthemum tea to collect the steam. Let your eyes bask in the steam. Be careful not to get too close!

**For acne:** Once the tea is cooled, strain the chrysanthemum flowers out. Apply to face with a cotton ball, or soak towel in the cooled tea and apply directly to the problem area. Let sit and air dry.

**Caution:** Because of the cooling nature of chrysanthemum, it is not recommended for people who tend to have a colder nature or people who have low blood pressure.

This is a general guideline. Please see a TCM practitioner to find one tailored to your health.



傳統中醫認為，肝和膽臟與春氣相通，而晚上十一時到凌晨三時是人的膽經與肝經運行時間，所以在這段時間熟睡對肝和膽臟非常有益。

春季著重氣的流動，是練習瑜伽或太極的好時機！您可穿寬鬆衣服放鬆身體，並透過適當的伸展運動以改善肌肉的柔軟度及提升能量。

本季我們重點介紹一種養肝草藥：**菊花**。

菊花味甘苦帶辣，性微寒。它對肝臟和肺部有益且具有廣泛的用途 - 尤其有解熱作用及對舒緩眼睛發紅或發癢非常有幫助，因此菊花常用於舒緩春季花粉過敏症狀。菊花還有助於舒緩眩暈、解毒，例如緩解暗瘡紅腫症狀，更可有於降低血壓。

**使用方法：**最簡單的使用方法是熱水泡菊花茶。將5至10粒菊花放入熱水中，浸泡3至5分鐘後飲用。由於菊花是比較寒涼性草藥，請不要使用極滾燙的熱水 - 使用剛熱的水即可。

**針對眼睛發紅、發癢症狀：**將一條毛巾蓋在頭上，眼睛靠近菊花茶上的蒸氣，利用水蒸氣薰眼睛。但要保持距離，不要靠太近！

**針對暗瘡紅腫症狀：**菊花茶冷卻後，取出菊花。將棉球或毛巾浸泡在冷卻的茶後塗抹在臉上，或直接抹在患處，塗抹後你可坐下休息等待自然風乾即可。

**注意：**由於菊花屬寒性，不建議體質偏寒或血壓低人士使用。

上述介紹是一般指引。請諮詢持牌中醫師，找出適合您體質的中草藥。

# Protect Yourself with Pneumonia Vaccines

## 接種肺炎疫苗可保護自己

By Bonnie M. Holland, RN, CCHP Clinical Services Director

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

**Pneumonia** is a bacterial infection that inflames the air sacs in one or both lungs. It happens when air sacs fill with fluid causing flu-like symptoms. You can also have it and not know it. This is called “walking pneumonia.” Treatment typically includes taking one or more antibiotics when it’s mild. Severe cases will require intravenous (IV) treatment in a hospital.

It is most serious for infants and young children, people older than age 65, and people with health problems or weakened immune systems. Mild symptoms often are similar to those of a cold or flu, but they last longer. Other symptoms may include:

- Chest pain when you breathe or coughing with phlegm
- Phlegm may be yellow or green
- Fatigue, fever, sweating and shaking chills
- Shortness of breath, confusion or changes in mental awareness
- Nausea, vomiting or diarrhea

### Vaccination is the best way to prevent pneumonia.

There are two vaccines that protect against this serious and sometimes deadly disease. They are pneumococcal conjugate (PCV, known as Prevnar) and pneumococcal polysaccharide (PPSV, known as Pneumovax). Some people need only one type of vaccine. But some people need both.

Adults age 65 years and older should receive both Prevnar and Pneumovax but not at the same time. You should receive a dose of Prevnar first (if possible), followed by a dose of Pneumovax 1 year later. Doctors recommend a different pneumonia vaccine for children younger than age 2 and for children ages 2 to 5 years

Be sure to talk to your doctor to make sure you are up to date on these and other recommended vaccines.

**Sources:** CDC (Centers for Disease Control and Prevention), American Lung Association.



肺炎是肺部受細菌感染而造成一至兩個肺泡發炎，從而導致肺泡內積聚感染積液或黏液，症狀與流感相似。有時病人也未能察覺已被感染，也被稱為「會走路的肺炎」。輕微症狀只需一種或多種抗生素藥物治療，嚴重者則需要入院接受靜脈注射 (IV) 治療。

高風險族群包括嬰幼兒、65歲以上、及有慢性疾病或免疫系統虛弱人士。輕微症狀與感冒或流感相似，但持續更長時間。其他症狀可包括：

- 呼吸或咳嗽時有痰，胸口疼痛
- 有青黃色痰
- 疲勞、發燒、發汗或發冷
- 呼吸困難、精神意識混亂或有變化
- 噁心、嘔吐或腹瀉

接種肺炎球菌疫苗是預防肺炎其中一種最有效的方法。

預防疫苗有兩種，分別是肺炎球菌結合疫苗 (PCV，稱為 Prevnar) 和肺炎球菌多糖 (PPSV，稱為 Pneumovax)。有些人只需接種一種肺炎球菌疫苗，但有些人則需要接種兩種疫苗。

65歲及以上的成年人應接種 Prevnar 和 Pneumovax，但不能同時接種。您應首先接種一劑 Prevnar (可以的話)，1 年後才接種一劑 Pneumovax。醫生建議 2 歲以下和 2 至 5 歲的兒童接種不同的肺炎疫苗。

請向您的醫生諮詢更多詳情以確保得到最新或更多建議。

資料來源：CDC (疾病控制和預防中心)，美國肺臟協會。

# Eat Well, Live Well Recipe

## 東華醫院註冊營養師健康美食推介食譜

Recipe Provided Courtesy of World Journal,  
Nutritional Information Provided by Chinese Hospital  
Diabetes Center Registered Dietitian  
此食譜由世界日報提供，營養資料由東華醫院  
糖尿病中心註冊營養師提供



### Triple Delight Braised Beef

#### Ingredients: (6 Servings)

½ lb beef  
3 fresh mushrooms  
1 chayote  
½ carrot,  
1 small red chili pepper  
2 sprigs scallion  
1 slice ginger  
1 clove garlic

#### Seasoning:

½ tbsp vegetable oil  
½ tsp salt  
½ tbsp Shaoxing wine  
1 tsp cornstarch  
300 cc water

#### Instructions:

1. Wash mushrooms, chayote (peel and remove seeds), carrots, and cut to approximately equal size. Slice beef into bite size. Shred red chili pepper for use later.
2. Heat wok and add oil. Saute scallion, ginger and minced garlic.
3. Add in carrot slices, mushroom slices, chayote slices (triple delight) and stir fry.
4. Add Shaoxing wine.
5. Bring to a slight boil, add a little water and cover. Turn down to low heat and simmer for 7 to 8 minutes, then add salt to taste.
6. Remove the vegetable slices. Strain broth, add in cornstarch mixture to make a thin gravy. Save part of the gravy as sauce and use the remainder to cook the beef slices until meat is 90% done.
7. Arrange mushroom, chayote, carrot and beef slices on a plate, pour gravy over top and garnish with shredded scallion and red chili pepper.

### 三鮮燴牛肉

#### 材料：(6人份量)

牛肉片 ½ 磅  
鮮香菇 3 朵  
佛手瓜 1 顆  
紅椒少許  
青蔥 2 根  
薑 1 片  
蒜 1 瓣

#### 調味料：

植物油 ½ 大匙  
鹽 ½ 小匙  
紹興酒 ½ 大匙  
玉米粉 1 小匙  
清水 300cc 備用

#### 做法：

1. 鮮香菇、佛手瓜（削皮去籽）和紅蘿蔔洗淨切片成大約相等大小；蔥、薑、蒜切末；牛肉片切適口大小；紅椒切細絲備用。
2. 開火熱鍋，微溫後放油、蔥白、薑末、蒜末爆香。
3. 依序下紅蘿蔔片、鮮香菇片、佛手瓜片（後稱三鮮）作拌炒。
4. 加入紹興酒。
5. 微滾後下適量清水，蓋鍋中火煮滾後，轉小火微煮7至8分鐘讓三鮮出味，再下鹽巴調味。
6. 起出三鮮，湯汁過濾並以玉米粉勾薄芡，留一部分作醬汁。其餘小火微滾後，下牛肉片涮至9分熟起出。
7. 三鮮及牛肉片擺盤，淋上醬汁，最後以蔥綠、紅椒細絲裝飾。

#### Nutrition information per 6 servings:

Calories: 99 kcal	Dietary Fiber: 2.2 gm
Protein: 7.8 gm	Sodium: 452 gm
Carbohydrates: 5.4 gm	Cholesterol: 18.5 gm
Fat: 4.9 gm	

#### 每份材料含以下營養：

卡路里：99 千卡	食用纖維：2.2 克
蛋白質：7.8 克	鈉（鹽）：452 克
碳水化合物：5.4 克	膽固醇：18.5 克
脂肪：4.9 克	

# Medical Expert Highlight

## 專業醫療團隊訪談

By Yang Ling, RN, Chinese Hospital  
此文由 Yang Ling, RN, 東華醫院提供

### A Little Girl with a Big Dream

**Yan Ling** understands that there is more to health care than sound medical diagnosis and treatment. Health care is also about knowledge...and giving back to the community

When she was studying to become a nurse, first at San Francisco State University where she received her Masters of Science in Nursing, then while her training at CPMC and Stanford, Yan Ling did not know the biggest impact she can make as a nurse would be through educating to empower patients about how to manage health issues.

Originally from Toisan, in the Guangdong province of China, Yan Ling decided to become a nurse so she could follow her passion to help others. To most people, caring for sick people is a medical matter. Medical professionals know better. Now, as a Clinical Nurse Specialist and Certified Diabetic Educator and Palliative Care Nurse at Chinese Hospital, she knows full well an informed patient can manage to live a healthy life compared to one with pain and discomfort.

One of the most rewarding parts of her work starts after a patient is discharged. Knowing that because of the hard work she has done, building trust before they leave, they are more likely to follow her good advice on how to get better and stay well. And, she has seen the difference. When a patient gets it, it's like a light bulb goes on above their heads. That's why, during her free time, she also volunteers at churches and community centers to educate people about healthy living and maintaining good health.

Yan Ling believes that everything she does is helping people, her original passion. When she sees her patients doing well and runs into them and their families around the neighborhoods, she gets a warm hello and thank you. To Yan Ling, and to many who have been helped by her dedication, they are like family.

In her personal time, she likes to eat great foods, hike and travel. As a child in China when it was still a closed country, Yan Ling only dreamed she would one day visit Paris, the City of Love. Now she's been there and done much more. But, what makes her excited is going to work everyday to empower her patients and the community with knowledge... one patient at a time.



### 小小的我，大大的夢

**Yan Ling** 知道醫療保健不僅是指診斷和治療，更是把學會的知識回饋社區。

**Yan Ling** 來自中國廣東省台山市，她從小喜歡幫助別人，所以她立志要成為一名護士。**Yan Ling** 在三藩市州立大學取得護理學碩士學位，其後在CPMC和Stanford實習。當時，她還沒察覺作為一名護士，她可以為病人帶來的影響可以是那麼多。很多人認為照顧病人是醫生的職責，他們對病人有較多的了解。但當**Yan Ling** 成為東華醫院的臨床護士專家、糖尿病教育者(獲認證)及舒緩治療護士後，她發現護士可以通過教育病人，向病人傳遞有關健康管理的知識，讓病人擁有更健康的生活。

作為護士，看見病人康復出院，讓**Yan Ling**感到非常鼓舞。在病人留院時，**Yan Ling**會用心地跟他們建立信任的關係，好讓病人出院後也遵循她的指示來保持健康。**Yan Ling**相信她所付出的都是有價值的，她看到病人的轉變。因此，她會利用空餘時間到教堂及社區中心當義工，教育社區如何保持健康。

**Yan Ling** 一直本著初心去幫助別人。當她在社區重遇已痊癒的病人及其家人時，她總會得到他們的溫暖問候和道謝，大家就好像是一家人。

其餘的時間，**Yan Ling** 喜歡品嚐美食、遠足和旅行。從前，前往被譽為「浪漫之都」的巴黎是她心中的小小夢想，如今這個夢想已經實現了。現在她更期待每一天能教導病人及社區，讓他們活得更健康。



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

## Community Health Newsletter 社區健康季刊

2019 - Q2 (April-June) | 2019年 - 第二季 (四月至六月)



Chinese Hospital  
Health System  
東華醫院醫療體系



CHINESE  
HOSPITAL  
& CLINICS



CCHP  
Health Plan



Jade HEALTH CARE  
MEDICAL GROUP  
翡翠東華醫師協會



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 845 Jackson St, San Francisco <a href="http://www.CCHPHealthPlan.com/memberservices">www.CCHPHealthPlan.com/memberservices</a>	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 <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.cchrhealth.org">www.cchrhealth.org</a>	1-415-677-2473		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
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		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
	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 - 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
	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			