

Community Health Newsletter

社區健康季刊

2019 - Q3
(July - September)

2019年 第三季
(七月至九月)



CHINESE HOSPITAL

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Chinese Hospital Clinic Service Highlight – Diabetes Center

東華醫院糖尿病中心

By Chinese Hospital

Diabetes Center

此文由東華醫院

糖尿病中心提供

Chinese Hospital Diabetes Center helps you manage your diabetes condition.

Diabetes can cause serious health problems. It can damage your eyes, kidneys, and nerves. It can also cause heart disease, stroke and even the need to remove a limb.

There are three main types of diabetes - Type 1, Type 2 and Prediabetes. Our team of experienced medical professionals has developed three nationally-recognized programs to help you manage your diabetes condition.

- 1. Diabetes Prevention Program** is for people diagnosed with prediabetes or are overweight and have a family history of diabetes.
- 2. Diabetes Self-Management Education Program** provides type 2 diabetic patients with extensive one-on-one self-management coaching to help manage the disease.
- 3. Gestational Diabetes Management Program** is for pregnant women with pre-existing diabetes or those who develop diabetes while pregnant.

Chinese Hospital Diabetes Center is available at Chinese Hospital and Clinic locations. We accept most insurance and have discounted self-pay options. To learn more or to make an appointment, please call **1-415-677-2370**.



東華醫院糖尿病中心可協助您管理糖尿病。

糖尿病可導致嚴重的健康問題。它會損害眼睛、腎臟及神經，也可導致心臟病、中風、甚至需要截肢。

糖尿病主要可分為三類：一型糖尿病、二型糖尿病及糖尿病前期。預防及治療能防止糖尿病惡化或降低併發症的風險。我們的專業醫護團隊設計了一系列全國認可計劃，可協助您管理糖尿病。

- 1. 糖尿病預防計劃**適合糖尿病前期患者或超重並有糖尿病家族史之人士參加。
- 2. 糖尿病自我管理教育計劃**為二型糖尿病患者提供一對一的糖尿病自我管理指導，從而幫助患者更有效地控制病情。
- 3. 妊娠糖尿病管理計劃**適合患有妊娠糖尿病的孕婦參加。

糖尿病中心於東華醫院及所有華康醫務中心提供服務。中心接受多種保險，也提供優惠的自費政策。查詢詳情或預約，請致電 **1-415-677-2370**。

Chinese Hospital Service Highlight – Video Visit

東華醫院服務 — 視像診症

By Health Services Clinic
此文由華康醫務中心提供



Your Doctor will See You Now

When Jenni got ready for her follow-up visit with her PCP (Primary Care Physician), she did it at home, on her smartphone. Through Chinese Hospital's HealtheLife video visit app, patients can now make follow-up doctor visits without leaving home, using their computer, tablet or smarthphone.

Chinese Hospital is constantly upgrading technology to serve you better. New technology helps keep everything secure and private. Chinese Hospital patient medical records are held in a secure location where they can be shared only with doctors, nurses, labs, and others who need to see them. This improves health care for everyone.

Technology also makes it more convenient for you. Chinese Hospital and Clinic doctors can use the HealtheLife feature to offer you follow-up video visits, request appointments and more.

Right on time, Jenni's doctor appeared her computer screen (much like she was video chatting with her parents) and got the all OK. Jenni didn't have to take time off her work to see her for a simple follow-up visit.

Video visits are available to Chinese Hospital, Clinics and Outpatient Center patients for follow-up visits and appointment requests. Soon, you will be able to see all your medical records, make certain doctor visits with your doctor this way.

HealtheLife. This is future of health care, today.

To learn more, contact Chinese Hospital Member Services via email at memberservices@cchphealthplan.com or call at 1-628-228-2828.

醫生可以見您了

Jenni在廚房準備使用手機與她的主診醫生跟進檢查報告。她打開手機應用程式，並等待醫生與她進行視像通話。透過東華醫院的新系統HealtheLife功能，病人只需使用智能手機或電腦便可與醫生會面。

東華醫院不斷提升其資訊科技系統。新系統讓東華醫院把病人的所有病歷紀錄統一管理；資料可安全地供給您的醫生、護士、化驗所或其他受權人查閱，以便他們為您提供更好、更準確及更有效的服務。

新系統不但為病人帶來更便捷的就診體驗，而且也為醫生帶來更多的方便。

轉眼間，醫生便出現在屏幕了，就好像她平常跟父母進行視頻聊天一樣，醫生跟她說一切健康！Jenni再不需要告假及不需前往診所來跟進簡單的報告了。

視像診症現只供東華醫院門診中心及華康醫務中心的病人作跟進檢查報告及預約服務。在不久將來，您將能夠查閱您的病歷紀錄、與醫生進行其他諮詢等等。

HealtheLife，開啟未來醫療新世界。想了解更多，請致電1-628-228-2828或電郵至 memberservices@cchphealthplan.com 與東華醫院會員服務部聯絡。

Summer Season Herbal Highlight: Mung Bean

夏季的草藥：綠豆

By Catherine Ng L.Ac., Chinese
Hospital East West Health Services
此文由東華醫院中西醫學門診針灸師
吳蕙軒提供



In Traditional Chinese Medicine (TCM), the summer season is associated with the heart organ. If the weather is too hot or too damp, the energy of the heart can be affected. Balancing heart energy with Chinese herbs, along with proper diet and exercise in the summer season can promote free flow of heart energy.

One of the summer herbs that balances heart energy is **mung bean**. Mung bean is sweet and cold in nature. It benefits the Heart and Stomach meridians and has a wide range of uses. It clears summer heat and dampness by promoting urination. It also relieves toxicity from toxic sores and swellings, such as boils and acne.

Internal use: Mung bean can be grinded into a powder and taken as tea, or made into soup.

For boils: Mung bean can be made into a soup with Jin Yin Hua (Honeysuckle Flower), Shen Gan Cao (Licorice), and Yi Ren (Job's tears).

For acne sores: Hai Dai Lu Dou Tang (Mung bean with algae soup) helps relieve toxicity.

The soups mentioned above not only are mild in nature, but they are also great in taste! The soups can be taken internally as dietetic support with 2 cups a day over 3-4 days.

Caution: Mung bean is cold in nature and should be used with caution during cold and damp seasons, and for those individuals who have cold body types.

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

從中醫角度，夏氣通于心。如果天氣太熱或太濕，心氣調節便會受到影響。夏季時，您可利用中藥配合適當的飲食及運動來促進心氣功能。綠豆性味甘寒，能清暑熱。綠豆不但對心及胃部有益，而且用途廣泛；其功效包括清熱、消暑除煩、利水及止渴等。此外，綠豆有助平衡夏季暑熱及暑濕對心及胃部的影響，也可緩解毒瘡及癰腫。

內服方法：把綠豆磨成粉末來泡茶或湯。

消癰腫的食療方法：將綠豆配金銀花、生甘草及薏仁來製成湯。

治瘡毒的食療方法：海帶綠豆湯可緩解毒瘡。

以上兩款湯不僅性味溫和且美味，可以配合中藥食療內服調理3至4天，每天可喝2杯。

注意：由於綠豆性涼，若在寒冷及潮濕的季節，或體質虛寒的人應慎用。

上述介紹是一般指引。請諮詢持牌中醫師，找出適合您的中草藥。

東華醫院中西醫學門診
Chinese Hospital East West Health Services
www.CHEWHS.org
1-415-795-8100 | 1-650-761-3542

Smoking Cessation Programs for CCHP Members

為有需要的CCHP會員而設戒煙計劃

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

Smoking leads to many health risks including lung disease, cancer of the mouth and lungs, heart disease, infertility, and stroke, however, smoking prevalence remains significantly higher among Chinese immigrants with limited English speaking ability.

Chinese Community Health Resource Center (CCHRC), the health educational department of CCHP, offers the following smoking cessation programs:

1. WeChat to Quit

Chinese Community Health Resource Center, in collaboration with University of California, San Francisco (UCSF) to conduct a program in smoking cessation using WeChat to deliver messages in Chinese language to promote healthy living, usage of smoking cessation resources, and evidence-based quit smoking tips. Between May and June, 2019, CCHP and CCHRC will send invitation letters to members who are eligible to participate. Eligibilities are: being Chinese, a current smoker and member of CCHP, between ages 18-70, a smartphone user, and able to read Chinese.

2. Maintain smoke free through reducing tobacco toxin in former Chinese smokers' homes

In collaboration with UC Berkeley and UCSF, CCHRC will implement an evaluation study to help former smokers to maintain smoke-free. The study involves employing a professional cleaning company to remove tobacco toxins from furnishings of former smokers' homes. If you are interested, please contact CCHRC for eligibility and details.

3. Individual counseling and referral for smoking cessation

4. Smoking cessation-related educational materials:

- Online resource at www.cchrchealth.org
- In-person at CCHRC office located in Miriwa Center at 728 Pacific Avenue, #115, San Francisco. 1-415-677-2473



儘管吸煙會導致許多疾病，如肺病、肺癌、口腔癌、心臟病、不孕及中風，但華裔移民的吸煙率仍然很高。

華人社區健康資源中心 (CCHRC) 是華人保健計劃 (CCHP) 的健康教育部門，特提供以下戒煙計劃給有需要的會員：

1. 「來來網網，健健康康」微信戒煙計劃

CCHRC 與三藩市加大 (UCSF) 合作，利用微信開展戒煙計劃。此計劃提供中文健康信息、戒煙資源及有效的戒煙小貼士。CCHP 及 CCHRC 會發送邀請函予合資格的會員。申請人須符合以下資格：吸煙人士、年齡介乎18至70歲之間、能夠閱讀中文的CCHP 會員，並且是智能手機用戶。

2. 為已戒煙的華人減少其家中的煙草毒素

CCHRC 將與伯克萊加大 (UC Berkeley) 及 UCSF 一起進行一項評估研究，以幫助已戒煙人士建立無煙之家。研究包括聘請專業清潔公司幫助已戒煙人士的家具清除煙草毒素。查詢詳情及資格，請聯絡 CCHRC。(研究僅限已戒煙一年，家中沒有吸煙人士的華人。)

3. 個人戒煙諮詢及轉介

4. 戒煙資訊：

- 網上資訊：www.cchrchealth.org
- 親臨 CCHRC 辦公室 (位於三藩市柏思域街 728 號 115 室，美麗華中心內)。電話 1-415-677-2473。

Note for Perinatal and Health Education Classes

PERINATAL CLASSES 婦產及嬰兒講座時間表

NOTE: Pre-registration is required. A class may be cancelled if fewer than five people sign up.

備註：課程必須預先登記。如果人數少於五人，該課程可能會被取消。

婦產嬰兒及健康講座特別訊息

HEALTH EDUCATION CLASSES (Provided by CCHRC)

健康講座時間表 (由華人社區健康資源中心提供)

NOTE: Class may be cancelled if fewer than five people sign up.

備註：如果登記人數少於五人，該課程可能會被取消。

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



Tofu Stir-fry with Mix Fruits

Ingredients: (10 Servings) **Seasoning:**
10 mini pepper ¼ cup orange juice
1 box firm tofu ½ cup broth
½ purple onion 1 teaspoon salt
5 Okra 1 teaspoon lotus root starch
½ Mango (medium size)
10 Rambutan

Instructions:

1. Cut the tofu into sticks and set aside.
2. Cut other ingredients into sticks (finger size).
3. Preheat the pan, add 2 tablespoon of Lower Seed oil. Add mini pepper, purple onion and Okra, and stir fry until half cooked, then add tofu, fruits and seasoning until cooked.

Nutrition information per serving:

Calories: 95 kcal	Dietary Fiber: 1.4gm
Protein: 2.7gm	Sodium: 246mg
Carbohydrates: 8.7gm	Cholesterol: 0.1mg
Fat: 4.7gm	

千嬌百媚

材料：(10人份量) **調味料：**
迷你彩椒 10 隻 柳橙汁 ¼ 杯
老豆腐一盒 高湯半杯
紫洋蔥半個 鹽 1 茶匙
秋葵 5 條 藕粉 1 茶匙
中型芒果半個
紅毛丹 10 粒

做法:

1. 將豆腐切成長條型。
2. 其他的材料切成手指粗長條。
3. 開火熱鍋，微溫後下葡籽油 2 湯匙。然後將彩椒、紫洋蔥及秋葵炒至半熟，陸續下豆腐及水果，最後將調味料混合加入勾薄芡即可。

每份材料含以下營養：

卡路里：95 千卡	食用纖維：1.4 克
蛋白質：2.7 克	鈉（鹽）：246 毫克
碳水化合物：8.7 克	膽固醇：0.1 毫克
脂肪：4.7 克	

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

Step Up Exercise

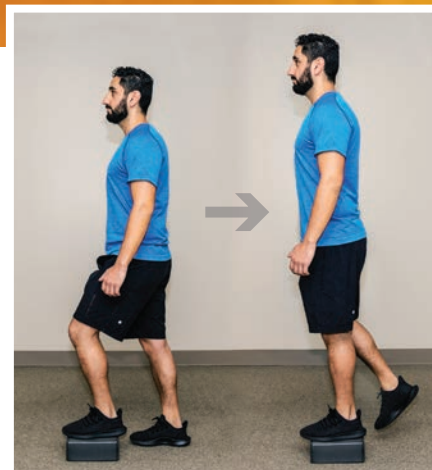
This exercise strengthens your leg muscles and improves balance.

1. Step your entire left foot onto the platform (about 6 inches high).
2. Lift your right foot off the floor, let it hang loosely off the platform and hold for 3 to 5 seconds.
3. Slowly lower your hanging right foot to the floor, then bring your other foot down.
4. Repeat with other foot.

腿部提升運動

這項運動可增強腿部肌肉，改善平衡。

1. 左腳踏上平台（約6寸高）
2. 右腳離地，放鬆地懸空持續3至5秒。
3. 右腳慢慢放下地上，左腳亦跟著回落地上。
4. 另一隻腳重複做同一動作。



Medical Expert Highlight

專業醫療團隊訪談

By Chinese Hospital East West Health Services
此文由東華醫院中西醫學門診提供

Traveling Acupuncturist- Esther Chen, L.Ac, MSTCM

Chinese Hospital East West Health Services provides acupuncture, acupressure, cupping, herbal remedies, therapeutic massages and more. Whether you visit the office in Chinatown/Financial District or in Daly City, you will find our highly-capable Esther Chen, L.Ac, MSTCM, waiting to make you feel better.

When she is not treating patients, Esther is working on two of her passions – mastering Traditional Chinese Medicine (TCM) and travel. As a member of American Association of Chinese Medicine and Acupuncture (AACMA), she coordinates professional conferences that combine learning about the latest in TCM and traveling.

Whether it's a cruise or a tour, Esther leads a group of licensed acupuncturist to exotic locations like Australia, Alaska, South America, Panama, Mexico, Caribbean and other parts around the globe. Typically, there are 12-14 TCM providers who join to enrich their skills in a classroom setting, getting to know one another and share knowledge. And, yes, they also get to see the sights and experience new places and cultures. It's all part of the larger understanding about how the mind and body works so they can be better practitioners.

Born in Canton/Guangzhou, Guangdong province, Esther was inspired by her father who also practiced TCM in China and in the United States. Armed with a neuroscience degree from U.C. Riverside, she considers TCM her calling. So, with over ten years practicing under her father, Esther has come back to San Francisco, at Chinese Hospital, to help our community to heal and stay well.

Esther's patients range widely in age, ethnicity and the type of work they do. They may include retirees, workers comp injuries and office workers with carpal tunnel syndromes from typing. Most of her patients (over 95%) respond positively to her treatments. Her biggest satisfaction comes from happy and smiling patients whom she helped to alleviate many types of pain.

Be sure to stop by and say hello to Esther.



從旅行中學習- 陳嘉冕註冊針灸師

東華醫院中西醫學門診提供的服務包括針灸、指壓、拔罐、中藥及按摩治療等。無論您在華埠、金融區或帝利市居住或工作，**陳嘉冕醫師**都能為您提供貼心及優質的服務。

工餘時間，陳醫師喜歡繼續研習傳統中醫，也喜歡去旅行來認識世界。她是美國中醫及針灸學會的會員，並協助學會舉辦中醫學術交流會。

陳醫師曾帶領其他會員踏遍多個地方，如澳洲、阿拉斯加、南美洲、巴拿馬、墨西哥及加勒比海等。交流會提供機會給會員分享知識，也讓他們可以在課堂以外的地方學習及體驗不同文化。與此同時，旅行可讓會員更了解自己的身心運作，令他們成為一位更優秀的醫師。

陳醫師出生於廣東省廣州市，她的父親也是一位中醫師，曾在中國及美國執業。陳醫師從加州大學河濱分校獲得了神經科學學位，因受父親的影響而成為一位中醫師。陳醫師跟隨父親學習中醫十多年，之後便來到三藩市的東華醫院為社區服務。

陳醫師的病人來自不同年齡及階層，包括退休人士、受了工傷的工人、因打字而患有腕管綜合症的文員等。很多病人接受了陳醫師的治療後，疼痛便得到緩解；有九成半病人認為治療有顯著成效。當陳醫師看見病人康復後的笑容，便是工作為她帶來的滿足感。

下次看到陳醫師，別忘記向她打個招呼。



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Health Plan

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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.cchrhealth.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

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Chinese Hospital
Health System
東華醫院醫療體系



CHINESE
HOSPITAL
& CLINICS



CCHP
Health Plan



Jade HEALTH CARE
MEDICAL GROUP
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Chinese
Community
Health
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IMPORTANT CONTACT INFORMATION 重要聯絡資料

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	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 845 Jackson St, Lobby, San Francisco www.cchrhealth.org	1-415-677-2473		Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd, Daly City www.chinesehospital-sf.org	1-650-761-3500
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		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 www.chewhs.org	1-415-795-8100
	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 - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd, Daly City www.chewhs.org	1-650-761-3542
	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			