

CCHP  
Health Plan

CARE BY CCHP  
社區健康季刊



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# Message from CCHP

## 寄語



It's important to understand that everyone is feeling the emotional burden of this crisis.

This is what a pandemic feels like. It is awful and even people with tremendous strength and resiliency feel changed. If you are overwhelmed and anxious, it is normal during this confusing time.

The important question is: What will you do about it? How can you boost your happiness and joy?

CCHP wants to support more health and happiness for our members.

Our modest suggestion: Try to increase daily happiness through four steps towards better physical and mental health.

- **Movement** - challenge yourself to exercise, even a little everyday
- **Mindfulness** - remind yourself of who you are and what makes you happy
- **Mastery** - increase control of your schedule, your diet, and your activities
- **Meaningful social relationships** - regularly maintain connections to friends and family

We cannot change the pandemic, but we can change our actions in times of crises.

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當面對危機時，我們的身體及心理可能會產生各樣反應，從而影響我們的情緒。每個人面對壓力都有不同的反應，即使適應能力很強的人，他們也有機會受情緒所影響。因此在這次疫情中，如果您感到不知所措及焦慮，這都是正常的。

而重要的是：您會如何應對？如何讓自己增加幸福及快樂？

CCHP致力促進會員身心健康，您可以嘗試以下的建議：

- **運動** - 每天堅持做適度的鍛煉
- **正能量** - 找回自己，想一想有什麼事情會讓自己快樂
- **掌握人生** - 好好管理自己的時間、飲食習慣及生活
- **良好的社交** - 與家人朋友保持聯絡

雖然我們不能停止疫情帶來改變，但當我們緊張或感到困擾時，則可嘗試進行一些調整。

# Message for Members

## 會員重要訊息

### The Importance of Getting a Flu Vaccine During Covid-19

The flu shot won't prevent COVID-19, but it's still a good idea to get vaccinated this fall to prevent influenza and reduce the risk of serious flu complications. People who are older than six months are recommended to get a flu vaccine by CDC, especially if you are pregnant, over age 65 or have a chronic condition such as heart disease or asthma. Elderly people with chronic illnesses are at much higher risk of hospitalization or death from the flu.

This fall is more important than ever for everyone to get protected from the flu. Each year, many people are hospitalized with this preventable illness. This year hospitals have already been overwhelmed with people suffering from the coronavirus. You can help prevent physicians, nurses, and hospitals from being overrun with patients with both illnesses.

Currently, there are no vaccines to prevent COVID-19, but there is a flu vaccine to prevent influenza. By getting vaccinated, you are not only protecting yourself but also your loved ones and your communities.

Hospitals, clinics, doctor's offices, and pharmacies, including Chinese Hospital and its clinics, will have vaccinations available starting September. So be sure to check with your provider about when to get vaccinated. Most health plans, like CCHP, cover the flu vaccines as no-cost preventive service.



### 新冠疫情下，接種流感疫苗的重要性

儘管流感疫苗未能預防新冠病毒，但我們可透過接種流感疫苗來減少受流感感染及降低感染後出現嚴重併發症的機會。根據美國疾病管制與預防中心的建議，凡年滿6個月以上人士都應接種流感疫苗，特別是孕婦、65歲或以上的長者或有慢性疾病的人，如心臟病及哮喘等。患有慢性疾病的長者亦較容易因流感而需要入院或死亡。

更重要的是，今個秋季比以往任何時候都更需要接種疫苗。每年很多人也因為流感而入院。現時，新冠肺炎已為醫院及醫療系統帶來沉重的負擔，您可透過接種疫苗來預防流感，從而減輕醫生、護士及醫院的負擔。

雖然現時未有新冠病毒疫苗，但流感疫苗卻有效預防季節性流感。您不但可以保護自己，亦可保護您的親人及整個社區。

從9月開始，很多醫院、診所及藥房都會提供流感疫苗接種服務，包括東華醫院及其診所。您可向醫生查詢有關接種疫苗的時間。大部分醫療保險，包括華人保健計劃，都會承保此服務，您毋須支付任何費用。

# Health Education 健康教育

## Breast Cancer Screening

Breast cancer is the second most common cancer in woman. Breast cancer screenings are tests performed on women's breast to find cancer before signs or symptoms appear. A mammogram is one of the most effective ways to find breast cancer early. It uses low-dose x-ray to find tumors that are too small to feel. The American Cancer Society recommends screening mammography for women aged 40 years and older. Thanks to early diagnosis and improved treatment, the death rate has continued to decrease in women aged 50 and over since 2007.

The following are some recommendations for breast cancer screening:

1. **Mammogram** - Find tumors that are too small to feel
2. **Clinical breast exam** - Check lumps or other changes by a certified clinician
3. **Breast self-examination** - Report any changes (lumps or changes in size/shape) you notice to your doctor

Talk to your doctor to find the best options for you.



## 乳房腫瘤檢查

乳癌在美國婦女最常見的癌症中排第二位。乳房腫瘤檢查是對女性乳房進行檢查，目的是在未出現癌症徵兆前找出癌細胞。乳房X光是診斷早期乳癌最有效的方法之一，它使用低劑量的X光線來偵測細小且難以感覺的腫瘤。美國癌症協會建議女性40歲開始進行乳房腫瘤檢查。自2007年起，由於及早診斷及治療，50歲及以上女性的死亡率持續下降。

以下是常見檢查乳房腫瘤的方法：

1. **乳房X光檢查** - 偵測細小且難以感覺的腫瘤
2. **臨床乳房檢查** - 由醫護人員檢查腫塊或其他變化
3. **自我檢查** - 如發現任何變化（腫塊，或大小及形狀出現變化），請告知醫生。

請諮詢您的醫生，以找到最適合您的檢查方法。

### References 參考資料

[https://www.cdc.gov/cancer/breast/basic\\_info/screening.htm](https://www.cdc.gov/cancer/breast/basic_info/screening.htm)  
<https://www.cancer.gov/types/breast>



# Eat Well, Live Well Recipe

## 東華醫院註冊營養師健康美食推介食譜



### Steam Garlic Shrimp with Vermicelli

**Ingredients (6 servings):**  
10 shrimp (about 1/2 lbs)  
80g vermicelli  
50g garlic paste  
15g chopped scallion

**Seasoning:**  
2 tbsp light soy sauce  
1/4 tsp salt  
1 tsp sugar  
1/4 tsp white pepper  
2 tbsp chicken stock or water

#### Instructions:

1. Clean and devein the shrimps, then use a scissors to open the back.
2. Soak vermicelli in water until soft, drain and place them onto a plate.
3. Fry garlic paste with all seasoning to make the sauce.
4. Place prawns on top of vermicelli noodle. Pour garlic sauce over the shrimps then steam for about 6 minutes. Sprinkle scallion on top for garnish.

Recipe Provided Courtesy of World Journal,  
Nutritional Information Provided by Chinese Hospital  
Registered Dietitian.

### 芙蓉粉絲開背蝦

**材料：(6人份量)**  
蝦 10隻 (約半磅)  
粉絲 80克  
蒜蓉 50克  
蔥 14克 (切碎)

**調味料：**  
生抽 2湯匙  
鹽 1/4茶匙  
糖 1茶匙  
白胡椒粉 1/4茶匙  
高湯或清水 2湯匙

#### 做法:

1. 將蝦清洗、清理蝦腸及開背。
2. 粉絲浸軟。瀝乾後放在碟上。
3. 將蒜蓉、生抽、糖等調味料炒成醬汁。
4. 將粉絲擺盤，蝦擺好造型。將炒好的蒜醬汁淋在蝦上蒸大概6分鐘，灑上蔥花裝飾。

#### Nutrition information per serving:

##### 每份材料含以下營養：

Calories 卡路里：112kcal	Phosphorus 磷：10mg
Protein 蛋白質：10g	Vitamin A 維他命 A：42iu
Total Fat 脂肪：3 gm	Vitamin C 維他命 C：1mg
Cholesterol 膽固醇：64mg	Calcium 鈣：26mg
Sodium 鈉（鹽）：427mg	Folic Acid 葉酸：26ug
Potassium 鉀：90mg	
Carbohydrates 碳水化合物：11gm	

此食譜由世界日報提供，營養資料由東華醫院註冊營養師提供

## Healthy Exercise Tips 健康運動小貼士

### Arm and Leg Reach Exercise

1. Get down on your hands and knees, keep your back straight
2. Raise one arm and the opposite leg and hold for 5 seconds
3. Return to the starting position and repeat 5 times
4. Switch to other arm and leg and repeat

### 手腿伸展運動

1. 跪在地上，雙手放下，背部保持挺直
2. 慢慢地將右臂和左腿提起，另一隻手撐在地上保持平衡，保持5秒
3. 返回最初位置，重複5次
4. 另一邊手臂和腿重複動作如上



Material Provided by CCHRC  
資料由華人社區健康資源中心提供

# Balancing Western Medicine with Eastern Remedies 東方中醫療法與西藥的平衡

## Traditional Chinese Medicine for Cold and Flu Prevention

Everyone has had the experience of catching a cold or flu.

Our immune system can be weakened by seasonal changes, frequent travels, and/or stress. When our immune system is suppressed, it could lower our body's defense against colds and the flu.

There is an acupressure point to help relieve symptoms of a cold or flu. If we use it early enough, it may help reduce the risk of getting a cold or flu.

### Gb20 (Feng Chi / Wind Pool)

This acupressure point is recommended for headache, low energy, and cold or flu symptoms.

You can find it by placing your hands on the back of your head. Use your thumbs to find two depressions on the edge of your neck muscles. Use deep and firm pressure towards the skull and massage for 3-4 seconds.

This is a general guideline. In order to find a treatment plan tailored to you, speak to us or an acupuncturist.

Article Provided by Joyce He, L.Ac.,  
Chinese Hospital East West Health Services



## 中醫預防感冒及流感

大部分人都有患過感冒或流感的經驗。

季節轉變、經常外遊或工作壓力都會使我們的免疫力下降。當免疫系統功能下降或受到抑制時，它可能會降低我們抵抗感冒和流感的能力。

從中醫角度，有一個穴位有助緩解感冒或流感的症狀。如果及早使用，可能有助降低患感冒或流感的風險。

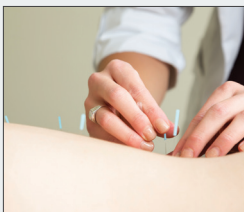
### Gb20 (風池穴)

此穴位經常用於緩解頭痛、低能量、感冒或流感的症狀。

風池穴位於頸後頭枕骨下。將手放在後腦，用拇指按在頸部肌肉邊便可找出兩個凹陷處，用拇指按壓3-4秒。

以上資訊僅供參考。想了解哪些治療適合您，請聯絡我們或您的針灸師。

此文由東華醫院中西醫學門診何欣中醫針灸師提供



Chinese Hospital East West Health Services

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## Community News 社區消息



### Recognition of Employee Dedication and Perseverance During COVID-19

Amid the challenges brought upon by the crisis, Chinese Hospital employees continue to deliver exemplary services despite difficult circumstances. To recognize and honor these outstanding employees and their extraordinary efforts, Chinese Hospital held a special award ceremony. 9 employees and 3 departments were recognized.

"I want to thank each of our employees who touch the lives of our patients through their professionalism, commitment to excellence, and diligence during COVID-19. We've seen employees work extra shifts and take on new duties where they could help. As we continue to strive to slow the spread of COVID-19 in the community, their ongoing hard work is more vital than ever," said Dr. Jian Zhang, Chinese Hospital CEO.

"As we grapple with changes all around us, our employees have been paramount to ensure Chinese Hospital moving forward. Our staff have put in long hours and made great sacrifices to safeguard our community. It has been inspiring to witness such an astounding display of commitment and resiliency," said Kitman Chan, Chinese Hospital Board of Trustees President.

### 東華醫院表揚參與抗疫工作的醫護人員

儘管新冠肺炎為全球帶來巨大的挑戰及重重的困難，但東華醫院的醫護人員一直為疫情不遺餘力，透過其專業的精神為病人提供優質的服務。東華醫院特別表揚9名員工及3個部門，以答謝他們的付出及貢獻。

東華醫院行政總裁張建清博士表示：「我很感謝每一位在疫情下仍秉持專業精神，並且緊守崗位的員工。為確減低疫情傳播，他們都盡其所能，如加班照顧病人及接受新工作安排等，他們對確保社區健康有十分重要的影響。」

東華醫院董事長陳傑民先生表示：「員工為醫院的重要資產。為了維持醫院繼續運作，他們不分晝夜地工作；為了保護這個社區，他們爭分奪秒地對抗病毒。這種偉大及高尚的情操，實在令人敬佩。」



**CHINESE  
HOSPITAL**

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Office of Fund Development 基金發展部  
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[www.chinesehospital-sf.org/donate-now](http://www.chinesehospital-sf.org/donate-now)



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](mailto:Info@CCHPHealthPlan.com). Electronic copies are available online at:

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

[www.cchrhealth.org/health-newsletters-2/](http://www.cchrhealth.org/health-newsletters-2/)

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-newsletter](http://www.cchphealthplan.com/community-newsletter)  
[www.cchrhealth.org/health-newsletters-2/](http://www.cchrhealth.org/health-newsletters-2/)

Please check for  
updates on classes at:

請上網查詢健身課程  
及健康講座的最新資訊：

[www.cchphealthplan.com/classes-and-events](http://www.cchphealthplan.com/classes-and-events)

### IMPORTANT CONTACT INFORMATION

#### 重要聯絡資料



Chinese Hospital  
Health System  
東華醫院醫療體系



CHINESE  
HOSPITAL  
& CLINICS



CCHP  
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Jade HEALTH CARE  
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Chinese  
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Health  
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Center  
華人社區健康資源中心

#### CCHP Member Services CCHP 會員服務

CCHP Member Services Center - Chinatown **1-415-834-2118**  
CCHP 會員服務中心 - 華埠  
445 Grant Ave, San Francisco  
[www.CCHPHealthPlan.com/memberservices](http://www.CCHPHealthPlan.com/memberservices)

CCHP Member Services Center - Daly City **1-415-834-2118**  
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386 Gellert Blvd, Daly City  
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#### Health Education 健康教育

Chinese Community Health Resource Center **1-415-677-2473**  
華人社區健康資源中心  
818 Jackson St, Unit 301, San Francisco  
[www.cchrhealth.org](http://www.cchrhealth.org)

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

Support Health Services **1-415-677-2370**  
東華醫院健康服務中心  
845 Jackson St, Floor B1, San Francisco  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

Chinese Hospital Outpatient Center **1-650-761-3500**  
東華醫院門診中心  
386 Gellert Blvd, Daly City  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

#### Chinese Hospital Clinics 東華醫院門診中心

Sunset Health Services **1-415-677-2388**  
日落區華康醫務中心  
1800 31st Ave, San Francisco  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

Excelsior Health Services **1-415-677-2488**  
外米慎區華康醫務中心  
888 Paris St, #202, San Francisco  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

Gellert Health Services **1-650-761-3500**  
Gellert 華康醫務中心  
386 Gellert Blvd, Daly City  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

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