



CCHP
Health Plan

CARE BY CCHP

社區健康季刊



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Message from CCHP 寄語



Worried about life after the pandemic?

We are very close to engaging in freedoms we haven't had a chance to enjoy in a long time.

Are you feeling hesitant at the thought of the city reopening? If so, you are not alone. Today, social anxiety affects everyone. It will take time to gradually become comfortable with a return to life before the pandemic.

An easy way to start is by planning essential activities that have been neglected for too long.

Start with simple things. Make appointments to see your doctor for an annual checkup. Schedule time with your dentist for teeth cleaning. Find more time for outdoor activities that promote healthy exercise and mental wellness.

These are all small steps that will encourage a healthy lifestyle while helping you adjust to more social interactions. Over time, you will become better accustomed to face all the world has to offer - safely, bravely, and confidently.

您對疫情後的生活感到焦慮及恐懼嗎？

我們即將可以自由出行，享受久違了的時光。

但您對城市重開有感到猶豫嗎？您有這種想法也是正常的。疫情令很多人有社交恐懼，我們需要時間慢慢去重新適應才能回到疫情前的生活。

要重新適應，您可從最基本、最簡單事情做起，例如約見醫生進行年度體檢、約見牙醫清潔牙齒及進行一些有益身心的戶外活動。

這些簡單的事情除了可以幫助您維持健康外，還可以幫助您重新適應社交生活。久而久之，您便可以勇敢、自在、從容地面對疫情後的變化。

Health Education

健康教育



Bone Spurs

Q1 What are bone spurs?

Bone spurs, also called osteophytes, are bony lumps that develop along bone edges and are usually caused by degenerative changes or poor posture habits. Bone spurs develop as a way of the body responding to inflammation or injury surrounding a bone or joint, resulting in new bone formation. The most common areas for bone spur growth are knees, spine, hips, and feet (heels).

Q2 What are the symptoms?

Many cases are non-symptomatic and non-painful, but when bone spurs rub against spinal nerves or adjacent bones, it may cause some symptoms, such as numbness, joint pain, stiffness, weakness, and even muscle atrophy.

Q3 How are bone spurs diagnosed?

An x-ray is the most common test performed and shows the structure of the spinal bones and can detect bone spurs. It helps determine the treatment plan. Other tests include CT scan and MRI.

Q4 How are bone spurs treated?

Bone spurs are treated only if they are causing symptoms. If the problems are caused by poor posture or overuse of the joints, rehabilitation treatment may help ease the pain. If symptoms continue to worsen, the only way to remove the bone spurs is through surgery. The trend has moved toward minimally invasive procedures, which provide a shorter recovery time, less pain, and reduced risk of infection.

There are a number of factors that can cause spine pain, not necessarily caused by bone spurs. You should consult with a doctor if you experience any of these symptoms and are unsure of the cause.

This information is provided by the Chinese Hospital Orthopedic Center

骨刺

骨刺是什麼？

骨刺是指「骨質增生」，意思是在原有的骨骼上增生出新的骨骼，成因包括脊椎隨著年齡增長而退化，或姿勢不當等。當脊椎長期受壓或磨損，就可能開始長出新的軟骨及骨骼組織，形成骨刺。最常出現骨刺的部位包括膝蓋、脊椎、骨盆及腳踝。

長骨刺有什麼症狀？

事實上，大部分骨刺都是沒有症狀的。但當骨刺壓迫到神經或鄰近的骨骼時，便會引起一些症狀，例如手腳麻痺、疼痛、關節僵硬、肌肉無力、甚至出現肌肉萎縮。

如何診斷骨刺？

醫生通常透過X光檢查來觀察骨刺的生長情形，並藉此決定治療方案。其他檢查包括電腦斷層掃描及磁力共振掃描。

如何治療骨刺？

若骨刺沒有影響關節活動能力或引起痛症，患者不一定要接受特別治療。若因為姿勢不當而導致脊椎問題，患者可考慮接受復健治療。不過，若症狀惡化，接受手術是唯一消除骨刺的方法。現時微創手術造成的傷口較細，風險也大大減低。

最後，脊椎痛症的成因有很多，並不一定是長骨刺，如有懷疑應盡早求醫。

資料由東華醫院骨科及脊椎中心提供。

COVID-19 Safety Reminders

新冠肺炎安全措施



Once you are fully vaccinated, it is important to continue keeping you and your family safe. The Centers for Disease Control and Prevention (CDC) recommends that vaccinated people continue to:

- Wear a mask
- Avoid large events and gatherings, when possible
- Cover coughs and sneezes
- Wash hands often

Please continue to get tested for COVID-19, especially after having potential exposure or international travel. According to the CDC, even if you are vaccinated, you could potentially still spread COVID-19 to others. If you think you may have been exposed to COVID-19, contact your doctor and keep track of your symptoms.

Information is provided by Chinese Community Health Resource Center

已完成全劑量新冠疫苗接种的市民也要繼續保護自己及家人，美國疾病控制和預防中心提供了以下建議。已完成全劑量疫苗接種人士請繼續：

- 佩戴口罩
- 盡量避免前往大型活動及聚會
- 咳嗽或打噴嚏時需遮蓋口鼻
- 常洗手

此外，請繼續進行新冠病毒檢測，尤其是有潛在的風險或出國旅遊後。美國疾病控制和預防中心指出，即使已接種疫苗，您仍有機會把病毒傳染給他人。如果您懷疑自己受感染，請聯絡醫生並把症狀記錄下來。

資料由華人社區健康資源中心提供

Eat Well, Live Well Recipe

東華醫院註冊營養師健康美食推介食譜



Steamed Chicken Balls

Ingredients (4 servings):

½ pound chicken breast (minced) or ground chicken
1 large egg white
1 fresh Nagaimo (finely chopped to 3 tablespoon)
3 medium dried shiitake mushrooms
4 large dried seaweed sheet
1 zucchini (sliced)
1 carrot (finely chopped)
12 small dried scallop
Sesame oil, for brushing

Seasoning:

1/8 tsp white pepper powder ½ tsp ginger paste
½ tsp garlic paste ¼ tsp salt

Instructions:

1. Soak the dried scallop with Shaoxing wine and water, steam until soft.
2. Soak the seaweed with water until soft, slice thin the shiitake mushrooms and zucchini, finely chopped the carrot.
3. Place shiitake mushroom and zucchini around the plate, seaweed in center, set aside.
4. Mix together the ground chicken, egg white and seasoning in a bowl, gently mix and squeeze until well combined, then add Nagaimo and mix well.
5. Shape the mixture into 12 balls and stuff with dry scallop.
6. Arrange the balls on top of the seaweed, sprinkle over the minced carrot and brush with sesame oil. Steam for 10 minutes until cook through.

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

清蒸雞肉丸

材料：(4人份量)

雞胸肉或碎雞肉 半磅
蛋白 1個
鮮山藥 1小條 (切碎, 約3湯匙份量)
冬菇 2隻 (伴碟)
紫菜 4大塊
意大利瓜 1條 (伴碟)
紅蘿蔔 1小條
細乾瑤柱 12粒
麻油 (少量, 掃面)

調味料：

白胡椒粉 1/8茶匙
蒜蓉 半茶匙
薑蓉 半茶匙
鹽 1/4茶匙

做法:

1. 乾瑤柱浸水，加上少量紹興酒，蒸軟。
2. 紫菜浸水，冬菇和意大利瓜切薄片，紅蘿蔔切碎。
3. 碟用冬菇和意大利瓜片圍邊，中間放紫菜。備用。
4. 雞肉切碎，加調味料及蛋白，打成肉醬。再加入山藥。
5. 做成丸子約12粒，塞入瑤柱。
6. 丸子放在紫菜上，洒上紅蘿蔔碎及少量麻油掃面。蒸約10分鐘或至熟透。

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

Nutrition information per serving:

每份材料含以下營養：

| | |
|--------------------------|------------------------|
| Calories 卡路里：157 kcal | Potassium 鉀：237 mg |
| Protein 蛋白質：15 g | Phosphorus 磷：43 mg |
| Total Fat 脂肪：8 gm | Vitamin A 維他命 A：229 iu |
| Cholesterol 膽固醇：43 mg | Vitamin C 維他命 C：4 mg |
| Sodium 鈉（鹽）：358 mg | Vitamin D 維他命 D：5 mg |
| Fiber 纖維：9 gm | Calcium 鈣：27 mg |
| Iron 鐵質：4 mg | |
| Carbohydrates 碳水化合物：8 gm | |

Reference 參考資料：FoodData Central - USDA

Healthy Exercise Tips 健康運動小貼士

Arm Circles

1. Stand with feet slightly apart
2. Stretch both arms out to your sides
3. Make small backward circles with your arms for 15 times
4. Switch direction and make small forward circles with your arms for 15 times
5. Relax your arms and repeat

手臂划圈運動

1. 站立，雙腳稍微分開
2. 雙臂向身體兩側伸展
3. 用您的手臂向後划小圓圈15次
4. 然後再向反方向划小圓圈15次
5. 將手臂放下，放鬆，再重複如上動作



Exercise Tips Provided by CCHRC
資料由華人社區健康資源中心提供
415-677-247 | www.cchrchealth.org

Balancing Western Medicine with Eastern Remedies

東方中醫療法與西藥的平衡



Benefits of Meditation

Thinking consumes energy and excessive thinking may cause stress and anxiety. As a result, your body and mind will become unbalanced.

One way to offset the stress and clear our mind is to practice meditation. Meditation is the practice of being mindful, which can improve mood, enhance focus, as well as increase productivity. Studies also prove that mindfulness can boost brain function, improve sleep quality, and have a positive impact on our overall health.

Mindful breathing is a form of meditation, which focuses on our breath. You can practice mindful breathing for as little as 10 to 15 minutes a day by observing your breathing. Do not change your breath, just notice the sensations of air moving in and out of your nose. It is important to relax and calm your body during meditation. The more you meditate the more you will feel the joy.

This information is a general guideline.

Article provided by Catherine Ng, L.Ac., Licensed Acupuncturist at Chinese Hospital East West Health Services

冥想的好處

思考不但會消耗能量，而且過度思考更會導致壓力及焦慮，繼而影響身心平衡。

進行冥想是其中一種舒緩壓力及消除雜念的方法。冥想會透過全神貫注於某一樣東西或事情來改善情緒、提升專注力及提高生產力。研究還證明冥想可增強大腦功能、改善睡眠，並可以增進整體健康。

「正念呼吸」是其中一種冥想的方法，透過觀察自己的呼吸去放鬆身心靈。您可以每天練習10至15分鐘。冥想時，您只需放鬆身體，感覺氣息進出鼻孔的變化，但不需要作出改變。多冥想可為您帶來快樂。

以上資料僅供參考。

資料由東華醫院中西醫學門診 - 吳蕙軒中醫針灸師提供。



Chinese Hospital East West Health Services

Phone: 1-415-795-8100 (San Francisco)
1-650-761-3542 (Daly City)

Website: www.chewhs.org

東華醫院中西醫學門診中心

電話: 1-415-795-8100 (三藩市)
1-650-761-3542 (帝利市)

網址: www.chewhs.org

Community News 社區消息

Chinese Hospital continues to expand community vaccination access

Since the onset of the pandemic, Chinese Hospital has been working closely with the city and state authorities and officials, media, and other community partners to provide COVID-19-related services, such as testing, contact tracing, vaccination, treatment, education, and outreach to meet the needs of the community. Under our community COVID-19 vaccination program, we have administered over 25,000 doses of vaccine to our communities.

“Receiving a vaccination early not only can protect yourself but also those around you,” said Dr. Jian Zhang, Chinese Hospital CEO. “Vaccination is the most effective measure to prevent infection with COVID-19 and reduces the occurrence of severe complications as well as the risk of fatality. I encourage all eligible community members to seize the opportunity and get vaccinated, to safeguard the health and well-being of our community.”

Chinese Hospital has set up a COVID-19 hotline at **1-628-228-2828** for our patients and members to schedule a vaccination appointment at one of our clinics in San Francisco and Daly City. We also host a walk-in COVID vaccination clinic in San Francisco Chinatown at 845 Jackson Street for other eligible community members.



東華醫院擴大疫苗接種範圍

自疫情開始以來，東華醫院便一直與各政府部門及官員、媒體及其他社區機構緊密合作，減低病毒在社區爆發的機會，並提供居民所需的服務，包括新冠病毒檢測及追蹤、疫苗接種、治療及宣傳教育等。此外，東華醫院根據州及市政府的疫苗分配政策來推行社區疫苗接種計劃，至今已提供超過**25,000**劑疫苗給社區居民。

東華醫院行政總裁張建清博士表示：「疫苗不僅是有效預防新冠病毒的措施，而且還可以減低感染後出現嚴重併發症的機會及死亡的風險。它不僅能保護您及您身邊的人，還可以讓社區早日走出疫情。我呼籲所有合資格的社區居民把握時機，盡早接種，攜手保護社區的健康。」

如果您是東華醫院的病人，歡迎致電**1-628-228-2828**，預約到東華醫院轄下診所接種疫苗。此外，位於華埠積臣街**845**號的東華醫院有提供免預約新冠病毒接種服務，歡迎所有合資格居民前往。



To learn more about COVID-19 vaccines, please visit our website:
www.chinesehospital-sf.org/covid-19-vaccine

想了解更多新冠疫苗資訊，請到：



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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-newsletter

www.cchrhealth.org/cchp-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-newsletter
www.cchrhealth.org/cchp-newsletters

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

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
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

| | | | | | |
|-----------------------------------|---|----------------|--------------------------------------|--|----------------|
| CCHP Member Services CCHP 會員服務 | CCHP Member Services Center - Chinatown CCHP 會員服務中心 - 華埠 445 Grant Ave, San Francisco www.CCHPHealthPlan.com/memberservices | 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 www.chinesehospital-sf.org | 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 www.CCHPHealthPlan.com/memberservices | 1-415-834-2118 | | Excelsior Health Services 外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 818 Jackson St, Unit 301, 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 | | | |