



CCHP
Health Plan

CARE BY CCHP

社區健康季刊

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Message from CCHP 寄語



Just when we thought the COVID-19 pandemic was ending in San Francisco, the Delta variant has taken hold along with the return of mask mandates and social restrictions. Many people are again faced with managing anxiety.

One solution starts by acknowledging the emotional challenge. Recognizing and naming your emotions can help you feel better because it allows you to consciously prioritize behaviors that can combat negativity.

You can also take steps to influence positive situations, even when you can't fully control a scenario's outcome.

With the pandemic, you can choose to wear a mask indoors and avoid crowds to mitigate your risk — even if you're fully vaccinated. You can choose to focus on friendships and family and intentionally concentrate on positive thoughts.

As always, practice self-care. Schedule enough sleep, engage in activities that make you feel mentally and physically healthy and eat a nutritious diet. Ask for help from others when you need to. These small steps will gradually help focus your attention on living well.

新冠疫情稍趨緩之際，近日Delta變種病毒令到疫情又再反彈。因此，政府重新實施口罩及社交距離政策。在種種不明朗的因素下，很多人都感到困惑和擔憂。

要解決此問題，您可嘗試以正向思維及積極樂觀的態度去面對。您可先認清負面情緒從何而來，這樣可以幫助您思考及找出問題所在，並尋找最好的解決方法。您可能無法控制事情的結果，但您卻可以控制自己面對事情的態度。嘗試用樂觀的態度去面對，最後您便能看見改變心態的成果。

如擔心病毒傳播，您可以在室內戴口罩，也可以選擇避免前往人多擠迫的地方，即使您已完成疫苗接種。如想保持正面的心態，您可以多與家人朋友聯絡。

一如既往，您需要有充足的休息及均衡的飲食來維持身體健康；您仍可以參加自己享受的活動及有需要時向他人求助來保持心靈健康。這些建議可幫助您把注意力集中在美好的事情上。

Health Education 健康教育



Stroke

Stroke, also known as “brain attack”, is the 3rd leading cause of death for Asian Americans and among the leading causes of long-term disability in the U.S. A stroke can cause permanent brain damage, affecting both mental and bodily functions.

What is a Stroke?

A stroke occurs when a blood vessel in the brain either bursts or becomes blocked. Blood flow to the brain is disrupted, and brain cells begin to die within minutes. This can lead to neurological problems such as impaired speech, vision, and movement, and as well as paralysis and coma. A severe stroke can be fatal.

What are the signs of a Stroke?

Use the letters “**F-A-S-T**” to remember the signs of a stroke and when to call for help:

中風





中風，又俗稱爆血管或腦栓塞，是亞裔美國人的第三號殺手。由於中風可導致永久性腦損傷，所以它是構成身體殘障的主要原因之一，並會影響病人的身體機能 and 心理健康。

甚麼是中風？

中風是一種由於腦部血管突然破裂或血管阻塞，然後導致血液未能運送氧氣及營養到腦部而引起的疾病。當腦部沒有足夠氧氣及營養，腦細胞便會在數分鐘內壞死。中風可造成神經系統問題，例如會影響言語、視力及活動能力，亦可導致癱瘓及昏迷，嚴重的話甚至會有生命危險。

如何辨別中風？

您可牢記 “**F-A-S-T**” 這個口訣來判斷中風的先兆及尋求幫助。

F	A	S	T
			
FACE DROOPING 臉部下垂	ARM WEAKNESS 手臂乏力	SLURRED SPEECH 口齒不清	TIME TO CALL 9-1-1 立即打9-1-1

If you or someone is experiencing any of these symptoms, it is important to call 9-1-1 immediately — every minute counts.

如果您或身邊有人出現以上症狀，請盡快撥打9-1-1，把握搶救病人的每一分鐘。

此文由東華醫院及診所提供。

This article is provided by Chinese Hospital and Clinics.

Health Education 健康教育



Weight Gain During the Pandemic

With gyms and schools closed and many employees working from home, you probably spent most of your time indoors. As a result, you may have gained weight during the pandemic, but you're not alone.

Here are some ways to help you lose weight and prevent further weight gain:

- Walk or run outside. Start with short distances and slowly build up.
- If you feel uncomfortable exercising outside, search for exercise tutorials online to do at home.
- Instead of ordering takeout, try preparing your favorite foods.
- Drink water, coffee, or tea instead of sugar sweetened beverages.
- Keep food in the kitchen and cupboards so you aren't snacking.

When doing outdoor activities, make sure you are doing so in a safe way to prevent the transmission of COVID-19. If you have any questions regarding your diet or weight, contact your doctor or a registered dietitian.

Online Bilingual Articles

- Weight loss, physical activity, and healthy living
www.cchrhealth.org/healthy-living/
- Preventing Childhood Obesity
www.cchrhealth.org/obesity/

Information is provided by Chinese Community Health Resource Center.

疫情期間體重增加了？

您不是唯一的一個。疫情期間，很多人因為居家辦公，加上健身中心及學校等地方都不開放，導致長時間沒有外出而造成體重增加。

如您有同樣問題，您可以嘗試以下建議來減重：

- 到戶外散步或慢跑。由短距離開始，然後逐漸增加。
- 如擔心出外運動，您可在網上搜索一些影片，在家進行鍛煉。
- 多在家煮食，減少叫外賣的次數。
- 飲水、咖啡或茶來代替含糖飲料。
- 把零食存放在廚房或櫥櫃裡，減低食零食的機會。

此外，進行戶外運動時，請注意安全以防止新冠病毒的傳播。如對健康飲食或體重有任何問題，請聯絡您的醫生或註冊營養師。

網上雙語資訊：

- 減肥、運動和健康生活：
www.cchrhealth.org/healthy-living/
- 預防兒童肥胖：
www.cchrhealth.org/obesity/

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



Treat Stress with TCM

A principle in Traditional Chinese medicine (TCM) states that “when Qi (Energy) is stagnant there is pain, and when Qi flows freely, there is

Many things can lead to stagnation of qi, and stress is one of the major causes. When we are stressed or frustrated, the flow of Qi can become blocked or unbalanced in our chests. Symptoms include frequent sighing, throat clearing, chest tightness, mood swings, irritability, depression, anxiety, palpitations, insomnia, premenstrual syndrome (PMS), or digestive problems.

To help Qi flow smoothly throughout our body, you could start doing some daily exercises, even a short walk or stretch. It not only can help stimulate Qi flow but also optimize heart health.

In addition, you can improve the flow of Qi by pressing an acupuncture point - NeiGuan (PC6 or Pericardium 6). It is located three finger breadths below the wrist on the inner forearm. Press it gently for about 30 seconds with a deep breath 3 times a day.

This article is a general guideline. To find a treatment plan tailored to you, please talk to us or a licensed acupuncturist.

Article provided by Emily Yuen, Licensed Acupuncturist at Chinese Hospital East West Health Services.

中醫緩解壓力

中醫有云「通則不痛，痛則不通」。

導致氣血不通的原因有很多，而壓力是主要原因之一。當我們感到壓力或沮喪時，氣血便會被影響而導致運行不順暢。症狀包括經常嘆息、喉嚨乾燥、胸悶、情緒不穩、煩躁、抑鬱、焦慮、心悸、失眠、經前症候群或消化問題。

要保持氣血順暢，您可以日常做一些鍛煉，也可以散步或做一些伸展運動。它不但可以通氣血，也可以提升心臟健康。

此外，您可以按摩「內關」穴來疏通經絡。此穴位於手腕橫紋下方3個手指處。每天深呼吸 3 次，輕按此穴30秒有助保持氣血順暢。

以上資訊僅供參考。想了解哪些治療適合您，歡迎聯絡我們或向持牌針灸師諮詢。

此文由東華醫院中西醫學門診阮寶儀中醫針灸師提供。



Breast Cancer Screening 乳房腫瘤檢查

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/>
<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



Pumpkin Congee with Sea Cucumber & Pearl Barley

Ingredients (4 servings):

50 g pumpkin	3 shiitake mushroom
½ cup pearl barley	4 cups low sodium chicken stock
½ cup rice	2 cups water
¼ cup glutinous rice	
2 frozen sea cucumber	

Seasoning:

½ tsp white pepper powder	3 slices ginger
Few drops sesame oil	Scallion (finely chopped) to 2 tbsp
2 slices young ginger (shred)	

Instructions:

1. Peeled and seeded the pumpkin, cut into small portion. Rinse pearl barley, rice and glutinous rice, soak with cold water for 2 hours.
2. Defrosted sea cucumber with cold water, rinse and clean inside and outside, boil with water and gingers, then cut into small portion.
3. Soak the shiitake mushroom with warm water until soft, finely slide. Add chicken stock, water and pumpkin, boil for 20 minutes. Set aside until cold, then transfer mixture to a blender and blend it smooth.
4. Add pearl barley, rice and glutinous rice to concentrated stock and boil for 60 minutes. Then add sea cucumber, turn the heat off, cover and simmer for 10 minutes or until cook.

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

金瓜薏仁養參粥

材料：(4人份量)

南瓜 50克	冷凍海參 2條
薏米 半杯	冬菇 3隻
白米 半杯	低鹽雞湯 4杯
糯米 1/4 杯	清水 2杯

調味料：

白胡椒粉 半茶匙
麻油 適量
嫩薑 2片 (切絲)
老薑 3片
蔥 (切碎, 約2湯匙份量)

做法:

1. 南瓜去皮去籽切成細長條，備用。薏米混合米粒洗淨，用冷水浸兩小時。
2. 解凍海參用冷水浸，清洗外面及腹中雜物，放入水，加姜片煮滾後瀝乾切小段。
3. 冬菇用一杯暖水浸軟，切絲連汁放入雞湯中，再加一杯清水及南瓜煮20分鐘至軟，冷卻後放入攪拌機打成糊狀成濃湯。
4. 混合濃湯、薏米、白米及糯米，煮約60分鐘，然後加入海參，熄火，蓋上鍋蓋燜10分鐘或至熟。
5. 可加適量白胡椒粉及麻油調味，洒上蔥花薑絲即可食用。

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：272 kcal	Iron 鐵質：2 mg
Protein 蛋白質：12 g	Potassium 鉀：392 mg
Total Fat 脂肪：2 gm	Phosphorus 磷：189 mg
Cholesterol 膽固醇：0 mg	Calcium 鈣：23 mg
Sodium 鈉（鹽）：72 mg	Vitamin A（維他命A）：1103 iu
Fiber 纖維：5 gm	
Carbohydrates 碳水化合物：53 gm	

Reference 參考資料：FoodData Central - USDA

Healthy Exercise Tips 健康運動小貼士

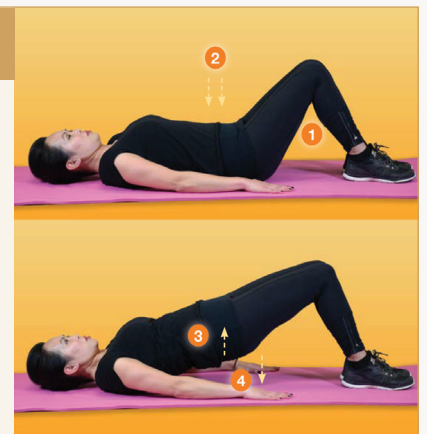
Bridge Exercise

1. Lie on your back with knee bent
2. Tighten up your abdominal muscles
3. Raise your hips off the floor and hold for 5 seconds
4. Return to start position and repeat 5-10 times

橋樑練習

1. 仰臥在地板上，膝蓋保持彎曲
2. 收緊腹部肌肉
3. 將臀部從地板上抬起，維持5秒
4. 回到原本位置並重複 5-10 次

Exercise Tips Provided by CCHRC | 資料由華人社區健康資源中心提供
415-677-2473 | www.cchrchealth.org



Community News 社區消息



The third dose of COVID-19 vaccine for immunocompromised people and the general public

The Food and Drug Administration (FDA) and Centers for Disease Control and Prevention (CDC) have approved and recommended an additional COVID-19 vaccine dose for fully vaccinated people. At this time, the immunocompromised patients can get a third dose of Pfizer or Moderna vaccines at least 28 days after their second dose.

In addition, FDA and CDC are preparing to offer a third dose to the public beginning the week of September 20. The additional dose should be given 8 months after the second shot.

Here are things to know about the additional COVID-19 vaccine:

- A third dose of the Pfizer vaccine is allowed for people ages 12 and up, and the Moderna vaccine is allowed for people ages 18 and up.
- Immunocompromised includes people with advanced or untreated HIV infections and those with cancers who are receiving certain chemotherapies.
- A doctor's prescription is not required, but you should first consult with your health care provider regarding your health conditions.
- The third dose is free to you and is covered by either an insurance plan or a federal program.
- The third dose should be the same vaccine brand you received as the first two. To ensure that you receive the correct third dose, please bring a copy of your COVID-19 vaccine record to your appointment.

Lastly, flu season is coming. Chinese Hospital and its clinics now offer flu shots without an appointment. It is important to get vaccinated for both COVID-19 and flu to protect yourself, your family, and your community.

新冠疫苗第三劑加強針：免疫功能較弱族群及公眾的接種時間

美國食品及藥物管理局 (FDA) 及美國疾病控制及預防中心(CDC)批准及建議已接種全劑量新冠疫苗人士再接再種一劑加強針。現時，免疫功能較弱族群完成接種第二劑疫苗後只少28天便可以接種第三劑輝瑞或Moderna加強針。

此外，FDA及CDC亦正準備在9月20開始向公眾提供加強針。一般市民在完成接種第二劑疫苗後8個月便可接種第三劑加強針。

加強針須知事項：

- 輝瑞疫苗可提供予12歲或以上人士；Moderna疫苗只可提供予18歲或以上人士。
- 免疫功能較弱族群包括晚期或未有接受治療的愛滋病病人及正接受癌症治療的病人。
- 接種加強針毋須處方單或醫生證明，但我們建議您先諮詢醫生的意見來了解自己的健康狀況。
- 接種加強針是免費。費用將由您的醫療保險或政府補助計劃承擔。
- 您應接種與前兩劑新冠疫苗一樣品牌的加強針。為確保您能獲得正確的疫苗，前往接種時請帶備疫苗接種記錄供醫護人員參閱。

最後，流感季節即將到來。東華醫院和診所現提供免預約流感疫苗接種服務。為保護自己、家人及您的社區，請盡早接種新冠疫苗及流感疫苗。



CCHP
Health Plan

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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



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