

CHINESE HOSPITAL HEALTH SYSTEM

# Health

東華醫院醫療體系健康季刊

# News

2026 JANUARY - MARCH | 一月至三月



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最新血壓指引

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**Chinese Hospital named America's Best-in-State Hospitals by Newsweek**  
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## MEMBER & PATIENT NEWS 會員及病人資訊



### New Blood Pressure Guidelines: What You Should Know

The American Heart Association and American College of Cardiology have updated their guidelines for managing high blood pressure. For most adults, the goal is to keep blood pressure below **130/80**. If you can safely reach below **120/80**, that's even better.

However, everyone is different. For older adults, especially those with other health issues, your doctor may set a higher target that's right for you.

If your blood pressure stays high after 3–6 months of healthy changes—like eating well, moving more, and reducing salt—you may need medicine. Some people may start medicine sooner, especially if they have diabetes, kidney problems, or heart disease.

### Your Pharmacist Can Help

Pharmacists can explain how your medicine works, answer questions, and help you take it safely. Keeping your blood pressure under control can support your heart, kidneys, and even memory.

### 最新血壓指引：您應該了解

美國心臟協會及美國心臟病學會已更新高血壓管理指引。血壓對大多數成年人應維持在**130/80**毫米汞柱以下。如能安全地將血壓降至**120/80**毫米汞柱以下，效果更為理想。

然而，每個人的情況各不相同。對於年長人士，尤其是有其他健康問題之人士，醫生或會設定較高的血壓目標以配合個人需要。

若在實行健康生活習慣（例如均衡飲食、多做運動及減少鹽分攝取）3至6個月後，血壓仍然偏高，您或需要服用藥物。部分人士可能需要更早開始服藥，特別是患有糖尿病、腎病或心臟病的人士。

### 藥劑師的協助

藥劑師可向您解釋藥物的作用機制，解答疑問，並協助您安全地服用藥物。維持血壓於理想水平，有助保護心臟、腎臟，甚至維持記憶力。

For more information, visit the American Heart Association's website | 欲了解更多資訊，請瀏覽：  
<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>

#### References | 參考資料：

1. American Heart Association & American College of Cardiology. 2025 Guideline for High Blood Pressure in Adults.
2. Joint National Committee. 2014 Evidence-Based Guideline for High Blood Pressure Management



## Protect Yourself from Cervical Cancer

### Cervical Cancer Awareness Month

**Cervical Cancer** starts in the cervix, the lower part of the uterus. Every year, about 13,000 women in the U.S. are diagnosed with this cancer. The good news is - **it can often be prevented.**

The main cause is the human papillomavirus (HPV), a common virus spread through close contact. Most people get HPV at some point, but regular checkups and vaccines can help prevent it from turning into cancer.

#### Here's how you can protect yourself:

- Get the HPV vaccine. It works best for girls ages 11-12 but can be given up to age 45.
- Have regular screenings. Women should begin receiving a PAP or HPV test at age 21, every 3-5 years.
- Don't skip checkups - early detection saves lives!

CCHP encourages all members to talk with their doctor about the HPV vaccines and regular screening. **Together we can prevent cervical cancer.**



## High Blood Pressure: A Silent Danger

### Heart Health Awareness Month

#### Know Your Numbers and Stay Heart Healthy

**High blood pressure, or hypertension**, means your heart works harder to pump blood through your body. It often has no warning signs, but can lead to:

- Stroke
- Heart disease
- Kidney problems

About one-third of U.S. adults have been diagnosed with high blood pressure, and many don't know they have it until health problems appear.

You can protect your heart with small steps:

- Eat less salt and processed food
- Avoid smoking
- Be active for 30 minutes most days
- Manage stress
- Limit alcohol

A healthy reading is below 120/80 mmHg - keep a log or use a home monitor to track your numbers. Get your blood pressure checked at a Chinese Hospital clinic, pharmacy, or health fair.

**Sources | 資料來源:** American Heart Association, CDC, Mayo Clinic

## 保護自己免受子宮頸癌威脅

### 子宮頸癌關注月

**子宮頸癌**始於子宮的下部——子宮頸。美國每年約有 13,000 名女性確診患上此癌症。好消息是，**子宮頸癌通常是可以預防的。**

其主要成因是人類乳頭瘤病毒 (HPV)，這是一種可經親密接觸傳播的常見病毒。大多數人一生中某個階段會感染 HPV，但定期檢查及接種疫苗可有效防止其發展成癌症。

以下是保護自己的方法：

- 接種 HPV 疫苗。最佳接種年齡為 11 至 12 歲女孩，惟可延至 45 歲前接種。
- 定期進行檢查。女性應於 21 歲開始接受子宮頸抹片 (PAP) 或 HPV 測試，每 3 至 5 年一次。
- 請勿錯過定期檢查——及早發現可拯救生命！

CCHP 鼓勵所有會員與醫生討論 HPV 疫苗接種及定期檢查。**讓我們共同預防子宮頸癌。**

## 高血壓：無聲的健康威脅

### 心臟健康關注月

#### 認識自己的血壓值，維持心臟健康

**高血壓**又稱為**血壓過高**，是指心臟需要更用力地將血液輸送至全身。高血壓通常沒有明顯徵狀，但可導致：

- 中風
- 心臟病
- 腎臟疾病

美國約三分之一成年人被診斷患有高血壓；許多人直到出現健康問題時才知道自己血壓偏高。

您可透過以下簡單方法保護心臟健康：

- 少吃鹽分及加工食品
- 避免吸煙
- 每日運動30分鐘
- 管理壓力
- 限制飲酒

理想血壓值為低於120/80毫米汞柱 - 請使用家用血壓計記錄血壓讀數。您可於華康醫務所、藥房或健康同樂日量度血壓。

# INTEGRATED & HOLISTIC CARE

## 綜合及整體護理



During winter, the body's Yang energy can weaken. Because of this, it's important to adjust your diet to tonify spleen and kidneys and nourish lung Yin, which can help improve resistance to cold and strengthen overall health.

Suggested foods include **lamb, black-colored foods, yam, and ginger.**

**Lamb** is seen as warm in nature. It nourishes the kidneys, strengthens kidney Yang, and can relieve weakness in the lower back and knees. A lamb stew with Goji, DangGui, and HongZao not only tastes great but also nourishes blood and helps blood circulation. However, those with stomach heat or a heat-prone constitution should only eat in moderation.

**Black-colored foods** such as black rice, beans, sesame, fungus, dates, black chicken, and seaweed are great for strengthening the kidneys. These are mild and can be especially beneficial for elderly with kidney Qi deficiency.

**Yam** is known as a natural kidney tonic. It helps digestion, relieves fatigue, and warms the body, especially when cooked in chicken soup.

**Ginger** warms the body and drives out cold. Ginger tea with brown sugar and Goji warms the stomach, promotes blood circulation, and can help relieve menstrual discomfort.

*Article provided by Wenqian (Saya) Zhang, L.Ac., licensed acupuncturist at Chinese Hospital East West Health Services. This article provides general guidance. For personalized advice, please consult a licensed TCM practitioner.*



冬季時，人體的陽氣容易減弱。因此應調整飲食，以健脾補腎及養肺陰，從而提升抗寒能力並增強整體健康。

建議食用的食物包括羊肉、黑色食物、淮山及薑。

羊肉屬性溫熱，能補腎壯陽，強健腰膝，並可改善腰膝酸軟無力。以羊肉配杞子、當歸及紅棗煲湯，味道鮮美，亦可養血活血。然而，體質偏熱或有胃熱者應適量食用。

黑色食物如黑米、黑豆、黑芝麻、木耳、黑棗、烏雞及海藻等，有助強腎。此類食物性質平和，特別適合腎氣不足的長者食用。

淮山被譽為天然補腎佳品，能健脾助消化、消除疲勞並溫補身體，特別是與雞肉同煮成湯時，效果更佳。

薑具有溫中驅寒之效。以薑、紅糖及杞子煮成薑茶，可溫胃活血，並有助舒緩經期不適。



本文由東華醫院中西醫學門診的執業針灸中醫師張雯倩提供。本文為一般建議，請與執業針灸中醫師討論最適合您的方案。

# EAT WELL, LIVE WELL RECIPE

## 有「營」食譜



### Steamed Fish with Ginger and Scallions

For those who prefer a traditional yet heart-healthy option, steamed fish is a classic Chinese dish that highlights natural flavor without heavy oil or salt. Using locally caught white fish and fresh spring aromatics, it's light, high in protein, and rich in omega-3s.

#### Why It's Good for You:

- **White fish** – Lean protein and low in saturated fat.
- **Ginger & scallion** – Promote circulation and reduce “cold” in the body.
- **Soy sauce (low sodium)** – Adds flavor with minimal salt.
- **Sesame oil** – Provides healthy fats for heart protection.

#### Ingredients (Serves 2):

- 2 small white fish fillets
- 1 tsp grated ginger
- 2 stalks scallion, sliced
- 1 tsp sesame oil
- 1 tsp low-sodium soy sauce
- Optional: cilantro or sliced chili for garnish

#### Instructions:

1. Place fish on a heatproof plate; top with ginger and scallions.
2. Steam 6–8 minutes until fish flakes easily.
3. Drizzle with soy sauce and sesame oil before serving.

Light, aromatic, and full of traditional flavor, this dish is perfect for the start of the year when the body benefits from gentle, nourishing foods.

#### Estimated Nutrition

##### (Per Serving):

每份材料估計含  
以下營養：

Calories 卡路里：150 kcal  
Protein 蛋白質：22 g  
Carbohydrates 碳水化合物：2 g  
Dietary Fiber 食用纖維：0 g

Fat 脂肪：6 g  
(mostly unsaturated 大部份為不飽和脂肪)  
Sodium 鈉：~ 220 mg  
(with low-sodium soy sauce 選用低鈉醬油)

Nutritional Information Provided by Chinese Hospital Registered Dietitian. 營養資料由東華醫院註冊營養師提供。

### 姜蔥清蒸魚

對於喜歡傳統又注重心臟健康飲食的人來說，清蒸魚是一道經典的中式菜餚。它以最少的油鹽烹調，突顯食材的自然鮮味。選用當地新鮮白肉魚搭配春季的薑與蔥，這道菜清淡高蛋白、富含歐米伽-3 脂肪酸，非常適合春季滋養調理。

#### 營養好處：

- **白肉魚** - 含優質蛋白，飽和脂肪低，有助於維持肌肉與心血管健康。
- **薑與蔥** - 促進血液循環，幫助驅寒暖身。
- **低鈉醬油** - 提味的同時減少鈉攝入，適合控制血壓人群。
- **麻油** - 含不飽和脂肪酸，有助於保護心臟健康。

#### 材料（2人份）：

- 2 片白肉魚柳（如鱈魚、羅非魚或石斑魚）
- 1 茶匙薑末
- 2 根蔥，切絲
- 1 茶匙麻油
- 1 茶匙低鈉醬油
- 可選：香菜或辣椒絲作點綴

#### 做法：

1. 將魚放在耐熱盤上，鋪上薑絲與蔥絲。
2. 放入蒸籠蒸 6–8 分鐘，至魚肉易剝落。
3. 出鍋後淋上醬油與麻油即可。

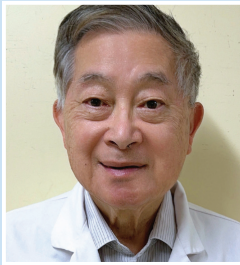
清香可口、油而不膩，這道菜在年初最適合食用，有助調理身體、補充優質蛋白、保持輕盈能量。

# MEET OUR NEW SPECIALISTS AT CHINESE HOSPITAL CLINICS

## 認識兩位新加入華康醫務中心的專科醫生



CHINESE  
HOSPITAL  
& CLINICS



**Jenta Shen, M.D., Ph.D.**  
沈仁達醫生

**Gynecologic Oncologist  
& Gynecologist**  
婦科腫瘤科及婦科



**Nikolaj Wolfson, M.D.,  
FRCSC, FACS**

**Orthopedic Surgeon**  
骨科專科醫生

**Dr. Jenta Shen**, our newest board-certified gynecologic oncologist and gynecologist, brings more than 50 years of experience in women's reproductive health, offering unparalleled expertise and dedication to patient care.

Dr. Shen specializes in evaluating abnormal gynecologic results and treating complex reproductive health conditions, including gynecologic cancers. He creates personalized treatment plans to meet each patient's unique needs and works closely with a team of specialists to ensure every patient receives comprehensive and supportive care.

Known for his kindness and patient-centered approach, Dr. Shen takes the time to help patients feel comfortable and informed throughout their health journey. Fluent in English, Mandarin, and Taiwanese, he is able to connect with our diverse community and provide culturally sensitive care.

Throughout his distinguished career, Dr. Shen has held leadership positions in both academic and clinical settings and has played an important role in advancing women's health care.

沈醫生為專科認證的婦科腫瘤科及婦科專科醫生，擁有超過五十年臨床經驗，對婦女生殖健康具備深厚的專業知識與臨床實踐。

沈醫生擅長診治婦科檢查異常結果及各類複雜的生殖健康疾病，包括多種婦科癌症。他重視為病人提供個人化的治療方案，並與跨專科團隊合作，以確保病人獲得全面及優質的服務。

以病人為中心、細心專業是沈醫生的行醫理念。他重視與病人的溝通，確保病人在治療過程中充分理解醫療資訊，並獲得信任與安心。沈醫生能操流利英語、普通話及台語，能為不同文化背景的病人提供專業且具文化敏感度的醫療服務。

沈醫生在學術與臨床領域皆有傑出表現，並致力推動婦女健康的提升與發展。

**Dr. Nikolaj Wolfson** is a highly experienced orthopedic surgeon specializing in orthopedic reconstruction, joint replacement, and trauma care, including sports-related injuries. He strengthens Chinese Hospital's commitment to providing advanced specialty services within our community.

He was among the first to introduce the Direct Anterior Approach for hip replacement, performing over 1,500 procedures using this minimally invasive technique that supports faster recovery and less pain. In San Francisco, he was also an early adopter of ConforMIS customized knee implants for improved anatomical fit and function.

Trained in the 1980s under Professor G.A. Ilizarov in Russia, Dr. Wolfson became one of North America's earliest surgeons to apply the Ilizarov limb lengthening and deformity correction method.

Dr. Wolfson is certified by the American Board of Orthopaedic Surgery and the Royal College of Physicians and Surgeons of Canada. He is also a member of the Orthopaedic Trauma Association.

Dr. Wolfson 是知名的骨科醫生，專長於骨科重建、關節置換及創傷治療，涵蓋骨科及運動創傷領域。他以精湛的臨床技術、創新精神及以病人為中心的專業態度而享譽國際，為東華醫院發展骨科服務帶來重要貢獻。

Dr. Wolfson 是最早引入「正前手術入路」進行髌關節置換手術的醫生之一，至今已完成超過 1,500 宗手術。他亦是三藩市首批採用 ConforMIS 客製化膝關節植體的醫生之一，為病人提供更精準及個人化的治療效果。

早於 1980 年代，Dr. Wolfson 曾師隨俄羅斯 G.A. Ilizarov 教授，並成為北美最早將「伊利沙諾夫治療技術」應用於兒童及成人肢體延長與畸形矯正的骨科醫生之一。

Dr. Wolfson 同時為美國及加拿大專科認證醫生、美國外科醫學院院士、美國骨科創傷協會及國際創傷外科協會的活躍成員。

# Newsweek Names Chinese Hospital as One of America's Best-In-State Hospitals for the Third Year

## 東華醫院連續第三年獲《新聞週刊》評選為美國最佳州內醫院



Newsweek has once again recognized Chinese Hospital as one of America's Best-In-State Hospitals, marking the third consecutive year the hospital has earned this prestigious distinction. This year, Chinese Hospital ranks #3 in San Francisco and #29 among California's 336 hospitals, reaffirming its enduring commitment to providing high-quality, linguistically and culturally competent care for the community.

The award is based on exceptional patient satisfaction scores and celebrates hospitals that exemplify excellence in patient-centered care. Developed in partnership with Statista, the rankings evaluate hospitals nationwide on quality metrics, reputation among medical professionals, patient experience data, and patient-reported outcomes. This year's list includes 800 hospitals across all 50 states and the District of Columbia.

*"This recognition reflects the heart of our mission—to provide high-quality, linguistically and culturally competent care to every patient who comes through our doors,"* said Dr. Jian Zhang, CEO of Chinese Hospital. *"For more than a century, Chinese Hospital has been a trusted healthcare partner for our community. This honor is a testament to the dedication of our entire team, who work tirelessly to deliver care with respect, understanding, and excellence every day."*

*"Chinese Hospital's continued recognition by Newsweek reinforces the vital role we play in caring for the community,"* said Dr. Roger Eng, Chair of the Board of Trustees. *"Our patients know they can rely on us for care that honors their language, culture, and traditions. This achievement belongs to every physician, nurse, and staff member who upholds our hospital's legacy of service and strengthens the bond of trust we share with the people we serve."*

The healthcare sector has faced substantial challenges in recent years, including physician and staffing shortages, rising operational costs, and reduced Medicare and Medi-Cal reimbursement rates. Despite these pressures, Chinese Hospital has remained steadfast in its focus on patient care, responding with collaboration, adaptability, and an unwavering commitment to serving the community.

For 126 years, Chinese Hospital has provided community-based care for San Francisco's diverse population. This recognition, along with the 2025 Frank E. Staggars Sr., M.D. Outstanding Ethnic Physician Organization Award from Physicians for a Healthy California (PHC) and the American Heart Association's Get With The Guidelines®-Stroke Gold Plus Award, highlights the hospital's ongoing pursuit of excellence, equity, and quality improvement.

東華醫院榮獲美國權威雜誌《新聞週刊 (Newsweek)》與全球數據研究機構 Statista Inc. 評選為 2026 年「美國最佳州內醫院」之一，在加州 336 間醫院中名列第 29 位，並蟬聯三藩市前三名。這是東華醫院連續第三年獲得此項全國性殊榮，再次肯定東華醫院致力提供以病人為本、且適合社區語言及文化的優質醫療服務。

「美國最佳州內醫院」排名綜合四項指標：醫療品質、全國性專業問卷、病人滿意度調查及病患自述健康結果。榜單涵蓋全美 50 州及華盛頓特區共 800 家醫院，旨在表彰在以病人為中心照護方面表現卓越的醫療機構。

東華醫院行政總裁張建清博士表示：「這項榮譽體現了我們的核心使命——為每一位病人提供優質、適合語言及文化的醫療服務。126 年來，東華醫院始終是社區值得信賴的醫療夥伴。能在充滿挑戰的環境中持續達到高標準，全賴全體醫護及員工的專業與努力，這份榮譽是對他們付出的最佳肯定。」

東華醫院董事會主席吳子銘醫生提到：「《新聞週刊》的肯定再次印證東華醫院在守護社區健康中的重要角色。我們衷心感謝社區及病人對我們的信任。這項榮譽不僅展現了醫院的實力與成果，更代表我們團隊對追求卓越服務及堅守社區承諾的決心，鞏固了社區對東華醫院的信賴與支持。」

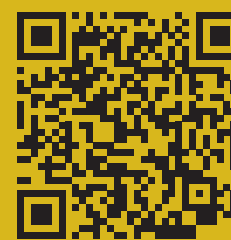
近年來，醫療行業面臨多項挑戰，包括醫療人員短缺、營運成本上升及 Medicare/Medi-Cal 補貼不足等。儘管如此，東華醫院仍堅守使命，透過擴展合作及靈活應對，繼續提供以病人為中心的優質醫療服務。

126年來，東華醫院深耕三藩市多元社區。除榮登《新聞週刊》榜單外，東華醫院還獲加州健康醫生協會頒發「Frank E. Staggars, Sr., M.D. 傑出多元文化醫療組織獎」及美國心臟協會「遵循指南」-中風治療」金級加成獎，充分展現東華醫院在卓越、公平與品質提升方面的不懈努力。

For more information on Newsweek's Best-In-State Hospitals list, visit [I 查看完整的美國最佳州內醫院名單，請瀏覽：www.rankings.newsweek.com/americas-best-state-hospitals-2026/california](http://www.rankings.newsweek.com/americas-best-state-hospitals-2026/california)

# Health, Wellness, Fitness, and Educational Class Schedule

Check for updates on classes at [www.cchphealthplan.com/classes-and-events](http://www.cchphealthplan.com/classes-and-events) or scan the code.



2026  
Q1  
JAN-MAR

## HEALTH EDUCATION CLASSES

CLASSES SPONSORED BY CCHRC  
Registration: 1-415-677-2473



CLASSES PROVIDED BY  
CHINESE HOSPITAL  
Registration: 1-415-677-2458



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE CLASS  REGISTRATION 1-415-677-2473	1/8/2026	Thur	1:00pm	2:30pm	•			Blood Pressure	<ul style="list-style-type: none"> <li>Risk factors for high blood pressure</li> <li>Ways to control high blood pressure</li> </ul>
	1/20/2026	Tue	1:00pm	2:30pm	•			Diabetes Management	<ul style="list-style-type: none"> <li>Symptoms of diabetes</li> <li>How to use diet to control high blood sugar?</li> <li>What are the consequences of not controlling diabetes?</li> </ul>
	2/12/2026	Thur	1:00pm	2:30pm	•			Stroke Prevention	<ul style="list-style-type: none"> <li>Types of stroke</li> <li>Warning signs and risk factors of stroke</li> <li>Prevention and treatment of stroke</li> </ul>
	2/24/2026	Tue	1:00pm	2:30pm	•			Depression	<ul style="list-style-type: none"> <li>What is depression?</li> <li>Causes, symptoms and treatment of depression</li> </ul>
	3/12/2026	Thur	1:00pm	2:30pm	•			Colorectal Cancer	<ul style="list-style-type: none"> <li>Risk factors for colorectal cancer</li> <li>Ways to reduce colorectal cancer risks</li> <li>Colorectal cancer screening methods</li> </ul>
	3/24/2026	Tue	1:00pm	2:30pm	•			Healthy Eating	<ul style="list-style-type: none"> <li>What is healthy eating?</li> <li>How to manage your eating habit?</li> </ul>
ONLINE CLASS  REGISTRATION 1-415-677-2458	CALL FOR APPOINTMENTS	Wed Thur	3:00pm	4:00pm	•			*National Diabetes Prevention Program	<p>Participants will learn the skills needed to lose weight, become more physically active, and manage stress, to prevent or delay onset of type 2 diabetes (FREE to CCHP, Balance members and Chinese Hospital Health Services patients, \$220 for everyone else). Note: Dates and times are subject to change.</p>

## PERINATAL CLASSES

CLASSES PROVIDED BY CHINESE HOSPITAL | Registration: 1-415-677-2458



ONLINE CLASS  REGISTRATION 1-415-677-2458	CALL FOR APPOINTMENTS	Mon Thur	1:30pm	2:30pm	•	•		Preparing for Babies	<ul style="list-style-type: none"> <li>How to get your home ready for your baby</li> <li>What to expect at the hospital after the baby is born</li> <li>How to care for the baby when you go home</li> <li>Oral care and breastfeeding</li> </ul>
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## FITNESS CLASSES

CHA WELLNESS PROGRAM | FOR CCHP & BALANCE MEMBER ONLY  
Registration: 1-415-677-2458 | [wellness@chasf.org](mailto:wellness@chasf.org)



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE CLASS  REGISTRATION 1-415-677-2458	1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26	Thur	11:00am	12:00pm	•	•	•	Tai Chi (All Levels)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
IN-PERSON CLASS CHINATOWN YMCA REGISTRATION 1-415-677-2458  COVID vaccination and masking are strongly recommended for all YMCA classes.	1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17, 3/24	Tue	12:05pm	1:00pm	•	•	•	Zumba (Age 13+)	Mastering basic Latin-inspired dance moves, improving coordination and rhythm, increasing cardiovascular fitness, and boosting mood through dance and music, while having fun and socializing in a group setting.
	1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27	Fri	11:00am	12:00pm	•	•		Yoga (All Levels)	Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.

■ Health Education Class Fee: FREE
 ■ National Diabetes Prevention Program
 ■ Perinatal Class
 ■ Online Fitness Class
 ■ In-Person Fitness Class: Chinatown YMCA | 855 Sacramento Street, San Francisco, CA 94108 Fee: FREE for members

**NOTE:** Classes are FREE for CCHP and Balance members. Pre-registration is required. If fewer than 5 students register, the class will be cancelled. Dates and times are subject to change. In order to allow fair access, CCHP and Balance members may register for up to four classes each quarter. Beyond four classes, members can enter their name on a waiting list. If there are still spaces available, members will be contacted and added to the additional classes. COVID vaccination and masking are strongly recommended for all YMCA classes.

# 健康講座及健身課程時間表

上網或掃描二維碼查看健身班及健康講座的最新資訊：[www.cchphealthplan.com/zh-TW/classes-and-events](http://www.cchphealthplan.com/zh-TW/classes-and-events)



2026年  
第一季  
一月至三月

## 健康講座時間表

課程是由華人社區健康資源中心提供  
報名：1-415-677-2473



課程是由東華醫院提供  
報名：1-415-677-2458



地點	日期	星期	時間		語言			講座	課程須知
			開始	結束	英	粵	國		
網上視像課程 報名： 1-415-677-2473	1/8/2026	星期四	10:00am	11:30am		•		血壓教育	<ul style="list-style-type: none"><li>引起血壓高的因素</li><li>怎樣預防血壓高或保持正常的血壓</li></ul>
	1/20/2026	星期二	10:00am	11:30am		•		糖尿病護理	<ul style="list-style-type: none"><li>糖尿病的症狀</li><li>如何利用飲食來控制血糖升高?</li><li>不控制糖尿病會帶來甚麼後果?</li></ul>
	2/12/2026	星期四	10:00am	11:30am		•		預防中風	<ul style="list-style-type: none"><li>中風的類型</li><li>中風的警告訊號及危險因素</li><li>中風的預防及治療</li></ul>
	2/24/2026	星期二	10:00am	11:30am		•		抑鬱症	<ul style="list-style-type: none"><li>什麼是抑鬱症?</li><li>抑鬱症的原因,症狀及治療方法</li></ul>
	3/12/2026	星期四	10:00am	11:30am		•		大腸癌	<ul style="list-style-type: none"><li>引起大腸癌的因素</li><li>如何減低患大腸癌的機會</li><li>大腸癌的檢查方法</li></ul>
	3/24/2026	星期二	10:00am	11:30am		•		健康飲食	<ul style="list-style-type: none"><li>什麼是健康飲食?</li><li>如何養成健康飲食習慣?</li></ul>
網上視像課程 報名： 1-415-677-2458	請來電預約	星期三 星期四	2:00pm	3:00pm		•	•	國家糖尿病預防項目	通過學習減輕體重、增加鍛煉、和管理壓力的各種技能，預防和延緩二型糖尿病的發病。此課程對 CCHP、Balance 會員及華康醫務中心病人免費開放，其他公眾收費 \$220 (整套課程) 備註：日期與時間可能會有所調整。

## 婦產及嬰兒講座時間表

課程是由東華醫院提供 | 報名：1-415-677-2458



網上視像課程 報名： 1-415-677-2458	請來電預約	星期一 星期四	1:30pm	2:30pm		•		新生兒護理與健康指南	<ul style="list-style-type: none"><li>如何為新生兒做好居家準備</li><li>新生兒在醫院的注意事項</li><li>出院後如何照顧新生兒</li><li>新生兒的口腔護理及母乳哺育</li></ul>
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## 健身班時間表

課程由東華醫院提供 | 限於 CCHP 及 Balance 會員  
報名：1-415-677-2458 | [wellness@chasf.org](mailto:wellness@chasf.org)



地點	日期	星期	時間		語言			講座	課程須知
			開始	結束	英	粵	國		
網上健身班 報名： 1-415-677-2458	1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26	星期四	11:00am	12:00pm		•	•	太極 (各級)	學習這門有百年歷史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
華埠青年會 親身授課健身班 報名： 1-415-677-2458  強烈建議參加華埠青年會課程人士佩戴口罩及接種新冠疫苗	1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17, 3/24	星期二	12:05pm	1:00pm		•	•	尊巴舞 (13歲以上)	掌握基本的拉丁舞蹈動作，提升協調性和節奏，增強心血管健康，透過舞蹈和音樂提升情緒，同時在團體環境中享受樂趣和社交。
	1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27	星期五	11:00am	12:00pm		•	•	瑜珈 (各級)	學習瑜珈能增強體力、促進身體柔軟度及平衡感、調息呼吸、並能讓身心放鬆。歡迎從未學過瑜珈人士報名，只需攜帶瑜珈墊或毛巾。

健康講座  
費用：免費

國家糖尿病預防項目  
親身授課健身班：華埠青年會  
費用：會員免費

婦產及嬰兒講座

網上健身班

親身授課健身班：華埠青年會 855 Sacramento Street, San Francisco, CA 94108

備註：CCHP及Balance會員免費課程須事先報名。若報名人數少於5人，課程將被取消。日期與時間可能會有所調整。為確保所有會員皆有機會參與健身課程，每位會員每季度最多可註冊4節課程。對於其他有興趣的課程，會員可登記於等候名單，並等待通知。強烈建議參加親身授課者佩戴口罩及接種新冠疫苗。



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 1-888-775-7888 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.balancebycchp.com/newsletter](http://www.balancebycchp.com/newsletter)  
[www.cchrhealth.org/cchp-newsletters](http://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 1-888-775-7888，電郵 [Info@CCHPHealthPlan.com](mailto:Info@CCHPHealthPlan.com) 或上網瀏覽：  
[www.cchphealthplan.com/zh-TW/community-newsletter](http://www.cchphealthplan.com/zh-TW/community-newsletter)  
[www.balancebycchp.com/zh-hant/newsletter](http://www.balancebycchp.com/zh-hant/newsletter)  
[www.cchrhealth.org/tw/cchp-newsletters](http://www.cchrhealth.org/tw/cchp-newsletters)

## IMPORTANT CONTACTS 重要聯絡資料



CCHP Member Services  
CCHP 會員服務

**CCHP Member Services Center - Chinatown**      **1-888-775-7888**  
CCHP 會員服務中心 - 華埠  
445 Grant Ave, San Francisco  
[www.cchphealthplan.com](http://www.cchphealthplan.com)

**CCHP Member Services Center - Daly City**      **1-888-775-7888**  
CCHP 會員服務中心 - 帝利市  
386 Gellert Blvd, Daly City  
[www.cchphealthplan.com](http://www.cchphealthplan.com)

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)

Chinese Hospital  
東華醫院

**Chinese Hospital**      **1-415-982-2400**  
東華醫院  
845 Jackson St, San Francisco  
[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)

**East West Health Services - Chinatown/Financial District**      **1-415-795-8100**  
中西醫學門診 - 華埠/金融區  
445 Grant Ave, Ground Floor, San Francisco  
[www.chewhs.org](http://www.chewhs.org)

**East West Health Services - Excelsior**      **1-628-228-2280**  
中西醫學門診 - 外米慎區  
888 Paris St, #202, San Francisco  
[www.chewhs.org](http://www.chewhs.org)

**East West Health Services - Daly City**      **1-650-761-3542**  
中西醫學門診 - 帝利市  
386 Gellert Blvd, Daly City  
[www.chewhs.org](http://www.chewhs.org)