

2024

Q2

APRIL - JUNE

第二季 | 四月至六月

COMMUNITY

# Health News

社區健康資訊



## SEASON'S MESSAGE

### 本季資訊



## Spring is here!

It is a great time to focus on staying healthy and happy. As the flowers bloom and the days get warmer, let us think about how we can take care of ourselves. Try spending more time outside, going for walks. Eat yummy fruits and vegetables that are in season, like strawberries and carrots. Don't forget about your feelings too! Talk to someone you trust if you are feeling worried or sad. Small things, like getting enough sleep and drinking water, can make a big difference. Let's make this spring a time of growth and wellness for everyone!

CCHP and Balance are working on upgrading our member portals to make it even easier for our valued members! We are committed to making members' experience smoother and more convenient, so they can focus on their wellness journey without any hassle. Stay tuned for the new features coming soon!

Highlighted in 2024 are our community quarterly health fairs with fun activities and health screenings. Stay tuned for updates on our health fair at [www.chinesehospital-sf.org/health-fair](http://www.chinesehospital-sf.org/health-fair). We look forward to seeing you there!

## 春天到來！

現在是保持身心快樂的好時機。隨著百花齊放及天氣回暖，我們可以思考如何更好地照顧自己的身心。例如嘗試投放更多時間在戶外散步，吃美味的時令蔬果如士多啤梨及紅蘿蔔。當您感到憂慮或不開心時，可與您信任的人分享或傾談片刻，請在意自己的感受！充足的睡眠及多喝水等瑣碎事情，也可對您帶來很大的益處。讓這個春天成為每個人有更佳身心健康的季節！

CCHP 及 Balance 正在努力改善我們的會員網上平台，為我們尊貴的會員帶來更多方便！我們致力於讓會員的網上體驗更暢順快捷，可以輕鬆地專注於自己的健康之旅。請繼續關注即將推出的新功能！

2024 年的重點推介是我們的社區季度健康同樂日，其中包括有趣的活動及健康檢查。請繼續關注 <https://chinesehospital-sf.org/zh-hant/health-fair/> 的最新動態。我們期待在那裡看見您的參與！

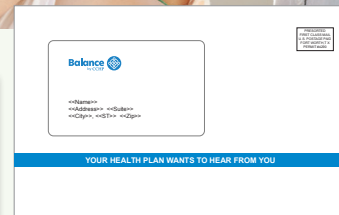
# HEALTH EDUCATION 健康教育



## Your Health and Opinion Matter

From March to June, you may receive the **CAHPS** survey, which is done yearly. Please complete the survey as your feedback will help us improve our services.

**The Consumer Assessment of Healthcare Providers and Systems (CAHPS)** Survey collects information from your experience and satisfaction with the health care services you received from your health plan and providers in the last 6 months. The survey will be mailed to you by our vendor Press Ganey in any of the envelopes shown on the picture. A return envelope will be provided for you. If the survey is not returned, Press Ganey may contact you by telephone to help complete the survey. If you have any questions or need help translating the CAHPS survey, our Member Services is here daily to assist you on a one-on-one basis, please call CCHP Member Services Center at 1-888-775-7888 (TTY1-877-681-8898), Mondays-Fridays 8:00 a.m. to 8:00 p.m. As always, we are here to help our community. Help us to better serve you!



## 我們重視您的健康及意見

您可能會從3月至6月份收到年度 **CAHPS** 調查問卷。請完成問卷，您的意見將可幫助我們改善服務。

**醫療保健提供者系統的消費者評估 (CAHPS)** 收集您在過去6個月內從您的健康計劃及醫生獲得的醫療護理服務的體驗及滿意度資料。調查將由我們的供應商 **Press Ganey** 使用圖中顯示的信封以郵件寄出，回郵信封也會提供。如果調查並未寄回，**Press Ganey** 可能會以電話與您聯絡以協助完成。如果您有任何調查問題或需要協助翻譯服務，我們的會員服務中心每日可以為您提供一對一協助，請聯絡 **CCHP** 會員服務中心，電話：1-888-775-7888 (聽力殘障人士 1-877-681-8898)，週一至週五，上午8時至晚上8時。我們一如既往誠心誠意地協助我們的社區，為每一位會員提供更好的服務！

Oral Health Webinar for our Valued Members and Community!

## Oral Health and Aging: What You Need to Know

尊貴會員及社區尊享的口腔健康網上研討會！  
口腔健康及老化：你需要知道什麼



**WEDNESDAY 星期三**  
**4/24/2024 | 10:00 AM**

*Webinar will be conducted in English only*  
網上研討會僅以英語進行

- Learn how dental care needs change as you age.
- How healthy gums affect your overall health and more.
- 了解隨著年齡增長，牙齒護理要求有如何改變。
- 了解為什麼牙齒脫落不只是變老的一部分及更多資訊。



**SCAN THIS QR CODE TO REGISTER** 掃描此二維碼即可登記  
With limited availability, we urge you to register promptly to secure your participation.  
名額有限，請從速登記以作確認。





## Lung Cancer

Lung cancer is a serious disease and the main cause of cancer-related deaths in the U.S. There are two main types: non-small cell lung cancer (NSCLC) and small-cell lung cancer (SCLC). When the disease is advanced, signs like a persistent cough, chest pain, coughing up blood, and weight loss may show up.

Smoking, being around asbestos or radon, having family members with lung cancer, or having past lung diseases can increase the risk of getting lung cancer. Finding and treating lung cancer involves physical examination, X-rays, computed tomography (CT) scans, tissue biopsy, and examination of mucus and saliva. Treatment options include surgery, chemotherapy, targeted therapy, radiation, and clinical trials.

It is important to quit smoking, stay away from secondhand smoke, eat healthy, and be cautious around asbestos and radon. People at high risk, including heavy smokers, ages 55 to 80, who have smoked a pack a day for 30 years and are currently smoking, or have stopped smoking within the past 15 years, may need CT screening.

## 肺癌

肺癌是一種嚴重疾病，也是美國癌症引致相關死亡的主要原因。肺癌主要有兩種類型：非小細胞肺癌（NSCLC）及小細胞肺癌（SCLC）。當病情惡化時，可能會出現持續咳嗽、胸痛、咳血及體重減輕等症狀。

吸煙、接觸石棉或氡氣、家族成員患有肺癌或先前患有肺部疾病都會增加患上肺癌的風險。肺癌檢測方法包括一般身體檢查、X光、電腦斷層掃描(CT)掃描、組織活檢，及黏液唾液檢查。治療方法包括手術、化療、標靶治療、放射治療及臨床試驗。

戒煙、遠離二手煙、健康飲食，並留意周遭石棉及氡氣十分重要。高風險族群包括年齡在55歲至80歲之間，每日保持抽一包煙長達30年的煙民，或在過去15年內已戒煙的人士，可能需要進行CT檢查。



Article provided by CCHRC.

此文章由華人社區健康資源中心提供。

[www.cchrhealth.org](http://www.cchrhealth.org)

**Disclaimer:** This article is for informational purposes only and is not intended to substitute professional medical advice, diagnoses, or treatment. Always seek advice from your physicians or other qualified health provider.

**免責聲明：**本文僅供參考，它不能替代專業的醫療建議、診斷或治療。應向您的醫生或其他合格的健康提供者尋求建議。

# Health, Wellness, Fitness and Educational Class Schedule

2024 Q2  
APRIL - JUNE

## HEALTH EDUCATION 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 VIDEO VISIT<br>1-415-677-2473 | 4/11/2024 | Thur | 1:00pm | 2:30pm | •        |   |   | Stress Management   | <ul style="list-style-type: none"> <li>What is stress?</li> <li>Common causes of stress</li> <li>How to prevent and manage stress</li> </ul>  |
|                                      | 4/23/2024 | Tue  | 1:00pm | 2:30pm | •        |   |   | Cancer Awareness    | <ul style="list-style-type: none"> <li>What is cancer</li> <li>Medications, dietary recommendations, and self-care</li> </ul>   |
|                                      | 5/9/2024  | 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>   |
|                                      | 5/21/2024 | Tue  | 1:00pm | 2:30pm | •        |   |   | Diabetes Prevention | <ul style="list-style-type: none"> <li>What is diabetes</li> <li>Prevention of diabetes</li> </ul>  |
|                                      | 6/6/2024  | Thur | 1:00pm | 2:30pm | •        |   |   | Asthma              | <ul style="list-style-type: none"> <li>What is asthma?</li> <li>How to manage asthma?</li> </ul>  |
|                                      | 6/18/2024 | Tue  | 1:00pm | 2:30pm | •        |   |   | Heart Failure       | <ul style="list-style-type: none"> <li>What Causes Heart Failure?</li> <li>Signs and Symptoms of Heart Failure?</li> <li>How is Heart Failure Diagnosed?</li> <li>Heart Failure Treatment Options?</li> <li>Lifestyle Changes for Heart Failure?</li> </ul> |

## PERINATAL CLASSES CLASSES PROVIDED BY CHINESE HOSPITAL

Registration: 1-415-677-2458



|                                      |                       |             |        |        |   |   |  |                      |  |
|--------------------------------------|-----------------------|-------------|--------|--------|---|---|--|----------------------|--|
| ONLINE VIDEO VISIT<br>1-415-677-2458 | CALL FOR APPOINTMENTS | Mon<br>Thur | 1:30pm | 2:30pm | • | • |  | Preparing for Babies | <ul style="list-style-type: none"> <li>How to prepare a pediatric medical home for the baby</li> <li>What to expect at the hospital after the baby is born</li> <li>How to care for the baby when they go home</li> <li>Oral care and breastfeeding</li> </ul> |
|--------------------------------------|-----------------------|-------------|--------|--------|---|---|--|----------------------|--|

**Health Education Class:**  
Fee: FREE

**Perinatal Class:**  
Fee: FREE for members

**NOTE:** If fewer than 5 students register, the class will be cancelled.

**National Diabetes Prevention Program**

**In-Person Fitness Class:** Chinatown YMCA  
855 Sacramento Street, San Francisco, CA 94108

**NOTE:** Classes are FREE for CCHP 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 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. Proof of vaccination is required and masking is highly recommended.

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

# 健康講座及健身課程時間表

2024年 第二季  
四月至六月

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<br>課程<br>1-415-677-2473 | 4/11/2024 | 星期四        | 10:00am | 11:30am |    | • |   | 處理壓力      | <ul style="list-style-type: none"> <li>什麼是壓力?</li> <li>壓力的常見原因</li> <li>如何預防和管理壓力</li> </ul>  |
|                              | 4/23/2024 | 星期二        | 10:00am | 11:30am |    | • |   | 癌症的認識     | <ul style="list-style-type: none"> <li>什麼是癌症</li> <li>藥物治療、飲食建議及自我護理方法</li> </ul>   |
|                              | 5/9/2024  | 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>   |
|                              | 5/21/2024 | 星期二        | 10:00am | 11:30am |    | • |   | 糖尿病的預防    | <ul style="list-style-type: none"> <li>什麼是糖尿病</li> <li>如何預防糖尿病</li> </ul>   |
|                              | 6/6/2024  | 星期四        | 10:00am | 11:30am |    | • |   | 氣喘        | <ul style="list-style-type: none"> <li>什麼是氣喘?</li> <li>如何管理氣喘?</li> </ul>   |
|                              | 6/18/2024 | 星期二        | 10:00am | 11:30am |    | • |   | 心臟衰竭      | <ul style="list-style-type: none"> <li>心臟衰竭的原因是什麼?</li> <li>心臟衰竭的徵兆和症狀?</li> <li>如何診斷心臟衰竭?</li> <li>心臟衰竭治療選擇?</li> <li>改變生活方式會導致心臟衰竭嗎?</li> </ul> |
| 網上視像<br>課程<br>1-415-677-2458 | 請來電預約     | 星期三<br>星期四 | 2:00pm  | 3:00pm  |    | • |   | 國家糖尿病預防項目 | <p>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II型糖尿病的發病</p> <p>(該課程對華人保健會員和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：日期及時間可能有更改</p>                                   |

## 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<br>課程<br>1-415-677-2458 | 請來電預約 | 星期一<br>星期四 | 1:30pm | 2:30pm | • | • |  | 為寶寶的到來做好準備 | <ul style="list-style-type: none"> <li>新生父母指南</li> <li>新生兒須知</li> <li>如何護理新生兒</li> <li>口腔護理和母乳喂養</li> </ul> |
|------------------------------|-------|------------|--------|--------|---|---|--|------------|---|

■ 健康講座：  
費用：免費

■ 婦產及嬰兒講座：  
費用：會員免費

備註：如果報名人數少於5人，該課程可能會被取消。

■ 國家糖尿病預防項目

■ 親身授課健身班：華埠青年會

855 Sacramento Street, San Francisco, CA 94108

備註：課程為華人保健計劃會員提供。健身課程需要事先報名。如果報名人數少於5人，該課程會被取消。日期及時間可能有更改。為使每位會員都有機會參加健身課程，會員每季度只允許註冊4節課程。對其它有興趣的課程，會員需在等候名單上登記等候通知。親身授課需要提供完全接種疫苗證明及強烈建議配戴口罩。

可上網查看健身班及健康講座的更新：[www.cchphealthplan.com/zh-hant/classes-and-events](http://www.cchphealthplan.com/zh-hant/classes-and-events)

# 健身班時間表

健身課程為華人保健計劃會員免費提供  
 報名：1-415-677-2458 | 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 |            |  |
| 網上視像<br>課程<br>1-415-677-2458   | 4/8, 4/15, 4/22,<br>4/29, 5/6, 5/13,<br>5/20, 6/3, 6/10,<br>6/17       | 星期一 | 11:00am | 12:00pm | •  | • | • | 太極<br>(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。  |
|  | 4/19, 4/26, 5/3,<br>5/10, 5/17, 5/24,<br>5/31, 6/7, 6/14,<br>6/21      | 星期五 | 9:15am  | 10:15am | •  | • | • | 氣功<br>(各級) | 八段錦由八節動作組成。側重舒展肢體，進而強健關節及自身免疫系統。特點為體勢動作輕柔舒緩，古樸高雅，剛柔並濟，動靜結合。五禽戲是一種中國導引術（傳統健身方法），由五種模仿動物的動作組成，有助於調理筋脈運行。 |
| 親身授課<br>華埠青年會<br>1-415-677-2458<br>需要提供<br>完全接種<br>疫苗證明<br>及強烈建議<br>配戴口罩 | 4/12, 4/19, 4/26<br>5/3, 5/10, 5/17,<br>5/24, 5/31, 6/7,<br>6/14, 6/21 | 星期五 | 11:00am | 12:00pm | •  | • |   | 瑜珈<br>(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，祇需攜帶瑜珈墊或毛巾。  |

# FITNESS CLASSES

FREE TO CCHP MEMBERS

Registration: 1-415-677-2458 | wellness@chasf.org



| LOCATION   | DATE   | DAY | TIME    |         | LANGUAGE |   |   | CLASS               | LEARNING OBJECTIVES   |
|--|--|-----|---------|---------|----------|---|---|---------------------|---|
|  |  |     | START   | END     | E        | C | M |                     |   |
| <b>ONLINE VIDEO VISIT</b><br>1-415-677-2458  | 4/8, 4/15, 4/22, 4/29<br>5/6, 5/13, 5/20, 6/3, 6/10, 6/17      | Mon | 11:00am | 12:00pm | •        | • | • | Tai Chi (All Level) | Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.   |
|  | 4/19, 4/26<br>5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21     | Fri | 9:15am  | 10:15am | •        | • | • | QiGong (All Level)  | Strengthen joints and the immune system through the gentle, slow, elegant, smooth movements, balanced with relaxation and quietness. The imitation of the postures and movements of wild creatures improve the flexibility of the body and limbs and the motility of the muscles and bones. |
| <b>IN-PERSON CLASS</b><br><br><b>CHINATOWN YMCA</b><br>1-415-677-2458<br><br>Proof of vaccination is required & masking is highly recommended. | 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21 | Fri | 11:00am | 12:00pm | •        | • |   | Yoga (All Level)    | Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.  |

# BALANCING WESTERN MEDICINE WITH EASTERN REMEDIES

## 東方中醫療法與西藥的平衡



### Traditional Chinese Medicine & Vision Health

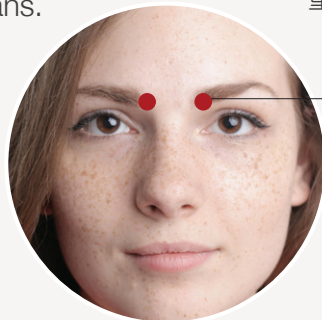
We are spending more and more time looking at screens (computer, television, smartphone, etc.). Therefore, it is important to support our eye health.

In Traditional Chinese Medicine (TCM), the Liver opens to the eyes. Liver Blood nourishes the eyes, but can be weakened by poor diet and poor rest. Some Liver Blood deficiency signs are blurry vision, dry eyes, or impaired night vision.

Stress and emotions affect Qi flow. When Qi gets stuck, it can cause Liver Qi stagnation. This can lead to symptoms like eye pain, red eyes, irritability, or headache.

#### General tips to benefit the eyes:

- Take regular breaks from looking at screens. Look at something far away instead.
- Eat a well-balanced diet. Include leafy greens and colorful fruits and vegetables.
- Aim to be asleep from 11 PM to 3 AM to support the Gallbladder and Liver meridians.
- Apply firm pressure to UB 2, hold for 10 seconds, then release. Repeat as needed.



UB 2  
攢竹穴

### 中醫與視力健康

我們花越來越多的時間看螢幕（電腦、電視、智能手機等）。因此我們非常需要保持眼睛健康。

在中醫中，肝開竅於目。肝血滋養雙眼，但會因飲食不善、休息不良而減弱。肝血不足的一些症狀是視力模糊、眼睛乾澀或夜視能力受損。

壓力及情緒會影響氣的流動。氣滯時會導致肝氣鬱結，可能導致眼睛疼痛、發紅、煩躁或頭痛等症狀。

#### 對眼睛有益的一般提示：

- 定期休息，暫離螢幕。將目光，移焦到遠方的事物上，讓眼睛的睫狀肌放鬆。
- 飲食均衡，包括進食綠葉蔬菜及色彩繽紛的蔬果。
- 在晚上 11 點至凌晨 3 點入睡，以修復膽經及肝經。
- 用力按壓攢竹穴 10 秒然後鬆開，根據需要重複動作。

This is a general guideline. Consider acupuncture and/or herbal remedies under the guidance of a licensed TCM practitioner.

Article provided by Katarina Fok, L.Ac., ND Licensed Acupuncturist at Chinese Hospital East West Health Services.

以上僅供參考，應考慮在有執照的中醫師的指導下進行針灸及/或草藥治療。

資料由東華醫院中西醫學門診 - 霍靜雯, L.Ac., ND 針灸中醫師提供。

# EAT WELL, LIVE WELL RECIPE

東華醫院註冊營養師健康美食推介食譜



## Rice Cakes with Mixed Vegetables

### Ingredients (Serving 3, Serving size 3)

|                                |                        |
|--------------------------------|------------------------|
| 2 slices ginger                | ½ cup bean sprouts     |
| 2 scallions (2-inches lengths) | ½ cup water            |
| 2 cloves of garlic             | 2 tbsp natural oil     |
| 1 cup oyster mushrooms         | 1 tbsp oyster sauce    |
| 1 small carrot                 | 1 tbsp light soy sauce |
| 2 tbsp Shaoxing wine           | 1 tsp dark soy sauce   |
| 1 cup Napa cabbage             | ½ tsp sugar            |
| 1 cup rice cakes               | ½ tsp sesame oil       |

### Instructions:

1. Bring wok over to medium-high heat, add oil, ginger slices, and scallion. After 1 minute, add garlic, oyster mushrooms, and carrots, and stir-fry for another minute.
2. Add Shaoxing wine to the stir-fry, then add Napa cabbage. Stir-fry for about 1 minute, add in rice cake and water and allow them to cook for 3 minutes with lid at medium heat.
3. Remove the lid, add in oyster sauce, light soy sauce, dark soy sauce, sugar, and sesame oil. Give them a nice stir.
4. Bring the heat to high, add in bean spout for final mix. Stir-fry everything together until rice cakes are tender and veggies are all cooked.
5. Plate and serve!

### Source of recipe and photo:

*The Woks of Life, with modification.*

*Rice Cakes with Mixed Vegetables - The Woks of Life*

(<https://thewoksoflife.com/rice-cakes-mixed-vegetables/>)

## 雜菜炒年糕

### 材料 (3 人份量)

|               |         |
|---------------|---------|
| 薑 2 片         | 水半杯     |
| 蔥 2 條 (2 英寸長) | 食油 2 湯匙 |
| 蒜頭 2 粒        | 蠔油 1 湯匙 |
| 秀珍菇 1 杯       | 生抽 1 湯匙 |
| 細紅蘿蔔 1 條      | 老抽 1 茶匙 |
| 紹興酒 2 湯匙      | 糖半茶匙    |
| 大白菜 1 杯       | 芝麻油半茶匙  |
| 年糕 1 杯        |         |
| 芽菜半杯          |         |

### 做法：

1. 開中火，將油、薑片及蔥段放入鍋。1 分鐘後加入大蒜、秀珍菇及紅蘿蔔，再炒 1 分鐘。
2. 加入紹興酒翻炒，然後加入大白菜炒約 1 分鐘。之後加入年糕及水，蓋上中火煮 3 分鐘。
3. 打開蓋後加入蠔油、生抽、老抽、糖及麻油，再翻炒一下。
4. 將火力調至最高，加入芽菜再翻炒，直至年糕變軟身及蔬菜均熟透。
5. 完成及即可上桌！

食譜及相片來源：*The Woks of Life*

(<https://thewoksoflife.com/rice-cakes-mixed-vegetables/>)

### Nutrition information per serving:

### 每份材料含以下營養：

Calories 卡路里：483kcal  
Total Fat 總脂肪：13.5g (17% DV)  
Saturated Fat 飽和脂肪：2g (10% DV)  
Cholesterol 膽固醇：0%  
Protein 蛋白質：12.1g  
Total Carbohydrates 總碳水化合物：81.8g (30% DV)  
Dietary Fiber 食用纖維：8.7g (31%)  
Total Sugars 總糖：7.7g

Sodium 鈉 (鹽)：557mg (24%)  
Vitamin D 維他命 D：23mcg (116% DV)  
Calcium 鈣：93mg (7% DV)  
Iron 鐵：4mg (20% DV)  
Potassium 鉀：866mg (18% DV)

Nutrition information 營養資料來源：Recipe Calorie and Nutrition Calculator ([verywellfit.com](http://verywellfit.com))

## What is Stroke?

Stroke, also known as a 'brain attack,' occurs when there is a blockage in blood flow to a part of the brain or when a blood vessel ruptures, potentially causing damage to or the death of brain cells.

**It is a leading cause of death and long-term disability in adults.** Brain damage is only one of the effects. A stroke can lead to ongoing issues, including:

- Memory problems or trouble thinking and speaking
- Vision problems
- Trouble walking or keeping your balance
- Paralysis (not being able to move some parts of the body) and muscle weakness
- Trouble controlling or expressing emotions
- Trouble with chewing and swallowing
- Trouble controlling when you go to the bathroom

## What is a mini-stroke

A mini-stroke exhibits identical symptoms to a stroke but with a shorter duration of symptoms. Another term for a mini-stroke is TIA (transient ischemic attack).

A TIA occurs when blood flow to the brain is briefly blocked, typically lasting minutes to hours. If you've had a TIA, you face a heightened risk of experiencing a more substantial stroke. Never disregard signs of a TIA.

## Am I at risk?

The primary risk factor for stroke that you can modify is high blood pressure. High blood pressure often exhibits no signs or symptoms.

You might also be at risk for stroke if you:

- Have had a previous stroke or a transient ischemic attack (TIA/Mini-stroke)
- Smoke or vape
- Drink too much alcohol
- Use certain drugs
- Have diabetes
- Don't get enough physical activity
- Are overweight or have obesity
- Have certain heart problems
- Have high cholesterol

## 什麼是中風?

中風，即腦栓塞，是由於流向腦部的血液受阻或血管破裂，導致腦細胞受損或死亡而造成。

**中風是導致成人死亡及長期殘疾的主要原因。**除腦部受損外，還可能導致其他後遺症，包括：

- 記憶力受損、思考及語言困難
- 視力問題
- 行走或保持平衡困難
- 癱瘓（無法移動身體某些部位）及肌肉無法運動
- 難以控制或表達情緒
- 咀嚼及吞嚥困難
- 如廁困難

## 什麼是小中風?

小中風，即短暫性腦缺血，症狀與中風相似，但持續時間較短。

當流向腦部的血液短暫受阻，就可能發生短暫性腦缺血，症狀通常持續數分鐘至數小時。小中風可視為中風的前兆，再發生中風的風險很高。切勿忽視小中風。

## 您有中風的風險嗎?

高血壓是造成腦中風的高風險因素之一，通常沒有任何跡象或症狀。然而，高血壓是可以預防的。

以下是其他導致中風的危險因素：

- 曾經中風或短暫性腦缺血（小中風）
- 吸煙或電子煙
- 酗酒
- 使用某些藥物
- 糖尿病
- 缺乏運動
- 超重或肥胖
- 有某些心臟問題
- 高膽固醇

# 中風徵兆

# SPOT A STROKE

BE FAST, CALL 911. 請立即撥打 911。

|              |                  |               |              |                   |                  |
|--------------|------------------|---------------|--------------|-------------------|------------------|
| BALANCE LOSS | EYESIGHT CHANGES | FACE DROOPING | ARM WEAKNESS | SPEECH DIFFICULTY | TIME TO CALL 911 |
|              |                  |               |              |                   |                  |
| BALANCE      | EYES             | FACE          | ARMS         | SPEECH            | TIME             |
| 失去平衡         | 視力模糊             | 臉部下垂          | 手臂乏力         | 口齒不清              | 把握時間             |

Chinese Hospital  
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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，



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