

CHINESE HOSPITAL HEALTH SYSTEM

Health

東華醫院醫療體系健康季刊

News

2025 JULY- SEPTEMBER | 七月至九月



Quit Smoking for Lung Health
擁抱肺部健康，從戒煙開始

Learn about the Collaborative Care Model
認識協作護理模式

Get Ready to Celebrate National Immunization Awareness Month
迎接「全國疫苗接種意識月」





Medicine Safety for Older Adults: What to Know About Anticholinergic Drugs

As people get older, their bodies change. This means that some medicines may not work the same way they did before. One group of medicines that older adults need to be careful with is called **anticholinergic drugs**.

These drugs are used to treat a variety of conditions such as **dizziness, overactive bladder, allergies, muscle spasms, and depression**. They work by blocking a chemical in the body called acetylcholine, which helps control memory, muscle movements, and other body functions.

For **adults 65 and older**, these medications can cause more serious side effects. Some of the most common problems include memory loss, confusion, sleepiness, dry mouth, constipation, trouble urinating, and blurry vision. These side effects can make it harder to go about daily life and may lead to falls or accidents. **The risk increases if a person is taking more than one medication with anticholinergic effects at the same time.**

It is not always easy to tell if you are taking one of these drugs. Some require a prescription, while others can be bought at a drugstore without one. For example, certain sleep aids, allergy pills, and cold medicines may contain anticholinergic ingredients, even if the label does not use that word. That is why it is important to talk with your doctor or pharmacist to review all of your medications.

Below are common anticholinergic medicines you might want to reconsider (orange), unless there are no other options. This list is not complete, please scan the QR code for a longer list.



FOR ALLERGIES	OTHER OPTIONS FOR OLDER ADULTS
<ul style="list-style-type: none">• Diphenhydramine (Benadryl, Banophen)• Chlorpheniramine (Chlor-Trimeton)• Clemastine (Tavist)• Hydroxyzine	<ul style="list-style-type: none">• Loratadine (Claritin), levocetirizine (Xyzal)• Saline nasal rinse• Nasal steroid: Fluticasone (Flonase), Mometasone (Nasonex)

If you need to take one of these medicines, there are steps you can take to reduce your risk. It is best to take the lowest dose that works and use it for the shortest time possible. Try not to take more than one anticholinergic drug at once. Be sure to review your medications regularly with your doctor or pharmacist, and never stop a medicine without checking with your doctor first.

Disclaimer: This article is for informational purposes only and does not replace professional medical advice. Always consult a healthcare professional before starting or stopping any medication.

長者用藥風險須知： 認識抗膽鹼藥物

隨著年齡增長，我們的身體機能亦隨之改變，這意味著某些藥物對我們的影響可能與年輕時有所不同。其中一類需要留意的藥物便是抗膽鹼藥物。

抗膽鹼藥物常被用於治療以下症狀：**頭暈、膀胱過動症、過敏、肌肉痙攣及抑鬱症等**。其作用機制是阻斷一種稱為乙酰膽鹼的化學物質，有助控制記憶、肌肉運動及其他身體功能。

對於**65歲或以上的長者**，抗膽鹼藥物可能引發較多的副作用，包括記憶力衰退、意識模糊、嗜睡、口乾、便秘、排尿困難及視力模糊等。**這些副作用可能導致跌倒、意外，或使日常活動變得更加困難。若同時服用多種抗膽鹼藥物，風險會更高。**

部分抗膽鹼藥物需要醫生處方，但亦有部分可在藥房自行購買（非處方藥），當中包括一些助眠劑、過敏藥及感冒藥。即使藥品標籤上未註明「抗膽鹼」，該藥物仍可能產生這些影響。因此，請務必諮詢您的醫生或藥劑師，一同檢閱您正在服用的藥物。以下是常見的抗膽鹼藥物種類，除非別無選擇，否則建議盡量避免服用（橙色標示）。請注意，此表並不完整，請掃碼查閱更長的清單。

治療過敏	適合長者的其他選擇
<ul style="list-style-type: none">• 苯海拉明 (Diphenhydramine, 商品名: Benadryl、Banophen)• 氯苯那敏 (Chlorpheniramine, 商品名: Chlor-Trimeton)• 氯馬斯汀 (Clemastine, 商品名: Tavist)• 羥嗪 (Hydroxyzine)	<ul style="list-style-type: none">• 氯雷他定 (Loratadine, 商品名: Claritin)、左西替利 (Levocetirizine, 商品名: Xyzal)• 生理鹽水鼻腔沖洗• 鼻用類固醇: 氟替卡松 (Fluticasone, 商品名: Flonase)、莫米他松 (Mometasone, 商品名: Nasonex)

若已經使用這些藥物，並非表示一定要馬上停藥，而是要審慎評估風險與益處。用藥時應盡量選擇最低有效劑量，並縮短服藥時間。同時，避免合併使用多種抗膽鹼藥物。最重要的是，定期諮詢醫生或藥劑師，絕不可在未經醫生指示下自行停藥或更改劑量。

抗膽鹼藥物對於某些疾病可能有所幫助，但對於65歲或以上的長者而言，可能存在較高的風險。定期與專業醫療人員檢閱您的藥物，有助您避免不必要的副作用，並在需要時尋找更安全的替代方案。

免責聲明： 本文僅供參考，不能取代專業醫療建議、診斷或治療。在服用或停用任何藥物之前，請務必諮詢您的醫生或其他合格的醫療保健提供者。

References 資料來源：

- 2023 American Geriatrics Society Beers Criteria Update Expert Panel. American Geriatrics Society 2023 updated AGS Beers Criteria® for potentially inappropriate medication use in older adults. J Am Geriatr Soc. 2023 July;71(7):2052-2081. doi: 10.1111/jgs.18372.
- Hanlon JT, Semla TP, et al. Alternative medications for medications in the use of high-risk medications in the elderly and potentially harmful drug-disease interactions in the elderly quality measures. J Am Geriatr Soc. 2015; 63(12):e8-e18.



August is National Immunization Awareness Month

Vaccines are one of the best ways to protect yourself and your loved ones from serious illnesses like the flu, measles, and COVID-19. This August, take a moment to check your vaccination status and make sure you're up to date.

Immunizations aren't just for kids. People of all ages need vaccines to stay protected.

- **Infants/Children:** DTaP, Polio, RSV, MMR, Hepatitis B, Hib, Rotavirus, and Varicella
- **Preteens/Teens:** HPV, Tdap, Meningococcal, and Influenza
- **Adults:** Tdap, Influenza, Pneumococcal, and RSV (for pregnant women)
- **Seniors (Age 60+):** Shingles, RSV, Influenza, and COVID-19

For additional recommended immunizations, please visit www.cdc.gov/vaccines/hcp/imz-schedules. You can also check with your PCP for details on your eligibility.

What You Can Do This August

- Schedule a vaccine check-up
- Make sure children are school-ready with all required shots
- Get your annual flu shot when available
- Share the importance of vaccines with others

Reference: www.cdc.gov/vaccines

Disclaimer: This is a general guideline. Please consult with a healthcare professional for personalized recommendations.

八月：全國疫苗接種意識月

每年八月是「全國疫苗接種意識月」，提醒我們檢視自己的疫苗接種紀錄，確保已接種所有建議疫苗，以有效預防流感、麻疹、新冠病毒等嚴重疾病，保護自己，也保護他人。

許多人以為只有兒童才需要接種疫苗，其實不論年齡大小，都應定期接種，以維持免疫保護力。

- **嬰兒/兒童：**白喉、破傷風、百日咳疫苗（DTaP）、小兒麻痺疫苗、呼吸道合胞病毒疫苗（RSV）、麻疹-腮腺炎-風疹疫苗（MMR）、乙型肝炎疫苗、流感嗜血桿菌疫苗（Hib）、輪狀病毒及水痘疫苗
- **青少年：**人類乳突病毒疫苗（HPV）、十合一疫苗（Tdap）、腦膜炎疫苗及流感疫苗
- **成人：**流感疫苗、Tdap、及肺炎球菌疫苗，以及孕婦可接種的 RSV 疫苗
- **老人（60歲及以上）：**帶狀皰疹疫苗、RSV疫苗、流感疫苗及新冠疫苗

想了解完整建議接種表，請參閱 www.cdc.gov/vaccines/hcp/imz-schedules，或向您的家庭醫生查詢適合您的接種建議。

這個八月您可以這樣做：

- 預約一次疫苗接種檢查
- 確保您的孩子已接種入學所需疫苗
- 當流感疫苗推出時，依然建議接種
- 鼓勵親友了解接種疫苗的重要性

資料來源：www.cdc.gov/vaccines

免責聲明：本文為一般建議，請與您的醫生討論最適合您的疫苗接種方案。

WORLD
LUNG DAY
SEPTEMBER 25

Quit Smoking for Lung Health:
Take the First Step Today

為肺部健康邁出第一步：
從今天開始戒煙



September 25 is World Lung Day

—a reminder to care for your lungs. One of the best things you can do is quit smoking, including e-cigarettes and vaping.

Smoking damages your lungs and raises the risk of serious diseases like COPD, lung cancer, and infections. The longer you smoke, the greater the risk. But it is never too late to quit. Stopping now can help you breathe better and live longer.

Even after quitting, the risk for lung cancer remains. That is why lung cancer screening is important. A low dose CT scan can detect cancer early, when it is easier to treat.

Annual screening is recommended for people who:

- Have a 20 pack-year or more smoking history, and
- Smoke now or have quit within the past 15 years, and
- Are between 50 and 80 years old.

Disclaimer: This is a general guideline. Please consult with a healthcare professional for personalized recommendations.

Reference 資料來源： cdc.org, lung.org

9月25日是世界肺健康關注日。

提醒我們重視肺部健康。戒煙，包括傳統香煙及電子煙，是保護肺部最有效的行動。

吸煙會傷害肺部，並增加患上慢性阻塞性肺病、肺癌及感染等嚴重疾病的風險。吸煙時間越長，風險越高。但好消息是：無論什麼時候開始戒煙，都不會太遲。戒煙有助改善呼吸功能，甚至延長壽命。

然而，即使成功戒煙，肺癌風險仍可能存在。因此，定期接受肺癌檢查也非常重要。低劑量電腦斷層掃描可以發現早期肺癌，讓治療更及時有效。

如果您符合以下條件，建議每年接受肺癌檢查：

- 有至少20包年（相當於20年內每天一包）的吸煙史
- 及目前吸煙或已戒煙但不超過15年，及
- 年齡介於50至80歲

免責聲明：本文為一般建議，請與執業針灸中醫師討論最適合您的戒煙方案。

INTEGRATED & HOLISTIC CARE

綜合及整體護理



Quit Smoking with Support from Traditional Chinese Medicine

Quitting smoking is hard, but you don't have to do it alone. Traditional Chinese Medicine (TCM) offers a natural, holistic way to break the habit and manage withdrawal symptoms. Through acupuncture and mind-body practices, TCM helps reduce cravings and supports long-term success.

How Acupuncture Can Help You Quit

Acupuncture has been shown to:

- Reduce cravings
- Support lung detox
- Calm anxiety and stress
- Regulate appetite
- Improve sleep

By stimulating specific points in the body, acupuncture helps rebalance your system and ease common withdrawal symptoms.

Mind-Body Practices for Balance

TCM views health as a connection between the mind and the body. Practices such as Tai Chi, Qigong, and deep breathing promote emotional balance and help relieve stress. These are important factors in successfully quitting smoking.

Visit Chinese Hospital East West Health Services for Support

Ready to quit? Chinese Hospital East West Health Services is here to support you every step of the way. For more information, visit www.chewhs.org or call 1-415-795-8100 to make an appointment.

Article provided by Henry Lee, DACM, 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.



結合中醫力量，助您成功戒煙

戒煙是一段不易的旅程，但您不必孤單面對。傳統中醫提供自然且全面的方法，幫助您擺脫煙癮，同時有效管理戒斷症狀。透過針灸和身心練習，中醫能減輕渴望，並促進長期的戒煙成功。

針灸的戒煙效益

研究指出，針灸可帶來以下幫助：

- 減少吸煙渴望
- 支持肺部排毒
- 緩解焦慮與壓力
- 調節食慾
- 改善睡眠質量

透過刺激特定穴位，針灸能夠幫助身體恢復內在平衡，舒緩常見的戒煙症狀。

身心練習，穩定情緒與意志

中醫認為健康來自身與心的協調。太極、氣功與深呼吸等練習有助於穩定情緒、減輕壓力，進而提高戒煙成功率。

東華醫院中西醫學門診支持您的戒煙之路

準備好開始戒煙了嗎？東華醫院中西醫學門診隨時為您提供支援。想了解詳情，請到www.chewhs.org或致電 1-415-795-8100 預約諮詢。

本文由東華醫院中西醫學門診的執業針灸中醫師李慶維提供。本文為一般建議，請與執業針灸中醫師討論最適合您的戒煙方案。



Quitting is not easy, but you do not have to do it alone. Free resources are available to support you.

Visit www.lung.org/quit-smoking/resources or scan the QR code.

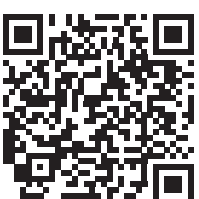
戒煙不容易，但有免費資源可以協助您。

請到www.lung.org/quit-smoking/resources或掃描二維碼以了解更多。

Health, Wellness, Fitness and Educational Class Schedule

Check for updates on classes at www.cchphealthplan.com/classes-and-events or scan the code.

2025 | Q3
JULY-SEPTEMBER



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	7/10/2025	Thur	1:00pm	2:30pm	•			Urinary Incontinence	<ul style="list-style-type: none"> • What is urinary incontinence? • Medications, dietary recommendations and self-care techniques
	7/22/2025	Tue	1:00pm	2:30pm	•			Dementia	<ul style="list-style-type: none"> • What is dementia? • Common causes of stress • How to prevent and manage stress
	8/7/2025	Thur	1:00pm	2:30pm	•			Healthy Eating	<ul style="list-style-type: none"> • What is healthy eating? • How to manage your eating habit?
	8/19/2025	Tue	1:00pm	2:30pm	•			Mental Health and Wellness	<ul style="list-style-type: none"> • Risk factors for stress • Ways to control stress
	9/11/2025	Thur	1:00pm	2:30pm	•			Diabetes Prevention	<ul style="list-style-type: none"> • What is diabetes? • Prevention of diabetes
	9/23/2025	Tue	1:00pm	2:30pm	•			Fall Prevention	<ul style="list-style-type: none"> • How to prevent falling?
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 on set of type 2 diabetes (FREE to CCHP, Balance members and Chinese Hospital Health Services patients, \$220 for everyone else).</p> <p>Note: Dates and times are subject to change.</p>

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

2025年 第三季
七月至九月



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	7/10/2025	星期四	10:00am	11:30am		•	尿失禁	<ul style="list-style-type: none"> 什麼是尿失禁？ 藥物治療、飲食建議及自我護理方法
	7/22/2025	星期二	10:00am	11:30am		•	失智症	<ul style="list-style-type: none"> 什麼是失智症？ 失智症的常見原因 如何預防失智症
	8/7/2025	星期四	10:00am	11:30am		•	健康飲食	<ul style="list-style-type: none"> 什麼是健康飲食？ 如何養成健康飲食習慣？
	8/19/2025	星期二	10:00am	11:30am		•	心理健康和保健	<ul style="list-style-type: none"> 引起壓力的因素 如何處理壓力或保持心理健康
	9/11/2025	星期四	10:00am	11:30am		•	糖尿病的預防	<ul style="list-style-type: none"> 什麼是糖尿病？ 如何預防糖尿病
	9/23/2025	星期二	10:00am	11:30am		•	預防跌倒	<ul style="list-style-type: none"> 如何預防跌倒？
	請來電預約	星期三 星期四		2:00pm	3:00pm		•	國家糖尿病預防項目

網上視像課程

報名：

1-415-677-2458

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		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"> • 如何為新生兒做好居家準備 • 新生兒在醫院的注意事項 • 出院後如何照顧新生兒 • 新生兒的口腔護理及母乳哺育
請來電預約					•		
報名： 1-415-677-2458							

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



地點	日期	星期	時間		語言		講座	課程須知
			開始	結束	英	粵		
網上健身班 報名： 1-415-677-2458	7/10, 7/17, 7/24, 7/31						太極 (各級)	學習這門有百年曆史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	8/7, 8/14, 8/21, 8/28	星期四	11:00am	12:00pm	•	•		
華埠青年會 親身授課健身班 報名： 1-415-677-2458	7/8, 7/15, 7/22, 8/5, 8/12, 8/19, 8/26, 9/2, 9/9, 9/16, 9/23						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。
	7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29, 9/5, 9/12, 9/19	星期二	12:05pm	1:00pm	•	•	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。歡迎從未學過瑜伽人士報名，祇需攜帶瑜珈墊或毛巾。
		星期五	11:00am	12:00pm	•	•		

健康講座

費用：免費

國家糖尿病預防項目

費用：會員免費

婦產及嬰兒講座

網上健身班

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。



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

FITNESS CLASSES

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



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE CLASS REGISTRATION 1-415-677-2458	7/10, 7/17, 7/24, 7/31 8/7, 8/14, 8/21, 8/28 9/4, 9/11, 9/18	Thur	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.
IN-PERSON CLASS CHINATOWN YMCA REGISTRATION 1-415-677-2458	7/8, 7/15, 7/22, 8/5, 8/12, 8/19, 8/26, 9/2, 9/9, 9/16, 9/23	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.
COVID vaccination and masking are strongly recommended for all YMCA classes.	7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29, 9/5, 9/12, 9/19	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.

Health Education Class

Fee: FREE

National Diabetes Prevention Program

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

Fee: FREE for members

Perinatal Class

Online Fitness Class

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.

EAT WELL, LIVE WELL RECIPE

有「營」食譜



Sautéed Asparagus with Mushrooms

As summer approaches and temperatures begin to rise, lighter, plant-based meals can help keep the body cool, hydrated, and energized. In traditional Chinese medicine, eating more vegetables during warmer seasons is believed to support the body's natural balance. Meals that emphasize seasonal produce and less animal fat are easier to digest and better suited for hot weather—making this asparagus and mushroom dish an ideal summer choice.

In May, markets offer fresh, tender asparagus and earthy mushrooms—perfect for a quick and healthy dish. This simple stir-fry is inspired by Chinese home cooking: light, flavorful, and rich in fiber, antioxidants, and plant compounds that support heart, immune, and digestive health.

Why It's Good for You:

- **Asparagus** – High in fiber, folate, and vitamin K for digestion and bone health
- **Mushrooms** – Source of vitamin D, selenium, and beta-glucans that support immunity
- **Ginger** – Soothes the stomach and supports circulation
- **Garlic** – Helps regulate blood pressure and cholesterol
- **Vegetable oil** – Heart-healthy fat that supports absorption of fat-soluble nutrients

Sautéed Asparagus with Mushrooms (Serves 2)

- 1 bunch asparagus, trimmed and cut into 2" pieces
- 1 cup sliced mushrooms (shiitake, cremini, or button)
- 1 tsp fresh ginger, finely chopped
- 1 clove garlic, minced
- 1½ tsp vegetable oil
- 1 tsp low-sodium soy sauce (optional)
- A dash of white pepper or sesame oil (optional)

Instructions:

1. Heat olive oil in a nonstick pan. Add garlic and ginger, sauté until fragrant.
2. Add mushrooms and cook for 3–4 minutes until soft.
3. Add asparagus and a splash of water. Cover and steam for 2–3 minutes.
4. Uncover, add soy sauce and sesame oil, toss gently, and serve.

This dish pairs well with brown rice or quinoa for a light, satisfying summer meal.

五月食譜：蘆筍炒香菇

隨著夏天的腳步臨近，氣溫日益上升，一些輕盈的植物性餐點不僅能保持身體清爽，還能幫助補充水分、提升能量。在傳統中醫理論中，增添蔬菜的攝取量有助於調節身體的自然平衡，尤其是在炎熱的季節。以時令新鮮蔬菜為主的飲食，並減少動物脂肪，不僅更易消化，更適合在酷熱的天氣中享用——這道蘆筍炒香菇，恰好就是夏季的最佳選擇。

每年五月，市場盛產新鮮、鮮嫩的蘆筍及香氣撲鼻的香菇，是快手健康菜的理想搭配。這道簡易的家常菜靈感源自中國的家常煮法：輕巧、美味，且富含纖維、抗氧化劑及植物化合物，對心臟、免疫系統及消化道的健康都十分有益。

營養價值分析：

- **蘆筍**：含有豐富的纖維、葉酸及維他命K，有助於消化及強健骨骼。
- **香菇**：是維他命D、硒及β-葡聚糖的良好來源，增強免疫力。
- **薑**：幫助舒緩腸胃及促進血液循環。
- **大蒜**：能有效調節血壓及降膽固醇。
- **植物油**：含有健康的脂肪，幫助吸收脂溶性營養。

炒蘆筍配香菇（適合2人享用）

材料：

- 1束蘆筍，修剪並切成2寸段
- 1杯切片香菇（可以選擇冬菇、小啡菇或白蘑菇）
- 1茶匙新鮮薑，剁碎
- 1瓣大蒜，剁碎
- 1½ 茶匙植物油
- 1茶匙低鈉醬油（可不放）
- 少許白胡椒粉或麻油（可不放）

做法：

1. 植物油在易潔鍋中加熱，油熱後再加入剁碎的大蒜及薑炒香。
2. 加入切片香菇炒3至4分鐘，直至香菇軟化。
3. 然後加入切好的蘆筍及少許水，蓋上鍋蓋蒸2至3分鐘。
4. 最後打開鍋蓋，加入豉油及麻油輕輕拌勻，上碟享用。

這道蘆筍炒香菇，與糙米或藜麥搭配，一定能為您帶來一頓清新又滿足的夏季餐膳。

Estimated Nutrition

(Per Serving):

每份材料估計含

以下營養：

Calories 卡路里：110 kcal
Protein 蛋白質：4 g
Carbohydrates 碳水化合物：10 g
Dietary Fiber 食用纖維：4 g

Fat 脂肪：6 g (mostly unsaturated)

Sodium 鈉：~180 mg

(with low-sodium soy sauce)



HOPE

CLOSE TO HOME

希望在社區



Cancer: A Silent Crisis in the Chinese Community

Cancer is the leading cause of death among Asian Americans, with Chinese Americans facing even greater risks. Liver, lung, breast, and colorectal and stomach cancers occur more often in our community.

Why is this happening?

- **Language Problems:** Many Chinese-speaking patients have a hard time understanding doctors, reading test results, or making appointments.
- **Hard to Get Care:** Seniors, immigrants, and families with low incomes often can't travel far for cancer care.
- **Fear and Shame:** Some people are scared to talk about cancer or don't want to worry their family. This stops them from getting help early.
- **No Screenings:** New immigrants often don't get regular check-ups for breast, colon, or cervical cancer.

Care That Feels Like Home

At Chinese Hospital, we believe cancer care should be accessible, familiar, and compassionate. That's why we're launching the "Keep Hope Close to Home campaign" to build a new Oncology and Chemotherapy Center on the hospital's second floor.

This center will feature:

- Oncology clinic and infusion center in one place
- 6 infusion chairs, 1 private infusion room, and 2 exam rooms



CHINESE HOSPITAL

癌症：潛藏在華人社區的健康危機

在亞裔美國人中，癌症是最主要的死亡原因，而華人社區更面臨特有的高風險。肝癌、肺癌、乳癌、大腸／直腸癌及胃癌，都是常見的致命疾病，威脅著我們親人與鄰里的健康。

華人社區為何面臨更大挑戰？

- **語言障礙：**很多華人長者及新移民不熟悉英語，難以了解醫生的說明、看懂檢驗報告，甚至連預約都感到困難重重。
- **就醫困境：**因為交通不便底收入有限，很多人無法到其他社區接受癌症診治。
- **恐懼與病恥感：**有些人擔心被標籤或怕家人擔心，選擇隱瞞病情，錯過最佳治療時機。
- **缺乏意識：**很多新移民對定期乳癌、大腸癌或子宮頸癌檢查的觀念還不熟悉。

在社區就能獲得安心治療

東華醫院相信，癌症照護不該遙不可及。因此，我們啟動了「希望在社區」計劃，在東華醫院二樓建立全新腫瘤科診所及化療中心，為病人提供貼心、熟悉的服務。

中心特色：

- 將腫瘤科診所及化療中心整合在同一地點，方便病人一站式就醫
- 設有 6 張輸液椅、1 間私人輸液室與 2 間診療室

“ I felt at home speaking Cantonese at Chinese Hospital.

在東華醫院能夠用廣東話溝通，讓我感到很自在，放心。 ”

Mr. Po Pau



“ They cared for me in my language. I'm better now.

醫護人員用我熟悉的語言照顧我，我現在好多了。 ”

Mrs. Ru Zhen Wu



“ Chinese Hospital helped me through cancer. They saved my life.

我在東華醫院接受癌症治療，他們拯救了我的性命。 ”

Ms. Daisy Li



SCAN TO DONATE
掃描捐款

YOUR GIFT GIVES HOPE. 您的一份心意，就是病人的一線希望
DONATE NOW 立即捐款：chinesehospital-sf.org/Keep-Hope-Close-to-Home



1-415-677-2470



donate@chasf.org

MENTAL & BEHAVIORAL HEALTH SUPPORT 心理與行為健康支援服務



Behavioral Health Integration: Introducing the Collaborative Care Model (CoCM) Program at Chinese Hospital and Clinics

Chinese Hospital & Clinics is excited to announce the launch of our new behavioral health support program, the CoCM. This innovative program integrates behavioral health care with primary medical care, offering an easier and more accessible way for individuals to receive the help they need without the hassle of visiting separate clinics or offices.

How the CoCM Program Works

The CoCM program operates through a team-based approach, involving several key healthcare providers:

- **Primary Care Provider (PCP):** Your regular PCP remains involved in overseeing your overall health care. They manage your physical health and work with the behavioral health team to ensure you receive the right support for both your physical and mental well-being.
- **Behavioral Health Coordinator:** The coordinator checks in with you regularly, discussing how you're feeling and providing follow-up care. They help create a personalized plan for managing stress, anxiety, depression, sleep issues, and other behavioral health concerns.
- **Psychiatric Consultant:** This mental health expert advises your PCP and behavioral health coordinator on your treatment. While you won't meet with the consultant directly, they help develop treatment plans, recommend medications, suggest therapeutic interventions, and make necessary adjustments to your care.

Integrated Support and Convenience

A key benefit of the CoCM program is its integrated support system. This seamless integration provides early intervention, ongoing support, timely access to care, and improved treatment outcomes. For more information about the CoCM program, please contact Program Care Coordinator at 1-628-228-2828.

Article provided by Chinese Hospital & Clinics.



CHINESE
HOSPITAL
& CLINICS

行為健康整合服務：東華醫院及診所 協作護理模式 (CoCM) 全新登場

東華醫院及診所推出全新的行為健康支援計劃——協作護理模式 (Collaborative Care Model, CoCM)。這項創新服務將心理健康照護整合至初級保健中，讓病人無需轉介至其他心理診所或專科機構，即可在家庭醫生診所直接獲得心理健康服務，方便且高效。

計劃運作方式

CoCM 採用「團隊護理」模式，由以下核心醫療人員共同為您提供整合服務：

- **家庭醫生 (PCP)：**您的主診醫師會繼續負責整您的體健康管理，並與行為健康團隊密切合作，確保您獲得身心全面的治療與支持。
- **行為健康協調員：**定期與您聯繫，關心您的情緒與壓力狀況，協助處理焦慮、憂鬱、失眠等問題，並制定個人化的行為健康照護計劃，持續追蹤與跟進。
- **精神科顧問：**根據您的需要，向主診醫師及協調員提供專業建議，協助訂定或調整治療方案，包括藥物或心理治療建議。您無須親自與精神科顧問會面。

無縫整合，提升成效

CoCM 的最大優勢在於其整合式護理架構，透過無縫協作提供早期介入、持續支援與及時照護，有助提升整體治療成效。如需進一步了解 CoCM 詳情，歡迎致電 1-628-228-2828 與計劃護理協調員聯絡。

資訊由東華醫院及診所提供。



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. 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1-888-775-7888，電郵 Info@CCHPHealthPlan.com 或上網瀏覽：

www.cchphealthplan.com/zh-TW/community-newsletter
www.cchrhealth.org/tw/cchp-newsletters



DISCOVER

Hepatitis B Services at Chinese Hospital and Clinics



CHINESE
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了解東華醫院及診所的乙型肝炎服務

IMPORTANT CONTACTS 重要聯絡資料



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	1-888-775-7888	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	1-888-775-7888		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
	CCHP Member Services Center - Oakland CCHP 會員服務中心 - 屋崙 388 9th St, Suit #125, Oakland www.cchphealthplan.com	1-888-775-7888		Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd, Daly City www.chinesehospital-sf.org	1-650-761-3500
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		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
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 - Excelsior 中西醫學門診 - 外米慎區 888 Paris St, #202, San Francisco www.chewhs.org	1-628-228-2280
	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			