



# 2011 年九月至十二月健康講座 GENERAL HEALTH

粵語上課時間：上午 10:00 至 11:30

1:00 pm - 2:30 pm English

報名請電：415-677-2473

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

Class	講座	Sep	Oct	Nov	Dec
Arthritis Management	關節炎教育				
Asthma Management	哮喘病護理				
Blood Pressure	血壓教育				12/29 (Th) 星期四
Cancer Awareness	癌症的認識				
Cholesterol & Your Heart	膽固醇與您的心臟	9/29 (Th) 星期四		11/30 (W) 星期三	
Colorectal Cancer	大腸癌	9/23 (F) 星期五			
Diabetes Management	糖尿病護理			11/15 (Tu) 星期二	
Healthy Eating	健康飲食指導				
Heart Failure	認識心臟衰竭			11/10 (Th) 星期四	
Infection Control & Personal Hygiene	預防感染及個人衛生				
Injury Prevention	預防老人意外受傷				
Insomnia	失眠症				12/20 (Tu) 星期二
Medication Management	正確服用藥物		10/18 (Tu) 星期二		
Memory Improvement	改善記憶力	9/14 (W) 星期三			
Menopause	更年期	9/17 (Sat) 星期六			
Osteoporosis	骨質疏鬆症		10/12 (W) 星期三		
Pain Management	處理疼痛				
Prostate Health	前列腺健康				12/9 (F) 星期五
Stroke Prevention	預防中風				

## 普通健康須知 CCHRC GENERAL HEALTH CLASSES

<b>過敏症 Allergies</b>	
<ul style="list-style-type: none"> <li>• 最常見的過敏症</li> <li>• 如何解除過敏症的不適</li> </ul>	<ul style="list-style-type: none"> <li>• Common allergens</li> <li>• Allergy relief</li> </ul>
<b>關節炎教育 Arthritis Management</b>	
<ul style="list-style-type: none"> <li>• 什麼是關節炎</li> <li>• 怎樣料理關節炎</li> </ul>	<ul style="list-style-type: none"> <li>• What is arthritis</li> <li>• Management of arthritis</li> </ul>
<b>哮喘病教育 Asthma Education and Management</b>	
<ul style="list-style-type: none"> <li>• 誘發因素</li> <li>• 發作的先兆</li> <li>• 如何正確使用哮喘藥物</li> <li>• 如何使用氣流測量計</li> </ul>	<ul style="list-style-type: none"> <li>• What triggers an asthma attack</li> <li>• Warning signs of an asthma attack</li> <li>• Proper use of asthma medications</li> <li>• How to use a peak flow meter</li> </ul>
<b>血壓教育 Blood Pressure</b>	
<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>	<ul style="list-style-type: none"> <li>• Risk factors for high blood pressure</li> <li>• Ways to control high blood pressure</li> </ul>
<b>癌症的認識 Cancer Awareness</b>	
<ul style="list-style-type: none"> <li>• 什麼是癌症</li> <li>• 如何減低患癌的機會</li> <li>• 防癌檢查</li> </ul>	<ul style="list-style-type: none"> <li>• What is cancer</li> <li>• How to reduce cancer risks</li> <li>• Cancer-related checkups</li> </ul>
<b>膽固醇與您的心臟 Cholesterol and Your Heart</b>	
<ul style="list-style-type: none"> <li>• 如何降低您的膽固醇</li> <li>• 如何預防心臟病</li> </ul>	<ul style="list-style-type: none"> <li>• How to lower your cholesterol</li> <li>• Ways to prevent heart disease</li> </ul>
<b>大腸癌 Colorectal Cancer</b>	
<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>	<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>

### 糖尿病護理

#### Diabetes Management

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| <ul style="list-style-type: none"> <li>• 什麼是糖尿病</li> <li>• 如何控制糖尿病</li> </ul> | <ul style="list-style-type: none"> <li>• What is diabetes</li> <li>• Management of diabetes</li> </ul> |
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### 健康飲食指導

#### Healthy Eating

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| <ul style="list-style-type: none"> <li>• 營養飲食指引</li> <li>• 控制體重的方法</li> </ul> | <ul style="list-style-type: none"> <li>• Dietary guidelines</li> <li>• Weight management</li> </ul> |
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### 心臟衰竭

#### Heart Failure

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| <ul style="list-style-type: none"> <li>• 什麼是心臟衰竭</li> <li>• 藥物治療, 飲食建議, 自我護理方法</li> </ul> | <ul style="list-style-type: none"> <li>• What is heart failure</li> <li>• Medications, dietary recommendations, self-care</li> </ul> |
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### 預防老人意外受傷

#### Injury Prevention for the Elderly

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| <ul style="list-style-type: none"> <li>• 跌倒及骨折</li> <li>• 燒灼傷</li> <li>• 交通意外受傷</li> </ul> | <ul style="list-style-type: none"> <li>• Falls and fractures</li> <li>• Injuries related to fires and burns</li> <li>• Pedestrian and automobile accidents</li> </ul> |
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### 預防感染及個人衛生

#### Infection Control and Personal Hygiene

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| <ul style="list-style-type: none"> <li>• 常見的傳染病</li> <li>• 如何預防疾病的傳染</li> <li>• 如何保持良好的個人衛生</li> </ul> | <ul style="list-style-type: none"> <li>• Common infectious diseases</li> <li>• Injuries related to fires and burns</li> <li>• How to practice good hygiene</li> </ul> |
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### 失眠症

#### Insomnia

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| <ul style="list-style-type: none"> <li>• 失眠的起因及治療</li> <li>• 如何睡得更好</li> </ul> | <ul style="list-style-type: none"> <li>• Causes and treatment of insomnia</li> <li>• Tips for a good night's sleep</li> </ul> |
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### 正確服用藥物

#### Medication Management

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| <ul style="list-style-type: none"> <li>• 了解醫生處方的藥物</li> <li>• 安全用藥</li> <li>• 服藥時需注意的事項</li> </ul> | <ul style="list-style-type: none"> <li>• Understanding your prescription</li> <li>• Medication safety</li> <li>• Dos and don'ts when taking medications</li> </ul> |
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### 改善記憶力

#### Memory Improvement

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| <ul style="list-style-type: none"> <li>• 人的記憶系統</li> <li>• 年歲的增長所帶來的記憶力減退</li> <li>• 改善健忘的技巧</li> </ul> | <ul style="list-style-type: none"> <li>• Memory process</li> <li>• Common memory changes associated with aging</li> <li>• How to boost memory power</li> </ul> |
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### 更年期

#### Menopause

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| <ul style="list-style-type: none"> <li>• 何謂更年期</li> <li>• 更年期內的健康問題</li> <li>• 更年期症狀的治療</li> </ul> | <ul style="list-style-type: none"> <li>• What is menopause</li> <li>• Health risks at menopause</li> <li>• Treatment for menopausal symptoms</li> </ul> |
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### 骨質疏鬆症

#### Osteoporosis

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| <ul style="list-style-type: none"> <li>• 什麼是骨質疏鬆症及引起此症的因素</li> <li>• 如何減低患骨質疏鬆症的機會</li> </ul> | <ul style="list-style-type: none"> <li>• What is osteoporosis</li> <li>• How to reduce the risk of osteoporosis</li> </ul> |
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### 處理疼痛

#### Pain Management

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| <ul style="list-style-type: none"> <li>• 您應有的權利及責任</li> <li>• 對止痛藥的誤解</li> <li>• 如何向醫生反映您的疼痛</li> </ul> | <ul style="list-style-type: none"> <li>• Your rights and responsibilities in managing pain</li> <li>• Barriers to pain management</li> <li>• How to talk about pain</li> </ul> |
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### 前列腺健康

#### Prostate Health

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| <ul style="list-style-type: none"> <li>• 前列腺炎</li> <li>• 前列腺肥大</li> <li>• 前列腺癌</li> </ul> | <ul style="list-style-type: none"> <li>• Prostatitis</li> <li>• Enlarged prostate</li> <li>• Prostate cancer</li> </ul> |
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### 壓力的處理

#### Stress Management

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| <ul style="list-style-type: none"> <li>• 壓力的來源</li> <li>• 如何處理壓力</li> </ul> | <ul style="list-style-type: none"> <li>• Causes of stress</li> <li>• How to manage stress</li> </ul> |
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### 預防中風

#### Stroke Prevention

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| <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> | <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> |
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