

普通健康須知

CCHRC GENERAL HEALTH CLASSES

過敏症 Allergies	
<ul style="list-style-type: none"> • 最常見的過敏症 • 如何解除過敏症的不適 	<ul style="list-style-type: none"> • Common allergens • Allergy relief
關節炎教育 Arthritis Management	
<ul style="list-style-type: none"> • 什麼是關節炎 • 怎樣料理關節炎 	<ul style="list-style-type: none"> • What is arthritis • Management of arthritis
哮喘病教育 Asthma Education and Management	
<ul style="list-style-type: none"> • 誘發因素 • 發作的先兆 • 如何正確使用哮喘藥物 • 如何使用氣流測量計 	<ul style="list-style-type: none"> • What triggers an asthma attack • Warning signs of an asthma attack • Proper use of asthma medications • How to use a peak flow meter
血壓教育 Blood Pressure	
<ul style="list-style-type: none"> • 引起血壓高的因素 • 怎樣預防血壓高或保持正常的血壓 	<ul style="list-style-type: none"> • Risk factors for high blood pressure • Ways to control high blood pressure
癌症的認識 Cancer Awareness	
<ul style="list-style-type: none"> • 什麼是癌症 • 如何減低患癌的機會 • 防癌檢查 	<ul style="list-style-type: none"> • What is cancer • How to reduce cancer risks • Cancer-related checkups
膽固醇與您的心臟 Cholesterol and Your Heart	
<ul style="list-style-type: none"> • 如何降低您的膽固醇 • 如何預防心臟病 	<ul style="list-style-type: none"> • How to lower your cholesterol • Ways to prevent heart disease
慢性腎衰竭 Chronic Kidney Failure	
<ul style="list-style-type: none"> • 引起腎衰竭的因素 • 如何預防及治療腎衰竭 	<ul style="list-style-type: none"> • Risk factors for kidney failure • Prevention and treatment of kidney failure

大腸癌
Colorectal Cancer

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| <ul style="list-style-type: none"> • 引起大腸癌的因素 • 如何減低患大腸癌的機會 • 大腸癌的檢查方法 | <ul style="list-style-type: none"> • Risk factors for colorectal cancer • Ways to reduce colorectal cancer risks • Colorectal cancer screening methods |
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冠心病
Coronary Artery Disease

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| <ul style="list-style-type: none"> • 引起冠心病的因素 • 如何預防及治療冠心病 | <ul style="list-style-type: none"> • Risk factors for coronary artery disease • Prevention and treatment of coronary artery disease |
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失智症
Dementia

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| <ul style="list-style-type: none"> • 何謂失智症 • 罹患阿滋海默症的因素 • 阿滋海默症的十個警告訊號 • 及早檢查的重要性 | <ul style="list-style-type: none"> • What is Dementia • Risk factors for Alzheimer's disease • 10 warning signs of Alzheimer's disease • Importance of Early Detection |
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抑鬱症
Depression

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| <ul style="list-style-type: none"> • 什麼是抑鬱症 • 抑鬱症的原因, 症狀及治療方法 | <ul style="list-style-type: none"> • What is depression • Causes, symptoms and treatment of depression |
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糖尿病護理
Diabetes Management

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

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

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| <ul style="list-style-type: none"> • 什麼是心臟衰竭 • 藥物治療, 飲食建議, 自我護理方法 | <ul style="list-style-type: none"> • What is heart failure • Medications, dietary recommendations, self-care |
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預防老人意外受傷 Injury Prevention for the Elderly	
<ul style="list-style-type: none"> • 跌倒及骨折 • 燒灼傷 • 交通意外受傷 	<ul style="list-style-type: none"> • Falls and fractures • Injuries related to fires and burns • Pedestrian and automobile accidents

預防感染及個人衛生 Infection Control and Personal Hygiene	
<ul style="list-style-type: none"> • 常見的傳染病 • 如何預防疾病的傳染 • 如何保持良好的個人衛生 	<ul style="list-style-type: none"> • Common infectious diseases • Injuries related to fires and burns • How to practice good hygiene

失眠症 Insomnia	
<ul style="list-style-type: none"> • 失眠的起因及治療 • 如何睡得更好 	<ul style="list-style-type: none"> • Causes and treatment of insomnia • Tips for a good night's sleep

醫療照護事前計劃 Advance Health Care Planning	
<ul style="list-style-type: none"> • 甚麼是醫療照護事前計劃? • 如何填寫醫療意願表格 	<ul style="list-style-type: none"> • What is advance health care planning? • How to complete the required forms for healthcare wishes

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

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

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

骨質疏鬆症
Osteoporosis

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| <ul style="list-style-type: none"> • 什麼是骨質疏鬆症及引起此症的因素 • 如何減低患骨質疏鬆症的機會 | <ul style="list-style-type: none"> • What is osteoporosis • How to reduce the risk of osteoporosis |
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各種疼痛治療方法
Pain Management

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

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

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

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| <ul style="list-style-type: none"> • 中風的類型 • 中風的警告訊號及危險因素 • 中風的預防及治療 | <ul style="list-style-type: none"> • Types of stroke • Warning signs and risk factors of stroke • Prevention and treatment of stroke |
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尿失禁
Urinary Incontinence

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| <ul style="list-style-type: none"> • 尿失禁的原因 • 尿失禁的診斷及治療方法 | <ul style="list-style-type: none"> • Common causes of urinary incontinence • Diagnosis and treatment of urinary incontinence |
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