



Chinese Health Initiative 華人健康促進計畫

# Health Resource Guide for Chinese Seniors in Santa Clara County



## 華人耆英醫療健康指南

September 2022

# EL CAMINO HEALTH'S CHINESE HEALTH INITIATIVE: MEDICAL EXPERTISE WITH CULTURAL COMPASSION.

El Camino Health's Chinese Health Initiative was created to raise awareness of health issues affecting the Chinese community and provide customized, culturally appropriate programs to address them.

- ▶ Free health screening and community education delivered by physicians on hypertension, diabetes, heart & vascular disease, cancer, stroke, and other topics
- ▶ Chinese-speaking physicians in over 30 specialties
- ▶ Culturally and linguistically tailored diabetes education programs based on the CDC's Diabetes Prevention Program that emphasizes lifestyle changes to diet, exercise, stress-reduction, and sleep
- ▶ Emotional health workshop, Ask-a-Dietitian, Qigong classes and wellness lectures
- ▶ El Camino Health's Health Library & Resource Center now has a selection of books on health topics published in Chinese
- ▶ Culturally appropriate hospital services such as interpreters, special foods, and end-of-life care

## Learn more about the Chinese Health Initiative

Website: <https://www.elcaminohealth.org/community/chinese-health-initiative>

Facebook: [www.facebook.com/groups/chinesehealthinitiative](http://www.facebook.com/groups/chinesehealthinitiative) YouTube

Channel: [www.youtube.com/@ChineseHealthInitiative](http://www.youtube.com/@ChineseHealthInitiative)



## 結合醫療專業與社區服務熱情的 El Camino Health「華人健康促進計畫」

「華人健康促進計畫」(Chinese Health Initiative) 是南灣第一個、也是唯一由醫院成立專門服務華人的部門，在社區中提供專為華人文化和語言需求所設計的醫療和健康資訊

- ▶ 健康篩檢、請問醫生等社區健康和醫療講座，主題包括高血壓、糖尿病、心血管疾病、中風、癌症預防等。
- ▶ 說華語醫生網路名單：包括基本醫療科和三十多種專科。
- ▶ 以疾病防治局 (CDC) 科學實證有效的糖尿病預防課程 DPP 為基礎，根據華人飲食和文化習慣改編的糖尿病預防課程，包括整套健康生活型態課程「健康百分百」，分飲食、運動、睡眠、減壓四大單元，全方位建立健康的生活型態。
- ▶ 心理健康講座、請問營養師、氣功等社區保健課程。
- ▶ El Camino Health 山景城院區健康圖書館提供經專業醫療人員推薦的健康類中文圖書。
- ▶ 在醫院裡提供清粥稀飯、中文翻譯，以及臨終關懷等符合華人需求的服務。

 **El Camino Health**  
華人健康促進計畫  
Chinese Health Initiative

關注「華人健康促進計畫」

專線：650-988-3234

網站：<https://www.elcaminohealth.org/community/chinese-health-initiative-zh>

臉書群組：[www.facebook.com/groups/chinesehealthinitiative](http://www.facebook.com/groups/chinesehealthinitiative)

YouTube頻道：[www.youtube.com/@ChineseHealthInitiative](http://www.youtube.com/@ChineseHealthInitiative)

# Preface 前言

El Camino Health is a pioneer in recognizing that the Chinese community has unique health disparities as well as specific needs for culturally appropriate health resources. In 2011 we created the Chinese Health Initiative, a program that delivers education, health screenings and specialized services to meet the needs of our Chinese community.

The Chinese Health Initiative and El Camino Health's Senior Services have worked closely with our Chinese-speaking physicians and leaders from the Chinese community to develop the Health Resource Guide for Chinese Seniors in Santa Clara County.

This guide is unique and the first of its kind in the region. The guide is in both Chinese and English to give children, grandchildren and caregivers the opportunity to assist in identifying the resources that will be most valuable to you and seniors in our community. We hope this information is of value and will guide you to access services that will help you maintain your health and vitality.

Many people helped to make this wonderful set of resources available. A list of each contributor is on the last page of the guide. I want to thank each of them!

**El Camino Health** 率先了解到華人在醫療服務上有獨特的需求；不僅有不同於其它族裔的高發病，同時在尋求醫療服務上也需適應其文化和語言的背景。有鑑於此，**El Camino Health** 在 2011 年成立了「華人健康促進計畫」，針對華人社區獨特的健康需要，提供社區宣導教育、健康篩檢等免費服務。


為了進一步服務華裔耆老，「華人健康促進計畫」和 **El Camino Health** 中耆老服務部門合作，結合華裔醫生、華人社區團體的領袖，一起策畫編輯這本「華人耆英醫療健康指南」。這是灣區第一本為華裔耆老設計的醫療健康指南，中英雙語對照，方便索引，希望可以讓耆老、以及其照護者和兒孫輩透過這本指南，在社區中找到最適合老人家的醫療服務和資源。我們希望這些資訊可以指引您和您的家人找到所需的服務，幫助您維持健康和活力充沛的生活！

這本指南在製作的過程中，得到眾人的協助，因為要感謝的人太多了，我們在本書最後一頁詳列所有在過程中協助的醫生、社區領袖和醫院工作人員。我誠摯感謝每一位的付出，讓這本指南可以在呈現在大家的面前。



**Cecile Currier**

**Vice President, Corporate and Community Health Services, El Camino Health**  
**El Camino Health 副總裁，主管企業和社區健康服務部**

 **Because of disruptions caused by COVID-19, some community resources listed in this guide may have changed their service offerings or hours of business. Please call the organization to confirm their current status.**

由於新冠疫情影响，手册中所列的社区服务或营业时间可能有所变动，请直接致电以确认。

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本手冊用意不在提供醫療建議、專業診斷、意見、治療或服務。本手冊所載醫療資訊僅作為告知及教育用途。閱畢後請您與醫師審慎討論。切勿忽視專業醫療建議，延誤就醫治療時間；切勿僅依賴本手冊所載資訊而不求助專業醫療建議。

本手冊資訊並非醫療諮詢，亦無意取代醫生針對病患治療程序的適切性或風險性所作的決定。若您認為身體出現緊急狀況，請立刻打電話給醫生或撥 911 緊急求救。

醫療資訊日新月異，El Camino Health 無法保證本手冊所載任何資訊的正確、足夠、即時或完整。對任何錯誤、疏漏或使用本手冊資訊引起的後果，概不負法律責任。

本手冊提及若干診所、醫院、養老院、健康設施、機構以及與本院無關的社區資源，請勿視此為本院直接或暗示性的背書。本院並不推薦亦不背書本手冊提及的任何特定檢驗、產品、醫療程序或意見等資訊。

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## Senior Health Resources at El Camino Health El Camino Health 年長者服務和資源

### Chinese Health Initiative (CHI)

#### ▶ Chinese-speaking Physician Network

Our Chinese-speaking Physician Network includes both primary care physicians and specialists.

Download a list at <https://www.elcaminohealth.org/community/chinese-health-initiative>

#### ▶ Free Health Screening and Education on hypertension, diabetes and stroke prevention.

Register for classes and events at [elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi](http://elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi)

#### ▶ Visit our YouTube channel for workshop videos and more at

[www.youtube.com/@ChineseHealthInitiative](http://www.youtube.com/@ChineseHealthInitiative)

For information in Chinese, please call the Chinese Health Initiative at **650-988-3234**

### 「華人健康促進計畫」

#### ▶ 華語醫生轉介服務：

為您提供各科說中文的醫生名單，包括家庭科，內科等基本醫療科，及各種專科。您可以在我們的網頁下載這份醫生名單：<https://www.elcaminohealth.org/community/chinese-health-initiative-zh>

#### ▶ 免費的健康檢查和醫療講座，主題包括高血壓、糖尿病、中風預防等。

查詢/報名課程活動：[elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi](http://elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi)

#### ▶ 可在 YouTube 頻道觀看我們的講座和其它視頻：[www.youtube.com/@ChineseHealthInitiative](http://www.youtube.com/@ChineseHealthInitiative)

如需了解中文服務，請撥華人健康促進計畫：**650-988-3234**



## Health Library & Resource Center 健康圖書館和資源中心

**El Camino Health – Mountain View Hospital**  
2500 Grant Road, Mountain View, CA 94040  
650-940-7210

**El Camino Health – Los Gatos Hospital**  
815 Pollard Road, Los Gatos, CA 95032  
408-866-4044

Clinical and consumer health books, and audiovisual materials are available for checkout with a free membership. The Mountain View location has over fifty health books published in Chinese.

健康圖書館提供各種醫療專業和一般健康書籍和錄影帶，免費供社區借閱。山景城院區並有經醫療人員選的健康類中文圖書。

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The following free services are offered at the Health Library and Resource Center **by phone**. For help with Chinese language interpretation, please contact **650-988-3234**.

以下的免費服務皆由 **El Camino Health** 在山景城院區的健康圖書館提供，**以電話進行**。諮商以英文進行，如需中文服務，請洽詢「**華人健康促進計畫**」**650-988-3234**。

### Eldercare Services 年長者照護資源諮詢

An eldercare counselor can evaluate needs, assist with developing a prioritized action plan, and

provide you with pertinent information and referrals. In addition, an eldercare counselor can help develop a post-hospitalization, long-term plan for care at home or in a facility, and help long-distance caregivers with out-of-state senior resources and information. To schedule an appointment, please call **650-940-7210**.

年長者照護資源顧問可以協助您評估需要，擬定執行方案，也可以協助擬定出院後的療養計畫，包括居家或在其它機構的長期照護計畫，對於住在外地的照護者，也可提供它州的醫療資源訊息。預約請撥 **650-940-7210**。

### Free Advance Health Care Directive Assistance in English 免費「醫療照護事前指示」英文諮詢服務

To schedule a 60-minute appointment with an Advance Health Care Directive coach, please call **650-940-7210**. This free consultation will help you create an Advance Health Care Directive, answer your questions about the process, clarify medical and legal language, and help you identify your personal healthcare wishes.

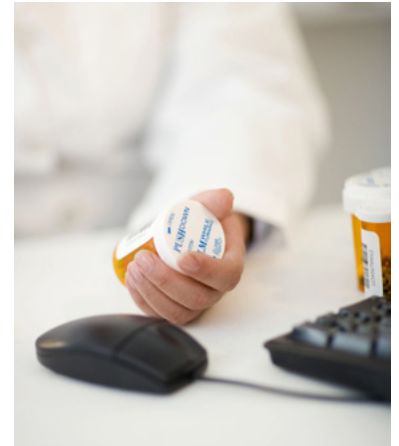
提供一小時的英文諮詢服務，為您解答有關「醫療照護事前指示」的問題，澄清醫療和法律上的疑問，可以幫您設定適合您需要的事前醫療指示。預約請撥 **650-940-7210** (山景城院區) 或 **408-866-4044** (洛斯加圖院區)。

## Ask the Pharmacist

- ▶ An El Camino Health pharmacist will answer questions and advise on the proper use of prescribed medications, including possible duplications, interactions and side effects.
- ▶ Patients must provide a list of their medications, including allergies, supplements or over-the-counter drugs, no later than the Monday prior to the appointment.
- ▶ A Universal Medication form is available at: <https://www.elcaminohealth.org/patients-visitors-guide/before-you-arrive/preadmission/universal-medication-form>
- ▶ **FREE, thirty-minute appointments are available on Mondays at 1 p.m. at the Mountain View Hospital. An appointment is required. To schedule your appointment, please call 650-940-7210.**

## 藥劑師諮詢

- ▶ El Camino Health 的藥劑師，會協助您了解並解答有關如何正確服藥，包括可能重複用藥，藥物間的相互作用及副作用等問題。
- ▶ 病人最晚要在預約當週的星期一，提供一份服用藥物的清單，包括已知的過敏物、處方和非處方藥、維他命補充劑和草藥等。
- ▶ 您可利用以下醫院網頁上的英文表格，填妥這份清單：  
<https://www.elcaminohealth.org/patients-visitors-guide/before-you-arrive/preadmission/universal-medication-form>
- ▶ 每週一下午一時起，在山景城院區提供三十分鐘免費諮詢。
- ▶ 預約請撥 650-940-7210。



## ▶ Consult a Dietitian

An El Camino Health dietitian will help you identify your personal nutrition goals, advise you on meal planning, and answer your questions about vitamins and other dietary supplements.

- ▶ **FREE, thirty-minute consultations are available on the first and third Friday of each month between noon and 2 p.m. To schedule your appointment at the Mountain View campus, please call 650-940-7210.**
- ▶ **Monthly Ask-a-Dietitian webinar in Mandarin offered by Chinese Health Initiative. Visit [elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi](http://elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi) to register or call 650-988-3234 for more information.**

## 營養師諮詢

- ▶ El Camino Health 的營養師，會幫助確定您個人的營養目標和計畫，也會協助居家或外出用餐時的膳食計畫，並解答有關服用維他命和其它食物補充劑方面的問題。
- ▶ 每月的第一和第三個星期五，中午十二時至下午二時在山景城院區提供三十分鐘英文免費諮詢；諮詢預約請撥 650-940-7210。
- ▶ 每月線上請問營養師中文講座。報名：[elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi](http://elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi) 查詢詳情請撥 650-988-3234。



## Free Blood Pressure Screening 免費血壓檢測

Due to COVID-19, service on hold  
因新冠疫情暫停服務

## Free Mammogram Program 免費乳房攝影

**Women's Imaging Center** 婦女放射影像中心

**El Camino Health – Mountain View Hospital**

2495 Hospital Drive, First Floor

Mountain View, CA 94040

650-940-7050

**Imaging Services** 影像部門

**El Camino Health – Los Gatos Hospital**

815 Pollard Road, Los Gatos, CA 95032

408-866-4075

Uninsured or underinsured women may be eligible for free mammograms at both the Mountain View and Los Gatos locations. Mammograms at the Los Gatos campus are conducted in the imaging department. Call **800-216-5556** to register.

沒有醫療保險或保險不給付的婦女，可以在 El Camino Health 的兩個院區接受免費乳房攝影。洛斯加圖院區 (Los Gatos campus) 的乳房攝影，是在影像部門 (imaging department) 進行。報名請撥 **800-216-5556**。

## RoadRunners Transportation Service RoadRunners 專車接送服務

RoadRunners provides door-to-door transportation within a ten-mile radius of El Camino Health's Mountain View campus. No affiliation with El Camino Health is required. For fees and details, call **650-940-7016** between 7:00 a.m. and 4:30 p.m., Monday to Friday. Through a partnership with Lyft, riders may receive a ride by a Lyft driver if RoadRunners is full.

There is a \$3.00 surcharge for Lyft rides.

Visit <https://www.elcaminohealth.org/community/>

[roadrunners-transportation](https://www.elcaminohealth.org/community/roadrunners-transportation).

RoadRunners 為您提供專車接送服務，起點及目的地必須在山景城院區的十英里範圍之內。服務對象不限於 El Camino Health 的病人。透過與 Lyft 的合作，如果 RoadRunners 已客滿，乘客可尋求 Lyft 司機的叫車服務。Lyft 行程需支付 3 美元的附加費。詳情及收費請於週一至週五上午七時至下午四時半致電 **650-940-7016** 或參閱網站 <https://www.elcaminohealth.org/community/roadrunners-transportation>

## Immunization Program 疫苗接種計畫

Funded by El Camino Healthcare District and offered at the Ravenswood Family Health Network's MayView Community Health Center in Mountain View and Sunnyvale. Vaccine services and tuberculosis testing are provided to uninsured and underserved adults at low cost. Vaccinations include Hepatitis B, Measles/Mumps/Rubella, Pneumonia, DTap/Tdap, Varicella (chickenpox), and Influenza. For non-established patients, please call **650-330-7416** before making appointment. Hours are subject to change. Please call **650-330-7400** to verify or schedule an appointment. Learn more at [www.ravenswoodfhn.org](http://www.ravenswoodfhn.org).

低收入及沒有醫療保險的成年人的低價疫苗接種服務：由 El Camino Healthcare District 資助，由附屬於 Ravenswood Family Health Network，位於山景城和桑尼維爾的 MayView 社區健康中心提供。接種疫苗包括 B 型（乙型）肝炎、麻疹/腮腺炎/風疹、肺炎、白喉/破傷風/百日咳、水痘和流行性感冒。首次約診前請致電 **650-330-7416**。開放時間可能變動，請先電話查詢確認。預約請撥 **650-327-8717** 或參閱 [www.ravenswoodfhn.org](http://www.ravenswoodfhn.org)。

### MayView Community Health Center

▶ 900 Miramonte Avenue, Second Floor  
Mountain View, CA 94040

▶ 785 Morse Avenue, Sunnyvale, CA 94085

# When to Go to the Emergency Room



**IN CASE OF EMERGENCY,  
CALL 9-1-1.**

## If you suspect a medical problem is critical or life-threatening, call 911 immediately.

If you are the person in need of emergency care, get someone to drive you or call an ambulance. Don't attempt to drive yourself to the hospital.

## Is This an Emergency?

The following are examples of medical emergencies:

### Signs of heart attack

- ▶ Chest pressure
- ▶ Chest pain
- ▶ Shortness of breath

### Signs of stroke

- ▶ **G—Gaze:** Is the person only able to look in one direction, without ability to look the other way?
- ▶ **F—Face:** Ask the person to smile. Does one side of the face droop?
- ▶ **A—Arms:** Ask the person to raise both arms. Does one arm drift downward?
- ▶ **S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- ▶ **T—Time:** If you see any of these signs, call 9-1-1 right away. Note time when symptoms first appeared.

### Other reasons to go to the emergency room

- ▶ Upper abdominal pressure or pain
- ▶ Uncontrollable bleeding
- ▶ Severe diarrhea or vomiting that may cause dehydration
- ▶ Coughing or vomiting blood

- ▶ Suicidal feelings (wanting to hurt self or others)
- ▶ Fall or accident resulting in serious injuries
- ▶ Sudden, severe pain anywhere in the body
- ▶ Swallowing a poisonous substance
- ▶ Choking
- ▶ Loss of consciousness
- ▶ Near drowning
- ▶ When recommended by your physician

## When a medical emergency strikes,

it is most important that you arrive at the emergency room as soon as possible. You may not have time to gather your belongings. Consider having an emergency bag ready at home with items you need at the emergency room:

- ▶ Photo identification
- ▶ Medical insurance card
- ▶ A list of allergies, recent illnesses and health conditions
- ▶ Primary physician contact information
- ▶ A list of medications and supplements, along with the dosage
- ▶ Emergency contact list (including relatives or friends who can help translate, if necessary)
- ▶ Personal health records
- ▶ Advance Health Care Directive

## If Not an Emergency

If you're fairly certain that what you are experiencing isn't an emergency, we recommend that you:

- ▶ Call your doctor's office — most have a number to call for after-hours service.
- ▶ Go to a walk-in, urgent care clinic.
- ▶ Go to the emergency department if you feel that your problem can't wait until your doctor's office or local walk-in clinic opens.

# 什麼情況需掛急診

**如果有危及生命的緊急情況，請立刻撥打 9-1-1。**如果您是病人的話，請找人開車帶您到急診室，或撥打 9-1-1，千萬不要因為怕打擾別人，而危及自己的健康和生命。

## 什麼樣的症狀需要去急診室：

### 心臟病發作的徵兆

- ▶ 胸悶
- ▶ 胸痛
- ▶ 喘不過氣

### 中風的徵兆

- ▶ **G (Gaze)** 目光：患者目光是否只能看一個方向，而不能看另一個方向？
- ▶ **F (Face)** 臉部：要患者微笑，是不是有半邊臉垂下來？
- ▶ **A (Arms)** 手臂：要患者舉起雙臂，是否有隻手臂會往下掉？
- ▶ **S (Speech)** 語言：要患者覆述一些簡單的句子，是否患者說不清楚或說得很奇怪？
- ▶ **T (Time)** 時間：如果有以上任何一種情況，誰立即撥打 9-1-1，並記錄症狀出現的第一時間。

### 其他的緊急情況

- ▶ 上腹產生壓力感覺或者疼痛跡象
- ▶ 流血不止，如便血、鼻血、陰道出血
- ▶ 因為嚴重的上吐下瀉而引起的脫水
- ▶ 咳血或吐血
- ▶ 自殺傾向 想傷害自己或他人
- ▶ 嚴重摔傷或意外導致的嚴重外傷
- ▶ 身體任何部位突然出現劇烈的疼痛
- ▶ 吞服有毒物質
- ▶ 異物堵塞呼吸道

- ▶ 失去意識
- ▶ 溺水
- ▶ 經由醫生建議

**當緊急情況發生，**最重要的是立即到急診室。由於可能沒有時間收拾東西，您可以平常就預備好一個緊急包放在家裡，收納可能在急診室用到的物品，包括：

- ▶ 身份證明
- ▶ 醫療保險卡
- ▶ 藥物及食物過敏清單，最近的疾病和健康狀況
- ▶ 家庭醫生的聯絡資料
- ▶ 藥物或補充劑及其劑量的清單
- ▶ 緊急聯絡人資料，如果需要，加上可以幫忙翻譯的親友名單
- ▶ 個人健康紀錄
- ▶ 醫療照護事前指示

### 非緊急情況

如果您確認是非緊急情況，建議您：

- ▶ 聯繫您的醫生 - 通常都有在非問診時間的諮詢電話號碼
- ▶ 到免預約的緊急醫護中心
- ▶ 到急診處 - 如果您覺得狀況無法拖延到醫生或緊急醫護中心的上班時間

**緊急情況  
請撥打 9-1-1**



# Choosing a Primary Care Physician



## Role of a Primary Care Physician

In the United States, physicians or medical doctors are generally categorized as primary care physicians and specialists. Primary care includes family medicine, internal medicine, obstetrics and gynecology, and pediatrics. You seek primary care for minor illness, preventive care and wellness tips, and medical checkups. Many people choose primary care physicians to be their family doctors. Family medicine doctors are specially trained in diagnosing and treating a wide variety of illnesses, as well as helping patients stay well. They refer patients to a specialist when the need arises. Different insurance plans impose different restrictions on getting care from a specialist. For example, an HMO (Health Maintenance Organization) plan requires that the primary care physician make a referral in order for a patient to receive insurance coverage to see a specialist.

The major difference between primary care and specialty care is the patient-physician relationship. Often, a patient stays with a primary care physician for years, developing a long-term relationship. The primary care doctor learns the patient's history, habits and concerns, and can address them efficiently. Redundant health screenings and checkups can be avoided, because the doctor has a clear picture of the patient's overall health.

**Primary care physicians are well equipped to handle most health problems. Their major responsibilities include the following:**

- ▶ Follow your physical and medical history
- ▶ Maintain your health through medical checkups and immunization
- ▶ Offer suggestions for healthy lifestyle
- ▶ Coordinate with other physicians and manage medication, to reduce the risk of adverse medication interactions
- ▶ Treat chronic illnesses such as hypertension, type 2 diabetes and high cholesterol
- ▶ Detect changes in your health and diagnose illness as early as possible

## To find a doctor near you:

- ▶ Check with your health insurance provider to see if you have medical groups you should choose from.
- ▶ You can also search for an El Camino Health medical network physician at a location near you by visiting <https://www.elcaminohealth.org/locations>
- ▶ For all physicians who practice at El Camino Health, call **800-216-5556** or visit <https://www.elcaminohealth.org/doctors>

To find Chinese-speaking physicians, call the **Chinese Health Initiative** at **650-988-3234** or visit <https://www.elcaminohealth.org/community/chinese-health-initiative> for the CHI physician directory.

# 如何選擇家庭醫生

## 慎選家庭醫生，為您整體健康把關

美國的醫生基本上分為兩大類：一是「基本醫療科」(Primary Care)；二是「專科」(Specialist)。

基本醫療科包括家庭醫科、內科、婦產科和小兒科。病人可以從這些基本醫療科中，挑選家庭醫生。家庭醫生擅長處理常見的各種病痛、初步診斷尚未清楚的疑難雜症、和判斷出哪些病患需要專科協助。根據保險的不同，看專科醫生有不同的限制，如果是 HMO 的保險，都要經由基本科醫生轉診，才可以看專科醫生。

除了執業範圍廣，基本醫療科和專科最大的不同，是醫病關係的持續性。病人如果選到適合的家庭醫生，建立和維繫長期的醫病關係，好處不勝枚舉，像是病人和醫生互相信任、醫生清楚瞭解病人的病史、節省重複的檢驗、集中管理病歷以便追蹤病情等。

**家庭醫生能夠處理您大部份日常上遇到的醫療問題，長期觀察和照顧您健康上的變化。其職責包括：**

- ▶ 追蹤您的健康史和醫療記錄。
- ▶ 透過例行檢驗和免疫接種，維持您的健康。
- ▶ 提供建議，協助您維持健康的生活型態。
- ▶ 與您所有的醫生協調，並充分掌握您服用的所有藥物，以避免不必要或有害的藥物相互作用。

- ▶ 幫助您控制慢性疾病，例如高血壓，二型糖尿病和高膽固醇。
- ▶ 追蹤您健康的變化，及早偵測疾病。

### 尋找適合您的醫生：

- ▶ 請聯絡您的保險公司，了解那些醫生是在您的保險給付範圍。
- ▶ 您還可以在 El Camino Health 網站上搜尋您住家附近的門診中心：  
<https://www.elcaminohealth.org/locations>
- ▶ 如果您想尋找 El Camino Health 的各科醫生，請致電 **800-216-5556** 或在我們的網站搜尋：  
<https://www.elcaminohealth.org/doctors>

如果您想尋找說華語的醫生，請聯絡「華人健康促進計畫」**650-988-3234**，或上網下載最新的說中文醫生名單

<https://www.elcaminohealth.org/community/chinese-health-initiative-zh>



# How to Choose a Specialist

**Medical specialists** are doctors who have completed advanced clinical training in a specific area of medicine. These specific areas of medicine are referred to as specialties and subspecialties.

**You should seek help** from a specialist when you have a specific, serious health issue or illness. If your primary care physician has noticed you have an irregular heart rhythm, for example, he or she may refer you to a cardiologist for further diagnosis and treatment. Insurance plans like PPOs (Preferred Provider Organizations) typically allow patients to see a specialist without going through a primary care doctor. In either case, making educated decisions when seeking a specialist is important.

## Here are some tips:

**1** Understand what is included under a doctor's specialty. You can find the definition of most medical specialties at [www.webmd.com](http://www.webmd.com) and search "insurance-doctor-types".

**2** Gather information about a specialist such as medical training and experience. Your health insurance company is a good source of such information. Choose a "preferred provider" and ask if your insurance plan covers the services provided by this doctor. Some insurance companies' websites allow you to search a physician by Chinese language.

**3** If you have a preferred hospital in mind for an upcoming procedure, find doctors who have admitting privileges to that hospital. Contact the hospital for a listing of physicians.

**4** Seek referrals from your primary care doctor. Positive confirmation, if available, by other patients cared for by the same medical specialist would be helpful.

**5** Read reviews from reliable sources. The National Committee for Quality Assurance (NCQA) provides reports that are far more systematic, thorough, and unbiased. To verify a specialist's certification, go to the American Board of Medical Specialists' website at <https://www.certificationmatters.org/> or call **312-436-2600**.

**6** Once you have narrowed your choices to several physicians, make an appointment to speak with each of them. Develop a list of questions to ask during your meeting. Ask if their approach is aggressive or conservative. Gain data on the surgeon's success, failure, and complication rate for a particular procedure. Other questions to ask can be found on the Internet by searching for your specific illness, disease, or recommended treatment.

When health needs require a physician specialist, such as a cardiologist, endocrinologist, oncologist, or a pulmonologist, El Camino Health has experts who can help. Usually your primary care physician will make a referral to a specialist that is best for you and is within your insurance options. You can also search for specialists directly through the El Camino Health Medical Network locations, at <https://www.elcaminohealth.org/locations>. Or, for a list of all specialist physicians who practice at El Camino Health, call **800-216-5556** or visit <https://www.elcaminohealth.org/doctors>.

# 如何選擇專科醫師

**專科醫師** 是在該醫學領域有接受專業訓練的醫師，這些醫學領域又分為專科和次專科。

## 專科及次專科與基本科的差別：

在患有某科疾病時，您通常會需要向該科的專科醫師求診。譬如說，當家庭醫師發現您有心律不整時，他會將您轉介給心臟科做進一步的診療。因為如 HMO (Health Maintenance Organization) 這一類保險規定在看專科醫師前，需由家庭醫師轉介，所以在美國大部分人的專科醫師都是由家庭醫師介紹的。當然，其他像 PPO 和 EPO 的保險並無這樣的規定，病人可以直接向專科醫師求診。無論保險類型為何，向專科醫師求診前，先了解狀況再做決定絕對是好的。

## 以下是一些建議供您參考：

**1** 了解每一項專科包括的範圍。您可以透過以下的網站了解各專科的詳細內容：  
[www.webmd.com/health-insurance/tc/medical-specialists-medical-specialists](http://www.webmd.com/health-insurance/tc/medical-specialists-medical-specialists)

**2** 收集專科醫師的資料，如教育、訓練和經歷。您的保險公司通常可以提供這些資訊。當您在聯絡保險公司，或瀏覽他們的網站時，記得查詢該醫師是否在您的保險網絡內，以及您的保險是否給付該醫師的服務。有些保險公司的網站可以用中文搜尋醫師。

**3** 若您想在特定的醫院接受手術或治療，您必須選擇一位可以在該醫院收治病人的醫師。您可聯絡該醫院，索取一份跟醫院有合作關係的醫師名單。

**4** 請您的家庭醫師推薦。因為家庭醫師最清楚其專科醫師的治療經驗和成效，如果可以求證於該專科醫生診療過的病人更好。

**5** 參考可信度高的評估報告。美國品質協會 (National Committee for Quality Assurance) 提供系統而完整，並且中立的報告，遠比一般消費者的評鑑來得可靠。如果您想確認專科醫師的執照，可在美國專科醫生委員會 (American Board of Medical Specialists) 的網站查詢

<https://www.certificationmatters.org/> 或致電 **312-436-2600**。

**6** 當您篩選出幾位醫師後，和他們預約面談，並事先準備要問的問題。包括詢問他們採取比較大膽還是保守的療法；如果是外科，了解他做過幾次類似的手術，並收集有關他在該手術上的成功、失敗和併發症的數據。其他問題還可以透過網路，根據您的疾病和建議的治療方式來搜尋。

如果您需要找心臟內科、內分泌科、腫瘤科、或肺胸腔科醫師，El Camino Health 可以提供專家協助。通常您的基礎科醫生（家庭醫生）會在您的保險範圍內轉介一位最適合您的專科醫生。您也可以直接通過 El Camino Health 的網站上搜索專科診所：

<https://www.elcaminohealth.org/locations>

或在網站上搜尋所有專科醫生的名單：

<https://www.elcaminohealth.org/doctors>

也可致電 **800-216-5556** 由專人為您服務

# How to Communicate with Your Doctor

**In the United States**, your relationship with your doctor can be quite different from that of your home country. The doctor-patient relationship in the US has evolved tremendously over the past decade and is now viewed as a partnership. This is different from the traditional paternalistic relationship that is still frequently seen around the world. US doctors will ask you during your visit if you have any questions, and while you may initially find the concept of proactively asking questions uncomfortable, it is encouraged. You should feel comfortable asking questions at any time during your encounter. Your feedback helps your doctor to identify areas that may need clarification to enhance your patient experience. In today's doctor-patient relationship, you are in charge of your health. You may also be seen by professional members of the doctor's staff, including nurse practitioners and physician assistants who are fully qualified and capable of attending to your care.

Information you share with your doctor, unless it involves your safety or someone else's, is strictly confidential and protected by law. Not even your first degree relatives or spouse may access this information without your consent. You should feel comfortable confiding in your physician and sharing any and all information during the medical input process. A thorough medical history can greatly enhance the doctor's ability to reach the right diagnosis.

**To effectively communicate with your doctor, here are some tips to keep in mind:**

## When making an appointment:

- ▶ Request an interpreter if you prefer speaking in a language other than English for your visit
- ▶ If you prefer to see a provider of the same gender, let the office know

## Prior to your visit, it is important to prepare and gather some things in advance:

- ▶ Identify the purpose of your visit. Set up an agenda of items you would like to discuss. Should the items require more time than your appointment, your doctor may defer lower priority items to your next visit.
- ▶ Bring information regarding your main health issue. More information is better than less.
- ▶ Bring your medical records. If this is your first-time meeting with the physician, bring everything you have.
- ▶ If you have a relationship with this professional, bring an update of what has happened since you last saw him or her.
- ▶ Pertinent medical information includes the following:

- ▶ Your existing medical issues, past medical history, and past surgical history
- ▶ Your family medical history, including but not limited to, family members who have had cancer, thyroid problems, heart disease, high blood pressure, diabetes, and anemia

*(Continued on page 9)*



# 病人如何與醫生有效溝通

**在美國**，病人與醫生的關係，和華人的原居地可能很不同。美國的醫患關係，在過去十年有很大的變化，現在一般將醫生和病人視為合作夥伴關係。在傳統文化中，您可能出於對權威的尊重，而不習慣向醫生提問。但在美國，當醫生問病人是否有問題時，實際上是期望或鼓勵病人提出問題。所以您應該在醫生問診時，隨時自在地對醫生提問，您的回應會幫助醫生澄清疑問，提昇您的看病經驗。所以今天的醫患關係中，病人掌管自己的健康，為自己做醫療決定。

病人提供給醫生的資料，按照法律須嚴格保密，除非是涉及您本人或其他人的安全。即使是對第一等親屬或配偶，除非是經過您的同意，醫護人員也不能洩露您的資料。所以在看診的過程中，您應坦誠向醫生提供有關病情的任何資料。完整的醫療紀錄，會大幅提高醫生做出正確診斷的能力。

## 如何與醫生有效溝通，以下建議可供您參考：

### 在預約門診時：

- ▶ 如果您不熟悉英文，請要求翻譯。
- ▶ 如果您希望是男性或女性醫生看診，也可向工作人員提出。

### 在門診前，您應事先做好以下準備：

- ▶ 清楚瞭解看診的目的，並事先詳列要和醫生討論的項目。如果時間不夠，醫生可能會把一些較不重要的項目留到下次門診。



- ▶ 攜帶所有可以幫助醫生了解您主要健康問題的資料和記錄。過多資訊總比不足好。
- ▶ 攜帶您的醫療記錄。如果是您和這位醫生的第一次門診，最好全部都帶。
- ▶ 如果您已經看這位醫生一段時間，只需帶上次門診以後的最新資料。
- ▶ 攜帶的醫療記錄可包括以下：

- ▶ 現有的健康問題、過去的醫療記錄、過往手術歷史。
- ▶ 家庭的醫療史，包括但不限於曾罹患癌症、心臟病、甲狀腺、高血壓、糖尿病和貧血的家庭成員。
- ▶ 目前服用的藥物，包括一般可能忽略的眼藥水或鼻滴劑、口服避孕藥。
- ▶ 膳食及草藥補充劑的清單。
- ▶ 目前正在進行的另類療法，如針灸、穴道按摩。
- ▶ 任何過敏食物或藥物的清單。
- ▶ 保險卡和緊急聯繫人資料。

(未完待續，見10頁)

# How to Communicate with Your Doctor

- ▶ Current medications, if any. Some commonly overlooked medications include eye drops, nasal sprays, and oral contraceptives
- ▶ Dietary and herbal supplements, including Chinese herbs
- ▶ Alternative treatments you are receiving, such as acupuncture and acupressure, if any
- ▶ Any food or drug allergies
- ▶ Your health insurance card and emergency contact information

## During your visit, make sure you understand the following:

- ▶ Your diagnosis
- ▶ Next steps, including potential tests, treatment options, risks and benefits associated with each recommended treatment
- ▶ The purpose of a prescribed medication, especially potential side effects to watch for
- ▶ What to do if your health situation fails to improve or deteriorates

You can also ask for any additional resources like brochures, written instructions, websites, or videos that may help you understand the procedure or treatment options your doctor discussed with you. If this is your first visit with a doctor, make sure to convey your cultural and communication preferences. This includes how you would like bad news to be delivered, and who you would like to involve in your healthcare process (i.e. family).

## Hospital-Physician Relationship

In California, many physicians are not employees of hospitals. Instead, these physicians are “affiliated” with hospitals. This means that physicians can apply to become medical staff of a hospital or multiple hospitals. When their patients need surgery or hospitalization, these physicians have the “privilege” of admitting their patients to certain hospitals, and they can then use those facilities. Normally, after an episode of hospitalization, a patient can expect to receive at least two bills: one from the hospital and one from the physician. In short, the hospital and the physician are separate entities.

Therefore, it is normal for patients to have their regular doctor’s visit at a clinic until hospitalization is needed. When hospitalization or surgery is needed, physicians will arrange for their patients to report directly to the hospital. For convenience, some physicians may choose to locate their clinics near the hospital or on hospital grounds. This is especially true for obstetricians and gynecologists.

There are exceptions to the hospital-physician relationship mentioned above. For example, in teaching hospitals, physicians are usually employed by the medical school, not the hospital. Kaiser Permanente is another exception, since it is an integrated delivery system where the insurer, physicians, and hospitals are part of one organization. Care is offered to only those who are insured by these types of organization.

# 病人如何與醫生有效溝通

門診時，請務必了解：

- ▶ 您的醫療診斷
- ▶ 接下來的步驟，包括可能要做的化驗，建議的治療方案，及其相關的風險和好處
- ▶ 醫生所開處方藥的目的，尤其是該注意的副作用
- ▶ 如果您的病情惡化時該如何處理

您也可以索取小冊子、書面資料、網站或視頻，協助您了解醫生和您討論的手術或治療方案。如果是第一次看診，也務必讓醫生了解您在文化和溝通上的需求。例如是否要讓家人參與您的醫療照護過程；如果有關於病情的壞消息，您希望如何傳達，以及讓哪些人（如家人）知道等。

中國傳統文化習慣對年長患者隱藏病情，以讓病人懷抱希望。但在美國必須尊重病人的自主權，病人有權知道自己的真實診斷，並且為自己的健康作出決定。如有關於醫患溝通的任何疑慮，請與您的醫療人員討論。



## 美國醫院和醫生的關係

**美國的醫療系統**，和華人所來自的中國或台灣等地有很大的不同。其中最大的差異是醫生和醫院的關係。

以加州而言，大多醫生並不受僱於醫院，他們和醫院是平行合作的關係，他們可以申請成為一家或多家醫院的醫療人員 (medical staff)，如果病人需要手術或住院時，醫生有權 (privilege) 使用醫院的設施，開單 (admitting) 讓病人到醫院治療。所以您在醫院治療，您會至少收到兩份帳單，一份來自醫院，一份來自醫生，因為他們之間不是僱傭，也沒有金錢關係。

這也是為什麼平常看病您不需要到醫院，只要到醫生診所，只有在開刀手術、住院或急診時才到醫院。有些醫生為了方便，可能把診所設在醫院附近或甚至醫院裏，尤其是婦產科。

當然也有不少例外，如教學醫院，很多合併診所。但醫生基本上都是受僱於大學醫學院，並不受僱於醫院。還有凱薩醫院 (Kaiser) 也是例外，自成一個系統，包含了保險、醫生診所和醫院，只服務有凱薩醫療保險的人。

在美國一般的醫療體系下，病人基本上是跟著醫生走的。選擇醫生，成為病人最重要的工作，也是影響醫療品質中最關鍵的一環。

# Patient Rights and Responsibilities

## What Are My Rights as a Patient?

As a patient, you have the following rights:

- ▶ To be treated with respect. No hospital or clinic may treat you differently from anyone else based on your race, color, national origin, disability, age, religion, or gender
- ▶ To have your health condition, diagnosis, testing, treatment plans, and outcome explained to you in terms you understand
- ▶ To request your records be sent elsewhere if you want another doctor to review them
- ▶ To refuse to participate in any research studies. Doctors may not do any research on you without your permission
- ▶ To have a language interpreter either over the phone or in person assist you in talking with doctors, nurses, and staff if you speak limited English
- ▶ To seek second opinions
- ▶ To say “yes” or “no” to treatments offered
- ▶ To have your end-of-life care wishes met. You can make your healthcare decisions in advance with an Advance Health Care Directive (AHCD)
- ▶ To have your privacy protected

*Please note that details and additional patient rights are outlined in the Notice of Patient Rights provided by your hospital.*

## When Do I Seek a Second Opinion?

You may wish to seek a second opinion when you have trouble deciding whether to proceed with a procedure or surgery, or when you want to find out the options available to you. Seeking a second opinion is common in the United States. Doctors are generally open to discussing second opinions with their patients, even though you may feel awkward bringing up the topic. When seeking a second opinion, you may find that different doctors have different approaches to the same medical problem. Find out the pros and cons of each. If you still have trouble deciding, you may want to consider seeking a third opinion. Some insurance plans, including Medicare Part B, may pay for a second opinion before a surgery or procedure. If necessary, find out if a second or third opinion is covered by your insurance.

## What Are My Responsibilities as a Patient?

You are responsible for your own health. You may discuss healthcare decisions with your provider, family and friends, or others, but the final decision about your health is yours to make.

The California Patient’s Guide - “**Your Health Care Rights and Remedies**” - informs you of your rights to receive quality healthcare and what to do if you encounter problems. You can download a copy of the guide in English by visiting [www.calpatientguide.org](http://www.calpatientguide.org). To obtain further information or submit complaints, contact the **California Department of Managed Health Care** at **888-466-2219** ([www.dmhc.ca.gov](http://www.dmhc.ca.gov)) or the **California Department of Consumer Affairs** at **800-952-5210** ([www.dca.ca.gov](http://www.dca.ca.gov)).

# 病人的權利與責任

## 什麼是病人的權利？

作為病人，您的權利包括：

- ▶ 被以尊重的方式對待。醫院不能因種族、膚色、國籍、殘障、年齡、宗教或性別等原因，對您有差別待遇。
- ▶ 以您能了解的方式，告知您的病情、診斷、需做的檢驗、治療方法及成效等。
- ▶ 如果您想要另外一位醫生看您的檢查報告或紀錄，可要求醫護人員轉寄。
- ▶ 可以拒絕參加任何臨床研究。未經過您的同意，醫生不能對您作任何臨床研究。
- ▶ 要求醫院提供中文翻譯，協助您和醫生、護士和工作人員的對話。醫院可能提供電話翻譯，或現場翻譯人員。
- ▶ 向其他醫療人員諮詢，聽取第二意見 (second opinion)。
- ▶ 接受或拒絕醫生提供的治療。
- ▶ 尊重您在臨終前的醫療照護決定。您可以利用「醫療照護事前指示」表格，事先決定在緊急時的醫療救護。
- ▶ 得到隱私權的保護。

有關病人的其它權利和細則，詳參閱醫院提供的病人權利需知。

## 何謂第二意見 (second opinion)？

當醫生建議開刀或手術，而您無法決定或想知道是否有其他治療的方法時，可以考慮找另一位醫生諮詢，尋求第二意見。在美國，尋求第二意見是十分普遍的，醫生一般都樂意跟病人討論第二意見，您無須覺得抱歉，不好意思開口，或怕得罪醫生。醫生們對處理同一病例可能有不同的方案，您應向醫生詢問每個方案的利與弊，以幫助您作明智的決定。如果您仍難以做決定，亦可考慮尋找第三意見。許多保險公司包括聯邦醫療保險 B 部份 (Medicare Part B)，會給付手術前的第二意見諮詢。如果必要，可事先洽詢您的保險公司。

## 病人的責任是什麼？

您的健康是您的責任。您可以與醫生，家人談論病情，但最後的決定，還是在您自己。

加州政府印有「**病人權利和補救措施**」，幫助您了解病人有權利得到高品質的醫療照護，以及遇到醫療問題時該如何處理。這份英文資訊可從網站下載：[www.calpatientguide.org](http://www.calpatientguide.org)。更多資訊及如何申訴可以致電 **加州管理醫療部門 (Dept. of Managed Health Care) 888-466-2219** ([www.dmhc.ca.gov](http://www.dmhc.ca.gov)) 或 **消費者事務局 800-952-5210** ([www.dca.ca.gov](http://www.dca.ca.gov)) 索取。

# Advance Health Care Directive & POLST

## Why Do I Need an Advance Health Care Directive (AHCD)?

You may unexpectedly suffer from a severe illness or injury that affects your ability to speak for yourself. In these situations, having an “advance health care directive (AHCD)” can help healthcare staff know your wishes about the kind of care you want and who you have designated to make healthcare decisions on your behalf.

With an AHCD, you can indicate your preferences about accepting or refusing life-sustaining treatment such as CPR, tube feeding, and mechanical ventilation. You can also state if you wish to receive pain medication and make organ donations. You can specify the primary doctor for providing your care, as well as other things that express your wishes and decisions.

Start discussing the AHCD with your family or loved ones, even though you may be uncomfortable bringing up the subject. The worst thing is not to discuss this, and then have your family try to guess what you wanted in the middle of a health crisis.

This can create significant family conflict. Ask your doctor for a copy of the AHCD at your next medical visit.

## Free Advance Health Care Directive Assistance in English

El Camino Health provides free consultation and assistance with the Advance Health Care Directive by phone on both campuses. To schedule an appointment, please call **650-940-7210**.

## What Is a Physician Order for Life-Sustaining Treatment (POLST)?

Physician Order for Life-Sustaining Treatment (POLST) is a form that gives seriously ill patients more control over decisions concerning their end-of-life care. These decisions include administration of antibiotics and IV fluids, use of a ventilator to help with breathing, artificial nutrition by tube, and cardiopulmonary resuscitation (CPR). Printed on bright pink paper, and signed by both a doctor and patient, POLST may help prevent unwanted or ineffective treatments, reduce patient and family suffering, and ensure that expressed wishes are honored.

A healthcare professional such as a doctor, nurse, or social worker, completes the form after having a conversation with the patient to understand his or her wishes and goals of care. Both a doctor and the patient must sign the POLST form in order for it to be valid. Doctors usually recommend that seriously ill patients and those who have a significant chance of dying within the next year should have a POLST.

For comprehensive information about an Advance Health Care Directive and POLST, or to download the forms in Chinese or English, please visit El Camino Health’s website at

<https://www.elcaminohealth.org/community/chinese-health-initiative/specialty-programs/culturally-competent-care>

If you need more information about AHCD and POLST in Chinese, please contact:

**Chinese American Coalition for Compassionate Care (CACCC) at 866-661-5687;**

[www.caccc-usa.org](http://www.caccc-usa.org), or [info@caccc-usa.org](mailto:info@caccc-usa.org)

*Reference:* Coalition for Compassionate Care of California  
[www.coalitionccc.com](http://www.coalitionccc.com)

# 「醫療照護事前指示」與「維持生命治療醫囑」

## 什麼是醫療照護事前指示？

任何人都可能意外地處在一個無法為自己發言的處境，事前填妥「醫療照護事前指示」，可以確保醫護人員知道在這種情況時您希望受到什麼樣的醫療照護，以及要由誰來為您做醫療決定。

在「醫療照護事前指示」表格上，您可以註明自己接受或拒絕維持生命治療的意願，如心肺復甦術、餵食管、呼吸器，還有您是否要服用止痛藥物、器官捐贈等。您可以指明您的主治醫生，或作其他指示來表達您的意願和決定。

即使您會覺得這個話題很難啟口，您也應該開始和家人討論「醫療照護事前指示」。因為最壞的情況就是當您的親人在面臨醫療危機時，還要去猜測您的需要，甚至可能引發家庭的衝突。建議您在下次和醫生門診時，向醫生索取一份「醫療照護事前指示」表格。

## 免費「醫療照護事前指示」英文諮詢服務

El Camino Health 提供免費的英文諮詢，為您解答有關「醫療照護事前指示」的問題。預約請撥 **650-940-7210**，諮詢以電話進行。

## 什麼是「維持生命治療醫囑」？

「維持生命治療醫囑」是一份表格，明確告知病人希望接受的生命末期醫療方式，讓重病病人在自己的醫療決定上能有更多的自

主權，如是否要使用抗生素、靜脈注射 (IV Fluids)、心肺復甦術、餵食管、呼吸器等。這份粉紅色的表格，由醫生和病人簽名後，可以幫助避免不必要或無效的治療、減少病人和其家屬的痛苦，確保病人表達的意願受到尊重。

通常由醫生、護士、社工在和病人討論，了解病人的希望和照護的目標之後，再填妥表格，要由醫生和病人簽名後才生效。醫生通常建議病重，而在一年之內可能會死亡的病人填此表。

「維持生命治療醫囑」表格必須以英文填寫方具法律效力，這樣急救人員也才能看得懂表格來執行醫囑。這份表格允許人們指示急救人員，如果在醫院外發生事故，他們選擇不做心肺復甦術。通常醫療急救人員被要求對所有的人做心肺復甦術；有了這份表格就可以保護選擇放棄者不被施以心肺復甦術。

如需有關「醫療照護事前指示」或「維持生命治療醫囑」的完整資料或是下載中英文表格，請參閱 El Camino Health「華人健康促進計畫」的網頁

<https://www.elcaminohealth.org/community/chinese-health-initiative/specialty-programs/culturally-competent-care>

如需有關「醫療照護事前指示」及「維持生命治療醫囑」的中文資料，請聯絡

**Chinese American Coalition for  
Compassionate Care (CACCC)**

「美華慈心關懷聯盟」

**866-661-5687**

[www.caccc-usa.org](http://www.caccc-usa.org) 或 [info@caccc-usa.org](mailto:info@caccc-usa.org)

# Immunization and Health Screening

Vaccines can protect you from life-threatening diseases and prevent costly hospitalizations. Seniors (age 65 or above) may need one or more vaccines, even if they have received vaccines as a child or as a younger adult. The following preventive care guidelines are generally based on the recommendations of the US Preventive Services Task Force, Centers for Disease Control and Prevention, American Cancer Society, American Heart Association, American Academy of Ophthalmology, and American Speech-Language-Hearing Association. They are provided for informational purposes only, and do not constitute medical advice. Always consult your doctor before making any decisions about medical care.

## Immunization Schedule for Seniors

<b>Seasonal Flu Vaccine</b>	Yearly
<b>Tetanus-Diphtheria-Pertussis</b>	Booster every 10 years
<b>Pneumococcal Vaccine</b>	One or two shots depending on the vaccine brand
<b>Shingles Vaccine (Shingrix)</b>	Two shots offer lifetime protection
<b>Hepatitis B Vaccine</b>	Discuss need with your doctor or nurse
<b>COVID-19 Vaccine</b>	Two booster shots after completion of primary series

Routine checkups and health screenings can detect changes in your body that may signal a problem is developing. Some basic health assessments for seniors include strength assessment, self-care abilities, and vision and hearing assessment. Health screening for diabetes, hypertension, high cholesterol, cancer, depression and Alzheimer's disease are also beneficial for the elderly. Discuss the need and frequency of screening tests with your doctor or nurse.

## Preventive Care for Women over 50

Need and frequency for these tests may vary among individuals. Discuss them with your doctor or nurse.

<b>Routine screening</b>	<ul style="list-style-type: none"> <li>▶ General Check Up</li> <li>▶ Blood Pressure</li> <li>▶ Weight/Body Mass Index</li> <li>▶ Depression Screening</li> <li>▶ Dental Cleaning (every 6 to 12 months)</li> <li>▶ Mammogram (every 1 to 2 years)</li> <li>▶ Pap test only (every 3 years), HPV test only (every 5 years), or HPV test along with Pap test (every 5 years) until age 65</li> <li>▶ Bone Density Testing (at least once by age 65)</li> <li>▶ Fecal Occult Blood Test (may skip if you get colonoscopies)</li> </ul>
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(Continued on page 17)



# 疫苗注射與健康檢查

接種疫苗能夠保障您的生命安全。六十五歲以上的年長者，必須在每年秋季（或冬季）接種一劑流行性感冒疫苗，以保護您自己和周圍的人。此外，即使曾經在幼年或青年時接受過預防接種，根據年齡及病歷，您可能需要追加接種帶狀皰疹、白喉/破傷風、百日咳及肺炎鏈球菌（肺炎）等疫苗。

以下的疫苗和健康檢查時間表，是根據美國預防醫學服務工作小組 (the US Preventive Services Task Force)、疾病控制與預防中心、美國癌症協會、美國心臟協會、美國眼科學會和美國語言和聽力協會的建議為基礎，僅供參考之用，不可視為醫療建議。在做醫療照護相關決定之前，請務必諮詢您的醫生。

## 成人疫苗接種

流行性感冒疫苗	每年一次
追加破傷風-白喉-百日咳疫苗	每十年一次
肺炎疫苗	一或二劑，取決於疫苗品牌
帶狀皰疹疫苗	一生二劑
B型 (乙型) 肝炎疫苗	請諮詢醫生或護士
新型冠狀病毒疫苗	完成主要接種後兩劑加強劑

年長者亦須定期作健康檢查，最基本的定期體檢項目包括體能、自我照顧能力、視聽力及高血壓、糖尿病、膽固醇、癌症、憂鬱症、阿滋海默（失智）症篩檢等。請諮詢您的家庭醫生，詢問有關疫苗和健康檢查的問題。

## 50歲以上女性 建議所做的健康檢查項目

(保健準則因個人情況而異，請諮詢醫生或護士)

定期檢查	<ul style="list-style-type: none"> <li>▶ 年度健康檢查</li> <li>▶ 量血壓</li> <li>▶ 憂鬱症篩檢</li> <li>▶ 體重/身體質量指數</li> <li>▶ 牙齒清潔和檢查 - 每六到十二個月一次</li> <li>▶ 乳房 X 光攝影 - 每隔一至二年</li> <li>▶ 子宮頸抹片檢查 - 每三年一次，人類乳頭瘤病毒測試 (HPV) - 每五年一次，或在 65 歲前每五年兩項都做</li> <li>▶ 骨質疏鬆篩檢 - 65 歲前至少做一次</li> <li>▶ 大便潛血試驗 (做過大腸鏡檢查可省略)</li> </ul>
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(未完待續，見18頁)

# Immunization and Health Screening

## Preventive Care for Women over 50

<p><b>Routine screening</b></p>	<ul style="list-style-type: none"> <li>▶ Colonoscopy (every 5-10 years; after age 75, discuss need with your doctor)</li> <li>▶ Lung Cancer Screening (every year if have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years)</li> <li>▶ Comprehensive Eye Exam (every 2 to 4 years before age 55; every 1 to 2 years after age 55)</li> <li>▶ Diabetes Screening (Blood Glucose or A1c) (every 3 years, screen more frequently if previous results are high)</li> <li>▶ Lipid Panel (every 2-5 years)</li> <li>▶ Hepatitis C Screening (once between ages 18 to 79)</li> </ul>
<p><b>Ask your doctor or nurse if you need these tests</b></p>	<ul style="list-style-type: none"> <li style="width: 50%;">▶ Hepatitis B Screening</li> <li style="width: 50%;">▶ Sexually Transmitted Infection</li> <li style="width: 50%;">▶ Skin Cancer Screening</li> <li style="width: 50%;">▶ Hearing Test</li> <li style="width: 50%;">▶ HIV Screening</li> </ul>

## Preventive Care for Men over 50

Need and frequency for these tests may vary among individuals. Discuss them with your doctor or nurse.

<p><b>Routine screening</b></p>	<ul style="list-style-type: none"> <li>▶ General Check Up</li> <li>▶ Blood Pressure</li> <li>▶ Weight/Body Mass Index</li> <li>▶ Depression Screening</li> <li>▶ Dental Cleaning (every 6 to 12 months)</li> <li>▶ Fecal Occult Blood Test (may skip if you get colonoscopies)</li> <li>▶ Colonoscopy (every 5-10 years; after age 75, discuss need with your doctor)</li> <li>▶ Lung Cancer Screening (every year if have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years)</li> <li>▶ Comprehensive Eye Exam (every 2 to 4 years before age 55; every 1 to 2 years after age 55)</li> <li>▶ Diabetes Screening (Blood Glucose or A1c) (every 3 years, screen more frequently if previous results are high)</li> <li>▶ Lipid Panel (every 2-5 years)</li> <li>▶ Hepatitis C Screening (once between ages 18 to 79)</li> </ul>
<p><b>Ask your doctor or nurse if you need these tests</b></p>	<ul style="list-style-type: none"> <li style="width: 50%;">▶ Hepatitis B Screening</li> <li style="width: 50%;">▶ Sexually Transmitted Infection</li> <li style="width: 50%;">▶ Skin Cancer Screening</li> <li style="width: 50%;">▶ Bone Density Screening</li> <li style="width: 50%;">▶ Prostate Cancer Screening</li> <li style="width: 50%;">▶ Hearing Test</li> <li style="width: 50%;">▶ HIV Screening</li> </ul>

# 疫苗注射與健康檢查

## 50歲以上女性 建議所做的健康檢查項目

<p><b>定期檢查</b></p>	<ul style="list-style-type: none"> <li>▶ 大腸鏡檢查 - 每五年至十年一次；75 歲後請諮詢醫師或護士</li> <li>▶ 肺癌篩查 - 每年吸二十包香菸以上的吸煙人群，包括目前吸煙或在過去十五年內戒菸者</li> <li>▶ 全面性眼睛檢查 55 歲前每兩年至四年一次；55 歲後每隔一至二年一次</li> <li>▶ 糖尿病篩檢 (血糖或糖化血色素A1c) - 每三年，如果之前篩檢的數值很高，則需增加篩檢頻率</li> <li>▶ 血脂檢測 - 每二到五年</li> <li>▶ C 型 (丙型) 肝炎篩檢 - 18 至 79 歲之間一次</li> </ul>
<p><b>右邊篩檢的時間和必要性，請諮詢醫生或護士</b></p>	<ul style="list-style-type: none"> <li>▶ B 型 (乙型) 肝炎篩檢</li> <li>▶ 皮膚癌篩檢</li> <li>▶ 愛滋病病毒篩檢</li> <li>▶ 性傳染疾病</li> <li>▶ 聽力測試</li> </ul>

## 50歲以上男性 建議所做的健康檢查項目

(保健準則因個人情況而異，請諮詢醫生或護士)

<p><b>定期檢查</b></p>	<ul style="list-style-type: none"> <li>▶ 年度健康檢查</li> <li>▶ 量血壓</li> <li>▶ 體重/身體質量指數</li> <li>▶ 憂鬱症篩檢</li> <li>▶ 牙齒清潔和檢查 - 每六到十二個月一次</li> <li>▶ 大便潛血試驗 (做過大腸鏡檢查可省略)</li> <li>▶ 大腸鏡檢查 - 每五年至十年一次；75 歲後請諮詢醫師或護士</li> <li>▶ 肺癌篩查 - 每年吸 20 包香菸以上的吸煙人群，包括目前吸煙或在過去十五年內戒菸者</li> <li>▶ 全面性眼睛檢查 - 55 歲前每兩年至四年一次；55 歲後每隔一至二年一次</li> <li>▶ 糖尿病篩檢 (血糖或糖化血色素A1c) - 每三年，如果之前篩檢的數值很高，則需增加篩檢頻率</li> <li>▶ 血脂檢測 - 每二至五年</li> <li>▶ C 型 (丙型) 肝炎篩檢 - 18 至 79 歲之間一次</li> </ul>
<p><b>右邊篩檢的時間和必要性，請諮詢醫生或護士</b></p>	<ul style="list-style-type: none"> <li>▶ B 型 (乙型) 肝炎篩檢</li> <li>▶ 皮膚癌篩檢</li> <li>▶ 前列腺癌篩檢</li> <li>▶ 愛滋病病毒篩檢</li> <li>▶ 性傳染疾病</li> <li>▶ 骨質疏鬆篩檢</li> <li>▶ 聽力測試</li> </ul>

# Chinese Herbal Medicine 如何安全使用中藥



## Possible Herb-Drug Interactions 中西藥混合使用可能產生的副作用

Many consume herbs for their medicinal value. However, some Chinese herbs can interact and interfere with medication prescribed by physicians and result in undesirable side effects. It is important to inform your physician of the herbs you are consuming. Below is a list of known herb-drug interactions.

華人傳統都有使用中藥的習慣，但中藥和西藥混合使用，可能會影響藥效並互相作用引起副作用。就醫時，請務必告訴您的醫生您日常使用的中草藥。以下是一些應避免混合使用的中西藥，供您參考。

**1** Avoid **fennel fruit** (*Foeniculum vulgare*) and **burnet-bloodwort** (*Sanguisorba*) root when taking these lipid-lowering or cholesterol-lowering medicines:

服用下列與降低血脂或膽固醇有關的藥物時，應避免服用 **小茴香、地榆**：

- ▶ Questran (cholestyramine)
- ▶ Colestid (colestipol)
- ▶ Zetia (ezetimibe)
- ▶ Vytorin (ezetimibe/simvastatin)
- ▶ Xenical (orlistat)

**2** Avoid **cuttlebone** when taking these antacids: 服用下列制酸劑時，應避免使用 **海螵蛸**：

- ▶ Maalox (aluminum hydroxide and magnesium hydroxide)
- ▶ Mylanta (calcium carbonate and magnesium carbonate)
- ▶ Tums (calcium carbonate)

**3** Avoid **Chinese goldthread** (*Coptis chinensis*/ *rhizome*) and **Evodia fruit** when taking these H2-blockers that work by reducing stomach acid: 服用下列抗組織胺相關藥物時，應避免使用 **黃連、吳茱萸**：

- ▶ Tagamet (cimetidine)
- ▶ Pepcid (famotidine)
- ▶ Axid (nizatidine)
- ▶ Zantac (ranitidine)

**4** If you are taking the following medicines, try to avoid **rhubarb and mirabilium**. Consult your healthcare provider if you need to use them: 服用下列與腸蠕動有關藥物時，若需使用 **大黃、芒硝**，應聽從專業人員之指示，謹慎使用：

- ▶ Reglan (metoclopramide)
- ▶ Haldol (haloperidol)
- ▶ Thorazine (chlorpromazine)
- ▶ Compazine (prochlorperazine)
- ▶ Mellaril (thioridazine)
- ▶ Vicodin, Tylenol with codeine, Darvocet, Lorcet, etc
- ▶ Morphine

**5** Avoid **St. John's wort** when taking these medicine that may induce or inhibit liver enzymes:  
服用加強或降低肝代謝酶有關藥物時，應避免使用 **貫葉連翹**：

#### Liver Enzyme Inducer 加強肝代謝酶有關藥物

- ▶ Dilantin (phenytoin)
- ▶ Tegretol (carbamazepine)
- ▶ Neurontin (gabapentin)
- ▶ Phenobarbitals
- ▶ Pentobarbital
- ▶ Secobarbital
- ▶ Rifampin

#### Liver Enzyme Inhibitor 降低肝代謝酶有關藥物

- ▶ Tagamet (cimetidine)
- ▶ E.E.S. (erythromycin)
- ▶ Alcohol (ethanol)
- ▶ Diflucan (fluconazole)
- ▶ Sporonox (itraconazole)
- ▶ Nizoral (ketoconazole)

**6** These herbs contain **aristolochic acid** and may increase the risk for renal toxicity or damage to the kidneys. They should be avoided as much as possible:

下列含 **馬兜鈴酸** 之中藥應盡量避免使用，以免累積腎毒：

- ▶ 廣防己 *Guang Fang Ji* (Radix Aristolochiae Fangchi)
- ▶ 關木通 *Guan Mu Tong* (Caulis Aristolochiae Manshuriensis)
- ▶ 馬兜鈴 *Ma Dou Ling* (Fructus Aristolochiae)
- ▶ 青木香 *Qing Mu Xiang* (Radix Aristolochiae)
- ▶ 細辛 *Xi Xin* (Herba Asari)

**7** When taking the following blood thinners, use **“blood-flow promoting herbs”** with caution (salvia, angelica root, peach kernel, safflower, ginkgo leaves, leeches and **“hemostatic herbs”** such as Daji (Japanese thistle) and agrimony: 服用下列抗凝血 (blood thinner) 相關藥物時，應極為謹慎使用 **活血藥** (丹參、當歸、川芎、桃仁、紅花、銀杏葉、水蛭) 及 **止血藥** (大薊、仙鶴草)：

#### Anticoagulant Drugs 抗凝藥物

- ▶ Heparin
- ▶ Coumadin (warfarin)
- ▶ Refludan (lepirudin)

#### Antiplatelet Drugs 抗血小板藥物

- ▶ Aspirin
- ▶ Persantine (dipyridamole)
- ▶ Plavix (clopidogrel)

**8** Avoid **Ephedra** when taking these beta-blockers:

服用下列  $\beta$  受體阻滯劑 (beta-blocker) 相關藥物時，應盡量避免使用 **麻黃**：

- ▶ Toprol (metoprolol)
- ▶ Inderal (propranolol)
- ▶ Tenormin (atenolol)
- ▶ Sectral (acebutolol)
- ▶ Ziac (bisoprolol)
- ▶ Brevibloc (esmolol)
- ▶ Normodyne (labetalol)
- ▶ Coreg (carvedilol)

# Healthcare Facilities

## Overview: Where to Seek Care

### Where Do I Seek Medical Care?

Depending on your health needs, you should seek medical care at a few different types of facilities.

See the table below.

<b>Doctor's Offices and Clinics</b>	<ul style="list-style-type: none"> <li>▶ Most doctor's offices and clinics operate during regular office hours and require appointments.</li> <li>▶ Some free clinics are open on weekends and evenings and may not require appointments.</li> </ul>
<b>Urgent Care Centers</b>	<ul style="list-style-type: none"> <li>▶ Provide urgent walk-in care but are not part of a hospital.</li> <li>▶ Treat health problems that require attention right away but are not serious enough for the emergency room.</li> <li>▶ Are often open in the evenings and weekends, but not 24 hours a day.</li> </ul>
<b>Emergency Rooms and Acute Care at Hospitals</b>	<ul style="list-style-type: none"> <li>▶ Emergency rooms care for patients with life-threatening or very serious illness or injury 24 hours a day.</li> <li>▶ Most must treat you in an emergency whether or not you can afford to pay.</li> <li>▶ Hospitals provide inpatient acute care 24 hours a day.</li> <li>▶ Some hospitals offer outpatient ambulatory care for surgeries and procedures scheduled by your doctor.</li> </ul>
<b>Post-Acute and Long-Term Care</b>	<ul style="list-style-type: none"> <li>▶ Post-acute care are medical services provided after your hospital stay and referred by your doctor.</li> <li>▶ Services may be provided at home or at a facility such as skilled nursing facility, rehabilitation center, or hospice.</li> </ul>

## Clinics

### Doctor's Offices *See page 25*

- ▶ Doctors' offices are private offices where you receive medical care from doctors and nurses.
- ▶ They usually require that you have health insurance. Contact your insurance company, including Medicare and Medi-Cal, to find out who is covered under your plan.

### Community Health Clinics *See page 26*

- ▶ Here you will find doctors, nurses, medical assistants, and sometimes physician assistants

and dietitians.

- ▶ Most require appointments; some are "walk-in" clinics.
- ▶ Some clinics charge patients based on the patient's ability to pay, utilizing a sliding fee scale.

### Free or Low Cost Clinics *See page 28*

- ▶ Provide healthcare at little or no cost to the uninsured.
- ▶ Hours of operation may be limited. In many cases, you will need an appointment.

*(Continued on page 23)*

## 了解美國醫療系統

### 生病時何處就醫

在大多數華裔的原居地，生病時大多直接前往醫院。但在美國，醫療照護分工很細，有診所、緊急醫護中心或醫院的急診室提供醫療服務，要根據病人的病情、緊急程度和需要，來決定去何處就醫。其中的差異請參閱下表：

診所	<ul style="list-style-type: none"> <li>▶ 可能是個別，或多位醫生聯合經營的診所，或是非營利性質的社區診所。</li> <li>▶ 大多在上班時間開放，需要預約。</li> <li>▶ 免費或低收費診所，專為沒有保險的居民服務，開放時間有限，有些週末才開放，有些不須預約。</li> </ul>
緊急醫護中心	<ul style="list-style-type: none"> <li>▶ 提供緊急，但未嚴重到去急診室的醫療服務。</li> <li>▶ 不須預約，但不屬於醫院一部分。</li> <li>▶ 通常週末和晚上也開放，但非二十四小時。</li> </ul>
急診室和醫院	<ul style="list-style-type: none"> <li>▶ 急診室二十四小時全天開放，對於有生命危險或病情嚴重的病人提供緊急醫療。</li> <li>▶ 大多數急診室在緊急情況，不論病人是否有保險，都必須提供療。</li> <li>▶ 醫院提供須要住院的手術等急症治療，須經醫生安排。有些醫院提供非住院型的門診手術 (out-patient ambulatory care)，需經由醫生安排。</li> </ul>
出院後期和長期照護	<ul style="list-style-type: none"> <li>▶ 出院後期照護是在病人出院後，由醫生下單，讓病人可以得到的後續醫療照護。</li> <li>▶ 視病人需要，服務可以在病人家中提供，或療養院、復健中心或安寧療護中心 (hospice)。</li> </ul>

### 診所

#### 醫生診所 名單見25頁

- ▶ 通常只設有門診服務。可能是個別醫生，或多位醫生聯合經營的診所。
- ▶ 診所通常只在上班時間開放，大多需要事先預約。醫生或診所收的保險都不一樣，最好先向您的保險公司查詢，或是在預約時向診所查詢。

#### 社區診所 名單見26頁

- ▶ 醫護人員除了醫生、護士、助理以外，有時還包括醫生助理及營養師。
- ▶ 大多數都需要預約，有少數接受沒有預約的病人 (walk-in)。
- ▶ 有些診所會根據您的收入水平，提供減免。

(未完待續，見24頁)

# Healthcare Facilities

## Urgent Care Centers *See page 29*

Urgent care facilities treat health problems that require attention right away but are not serious enough for emergency room care. Some common problems treated in urgent care centers are:

- ▶ Minor burns
- ▶ Earache
- ▶ Cuts needing stitches
- ▶ Headache/migraine pain
- ▶ Simple fractures to bones (when the skin is not broken)
- ▶ Fever
- ▶ Upset stomach/vomiting

For a list of urgent care centers at El Camino Health, visit [https://www.elcaminohealth.org/locations?field\\_location\\_specialty=26106](https://www.elcaminohealth.org/locations?field_location_specialty=26106)

## Emergency Rooms and Acute Care at a Hospital

Hospitals offer emergency and non-emergency medical care.

- ▶ Emergency rooms care for patients with life-threatening or very serious illness or injury. They are open 24 hours a day. Most must treat you in an emergency whether or not you can afford to pay.
- ▶ For non-emergency care such as elective surgery and health screening (e.g., x-rays, mammograms), you need a referral from your doctor.

## Post-Acute Care and Long-Term Care

### Rehabilitation Centers *See page 30*

- ▶ Offer inpatient and outpatient services to help you recover from sickness and injury.
- ▶ Work with you to improve your ability to perform tasks necessary for independent living.
- ▶ Offer care from physical therapists, occupational therapists, speech pathologists, and social workers.

### Skilled Nursing Facilities *See page 31*

- ▶ Provide care for people who are not sick enough to be in a hospital but cannot care for themselves at home.
- ▶ Services offered include, but are not limited to, medical, nursing, dietary, pharmaceutical services, and activity programs.
- ▶ After a hospital stay, your doctor may refer you to a skilled nursing facility to receive 24-hour care from nurses and therapists. The elderly are the largest population in a skilled nursing facility.

### Home Healthcare *See page 32*

- ▶ Provided by nurses and therapists at your home as an alternative to staying at a skilled nursing facility.
- ▶ Requires a referral from a physician. After a hospital stay, your doctor may refer you to receive home healthcare. Your care coordinator at the hospital can arrange these services for you.



# 醫療資源

## 免費或低收費診所 名單和詳情見28頁

- ▶ 專為沒有保險的病人提供免費或低收費的醫療服務。
- ▶ 開放時間有限。有些需要預約或事先排隊領號碼牌。

## 緊急醫護中心 名單見29頁

緊急醫護中心介於門診和醫院急診室之間，適於緊急但並不嚴重到送急診室的醫療。緊急護理中心一般在晚上或週末都開放，不需預約。一般在緊急醫護中心治療的問題如：

- ▶ 輕微燙傷
- ▶ 發燒
- ▶ 耳朵痛
- ▶ 腸胃不適/嘔吐
- ▶ 傷口縫合
- ▶ 頭痛/偏頭痛
- ▶ 輕微骨折(皮膚沒有破)

El Camino 醫院的緊急醫護中心，可在以下網站搜尋名單：

[https://www.elcaminohealth.org/locations?field\\_location\\_specialty=26106](https://www.elcaminohealth.org/locations?field_location_specialty=26106)

## 急診室和醫院

醫院服務包括緊急和非緊急，有急診、急症治療和住院服務。一般人到醫院進行手術或住院，都需要醫生開單。或是在緊急情況，直接到急診室就醫。

- ▶ **急診室：**二十四小時全天候開放，提供緊急醫療。在緊急情況，不論病人是否有保險，醫院都須治療。

- ▶ **非緊急的醫護服務：**如非緊急手術和健康檢查(如 x 光放射線檢查、乳房攝影檢查)，都需要醫生下單。

## 出院後期和長期照護

### 復健中心 名單見30頁

- ▶ 分住院型和非住院型，幫助病人病後或受傷後復原。
- ▶ 協助病人康復，逐漸恢復獨立自理的生活能力。
- ▶ 醫療團隊組成包括物理治療師、職能治療師、語言治療師、護士、社工等。

### 療養院 名單見31頁

- ▶ 提供二十四小時專業照護，適合不須住院但無法在家自理的病人。
- ▶ 服務項目包括但不限於醫療、照護、飲食、醫藥、活動安排等。
- ▶ 療養院有專業護理人員。有些病人，尤其是年長者，在醫院治療出院後，醫生可能會轉介入住療養院，以便得到全天候的照護和治療。

### 居家醫療照護 名單見32頁

- ▶ 由護士或治療師到病人家中治療或看護，使病人在療養院之外，有另一選擇。
- ▶ 須醫生轉介。從醫院出院後，醫生可能會轉介病人接受居家醫療照護，醫院的照護協調員 (care coordinator) 可協助安排。

This section includes **healthcare and community resources** in Santa Clara County. Since there are many services in the community, we have narrowed our selections based on their Chinese-language capabilities. In some cases, we have taken into consideration the affordability of services. For example, some clinics listed here provide services on a sliding scale based on income level. Among the listings are services provided by the County government, volunteers, as well as nonprofit and for-profit organizations.

Organizations that provide services in Chinese language are highlighted by these symbols:

**普通話** – Mandarin Spoken

**粵語** – Cantonese Spoken

Language services may be provided in person or over the phone. Availability may vary. Contact the organizations directly for more information.

以下是聖塔克拉拉縣的 **醫療資源**，因為版面限制，我們縮小範圍，以提供華語服務的機構為主，並增加專為低收入家庭提供低收費服務的機構。另外，也包括一些由政府、非營利或營利性組織、義務性組織提供的服務。

凡提供華語服務者，會有以下標示：

**普通話** – Mandarin Spoken

**粵語** – Cantonese Spoken

華語服務包括電話語音，或說華語的工作人員，各機構不一，並有可能變動。請自行聯絡確認。

## Clinics 診所

### Primary Care Clinics 診所

Your primary care physician is usually your first stop in getting health care for you and your family. Your primary care physician can help treat common illnesses and minor injuries, and help you manage your overall health. If specialty care is needed, your primary care provider can make necessary referrals for your specific medical condition.

基本醫療科醫生，也就是家庭醫生，通常是您和家人獲得醫療保健的第一站。您的家庭醫生可以幫助治療常見疾病和輕傷，並幫助您管理您的整體健康。如果需要專科醫生的協助，您的家庭醫生會針對您的醫療狀況轉介專科醫生。

#### El Camino Health Primary Care Locations El Camino Health 基本醫療科診所

##### *Sobrato Pavilion*

2495 Hospital Drive, Suite 460  
Mountain View, CA 94040  
650-962-4370

##### *Primary Care Winchester*

828 South Winchester Boulevard  
San Jose, CA 95128  
408-866-4000

**First Street Office**

4150 N. First Street  
San Jose, CA 95134  
408-871-5050

**McKee Office**

227 North Jackson Avenue  
San Jose, CA 95116  
408-871-3400

**Morgan Hill Office**

16130 Juan Hernandez Drive, Suite 100  
Morgan Hill, CA 95037  
408-871-3400

**Samaritan Office**

2577 Samaritan Drive  
San Jose, CA 95124  
408-871-3400

**Willow Glen Office**

625 Lincoln Avenue  
San Jose, CA 95126  
408-871-3400

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## Community Health Clinics 社區診所

Community Health clinics are operated by tax-exempt and nonprofit organizations. Charges to the patient are based on the patient's ability to pay, utilizing a sliding fee scale. Community Health Clinics usually offer the following services:

- ▶ Primary care medical services (family medicine and internal medicine)
- ▶ Chronic disease prevention and treatment
- ▶ Diseases screenings
- ▶ Adult and youth immunization services
- ▶ Health education and counseling
- ▶ Low cost health insurance enrollment

Many facilities offer other services, such as dental, optical and mental health. Please contact the clinic for more information.

社區診所大多非營利。若沒有保險，診所將會依據家庭收入，給予減免。社區診所基本包含以下服務：

- ▶ 日常保健服務（家庭醫生及內科）
- ▶ 慢性病預防和治療
- ▶ 健康檢查
- ▶ 成人及兒童疫苗注射
- ▶ 健康教育及諮詢
- ▶ 低收入醫療保險投保

部分診所也提供口腔科、眼科、心理健康等服務。請與診所聯繫確認服務範圍。

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### Asian Americans for Community Involvement – Health Center

美亞社區協進會 – 美亞診所

普通話 粵語

2400 Moorpark Avenue, Suite 300  
San Jose, CA 95128  
408-975-2730

**Services:** Primary care medical services (family medicine and internal medicine), chronic disease prevention and treatment, screenings, women's healthcare, adult and youth immunization services, health education, and counseling.

**Languages:** Mandarin, Cantonese, Vietnamese and Burmese

**服務範圍：**家庭科、內科、慢性病預防和治療、健康檢查、婦女健康、成人及兒童疫苗注射、健康教育及諮詢。

**Asian Americans for Community Involvement – Mental Health**

美亞社區協進會 – 心理健康診所

普通話 粵語

2400 Moorpark Avenue, Suite 300  
San Jose, CA 95128  
408-975-2730

**Services:** Counseling services in over 12 languages including Mandarin, Taiwanese and Cantonese.

**服務範圍：**提供普通話、粵語等十二種語言的心理輔導服務。

**Gardner Family Health Network**

408-457-7100

*CompreCare Health Center*

3030 Alum Rock Avenue, San Jose, CA 95127

*Gardner Health Center*

195 East Virginia Street, San Jose, CA 95112

*St. James Health Center*

55 East Julian Street, San Jose, CA 95112

**Services:** Family practice, pediatrics, internal medicine, women's health, optometry, optical, pharmacy, dental, behavioral health, perinatal, podiatry, nutrition, women/infants/children, healthcare for homeless, and mental health.

**服務範圍：**家庭科、小兒科、內科、婦女/嬰兒/兒童健康、眼科、牙科、藥房、妊娠、營養、足科、無家者的醫療照護、心理及精神健康。

**Indian Health Center**

1211 Meridian Avenue, San Jose, CA 95125  
408-445-3400

**Services:** Medical, dental, counseling, nutrition consultation, community wellness, and outreach.

**服務範圍：**基本醫療、牙科、諮商、營養諮詢、社區保健和推廣。

**North East Medical Services**

東北醫療中心

普通話 粵語

1870 Lundy Avenue, San Jose, CA 95131  
408-573-9686

**Services:** Treatment of urgent and chronic needs, routine checkups, immunization and screening, geriatric health, family practice, pediatrics, health coaching. Also provides dental, laboratory and pharmacy services, along with assistance with patient eligibility/enrollment (Member Services) in health insurance programs.

**服務範圍：**緊急和慢性疾病治療、例行檢查、疫苗注射和健康檢查、老人健康、家庭科、兒科、健康指導等。並提供牙科、化驗檢查、藥房以及協助申請醫療保險。

**Ravenswood Family Health Network**

普通話

650-330-7400

*Ravenswood Family Health Center*

1885 Bay Road, East Palo Alto, CA 94303

*MayView Community Health Center*

- ▶ 900 Miramonte Avenue, Second Floor  
Mountain View, CA 94040
- ▶ 785 Morse Avenue, Sunnyvale, CA 94085
- ▶ 270 Grant Avenue, Palo Alto, CA 94306

**Appointments:** Please call **650-330-7416** for enrollment before making first appointment. You can request a Chinese-speaking provider at the time of enrollment.

首次就診前請致電 **650-330-7416**。可以在註冊時要求由說華語的醫生診療。

**Services:** Primary care, dental, behavioral health, health promotion, preventive care, routine checkups, immunization and screening, perinatal services, special programs, family planning, chiropractic care.

**服務範圍：**基本醫療、牙科、心理健康、保健推廣、保健、例行檢查、疫苗注射和健康檢查、妊娠服務、家庭計畫等特殊方案、整脊理療。

### Santa Clara Valley Medical Center

普通話

888-334-1000

For a list of the clinics, visit [www.scvmc.org](http://www.scvmc.org)

**Services:** Express care, PACE clinic, specialty centers for diabetes, women's health, children's health, rehabilitation, trauma, and burn care.

聖塔克拉拉縣唯一的公立醫院系統，設有許多社區診所。詳細名單請參閱網站：

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

預約或查詢中文服務，請撥免費電話：

**888-334-1000**

部分診所可以預約當天看診。

**服務範圍：**緊急醫護中心、門診、糖尿病專科中心、婦女健康、兒童健康、復健、創傷中心、燙傷中心等。

## Free or Low Cost Clinics

### 免費或低收費診所

Free or low cost clinics provide healthcare to people without insurance at little or no cost. The hours of operation are limited and volunteers run many of the clinics.

免費或低收費診所是專為沒有保險或低收入的病人服務，提供免費或低收費的醫療服務。醫生和工作人員大多是志工。開放時間有限。

### Cardinal Operated Free Clinics

普通話

#### *Pacific Free Clinic*

#### *Overfelt High School Health Clinic*

1835 Cuning Ave, San Jose, CA 95122

650-721-2786

Opens on Saturday mornings 週六上午開放

#### *Arbor Free Clinic*

#### *Samaritan House*

114 Fifth Avenue,

Redwood City, CA 94063

650-724-1332 (Sundays only)

Opens on Sunday mornings 週日上午開放

Stanford University-affiliated student-run health clinics for adults. The clinics are open for in-person visits. Accepting walk-ins. Please note that appointments will be granted on a first come, first-served basis and wait time for an appointment could be several weeks if many patients sign up.

# Healthcare Facilities 醫療資源

Clinics  
診所Urgent Care Centers  
緊急醫護中心

由史丹福大學學生經營的免費診所。診所只為成人提供服務。請注意問診名額有限，將按照預約的先後順序分配。如果很多病人預約，您可能需要等候幾週的時間。

## Website 網站

Pacific Free Clinic:

[www.med.stanford.edu/pacific.html](http://www.med.stanford.edu/pacific.html)

Arbor Free Clinic:

[www.med.stanford.edu/arbor.html](http://www.med.stanford.edu/arbor.html)

## RotaCare San Jose

### Washington Elementary School

100 Oak Street, San Jose, CA 95110  
408-715-3088

In-person clinic by appointment on the first and third Wednesday of each month. Telehealth visits are every Wednesday from 5 p.m. to 9 p.m. Leave a message at **408-715-3088** for an appointment.

當面診療於每月的第一和第三個星期三提供，須預約：遠程醫療看診於每星期三下午五時至晚上九時進行。請電 **408-715-3088** 留言預約。

## Samaritan House Free Clinics

### Free Clinic of San Mateo

19 W. 39th Ave, San Mateo, CA 94403  
650-578-0400  
Prequalification 資格預審：650-347-3648

### Free Clinic of Redwood City

114 Fifth Ave, Redwood City, CA 94063  
650-839-1447  
Prequalification 資格預審：650-839-1447

Services: Free medical and dental care for

adults. Opens Monday to Friday 8:30 a.m. to 5 p.m. By appointments only. Patients need to call the clinic for prequalification before making the first appointment.

**服務範圍：**為成人提供免費醫療及口腔科服務。診所周一至週五早上八時半至下午五時營業。需要電話預約，首次看診之前請先致電診所確認是否符合在這裡診療資格。

## Tzu Chi Free Clinic

### 慈濟免費義診

普通話 粵語

175 Dempsey Road, Milpitas, CA 95035  
408-964-4560

Services: Free oral health education, dental health assessment, and uncomplicated cleaning, filling, extraction, acupuncture and chiropractic service. Service uninsured and low income individuals. Photo ID and proof of low income needed. Call **408-964-4560** to schedule an appointment.

**服務範圍：**對低收入和沒有保險者提供基本的牙科護理，如簡單的洗牙、補牙、拔牙、針灸和整脊理療等。

## Urgent Care Centers 緊急醫護中心

**Urgent care centers** treat health problems that require attention right away but are not serious enough for emergency room care.

**緊急醫護中心** 可以治療需要立即處理，但還沒有嚴重到需要掛急診的健康問題。

El Camino Health has four locations to serve you in the South Bay:

El Camino Health 在南灣有四個緊急醫護中心可為您提供服務：

4150 North First Street, San Jose, CA 95134  
408-871-5050

19600 Vallco Parkway, Cupertino, CA 95014  
408-871-5090

1150 West El Camino Real, Mountain View, CA 94040  
650-988-7667

625 Lincoln Avenue, San Jose, CA 95126  
408-871-3400

For a list of urgent care centers in the Santa Clara County Valley Medical System, visit

[www.scvmc.org/health-care-services/Urgent-Express-Care/Pages/Overview.aspx](http://www.scvmc.org/health-care-services/Urgent-Express-Care/Pages/Overview.aspx)

聖塔克拉拉公立醫院系統也設有緊急醫護中心：[www.scvmc.org/health-care-services/Urgent-Express-Care/Pages/Overview.aspx](http://www.scvmc.org/health-care-services/Urgent-Express-Care/Pages/Overview.aspx)

## Rehabilitation Centers 復健中心

**Rehabilitation centers** offer inpatient and outpatient services to help you recover from sickness and injuries. The goal of rehabilitation is to help you perform tasks necessary to promote independence. Patients may be treated by physical therapists, occupational therapists, speech and language pathologists, nurses, and social workers. Some rehabilitation centers lend out assistive devices such as wheelchairs, telephones, and walkers.

**復健中心** 分為住院型和非住院型。主要目標是協助病人康復，逐漸恢復獨立自理的生活能力。其醫療團隊包括：物理治療師、職能治療師、語言治療師、護士、社工等。有些復健中心出借輔具，例如輪椅、電話和步行器等。

### Acute Inpatient Rehabilitation Services

住院型復健中心

El Camino Health – Los Gatos Hospital  
355 Dardanelli Lane, Los Gatos, CA 95032  
408-866-4036

### Outpatient Rehabilitation Services

非住院型復健中心

El Camino Health – Mountain View Hospital  
2500 Grant Road, Mountain View, CA 94040  
650-940-7285

### California Department of Rehabilitation

408-277-1355

[www.dor.ca.gov](http://www.dor.ca.gov)

Assists Californians with disabilities to obtain and retain employment and maximize their ability to live independently in their communities.

加州政府復健部，協助殘障人士就業及強化生活自理。

### Santa Clara Valley Medical Center Rehabilitation

聖塔克拉拉縣醫療中心復健部  
751 S Bascom Avenue, San Jose, CA 95128  
408-885-2000

## Skilled Nursing Facilities 療養院

**Skilled nursing facilities (SNF)** care for patients who have been discharged from a hospital and need more care before going home. Most residents stay at the facility for short-term rehabilitation while others may stay for a longer time when they have end-of-life needs. After a hospital stay, your doctor may refer you to a SNF to receive around-the-clock care from nurses and therapists. A physician's referral is required before being admitted to a SNF. Before being discharged from the hospital, your care coordinators may recommend several choices of SNFs. Your family/caretakers may have the option to visit these facilities before making a selection. Please note that the choice of a facility is also determined by availability — whether or not there are openings.

### Things to consider when choosing a skilled nursing facility:

**Financial Support** – What insurance does the facility accept? Medicare, Medi-Cal, or private insurance?

**Location** – Is the facility located somewhere convenient for family and friends to visit?

**Special Needs** – Is special medical care such as tube feeding or ventilator needed? Be sure the facility is well equipped to provide this care.

**Language Support** – Is Chinese language support important? Some nursing homes use language line or smart-phone applications for interpretation. Others may have Chinese-speaking staff who can help. Remember that the quality and availability of such services can vary.

**References** – Talk to hospital staff such as case managers, senior care consultants, and doctors for referrals. Ask for opinions from current and prior SNF residents.

**Quality** – Visit several times and ask questions. Use a checklist to evaluate the facility during your visit: [www.canhr.org](http://www.canhr.org) and search “checklist” (English)

Visit the California Advocates for Nursing Home's website for information in Chinese and English: [www.canhr.org](http://www.canhr.org). To check the ratings on Medicare-certified skilled nursing facilities, visit [www.medicare.gov](http://www.medicare.gov) and search “compare nursing home”.

當病人在醫院治療後出院，還需要護理人員照顧時，醫生可能會轉介病人住**療養院**。療養院有專業護理人員提供二十四小時照護，也有物理治療師、職能治療師、語言治療師協助復健。大多數病人只需短期居住，有些重症、面對生命末期的病人則可能需住較長的時間。通常轉住療養院，需要有醫生下單，也要看是否有空位。通常在出院前，醫院的照護協調員會提供療養院的名單供病人參考，也可以參觀療養院後，再做決定。



## 選擇療養院時，可以考慮以下因素：

**經濟因素** – 聯邦醫療保險、加州醫療保險和私人保險給付多少費用？

**地點因素** – 方便家人和親友來探訪嗎？

**健康狀況** – 如病人需要呼吸輔助器 (ventilator) 或胃管等特殊照護，該機構能否提供這些服務？

**語言服務** – 中文語言服務對病人是否很重要？有些有說中文的工作人員，有些是用電話翻譯，或用智能手機的應用程式作翻譯，翻譯水平不一。

**口碑** – 可諮詢醫院工作人員或醫生，請他們提供建議。詢問曾經或目前正住在療養院的病患。

**品質** – 多去參觀幾次療養院，盡量問問題。可參閱 **California Advocates for Nursing Home** 的網站，用以下的中文評估檢查清單，協助評估療養院的服務：  
[www.canhr.org](http://www.canhr.org) 搜尋「如何選擇安老院」

如需更多有關療養院的中英文訊息，可參閱加州療養院組織的網站：  
[www.canhr.org](http://www.canhr.org) 搜尋「中文版出版物」

關於聯邦政府 **Medicare** 認證的療養院評比資訊，請參閱以下網站：  
[www.medicare.gov](http://www.medicare.gov) 搜尋 “compare nursing home”

Reference: [www.canhr.org](http://www.canhr.org)

## Home Healthcare 居家醫療照護

**Home Healthcare** is medical care delivered at your home to help you recover from an injury or sickness. A home health nurse can provide patient education, as well as a variety of care such as injections, wound care, and intravenous medication. Physical and occupational therapies may also be included in your care plan. Home healthcare requires a doctor's referral and is different from private home care, which helps with daily activities such as meal preparation, personal hygiene, and housekeeping.

To search and compare Medicare-certified home health agencies, go to [www.medicare.gov/care-compare](http://www.medicare.gov/care-compare) and search “compare home health”.

**居家醫療照護**，讓病人在家中接受醫療護理，從創傷或疾病中復原。居家照護護士可以提供打針、傷口護理、靜脈注射和病患教育等服務。物理及職能治療也可包含在內。居家醫療照護需要醫生下單，且不同於家務協助，不包含三餐料理、個人清潔、打掃家務等。

以下的網站提供醫療保險計畫認可的居家醫療護理機構：  
[www.medicare.gov](http://www.medicare.gov)  
搜尋 “compare home health”

The following home health agencies may have Chinese language support. The information is subject to change. Please call to confirm.

以下是提供中文服務的居家醫療照護機構。資訊可能有變動，請自行聯絡確認。

#### Asian American Home Care

美亞家庭康護服務

普通話 粵語

1840 The Alameda, San Jose, CA 95126  
408-283-5100

#### Asian Network Pacific Health Care

宜康治療中心

普通話

3487 McKee Road, Suite 55  
San Jose, CA 95127  
408-272-8882

#### Comfort Hands

普通話 粵語

792 Meridian Way, San Jose, CA 95126  
408-441-0522  
電話接通後，可以要求中文翻譯。

#### Healthy Living At Home

普通話 粵語

1879 Lundy Avenue, Suite 113  
San Jose, CA 95131  
408-324-0600  
電話接通後，可以要求中文翻譯。

#### Pathways

##### Home Health, Hospice and Palliative Care

普通話 粵語

585 North Mary Avenue, Sunnyvale, CA 94085  
888-978-1306 / 408-730-5900  
[www.pathwayshealth.org](http://www.pathwayshealth.org)  
電話接通後，可以要求中文翻譯。

## Hospice and Palliative Care 安寧療護及緩和療護



**Hospice Care** is designed to provide comfort and support to patients who are terminally ill and have fewer than six months to live. The focus of hospice care is on maintaining comfort and offering emotional support to patients and their families, rather than providing life-prolonging treatment. Often, spiritual care is given to improve the patient's quality of life. Hospice care teams generally include physicians, nurses, social workers, chaplains, and volunteers. Hospice care can be received at home, at a skilled nursing facility, or in a retirement home.

**Palliative care** is for patients and families confronting serious illness such as lung, heart, and kidney disease, cancer, and dementia. The goal of palliative care is to prevent and relieve suffering, and to promote the best possible quality of life as determined by patients and their families. Palliative care can begin any time during an illness and can be combined with life-prolonging treatments, as well as with treatments aimed at a cure.

**安寧療護** 是指對於任何重症病人生命預期長度在六個月之內，所作的症狀緩解和情緒支持的療護。安寧療護著重於病人舒適，對病人和其家屬提供精神和情緒上的支持，而非無效的治療行為。療護團隊也提供病人給予靈性照顧和社區資源，以改善他們的生活品質。療護團隊一般包括醫師、護士、社工、靈性輔導師 (Chaplain) 和志工等。安寧療護可以在病人家中、老人公寓或療養院進行。

**緩和療護** 可以幫助病人和其家屬面對如癌症、心臟病、腎臟病、肺病、失智症等重病，主要目標是預防及減緩痛苦，在可能的範圍，提高在病人和其家屬的定義下的生活品質。緩和療護可以在病程的任何階段開始，並可以繼續治療性治療和任何維持生命的治療。

(資料由美華慈心關懷聯盟提供)

### VITAS Hospice Healthcare

普通話 粵語

670 N. McCarthy Blvd, Suite 220  
Milpitas, CA 95035  
408-964-6800

### Pathways

#### Home Health, Hospice and Palliative Care

普通話 粵語

585 North Mary Avenue, Sunnyvale, CA 94085  
888-978-1306  
408-730-5900

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

電話接通後，可以要求與說中文的工作人員通話。

### Heartland Hospice

普通話

2005 De La Cruz Boulevard, Suite 271  
Santa Clara, CA 95050  
888-427-6590  
408-450-7850

### Optimal Hospice

普通話

3375 Scott Boulevard, Suite 410  
Santa Clara, CA 95054  
408-207-9222

## Community Resources 社區資源

### Heart of Hope Asian American Hospice Care

希望之心安寧醫護關懷中心

普通話 粵語

1879 Lundy Avenue, Suite 223  
San Jose, CA 95131  
408-986-8584

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

Provides comprehensive care with physical, emotional, social, and spiritual support to terminally ill Chinese and Asian American patients and their family members in the South Bay area.

針對南灣地區華亞裔生命末期病人及其家屬，提供全人、全家、全程、全隊的醫療照護和關懷。

# Healthcare Facilities 醫療資源

## Chinese American Coalition for Compassionate Care (CACCC)

美華慈心關懷聯盟

普通話 粵語

P.O. Box 276, Cupertino, CA 95015

866-661-5687

[www.caccc-usa.org](http://www.caccc-usa.org)

[info@caccc-usa.org](mailto:info@caccc-usa.org)

The coalition provides compassionate care and community education and outreach for Chinese Americans (Advance Care Planning workshops, Heart to Heart® Cafés and Hospital Volunteer Ambassador programs) and training for Chinese speaking volunteers and the healthcare professionals serving the Chinese community. The coalition conducts respite and hospice

## Major Differences between Hospice Care and Palliative Care

	Hospice Care	Palliative Care
Who can receive this care?	<ul style="list-style-type: none"> <li>Someone with an illness and a life expectancy of six months</li> </ul>	<ul style="list-style-type: none"> <li>Someone with a serious illness, regardless of life expectancy</li> </ul>
Can treatments be continued to cure my illness?	<ul style="list-style-type: none"> <li>Treatments and medicines are provided to relieve symptoms</li> </ul>	<ul style="list-style-type: none"> <li>Symptom management and curative care can be given at the same time</li> </ul>
Does Medicare pay?	<ul style="list-style-type: none"> <li>Medicare pays all charges related to hospice care</li> </ul>	<ul style="list-style-type: none"> <li>Some treatments and medications may be covered</li> </ul>
Does Medi-Cal pay?	<ul style="list-style-type: none"> <li>Medi-Cal pays all charges related to hospice care</li> </ul>	<ul style="list-style-type: none"> <li>Some treatments and medications may be covered</li> </ul>
Does private insurance pay?	<ul style="list-style-type: none"> <li>Most insurance plans have a hospice benefit</li> </ul>	<ul style="list-style-type: none"> <li>Some treatments and medications may be covered</li> </ul>
What organizations provide care?	<ul style="list-style-type: none"> <li>Hospice organizations</li> <li>Hospice programs at a hospital</li> <li>Other healthcare organizations</li> </ul>	<ul style="list-style-type: none"> <li>Hospitals</li> <li>Hospices</li> <li>Nursing facilities</li> <li>Clinics</li> </ul>
Where is care provided?	<ul style="list-style-type: none"> <li>Usually at patient's home assisted-living facility, nursing facility, or hospital</li> </ul>	<ul style="list-style-type: none"> <li>Usually at the hospital. Care is also given at home, assisted-living facility, or nursing facility</li> </ul>
Who provides care?	<ul style="list-style-type: none"> <li>A team including doctors, nurses, social workers, chaplains, volunteers, home health aides, and others</li> </ul>	<ul style="list-style-type: none"> <li>A team including doctors, nurses, social workers, and chaplains, similar to the hospice team</li> </ul>

volunteer training, provides patient and family visits in cooperation with partner organizations, operates a telephone support line, and provides bilingual resource materials for the Chinese-American community.

美華慈心關懷聯盟致力於華人社區生命末期宣導教育（事前療護計畫研討會、安心

茶話屋、醫院志工親善大使、製作和翻譯中英文資源和文宣）；提供喘息和安寧及緩和療護照顧者及志工培訓；醫療專業人員論壇；並與聯盟機構合作，探訪患者與家屬，以提昇重症和生命末期華人的療護品質。如需更多有相關訊息，請參閱網站 [www.caccc-usa.org](http://www.caccc-usa.org) 或電郵 [info@caccc-usa.org](mailto:info@caccc-usa.org)。

## 安寧療護和緩和療護的差別

	安寧療護	緩和療護
誰可以接受療護?	<ul style="list-style-type: none"> <li>▶ 任何重症病人</li> <li>▶ 預期生命長度在六個月之內</li> </ul>	<ul style="list-style-type: none"> <li>▶ 任何重症病人</li> <li>▶ 不論預期生命的長短</li> </ul>
可以繼續治癒性治療?	<ul style="list-style-type: none"> <li>▶ 病人不選擇治癒性治療，治療和醫藥只用於減輕症狀</li> </ul>	<ul style="list-style-type: none"> <li>▶ 舒適療法和治癒性治療可以同時進行</li> </ul>
聯邦醫療保險 (Medicare) 會給付嗎?	<ul style="list-style-type: none"> <li>▶ 安寧療護的相關費用全部給付</li> </ul>	<ul style="list-style-type: none"> <li>▶ 給付部分的治療和醫藥</li> </ul>
加州醫療保險 (Medi-Cal) 會給付嗎?	<ul style="list-style-type: none"> <li>▶ 安寧療護的相關費用全部給付</li> </ul>	<ul style="list-style-type: none"> <li>▶ 給付部分的治療和醫藥</li> </ul>
私人保險會給付嗎?	<ul style="list-style-type: none"> <li>▶ 大部分的私人保險都包括安寧療護</li> </ul>	<ul style="list-style-type: none"> <li>▶ 可能給付部分的治療和醫藥</li> </ul>
由那些機構提供?	<ul style="list-style-type: none"> <li>▶ 安寧療護機構</li> <li>▶ 少數醫院</li> <li>▶ 療養院及其它醫療機構</li> </ul>	<ul style="list-style-type: none"> <li>▶ 醫院</li> <li>▶ 安寧療護機構</li> <li>▶ 療養院</li> <li>▶ 診所</li> </ul>
療護在那些場所提供?	<ul style="list-style-type: none"> <li>▶ 通常在家中，也可以是在療養院、輔助型老人公寓或醫院</li> </ul>	<ul style="list-style-type: none"> <li>▶ 通常在醫院裡，也可以在家中、療養院、輔助型老人公寓</li> </ul>
醫療團隊的組成?	<ul style="list-style-type: none"> <li>▶ 有醫生、護士、佐理員、社工、靈性輔導師 (Chaplain)、其他治療師和志工</li> </ul>	<ul style="list-style-type: none"> <li>▶ 有醫生、護士、社工和靈性輔導師 (Chaplain)</li> </ul>

# Community Resources 社區健康資源

This section includes **Community Resources** in Santa Clara County. Since there are many resources, we have narrowed our selections based on their Chinese-language capabilities. In some cases, we have taken into consideration the affordability of services. For example, some organizations listed here provide services on a sliding fee scale based on income levels. Among the listings are services provided by the County government, volunteers, as well as nonprofit and for-profit organizations.

Organizations that provide services in Chinese language are highlighted by these symbols:

**普通話** – Mandarin Spoken

**粵語** – Cantonese Spoken

Language services may be provided in-person or over the phone. Availability may vary. Contact the organizations for more information.

以下是聖塔克拉拉縣的 **社區健康資源**，因為篇幅限制，我們縮小範圍，以提供華語服務的機構為主，並加入部分根據家庭收入提供減免的機構。另外，也包括一些由政府、非營利或營利性組織、義務性組織提供的服務。

凡提供華語服務者，會有以下標示：

**普通話** – Mandarin Spoken

**粵語** – Cantonese Spoken

華語服務包括電話語音，或說華語的工作人員，各機構不一，並有可能變動。請自行聯絡確認。

## Health Information and Referrals 健康資訊和轉介服務



### Avenidas

450 Bryant Street, Palo Alto, CA 94301

650-289-5400

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

By phone or in person, specialists here can help find resources for housing, in-home care, transportation and more. Free. Available Monday to Friday, 9 a.m. to 4:30 p.m.

免費的電話或當面諮詢，協助您尋找住所、居家看護、交通及各類服務。服務時間為週一至週五，上午九時至下午四時半。

### Catholic Charities of Santa Clara County

2625 Zanker Rd, Suite 201

San Jose, CA 95134

408-468-0100

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

Services include English as a Second Language (ESL) classes, citizenship information and referral, health screening and monitoring, wellness education, and cultural celebrations.

提供以英文為第二語言的課程、公民入籍、資訊轉介、健康檢查和追蹤、保健教育和文化活動等。

**California Registry**

800-777-7575

[www.calregistry.com](http://www.calregistry.com)

Free referral agency for seniors and their families. Provides seniors with care options, counseling, referrals and facility evaluations by phone.

為年長者及其家屬提供免費電話諮詢，如照護選擇、諮商、轉介、以及年長者設施評估等。

**El Camino Health Eldercare Services****El Camino Health** 年長者照護資源諮詢**Health Library & Resource Center**

健康圖書館和資源中心

***El Camino Health – Mountain View Hospital***

2500 Grant Road, Mountain View, CA 94040

650-940-7210

***El Camino Health – Los Gatos Hospital***

815 Pollard Road, Los Gatos, CA 95032

408-866-4044

Clinical and consumer health books, DVDs, and audiovisual materials are available for checkout with free membership. The Mountain View location has over fifty health books published in Chinese.

Dietitian consultation by phone in English offered on the first and third Friday of each month at El Camino Health's Mountain View Hospital, noon to 2 p.m. Call **650-940-7210** to schedule an appointment.

健康圖書館提供各種醫療專業和一般健康書籍和錄影帶，免費供社區借閱。山景城院區並有經醫療人員選的健康類中文圖書。

英文營養師諮詢，以電話進行，於每月第一和第三個星期五，中午十二時至二時，山景城院區舉行，報名請撥 **650-940-7210**。

**Silicon Valley Independent Living Center (non-residential)**

矽谷獨立生活中心 (非住院型)

25 N. 14th St., Suite 1000, San Jose, CA 95112

408-894-9041

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

Services for persons with disabilities: care coordination, support groups, personal care assistance.

殘障人士服務：照護協調、支持團體、個人護理員 (PCA) 服務。

**Sourcewise of Santa Clara County****Sourcewise** 聖塔克拉拉縣資源中心

408-350-3200

[www.mysourcewise.com](http://www.mysourcewise.com)

Provides education and support services by phone to all adults, their families, and caregivers in Santa Clara County. Services include referrals, health insurance counseling, senior employment services, Meals on Wheels and care management.

對聖塔克拉拉縣內居民、家屬和照護者提供電話資訊和支援服務，包括轉介、健康保險資訊諮詢、年長者就業服務、送餐服務和個案輔導。

**2-1-1 Santa Clara County**

聖塔克拉拉縣社區資源熱線 2-1-1

普通話
粵語

To get help dial 2-1-1 or 800-273-6222

[www.211bayarea.org](http://www.211bayarea.org)

Provides access to health and human services 24/7 in over 150 different languages over the phone.

提供二十四小時社區資源熱線，超過 150 種語言服務。請撥打 2-1-1 或 800-273-6222。

## Senior Nutrition Programs 年長者營養午餐

**County of Santa Clara Senior Nutrition Program**

offers hot meals to adults 60 years of age and older. In response to COVID-19, participants can now pick up meals to-go at most locations. Visit [socialservices.sccgov.org/dining-sites](http://socialservices.sccgov.org/dining-sites) for a map of locations, contact information, and hours of operation. This map will be updated as more locations re-open to provide take-out meals and/or meal delivery. Some sites also require registration. For more information, please contact individual sites directly.

聖塔克拉拉縣在全縣三十八個定點為60歲以上的年長者提供**熱食餐點**。因應新冠病毒疫情的發展，這些地點組織目前不提供堂食，但大多都可以讓年長者到現場領餐回家。如需這些機構的地點、聯絡方式，以及完整的名單和地圖，請參閱 [socialservices.sccgov.org/dining-sites](http://socialservices.sccgov.org/dining-sites)。

隨著更多地點的重新開放以提供領餐和/或送餐服務，該地圖將時時更新。有些機構會要求事先報名，如需詳情，請直接聯繫各別機構。每人建議餐費為美金三元。請聯繫個別網站了解相關要求。

[www.sccgov.org/sites/ssa/food-assistance/snp/Pages/senior\\_nutrition.aspx](http://www.sccgov.org/sites/ssa/food-assistance/snp/Pages/senior_nutrition.aspx)

### Asian Americans for Community Involvement 美亞社區協進會

普通話
粵語

2400 Moorpark Avenue, Suite 300  
San Jose, CA 95128

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

Senior Nutrition Lunch reservation  
年長者營養午餐預約電話：  
408-771-9584

**Berryessa Community Center**

普通話

3050 Berryessa Road, San Jose, CA 95132  
408-251-6392

Please call to reserve. 請事先電話預約。

**Campbell Adult Center****Campbell Community Center**

金寶社區中心

1 W. Campbell Avenue, Room M-50

Campbell, CA 95008

408-866-2764

[www.ci.campbell.ca.us/275/Nutrition-Program](http://www.ci.campbell.ca.us/275/Nutrition-Program)

Asian style meals provided. 提供亞洲餐點。



**La Comida**

普通話 粵語

650-322-3742

**Stevenson House**

455 East Charleston Road, Palo Alto, CA 94306

**Methodist Church**

625 Hamilton Avenue, Palo Alto, CA 94301

**Barbara Lee Senior Center**

普通話

40 N. Milpitas Boulevard, Milpitas, CA 95035

Lunch Reservation Hotline 午餐預約電話：  
408-586-3413

Please call to reserve. 請事先電話預約。

**Mountain View Senior Center**

普通話 粵語

266 Escuela Avenue, Mountain View, CA 94040  
650-964-6586Walk-ins accepted, no reservations required.  
不需事先預約。**Self Help for the Elderly, South Bay Community Center**

安老自助處 – 南灣活動中心

普通話 粵語

550 East Remington Drive, Sunnyvale, CA 94087  
408-733-1883[www.selfhelpelderly.org](http://www.selfhelpelderly.org)**Meals On Wheels Program**  
送餐服務計畫

The Santa Clara County **Meals On Wheels Program** provides meal service to homebound seniors 60 years of age and older who are unable to provide meals for themselves or have difficulty obtaining food because of illness, frailty, or disability. Eligible seniors receive weekly delivery of seven breakfasts and five frozen lunch/dinner entrées, a fresh salad and a fresh sandwich or wrap, supplemented by fresh fruit, juice, milk, bread, and other grocery items. A suggested contribution of \$1.80 per day or \$54.00 per month is encouraged.

聖塔克拉拉縣的 **送餐服務計畫**，為60歲及以上的年長者因體弱多病或身體障礙出門不便，或無法自理飲食者提供餐飲服務。符合條件的老年人每週可享用七份早餐和五份冷凍午餐/晚餐主菜，新鮮沙拉和新鮮三明治，輔以新鮮水果，果汁，牛奶，麵包和其他雜貨。建議每天1.80美元或每月54美元的自由捐獻。

**Sourcewise Meals on Wheels Department****Sourcewise** 送餐服務計畫3100 De La Cruz Boulevard  
Santa Clara, CA 95054  
408-350-3246[www.mysourcewise.com/meals](http://www.mysourcewise.com/meals)

## Exercise and Social Activities 運動與社交活動

The World Health Organization recommends that adults age 65 or older participate in at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week. Consider doing Tai Chi, brisk walking, or dancing for at least 20 minutes a day. In addition, at least twice a week, perform activities that strengthen major muscle groups such as shoulders, arms, chest, back, hips and legs. Remember, before starting an exercise regimen, it is best to consult your physician.

**Exercise** can be more fun when you do it as a group. You can exercise and make friends by joining activities organized by the following organizations.

根據「世界衛生組織」建議，六十五歲及以上的年長者，每週應做中等強度的有氧活動，至少兩個半小時。您可嘗試每天花二十分鐘打太極拳、「快步走」或跳舞等。此外，每週至少兩天從事強化大肌肉群的活動，包括肩膀、手臂、胸部、背部、臀部和腿部肌肉的鍛鍊。

**做運動** 貴在持之以恆，變成習慣。社區機構開設很多運動課程，可以幫助您養成運動的習慣，增加運動的樂趣，並結交朋友。

## Community Resources 社區資源

**! Because of disruptions caused by COVID-19, some community resources listed in this guide may have changed their service offerings or hours of business. Please call the organization to confirm their current status.**

由於新冠疫情的影響，手冊中所列的社區服務或營業時間可能有所更動，請直接致電以確認。

### Asian Americans for Community Involvement Senior Wellness Center

美亞社區協進會 – 美亞耆英中心

普通話 粵語

2400 Moorpark Avenue #111  
San Jose, CA 95128

749 Story Road, #50, San Jose, CA 95122

408-975-2730

[www.aaci.org/wellness/senior](http://www.aaci.org/wellness/senior)

Monday to Friday 8:30 a.m. - 2:00 p.m., closed weekends and holidays.

In-person/hybrid platform. Line Dance, Social Dance, Yuan-Ji Dance, Karaoke, Chair Yoga for Elderly, Morning Exercise, Tai Chi, ESL- Daily Conversation, Hands-only CPR, field trips, health-related workshops, and cultural events.

混合網上和/或實體現場課程。排舞、社交舞、元極舞、卡拉 OK、年長者椅子瑜珈、早操、太極、英文班-日常會話、基

本心肺復甦術急救課程、戶外旅行、健康講座、文化活動。

### Avenidas Chinese Community Center (ACCC) 華人社區中心

普通話 粵語

4000 Middlefield Road, Building H5  
Palo Alto, CA 94303  
650-289-5409

[www.avenidas.org/programs/chinese-community-center](http://www.avenidas.org/programs/chinese-community-center)

Pre-registration is required. To register, email [acc@avenidas.org](mailto:acc@avenidas.org). Please include your name, email address and phone number. Put the class number in the subject line. Activities in both English and Chinese. Hybrid and/or in-person classes including Tai Chi, Chinese calligraphy & brush painting, dance, karaoke, mahjong, technology and health-related workshops and more.

活動必須預先註冊登記。註冊和課程活動問題查詢，電郵請寄：[acc@avenidas.org](mailto:acc@avenidas.org)。請包括您完整姓名、電子郵件地址和聯絡電話號碼。請將課程編號放在電郵主題行中以便回覆。活動中英文進行。混合網上和/或實體現場課程，其中包括養生太極、中國書法和國畫、康樂舞蹈、卡拉 OK、智力麻將、文化學習或語言、電腦科技及免費健康相關講座及更多。

### Chinese Health Initiative 華人健康促進計畫

普通話 粵語

El Camino Health  
2500 Grant Road, Mountain View, CA 94040  
650-988-3234

<https://www.elcaminohealth.org/community/chinese-health-initiative>

Virtual qigong classes: Call **650-988-3234** or

visit [elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi](http://elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi) for more information.

視訊大雁氣功班：請撥 **650-988-3234** 查詢，或參閱網站

[elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi](http://elcaminohealth.coursestorm.com/category/chinese-health-initiative-chi)

### New Hope Chinese Cancer Care Foundation 新 希望華人癌症關懷基金會

普通話 粵語

500 E. Calaveras Blvd. #307, Milpitas, CA 95035  
408-609-3338

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

The classes include Qigong, Fitness Dance, Choir, Calligraphy, Cooking Class and others. Due to COVID-19, all classes are conducted virtually with some exceptions. Check the website for the details and updated schedules.

免費的癌友康復課程，課程包括八段錦和易筋經氣功、健身舞蹈、美味廚房班、藝術欣賞、書法班等。新冠疫情以來改為線上課程，少數課程恢復實體上課。

### Self Help for the Elderly, South Bay Community Center

安老自助處 – 南灣活動中心

普通話 粵語

550 East Remington Drive, Sunnyvale, CA 94087  
(in Sunnyvale Senior Center Building)  
408-733-1883

[www.selfhelpelderly.org/locations/](http://www.selfhelpelderly.org/locations/)

Registration by phone: Luk Tung Kun, Tai Chi, massage, karaoke, haircuts, blood pressure checks, ESL, immigration and naturalization classes, computer classes, calligraphy, erhu, practical English class

電話報名：六通拳、太極入門、按摩、

# Community Resources 社區健康資源

卡拉 OK、剪髮、量血壓服務、英語班、公民入籍班、電腦班、書法、二胡教學、應用英語。

## Tzu Chi Foundation - Northwest Region Office 慈濟北加州分會

普通話 粵語

2355 Oakland Road, San Jose, CA 95131

408-457-6969

<https://www.tzuchi.us/>

### Lezhi School for Seniors 樂智學堂

Free and open to seniors only. Flower arrangement, tea ceremony, calligraphy, Chinese painting. Call for more information.

免費且僅對年長者開放。插花、茶道、書法、國畫。請洽詢慈濟北加州分會，了解更多信息。

### Community education course

社會教育推廣課程

408-457-6967

Dialysis support group, flower arrangement, tea ceremony, calligraphy, Chinese painting. Call for more information.

洗腎/腎透析互助小組、插花、茶道、書法、國畫。請洽詢慈濟北加州分會。

For a listing of Senior Centers in the Santa Clara County, visit [Silicon Valley Healthy Aging Partnership's](http://www.svhap.org) website at [www.svhap.org](http://www.svhap.org) and search "senior center".

如需聖塔克拉拉縣各處 **年長者中心資訊**，請參閱 [www.svhap.org](http://www.svhap.org)，搜尋 "senior center"。

## Senior Exercise and Balance Classes 運動與平衡練習課程

### Physical Therapy and Rehabilitation at El Camino Health (Physical Performance Institute – Los Gatos)

*Senior Exercise and Balance Classes*

運動與平衡練習課程

El Camino Health – Los Gatos Hospital

555 Knowles Drive, Suite 100

Los Gatos, CA 95032

408-866-4059

[elcaminohealth.coursestorm.com/](http://elcaminohealth.coursestorm.com/)

### Catholic Charities of Santa Clara County Eastside Neighborhood Center

2150 Alum Rock Avenue, San Jose, CA 95116

408-251-0215

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

### Mountain View Senior Center

山景城長者中心

266 Escuela Avenue, Mountain View, CA 94040

650-903-6330

[www.mountainview.gov/depts/cs/rec/senior](http://www.mountainview.gov/depts/cs/rec/senior)



## Transportation 交通接送服務

### Heart of the Valley – Services for Seniors

PO Box 418, Santa Clara, CA 95052

408-241-1571

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

Escorted transportation services for seniors aged 65 and older in Santa Clara, West San Jose, Cupertino, Saratoga, Sunnyvale, Los Gatos, Campbell, and Monte Sereno.

Due to COVID-19, service on hold. Please call to confirm if services have resumed.

為居住在以下城市 Santa Clara, West San Jose, Cupertino, Saratoga, Sunnyvale, Los Gatos, Campbell, Monte Sereno 的六十五歲及以上的居民，提供接送服務。

因新冠疫情暫停服務，請致電詢問服務是否恢復。

### New Hope Chinese Cancer Care Foundation

新希望華人癌症關懷基金會

普通話 粵語

500 E. Calaveras Boulevard, Suite #307

Milpitas, CA 95035

408-412-0868

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

Free transportation to medical appointments is offered to financially challenged cancer patients. Please make appointments by calling the office at least five working days before date of the medical treatment. Transportation service is limited to medical visits after 9:30 a.m.

針對經濟困難的癌症病人，提供和治療有關的免費接送服務。需在治療至少五個工作天前預約。接送服務時間在上午九時半後。

### RoadRunners Transportation Service

RoadRunners 專車接送服務

El Camino Health

650-940-7016

RoadRunners provides door-to-door transportation within a ten-mile radius of the Mountain View campus. No affiliation with El Camino Health is required. For fees and details, call **650-940-7016** between 7 a.m. and 4:30 p.m., Monday to Friday. Through a partnership with Lyft, riders may receive a ride by a Lyft driver if RoadRunners is full. There is a \$3.00 surcharge for Lyft rides. Visit <https://www.elcaminohealth.org/community/roadrunners-transportation>

RoadRunners 為您提供專車接送服務，起點及目的地必須在山景城院區的十英里範圍之內。服務對象不限於 El Camino Health 的病人。透過與 Lyft 的合作，如果 RoadRunners 已客滿，乘客可尋求 Lyft 司機的叫車服務。Lyft 行程需支付 3 美元的附加費。詳情及收費請於週一到週五上午七時至下午四時半致電 **650-940-7016** 或參閱網站 <https://www.elcaminohealth.org/community/roadrunners-transportation>



# Community Resources 社區健康資源

## Via-Cupertino Shuttle

**Via-Cupertino** 專車接送服務

669-201-1892

[www.cupertino.org/our-city/departments/public-works/transportation-mobility/community-shuttle](http://www.cupertino.org/our-city/departments/public-works/transportation-mobility/community-shuttle)

App-based shuttle that goes everywhere in Cupertino. For fees and details, call **669-201-1892**.

為以 Cupertino 範圍為主的專車接送服務，詳情和費用請致電：**669-201-1892**。

## Santa Clara County and San Mateo County Valley Transportation Authority (VTA)

聖他克拉克縣和聖馬刁縣 VTA

Provides transportation services, including Night Stop and Senior Mobility Guide, to meet the needs of the senior community.

Visit [www.vta.org/go/seniors](http://www.vta.org/go/seniors) for details.

提供夜班停站、輪椅交通等服務。

詳情參閱網站：[www.vta.org/go/seniors](http://www.vta.org/go/seniors)

## OUTREACH

外展交通服務

Offers free information and referral services to help seniors and low-income persons.

Visit their One-Call & One-Click center at [www.onecalloneclick.org](http://www.onecalloneclick.org). From the tool bar on the top right select Chinese (Simplified) or Chinese (Traditional).

提供年長者和低收入家庭交通服務。

參閱網站及搜索服務：

[www.onecalloneclick.org](http://www.onecalloneclick.org)，可在網頁右上方選擇繁體或簡體中文。

## Paratransit

輔助客運

Paratransit provides transportation for individuals with disabilities who have difficulty using fixed route transportation systems such as buses and trains. Reservations are required.

輔助客運專為身體障礙，不便搭乘大眾運輸工具的人士，提供接送服務，須事先預約。

## ACCESS Paratransit

3331 N. First Street, San Jose, CA 95134

408-321-2380

Prequalification 資格預審：408-321-2381

[www.vta.org/paratransit](http://www.vta.org/paratransit)

## Community Shuttle

社區接駁車

## Mountain View Shuttle

855-730-7433

[www.mvcommunityshuttle.com](http://www.mvcommunityshuttle.com)

Free for everyone; board at one of 50 stops throughout Mountain View city weekdays 7 a.m. - 7 p.m., weekends & holidays 10 a.m. - 6 p.m.

所有人都免費，可在繞山景城市區的 50 個停靠站上下車，不需買票。營運時間：週一至週五上午七時至晚上七時，週末和假日上午十時至下午六時。

## Assisted Living 輔助型年長者公寓

**Assisted living** is a term that refers to a living facility for seniors age 60 or above. Smaller assisted living facilities, with a fewer number of beds, are known as residential care or “board and care homes.” In addition to room and board, these facilities provide personal care assistance with activities such as eating, dressing, bathing, and walking. Unlike skilled nursing facilities, assisted living does not offer medical care. As such, Medicare does not pay for expenses in assisted living. Some facilities, however, offer various levels of care including skilled nursing, memory care (for persons with dementia), and assisted living. It is important to ask the facility what they can do for you or your loved ones.

### Things to consider when choosing an assisted living facility:

**Health Condition** – Is specialized medical care such as tube feeding or ventilator needed? If so, assisted living is not the right choice. Be sure to ask what kind of care and services the facility offers.

**Financial Support** – Medicare does not cover assisted living. Consider Medi-Cal subsidies and long-term care insurance if necessary.

**Location** – Is the facility convenient for family and friends to visit?

**References** – Are other residents satisfied with the facility? Have complaints been filed against

this facility in the past few years?

**Community** – Is Chinese language support important? Is it easy to make friends there?

**Quality** – Visit several times and ask questions. Use a checklist to evaluate the facility during your visit. Go to the California Advocates for Nursing Home’s website at [www.canhr.org](http://www.canhr.org) and search “checklist”.

*Reference: [www.canhr.org](http://www.canhr.org)*

**輔助型年長者公寓** 是專為六十歲及以上的年長者興建的居住設施。規模較小的公寓稱為院舍 (**Residential Care**) 或 **Board and Care Homes**。除了住宿外，這些設施提供多樣化服務，如協助吃飯、穿衣、洗澡和散步等生活輔助，但不是專業護理，或醫療護理。因此聯邦醫療保險不會給付。（部分老人公寓除了生活協助外，也提供如失智症患者的專業照料等，應事先詢問清楚。）

### 選擇輔助型年長者公寓可考慮下列因素：

**健康狀況** – 如需要特殊醫療，如呼吸輔助器或胃管等設備，這類公寓一般不提供，因此並不合適。

**經濟因素** – 聯邦醫療保險不給付協助生活的費用，您可能要考慮加州醫療保險或申請長期護理計畫。

**地點** – 是否方便家人和親友來探訪？

**口碑** – 該設施的居民是否滿意？過去數年是否曾經被居民投訴嗎？

# Community Resources 社區健康資源

**社交方面** – 華語服務對您是否重要？在這裡居住容易交朋友嗎？

**親自探訪** – 作多次探訪，多發問。如果需要療養院評估的清單，可參閱加州療養院資源網站：[http://www.canhr.org/factsheets/rcfe\\_fs/html/rcfe\\_fs.evalchecklist.htm](http://www.canhr.org/factsheets/rcfe_fs/html/rcfe_fs.evalchecklist.htm)，並蒐索 "checklist"。

You can call an eldercare counselor for free consultation about assisted living.

**El Camino Health** 的圖書館提供費諮詢，幫助您尋找合適的輔助型年長者公寓。

## Eldercare Services

### Health Library & Resource Center

El Camino Health – Mountain View Hospital  
2500 Grant Road, Mountain View, CA 94040  
650-940-7210

### Silicon Valley Independent Living Center (non-residential, serves all types of disabilities)

矽谷獨立生活中心（非住宿型，提供各種獨立生活的技能訓練和資源）

25 N. 14th St., Suite 1000  
San Jose, CA 95112  
408-894-9041  
[www.svilc.org](http://www.svilc.org)

The following assisted living facilities may have Chinese language support. The information is subject to change. Please call to confirm.

以下機構提供中文服務，有可能變動，請自行打電話確認。

### Aegis Gardens Fremont

華人年長者公寓

普通話 粵語

36281 Fremont Boulevard, Fremont, CA 94536  
510-279-4231  
[www.assistedliving.com](http://www.assistedliving.com)

### Atria Almaden

普通話 粵語

4610 Almaden Expressway, San Jose, CA 95118  
408-613-0215  
[www.atriaseniorliving.com](http://www.atriaseniorliving.com)

### Belmont Village Los Gatos

普通話 粵語

5121 Union Avenue, San Jose, CA 95124  
408-662-1266  
[www.belmontvillage.com](http://www.belmontvillage.com)

### East Bay Assisted Living

東灣壽星樓

普通話 粵語

1301 E. 31st Street, Oakland, CA 94602  
510-532-5986  
[www.eastbayassistedliving.com](http://www.eastbayassistedliving.com)

### Joyful Chapter Senior Living

普通話 粵語

340 Alta Vista Drive  
South San Francisco, CA 94080  
650-227-2172  
[www.joyfulchapter.com](http://www.joyfulchapter.com)

### Oakmont of Silver Creek

普通話 粵語

3544 San Felipe Road, San Jose, CA 95135  
669-288-5000  
[www.oakmontofsilvercreek.com](http://www.oakmontofsilvercreek.com)



## Adult Day Healthcare 成人日間照顧中心

**Adult day healthcare centers** serve as an alternative to living in a nursing home. They provide services for seniors and other qualifying individuals who require a skilled level of care. Services may include healthcare, rehabilitative, social, psychological related support services, balanced meals, and door-to-door transportation. Healthcare centers are staffed with medical professionals who can monitor health conditions and manage medications while the individual is on the premises.

**成人日間照顧中心**是替代療養院的另一選擇。他們為需要醫療護理的年長者和其他符合條件的個人提供服務。服務可能包括醫療保健、復健、社會、心理相關支持服務、均衡膳食和到府交通接送。中心配備了醫療專業人員，可以為年長者監測健康狀況並管理藥物。

### OnLok Senior Health Services 安樂居

普通話 粵語

888-886-6565 (中文)

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

All-inclusive care for the elderly (PACE), covering basic primary and preventive care, home care, hospital, and long-term care, as medically necessary.

全包型的日間照顧中心，包括基本醫療、居家照護、以及長期照護。

### San Jose PACE Center

299 Stockton Avenue, San Jose, CA 95126  
408-535-4600

### East San Jose PACE Center

130 N. Jackson Avenue, San Jose, CA 95116  
408-795-3888

Community-Based Adult Services certified by the California Department of Aging  
由加州年長者服務局資助的成人日間照顧中心

### Avenidas Rose Kleiner Center

普通話 粵語

270 Escuela Avenue, Mountain View, CA 94040  
650-289-5499

[www.avenidas.org/programs/care](http://www.avenidas.org/programs/care)

### Golden Castle Adult Day Health Center

普通話 粵語

3803 E. Bayshore Road, Palo Alto, CA 94303  
650-964-1364 (中文按3)

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

### Grace Adult Day Health Care

普通話 粵語

3010 Olcott Street, Santa Clara, CA 95054  
408-727-6280

[www.graceadultcare.com](http://www.graceadultcare.com)

### Prestige Adult Day Health Care

普通話 粵語

1765 S. Main Street, Suite 101  
Milpitas, CA 95035  
408-586-9000

### Silicon Valley Adult Day Health Care Center

普通話 粵語

1533 California Circle, Suite 100  
Milpitas, CA 95035  
408-956-8578

# Alzheimer's Disease

## What Is Alzheimer's Disease?

Alzheimer's is a disease of the brain that causes problems with memory, thinking, and behavior. Alzheimer's disease is not a sign of normal aging or a mental illness. Instead, it is the most common form of dementia. Dementia is a general term for the loss of memory and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for an estimated 60 to 80 percent of dementia cases.

Memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of Alzheimer's, a fatal brain disease that causes a slow decline in memory, thinking, and reasoning skills. Every individual may experience one or more of these signs in different degrees. If you notice any of them, please see a doctor.

## Treatments

Alzheimer's treatments may provide some relief of symptoms and help the diagnosed person maintain a level of function longer. Some individuals may participate in clinical drug trials that help advance research and can provide a better understanding of the disease.



## 10 Warning Signs

- ▶ Memory loss that disrupts daily life
- ▶ Challenges in planning or solving problems
- ▶ Difficulty completing familiar tasks at home, at work, or at leisure
- ▶ Confusion with time or place
- ▶ Trouble understanding visual images and spatial relationships
- ▶ New problems with words in speaking or writing
- ▶ Misplacing things and losing the ability to retrace steps
- ▶ Decreased or poor judgment
- ▶ Withdrawal from work or social activities
- ▶ Changes in mood and personality

## When To See a Doctor

If you are concerned about your memory or other thinking skills, talk to your doctor to find out whether your symptoms are due to Alzheimer's or another cause, such as stroke, tumor, Parkinson's disease, side effects of medication, or infection etc.

## Prevention

Several conditions known to increase the risk of cardiovascular disease — such as high blood pressure, diabetes and high cholesterol — also increase the risk of developing Alzheimer's. Therefore, changing lifestyle habits alters your risk. A number of studies indicate that maintaining strong social connections and keeping mentally active might lower the risk of cognitive decline.

Content provided by Alzheimer's Association.

*(See resources on page 51)*

# 阿滋海默症

## 什麼是阿滋海默症？

阿滋海默症是一種腦部疾病，會導致記憶、思考和行為問題。阿滋海默症並不是正常的老化現象，也非精神疾病，而是失智症中最常見的一種類型。失智症是個統稱，泛指記憶以及其他認知能力喪失，其嚴重程度足以干擾日常生活的疾病。其中，阿滋海默症約占失智症病例的百分之六十至八十。

對日常生活會造成干擾的失憶，並非正常的老化過程，卻可能是阿滋海默症的徵兆。這種致命的腦部疾病會導致記憶、思考和推理能力緩慢地衰退。患者可能會出現一個或多個不同程度的症狀，如果您注意到自己或親人有下列列表中任何症狀出現，請務必去看醫生。

## 治療方法

阿滋海默症的治療可以讓症狀緩和到某種程度，同時延緩病程的發展。部分患者可參與臨床藥物試驗，協助推動研究，並且讓人們對這項疾病有更深入的瞭解。

## 十個警訊

- ▶ 影響日常生活的記憶力改變
- ▶ 計畫事情或解決問題有困難
- ▶ 在家中、工作場合、或是休閒活動中完成熟悉的工作有困難
- ▶ 對時間或地點感到困惑
- ▶ 對了解視覺影像和空間關係有困難
- ▶ 說話或寫作的用字上出現新困難



- ▶ 物件放錯地方，且失去回頭尋找和重做的能力
- ▶ 判斷力變差或減弱
- ▶ 退出工作或是社交活動
- ▶ 情緒和個性改變

## 何時該看醫生

如果您擔心自己的記憶力或其他思考能力，請諮詢您的醫生，以了解您的症狀是由於阿滋海默症，還是其他原因引起的，例如中風，腫瘤，帕金森氏病，藥物副作用或感染等。

## 預防

目前已經知道一些增加心血管疾病風險的條件，例如高血壓，糖尿病和高膽固醇，也會增加患阿滋海默症的風險。因此改變生活方式會改變您的風險。有些研究顯示，維持社交連結和保持精神活躍可能會降低認知能力下降的風險。

以上內容由阿滋海默症協會提供

(未完待續，見51頁)

# Alzheimer's Disease 阿滋海默症

## Community Resources

### 社區資源

#### Hearts & Minds Activity Center

阿滋海默症活動中心

2380 Enborg Lane, San Jose, CA 95128

408-279-7515

By providing services, support, and education to the families and professionals involved in the care and treatment of clients with Alzheimer's disease and related conditions, this organization aims to maximize and maintain clients' physical, social, intellectual, and emotional functioning.

針對阿滋海默症病患的家屬及醫療照護專業人員，提供服務、支持與教育。該機構宗旨為維護並盡力強化病患的身體，社交、智能與情緒功能。

#### Alzheimer's Association Northern California and Northern Nevada

阿滋海默症協會 - 北加州和北內華達州分會

普通話

2290 N. 1st Street, Ste.101, San Jose, CA 95131

24/7 Helpline 二十四小時諮詢專線：

800-272-3900

[www.alz.org/chinese](http://www.alz.org/chinese)

Services include care consultations, information and referral, support groups for caregivers and individuals with early stage dementia, educational classes and materials for families and professionals, safety services, and online community.

**服務範圍：**照護諮詢、資源查詢及轉介、家屬及早期患者的學習與互助團體、為家屬和專業人士提供教育訓練課程與資源、安全服務、網路社群。

## Virtual Chinese Support Groups

### 中文支持小組視訊會議

#### Chinese Learning Circle 華人學習團

普通話

Learn about Alzheimer's disease and related dementias: coping skills, safety, caregiver stress relief, and more. Connect with other families and caregivers, share experiences.

邀請有經驗的專業人員介紹有關阿滋海默症及失智症的知識，學習病症不同階段的因應及護理技巧、如何確保安全、管理困難的行為、相關的法律和財務規劃、藥物管理、照護者舒緩壓力與自我照顧，就近的社區資源等。同時為照顧者提供一個平台與其他經歷類似問題的家庭建立聯繫，分享經驗。

Second Thursday each month 5 p.m. - 6:30 p.m.

每月第二個週四下午五時至六時半聚會

#### Self Help for the Elderly Caregiver Support Group

安老自助處家屬互助團

粵語

Understand issues related to memory loss, dementia, and Alzheimer's disease: early signs, coping skills, community resources, and more. Connect with other families in similar situations, share experiences.

通過經驗分享、問題討論及解答、資訊轉介等形式全方位幫助失智症照顧者：了解記憶力減退、失智症和阿滋海默症的相關問題，識別早期徵兆，學習因應及照顧技巧，與其他經歷類似問題的家庭建立聯繫，了解社區資源。

Second Wednesday each month 5 p.m. - 6:30 p.m.

每月第三個週三下午五時至六時半聚會

To register, please call **408-372-9926** or visit

<http://www.tinyurl.com/2022OnlineChineseEd>

報名請致電 **408-372-9926** 或上網

<http://www.tinyurl.com/2022OnlineChineseEd>

# Depression 憂鬱症

## What Is Depression?

Depression is more than just feeling sad or going through a rough patch. It's a common but serious mental health condition that requires understanding and medical care. As one of the world's most disabling diseases, untreated depression can lead to suicide and drug addiction.

Chinese American culture encourages stoic endurance and sometimes may regard a mental illness like depression as weakness of character. However, depression may involve changes in brain function and the symptoms tend to get worse if untreated.

## Warning Signs

- ▶ Changes in sleep
- ▶ Changes in appetite
- ▶ Lack of concentration
- ▶ Loss of energy
- ▶ Lack of interest in activities
- ▶ Hopelessness or guilty thoughts
- ▶ Changes in movement (less activity or agitation)
- ▶ Physical aches and pains
- ▶ Suicidal thoughts

## Prevention

- ▶ Find ways to handle stress and improve your self-esteem.
- ▶ Take good care of yourself. Get enough sleep, eat well, and exercise regularly.

- ▶ Reach out to family and friends when times get hard.

## When To See a Doctor

If symptoms of depression are causing problems with your relationships, work, or family, see a professional, especially if you are also experiencing changes in sleep, energy, appetite, concentration, and motivation. Mental Health Association for Chinese Communities provides extensive mental health resources in Chinese, including a list of Chinese-speaking professionals.

*(See resources on page 53)*

## 什麼是憂鬱症？

憂鬱症不僅是感覺悲傷或日子不順遂而已，它是種普遍但嚴重的精神狀況，需要理解與治療。憂鬱症是世界上最令人失能的疾病之一，若不治療可能導致自殺或藥物上癮。

美國華裔的文化向來鼓勵堅忍不拔的特質，有時會把憂鬱症這類精神疾病視為軟弱的表現。然而，憂鬱症可能與腦部功能改變有關，如果沒有治療，症狀往往會加劇。

## 警訊

- ▶ 睡眠狀態改變
- ▶ 胃口改變
- ▶ 精神無法集中
- ▶ 失去活力
- ▶ 失去做任何事情的興趣

# Depression 憂鬱症

- ▶ 有無助感或罪惡感
- ▶ 活動力改變（較少動或較躁動）
- ▶ 身體疼痛
- ▶ 有自殺念頭

## 預防

- ▶ 設法處理壓力，提升自尊
- ▶ 好好照顧自己。有充足睡眠，良好飲食，規律運動
- ▶ 日子特別難過時向家人和朋友求助

## 何時該看醫生

如果憂鬱的症狀對您的人際關係、工作、家庭造成問題，就應尋求專業協助，特別是在睡眠、精力、胃口、注意力、興致有所改變的時候。美國華裔精神健康聯盟提供很多中文的精神健康資源，包括講中文的專業人士名單。



## Resources 相關資源

### Adult Mood Program

成年人情緒健康計畫

*El Camino Health – Mountain View Hospital*

2500 Grant Road, Mountain View, CA 94040

650-988-8468

866-789-6089 (toll-free)

Provides treatment for people experiencing significant mental health mood symptoms, such as anxiety and depression.

對有焦慮和憂鬱症等心理疾病的人提供治療。

### Older Adult Transitions Services

年長者過渡服務

*El Camino Health – Mountain View Hospital*

2500 Grant Road, Mountain View, CA 94040

408-866-4028

866-789-6089 (toll-free)

Intensive outpatient behavioral health program specifically designed for older adults who can benefit from psychiatric treatment in a multidisciplinary setting.

結合多領域精神醫療照護，專為年長病人設計的密集門診療程。

### **Asian Americans for Community Involvement – Mental Health Services**

美亞社區協進會 – 心理健康診所

普通話 粵語

2400 Moorpark Avenue, Suite 300

San Jose, CA 95128

408-975-2730

**Services:** Counseling services in over 12 languages including Mandarin, Taiwanese, and Cantonese.

**服務範圍：**提供普通話、粵語等十二種語言的心理輔導服務。

### **Golden Gateway Program Behavioral Health Services, Catholic Charities of Santa Clara County**

普通話

195 E. San Fernando Street, San Jose, CA 95112

408-899-7141

**Services:** Golden Gateway delivers community-based mobile outreach to older adults 60+ years with undiagnosed depression and other mental health problems.

**服務範圍：**Golden Gateway 為六十歲以上、未經診斷的憂鬱症及其他精神疾病之年長病患，提供社區行動服務。

### **Mental Health Urgent Care Walk-In Clinic**

心理健康緊急免預約診所

987 Enborg Court, San Jose, CA 95128

408-885-7855

Open every day 8 a.m. to 10 p.m. The clinic provides screening, assessment, crisis intervention, referral and short-term treatment to adolescents and adults experiencing a behavioral health crisis and need immediate help, regardless of insurance or immigration status.

每天上午八時至晚上十時開放，對有心理健康危機而需立即幫助的青少年和成人，提供篩檢、評估、危機介入、轉介、和短期治療，不論其是否有保險和移民身份。

### **Mobile Crisis Response Team**

危機處理行動小組

普通話 粵語

800-704-0900; option 2

Monday to Friday 8 a.m. to 8 p.m. Speak with a clinician who can screen and assess mental health or suicide crisis situations over the phone and intervene wherever the crisis is occurring.

週一至週五上午八時至晚上八時。臨床醫護人員可透過電話進行心理健康或自殺危機情況的篩檢和評估，且可在有危機情況發生時採取介入措施。

### **Momentum – Mental Health Rehabilitation**

普通話

La Selva Residential

652 Forest Avenue, Palo Alto, CA 94303

650-323-1401

為精神病患者而設的復健中心。

### **Santa Clara County Suicide and Crisis Hotline**

聖塔克拉拉縣自殺與危機處理熱線

普通話 粵語

855-278-4204

Trained volunteer counselors available 24/7; free and confidential.

受過訓練的志工諮商師每週七天，每天二十四小時均可為您提供免費、保密的服務。

# Depression 憂鬱症

## Community Resources

### 社區資源

#### Search for Chinese-speaking care provider:

可在以下網站尋找說華語的心理醫師或諮商師：

- ▶ [www.mhacc-usa.org/professionals-專業人員/](http://www.mhacc-usa.org/professionals-專業人員/)
- ▶ [www.directory.chinesecounseling.org/en/](http://www.directory.chinesecounseling.org/en/)

#### Mental Health Association for Chinese Communities 美國華裔精神健康聯盟

普通話 粵語

39120 Argonaut Way #434, Fremont, CA 94538

[www.mhacc-usa.org](http://www.mhacc-usa.org)

**Services:** education, research, support, and services to Chinese families and individuals affected by mental illness. MHACC also holds various support groups in Chinese.

**服務範圍：**為因精神疾病受苦的華人家庭與個人提供教育、研究、支持、與服務。請至官網查詢詳情。

#### Support Group 網上互助團體

Support groups are currently held online. Please visit [www.mhacc-usa.org](http://www.mhacc-usa.org) and click “Support” for details.

互助團體目前都改以視訊進行，可在網站上看到更新和詳情 [www.mhacc-usa.org](http://www.mhacc-usa.org) 搜尋「互助小組Support」。

#### NAMI Connection Cantonese Peer Support Group

患友廣東話互助組

粵語

Meets second Sat of every month 1:30 p.m. - 3 p.m.  
每月第二個週六下午一時半至三時

#### NAMI Connection Mandarin Peer Support Group

患友普通話互助組

普通話

Meets third Sat of every month 1:30 p.m. - 3 p.m.  
每月第三個週六下午一時半至三時

#### NAMI Family Cantonese Support Group

照顧者(家人)廣東話互助組

粵語

Meets second Sat of every month 3:30 p.m. - 5 p.m.  
每月第二個週六下午三時半至五時

#### NAMI Family Mandarin Support Group

照顧者(家人)普通話互助組

普通話

Meets third Sat of every month 3:30 p.m. - 5 p.m.  
每月第三個週六下午三時半至五時

#### Chinese Health Initiative – Emotional Well-Being Program

華人健康促進計畫 – 心理健康加油站

普通話

650-988-3234

<https://www.elcaminohealth.org/community/chinese-health-initiative/specialty-programs/community-wellness/emotional-well-being-zh>

[www.youtube.com/channel/uc4m0f1pvmkqtmkzjdecv\\_aw](http://www.youtube.com/channel/uc4m0f1pvmkqtmkzjdecv_aw)

Culturally sensitive workshops, videos and resources to positively influence physical and emotional well-being.

針對華人需求設計的心理講座、視頻和訊息。



### Chinese Health Initiative: Stress Reduction Series

#### – Healthy Habits, Healthy Life

華人健康促進計畫 – 健康百分百減壓系列課程

普通話

650-988-3234

<https://www.elcaminohealth.org/community/chinese-health-initiative/conditions-treatments/diabetes/diabetes-prevention-program-zh>

Series topics include stress management, mindfulness, meditation and more.

舒減壓力系互列課程包括壓力管理、正念減壓、靜坐入門等。

### Asian LifeNet Hotline 亞裔生命熱線

877-990-8585

Cantonese, Mandarin, Japanese, Korean, Fujianese are offered.

提供粵語、普通話、福建話、日語、韓語等多種語言服務。

### Meditation Apps 靜坐練習軟件

▶ Calm: [www.calm.com](http://www.calm.com)

▶ Headspace: [www.headspace.com](http://www.headspace.com)

### Mental Health America 美國精神健康協會

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

### National Institute of Mental Health (NIMH)

國家精神健康研究院

[www.nimh.nih.gov](http://www.nimh.nih.gov)

### National Lifeline 全美生命熱線

800-273-8255

150+ languages are offered.

提供一百五十餘種語言服務。

### Substance Abuse and Mental Health Services Association (SAMHSA)

藥物濫用和精神健康服務協會

[www.samhsa.gov](http://www.samhsa.gov)



# Hypertension

## What Is Hypertension?

High blood pressure is a common condition in which the long-term force of blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease and stroke.

**Normal blood pressure** is less than 120 systolic and less than 80 (120/80) diastolic

**Elevated blood pressure** is 120 to 129 systolic and less than 80 diastolic

**Stage 1 high blood pressure** is 130 to 139 systolic or between 80 to 89 diastolic

**Stage 2 high blood pressure** is 140 or higher systolic or 90 or higher diastolic

## High Blood Pressure Dangers

- ▶ **Arteries:** High blood pressure can damage cells in the inner lining of your arteries.
- ▶ **Heart:** High blood pressure forces your heart to work harder than necessary in order to pump blood to the rest of your body, causing the left ventricle to thicken or stiffen.
- ▶ **Brain:** Uncontrolled high blood pressure can lead to stroke by damaging and weakening your brain's blood vessels, causing them to narrow, rupture or leak.
- ▶ **Kidneys:** High blood pressure is one of the most common causes of kidney failure. It can damage both the large arteries leading to your kidneys and the tiny blood vessels within the kidneys.

## Warning Signs

Most people with high blood pressure have no signs or symptoms, even if blood pressure readings

reach dangerously high levels. Checking your blood pressure regularly is the best way to screen for hypertension.

## Preventing and Controlling Hypertension

Even a slight reduction in blood pressure can drastically lower your risk of heart attack, stroke and other conditions associated with hypertension. In fact, a reduction of 5 to 6 mm Hg diastolic pressure can lessen your risk of stroke by 35 to 40 percent. Your doctor can offer advice and guidance to help you control your blood pressure.

Although hypertension can't be cured, it can be controlled. Preventing and controlling hypertension starts with a healthy lifestyle. Maintaining a healthy weight and quitting smoking are two ways to significantly lower your blood pressure and improve your overall health. Other steps include lowering your salt and alcohol intake, eating more vegetables and nuts, and exercising regularly.

## Limit Alcohol Consumption

If you have high blood pressure, avoid alcohol or drink alcohol only in moderation. Moderate drinking is generally considered to be:

- ▶ Two drinks a day for men younger than age 65
- ▶ One drink a day for men age 65 and older
- ▶ One drink a day for women of any age

A drink is 12 ounces (355 milliliters) of beer, 5 ounces (148 milliliters) of wine or 1.5 ounces (44 milliliters) of 80-proof distilled spirits.

*(Continued on page 59)*

# 高血壓

## 什麼是高血壓？

高血壓是很常見的疾病，由於血液衝擊血管壁的力道長期過大，最終可能造成健康問題，如心臟疾病和中風。

**正常血壓** 是收縮壓小於120，且舒張壓小於80 (120/80)

**血壓偏高** 是收縮壓在120和129之間，且舒張壓小於80

**高血壓第一期** 是收縮壓在130和139之間，或舒張壓在80到89之間

**高血壓第二期** 是收縮壓140或更高，或舒張壓90或更高

## 高血壓的危險

- ▶ **動脈**：高血壓會破壞動脈內皮的細胞層
- ▶ **心臟**：高血壓迫使心臟為了把血液打到全身而用力過度，造成左心室肥大或硬化
- ▶ **腦部**：高血壓若不控制，會破壞並弱化腦血管，造成血管狹窄、破裂或滲漏，導致中風
- ▶ **腎臟**：高血壓是腎衰竭最常見的原因之一，對通往腎臟的大動脈以及腎臟內的小血管都會造成破壞。

## 警訊

大部分有高血壓的人並無徵兆或症狀，縱使血壓數值已飆高到危險的程度亦然。定時量血壓是發現高血壓最好的方法。

## 高血壓的預防和控制

即使稍稍把血壓降低都能大大降低心臟病、中風等高血壓引起的問題。事實上，舒張壓減少 5 到 6 毫米汞柱 (mm Hg) 可以讓中風機率降低 35% 到 40%。您的醫師可以給您建議和指示，幫助您控制血壓。

高血壓不能治癒，但可以控制。要防範並控制高血壓，首先要有健康的生活型態。維持健康的體重和戒菸，這兩種方法可以大大降低血壓，改善您的整體健康。其他方法還包括少鹽、少喝酒，多吃蔬菜堅果，以及規律運動。

## 限制飲酒

如果您有高血壓，應避免喝酒或節制飲酒。所謂節制是指：









- ▶ 六十五歲以下男性一天兩杯
- ▶ 六十五歲或以上男性一天一杯
- ▶ 女性不分年齡一天一杯

一杯是指啤酒 12 盎司 (355毫升)，葡萄酒 5 盎司 (148毫升) 或酒精濃度為 80 度 (40%) 的蒸餾酒 1.5 盎司 (44毫升)

(未完待續，見60頁)



# Hypertension

	No.1	No.2	No.3	No.4	No.5	No.6	No.7	No.8
								
	Chicken Powder	MSG	Shrimp Paste	Soy Sauce	Oyster Sauce	Black Bean Sauce	Seafood Sauce	Shacha Sauce
<b>Sodium Index</b>	★★★★	★★★★	★★★★	★★	★★	★★	★★	★★
<b>Sodium per Tablespoon (tbsp)</b>	2700 mg	2061 mg	1422 mg	920 mg	850 mg	666 mg	510 mg	297 mg
<b>Daily Value (DV)</b>	113%	86%	59%	38%	35%	28%	21%	12%

## Low-Sodium Diet

Is a high-sodium diet contributing to your hypertension? You may not realize it, but some of your favorite foods may be loaded with salt. Dietary guidelines for Americans recommend consumption of less than 2300 mg of sodium each day. People with hypertension should consume no more than 1500 mg of sodium per day. Many Chinese sauces and dressing are high in sodium. Check the table above for sodium content in common Chinese seasonings.

## Exercise

Regular exercise is important for controlling your blood pressure. It strengthens your heart and allows blood to flow more freely. For maximum benefit, you should do 30 to 60 minutes of moderate to vigorous exercise at least three times a week.

Examples of good cardiovascular exercise include:

- ▶ Aerobics classes
- ▶ Biking
- ▶ Brisk walking
- ▶ Jogging
- ▶ Swimming

## Medication

If you take medication for hypertension, it's important to take it continuously and as prescribed by your doctor. Taking your medication irregularly or stopping abruptly can cause your blood pressure to fluctuate and may even worsen your condition. If you have concerns or you're not feeling well after starting a medication, discuss it with your doctor.

Before beginning hypertension medicine, be sure to tell your doctor about all medications, herbs and supplements you're taking. Certain combinations can cause harmful side effects. While using medication for hypertension, always check with your doctor before using any other medicine, including over-the-counter drugs, supplements and herbal medicines.

### Free Hypertension Management Program

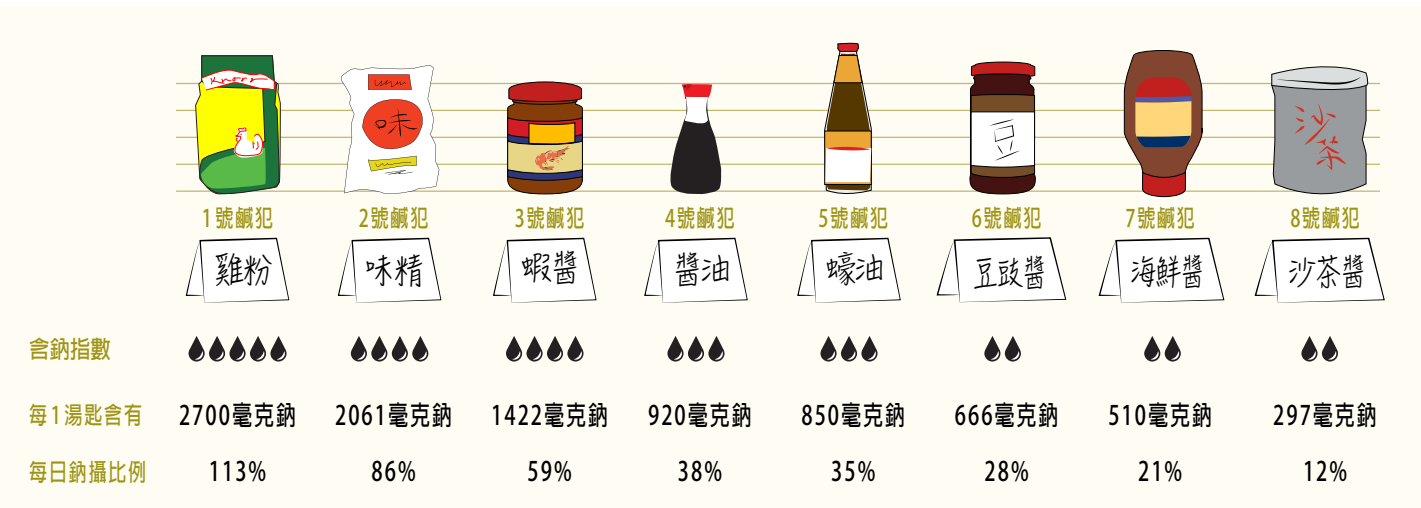
免費高血壓健康教育課程

**Check. Change. Control.** 檢查。改變。控制。

American Heart Association 美國心臟協會

408-606-5952

# 高血壓



## 低鹽飲食

高鹽飲食會造成高血壓嗎？您可能沒有意識到，有些您最喜歡的食物其實鹽份很高。美國飲食指南建議每天攝取的鹽分不超過 2300 毫克。高血壓患者每天則不應超過 1500 毫克。許多中式醬料都屬於高鹽分。上表是常見中式調味料的含鹽指數。

## 運動

規律運動對於控制血壓極為重要，會強化心臟，讓血液流動更順暢。為了讓運動產生最大效益，您應該一週至少做三次中度到強度的運動。有益心血管的運動包括：

- ▶ 有氧課程
- ▶ 慢跑
- ▶ 快走
- ▶ 騎單車
- ▶ 游泳

## 服藥

如果您服用高血壓藥物，按照醫師指示持續吃藥是很重要的。服藥不規律或突然停藥會造成血壓不穩，甚至可能讓您的情況惡化。如果在開始服藥後覺得有些擔心或不舒服，請跟醫生討論。

在開始服高血壓藥物之前，一定要告知醫生您正在吃什麼西藥、中藥或營養補充劑。有些藥混和服用會造成有害的副作用。服用高血壓藥物期間，若要使用任何藥物，包括成藥、營養品和中藥，都要先詢問醫生。

To request for a sauce table magnet in Chinese, please email the Chinese Health Initiative at [chi@elcaminohealth.org](mailto:chi@elcaminohealth.org) or call at 650-988-3234.

如需以上「廚房的鹹疑犯」冰箱磁貼，請以電郵或電話與我們聯絡：

[chi@elcaminohealth.org](mailto:chi@elcaminohealth.org)

650-988-3234

# Type 2 Diabetes 二型糖尿病

## What Is Type 2 Diabetes?

Type 2 Diabetes is a chronic condition resulting from body cells not reacting to insulin. According to a recent study by National Institute of Health, 21 percent of Asian Americans have diabetes; 51 percent with diabetes are undiagnosed.\*

Being overweight or obese increases the chances of developing type 2 diabetes. But many Chinese Americans who have diabetes are not overweight or obese. Various studies have found Chinese Americans are more likely to develop type 2 diabetes than their white American counterparts, despite having lower body weight.

## Screening

- ▶ Asian Americans should be tested for type 2 diabetes when their BMI reaches 23 or higher.
- ▶ Waist circumference may be a more accurate prediction of diabetes risk for Asian Americans. The target measurement for waist circumference should be less than or equal to 90 cm (35.5 in) for men and 80 cm (31.5 in) for women.

## Diabetes Dangers

- ▶ **Heart disease and stroke:** People with diabetes are twice as likely to have heart disease or stroke as people without diabetes.
- ▶ **Eye problems:** Diabetic retinopathy (damage to blood vessels in the retina) can result in vision loss.
- ▶ **Nerve damage:** Nerve damage can cause numbness and pain and can be disabling.
- ▶ **Kidney disease:** High blood sugar levels can damage the kidneys and cause chronic kidney disease (CKD). If untreated, CKD can lead to kidney failure.

- ▶ **Feet:** Diabetes-related damage to blood vessels and nerves, especially in the feet, can lead to serious, hard-to-treat infections.

## Warning Signs

Some people, especially those with prediabetes or type 2 diabetes, may not experience symptoms initially. Some symptoms may include:

- ▶ Feeling thirstier than usual
- ▶ Blurred vision
- ▶ Having to urinate more often
- ▶ Feeling hungrier than normal
- ▶ Numb or tingling feet

## What Is Prediabetes?

Prediabetes is when your blood sugar level is higher than normal but not high enough to be diagnosed as type 2 diabetes. If you have prediabetes, losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk for developing type 2 diabetes by 58%.

For more information, please visit

<https://www.elcaminohealth.org/community/chinese-health-initiative/conditions-treatments/diabetes-zh>

## Lifestyle Changes to Prevent Diabetes

### Diet

- ▶ Choose foods with high fiber and unprocessed carbohydrates, such as whole grain products, legumes and fruits.
- ▶ Lower your carbohydrate intake, but do not eliminate it from your diet. Instead, spread the intake of carbohydrates throughout the day.
- ▶ Consume plenty of vegetables.
- ▶ Avoid concentrated sweets in food and drinks.
- ▶ Choose high-quality protein.

- ▶ Choose foods low in saturated fats and avoid trans fats. Choose mostly unsaturated fats.
- ▶ Maintain a healthy body weight. Avoid eating more calories than you need.
- ▶ Consult a dietitian to help develop a meal plan that is just right for you.

## Exercise

Older adults should undertake a minimum 150 min/week or 30 minutes 5 days/week of moderate intensity physical activity to maintain their health.

Exercise should consist of three components:

- ▶ At least 150 minutes of moderate intensity aerobic activity. The type of aerobic exercise chosen should be a form that reduces musculoskeletal stress. These activities may consist of walking or light jogging on a soft surface, dancing, cycling, swimming or other water activities.
- ▶ Resistance or strength training of moderate to vigorous intensity at least 2 days/week and consisting of 8-10 exercises of 8-12 resistance exercises using large muscle groups.
- ▶ Flexibility exercises to increase joint range of motion. These exercises should be at least 2 days/week and consist of slow, sustained stretches until moderate tension is felt during the stretch in the limiting muscle and joint structures.

*(See resources on page 63)*

\* Prevalence & trends in diabetes among adults in the United States, 1988-2012. Research conducted by the National Institutes of Health

## 什麼是二型糖尿病？

二型糖尿病是種慢性病，因身體細胞對胰島素反應不佳所引起。根據國家衛生院最近的研究，百分之二十一亞裔美國人有糖尿病；其中百分之五十一未診斷出。\*

體重過重或過度肥胖會增加罹患二型糖尿病的機率。不過很多有糖尿病的華人並沒有過重或過胖。有些研究則發現華裔美國人比白人更容易得到二型糖尿病，即使他們體重較輕。

## 篩檢

- ▶ 亞裔美國人在 **BMI** 值達到或大於 **23** 時，就應該檢測是否有二型糖尿病。
- ▶ 對亞裔美國人來說，用腰圍預測糖尿病風險或許更準。男性腰圍應該小於或等於 **90 公分 (35.5 英吋)**，女性則是 **80 公分 (31.5 英吋)**。

## 糖尿病的危險

- ▶ **心臟病和中風**：糖尿病患者得到心臟病或中風的機率是一般人的兩倍
- ▶ **眼疾**：糖尿病視網膜病變（視網膜血管受損）會造成失明
- ▶ **神經損傷**：神經損傷會造成麻痺或疼痛，導致失能。
- ▶ **腎臟病**：血糖太高會損傷腎臟，造成慢性腎臟病，若不治療會導致腎衰竭。
- ▶ **腳部**：糖尿病相關的血管及神經損害，特別在腳部，會導致嚴重且難以治療的感染。

*(未完待續，見63頁)*

# Type 2 Diabetes 二型糖尿病

## 警訊

有些人，尤其是糖尿病前期或二型糖尿病患者，可能不會出現症狀。症狀可能包括：

- ▶ 覺得異常口渴
- ▶ 異常飢餓感
- ▶ 視線模糊
- ▶ 腳麻或刺痛
- ▶ 頻尿

## 什麼是糖尿病前期？

糖尿病前期是血糖比正常高，但是還沒高到足以診斷為二型糖尿病的地步。在糖尿病前期，如果體重過重，就要減些體重，並規律做運動，可以把得到二型糖尿病的風險降低百分之五十八。詳細資訊請向以下洽詢

<https://www.elcaminohealth.org/community/chinese-health-initiative/conditions-treatments/diabetes-zh>

## 改變生活型態以防範糖尿病

### 飲食

- ▶ 選擇高纖，未加工的碳水化合物，如全穀物，豆類和水果。
- ▶ 減少碳水化合物的攝取量，不過不是完全不吃。

**Chinese Health Initiative 華人健康促進計畫**  
**Diabetes Prevention Series 御糖有術糖尿病預防課程**

650-988-3234

<https://www.elcaminohealth.org/community/chinese-health-initiative/conditions-treatments/diabetes/diabetes-prevention-program-zh>

A structured, culturally adapted, lifestyle focused curriculum based on the proven national diabetes prevention program created by the Centers for Disease Control and Prevention.

一套具有完整結構，以疾病防制局成效卓著

- ▶ 多吃蔬菜。
- ▶ 避開含糖食物和飲料。
- ▶ 選擇優良的蛋白質。
- ▶ 選擇飽和脂肪含量低的食物，並避開反式脂肪。盡量選不飽和脂肪。
- ▶ 維持健康的體重。避免攝取超過需要的熱量。
- ▶ 請營養師協助，擬訂適合您的三餐計畫。

### 運動

有點年紀的成人應該做中度運動以維持健康，每週至少 150 分鐘，或一週五天，每天 30 分鐘。運動應該包含三類：

- ▶ 至少 150 分鐘的中度有氧活動，而且應選可降低肌肉骨骼壓力的類型，如步行、在軟的平面上輕度慢跑、跳舞、騎單車、游泳或其他水上有氧活動。
- ▶ 一週至少兩天做中度到重度的阻力或肌力訓練，包括8到12次大肌肉群阻力訓練。
- ▶ 做伸展運動以增加關節活動度。一週至少兩天，包括做緩慢、持續的伸展，直到感覺肌肉和關節間有適度的張力。

\*美國成人之糖尿病流行現況及趨勢，1988-2012。  
摘自國家衛生研究院之研究。

的全國糖尿病防治計畫課程為基礎，並配合華人飲食和生活習慣等文化元素調整而成的課程，可以有效地預防糖尿病。

**Diabetes Center 糖尿病中心**  
**Santa Clara Valley Medical Center**

普通話 粵語

751 S. Bascom Avenue, Suite 210

San Jose, CA 95128

408-793-2515



# 保險專家 璩以中

## ROBERT JU INSURANCE

MDRT Top of the Table

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☎ 微信號：robertju1718

✉ robert@robertju.com

🌐 www.robertju.org

📠 Fax: (408) 996-8400

📞 LINE: robertju1718

## 服務項目：

- ✓ **65歲以上耆英保險，HMO \$0保費** (含藥計劃，免費健身房會員，免費交通接送看醫生) 或是全美自由選醫生的補助保險可每月省\$30。
- ✓ **免費申請政府低收入Coveded CA補助醫療保險。**
- ✓ **醫療保險：**個人家庭，中小型公司團體保險，短期訪美旅遊保險，國際學生個人化醫療保險。
- ✓ **人壽保險：**代理全美儲蓄人壽保險，低保費定期壽險，長期護理保險。
- ✓ **退休年金：**固定利息年金，以及贈送紅利的退休年金 (包含長期護理以及領取終身退休俸)。
- ✓ **商業個人車房險：**代理全美10幾家保險公司給客戶車子，房子以及出租屋保險，保證最低保費。
- ✓ **全球資產配置：**專門做海外儲蓄人壽保險，規避CRS，避免高額遺產稅，支付大學學費，美國安家，赴美醫病。

▶ 如何申請紅藍卡耆英保險？

請收看 KTSF 26 號台 (8號台) 每週末10點國語新聞時段內播出的兩分鐘介紹。

# Cardiovascular and Heart Diseases

## What Is Cardiovascular Disease?

Cardiovascular disease (CVD) is a class of diseases that involve the heart or blood vessels. CVD includes conditions where plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can block blood flow, causing a heart attack or stroke. Cardiovascular disease is the leading cause of death for both men and women in the US.

## Warning Signs

Most common symptoms of a heart attack:

- ▶ Discomfort or pain in the chest, jaw, neck, arms, shoulders or back
- ▶ Difficulty breathing
- ▶ Heartburn, nausea, vomiting or abdominal discomfort
- ▶ Dizziness or light-headedness

Symptoms sometimes seen in women, often without chest pain, include unexplained sudden onset (one or more) of the following:

- ▶ Weakness
- ▶ Shortness of breath
- ▶ Fatigue or overall feeling of illness

## Prevention

You might not be diagnosed with cardiovascular disease until you have a heart attack, stroke or heart failure. It's important to watch for cardiovascular symptoms and discuss concerns with your doctor. Maintaining a healthy lifestyle reduces the risk for cardiovascular disease.

## When To See a Doctor

Act immediately if you have cardiovascular

symptoms. Some people wait too long because they don't recognize the important signs and symptoms. Take these steps:

- ▶ Stop all activities: sit or lie down
- ▶ If symptoms persist after a minute, seek emergency medical help by calling **911**

## Heart-healthy Diet

### Eat more:

- + Healthy fats, such as raw nuts, olive oil, fish oils, flaxseeds, and avocados
- + Colorful fruits and vegetables
- + High-fiber cereals, breads, and pasta made from whole grains or legumes
- + High-quality protein, such as fish and poultry
- + Organic dairy such as eggs, skim milk, or unsweetened yogurt

### Eat less:

- Trans fats from partially hydrogenated or deep-fried foods; saturated fats from fried food, fast food, and snack foods
- Packaged foods, especially those high in sodium and sugar
- White or egg breads, sugary cereals, refined pastas or rice
- Processed meat such as bacon, sausage, and salami, and fried chicken
- Yogurt with added sugar; processed cheese

### American Heart Association

426 17th Street Ste 300

Oakland, CA 94612

(510) 903-4050

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

# 心血管及心臟疾病

## 什麼是心血管及心臟疾病？

心血管疾病是與心臟或血管有關的疾病，包括動脈管壁堆積斑塊，造成動脈狹窄，血液無法順利流動。如果形成血栓的話會阻塞血流，造成心肌梗塞或中風。心血管疾病是美國男女性的首要死因。

## 警訊

- ▶ 胸口、下頷、頸部、手臂、肩膀或背部不適或疼痛
- ▶ 呼吸困難
- ▶ 胃灼熱、噁心、嘔吐、肚子不舒服
- ▶ 眩暈或頭昏眼花

女性有時的症狀往往不是胸痛，而是突然出現以下一到多種症狀：

- ▶ 虛弱無力
- ▶ 喘不過氣
- ▶ 疲倦或整個人要病倒的感覺

## 預防

在您心臟病發、中風或心臟衰竭之前，您可能從未被診斷出心血管疾病。因此平日就要注意是否有心血管症狀，並跟醫師討論。維持健康的生活型態可以降低心血管疾病的風險。

## 何時該看醫生

有心血管症狀要馬上去看醫生。有些人因為不認得重要的徵兆和症狀而拖延過久。一旦有狀況請這樣做：

- ▶ 停止所有活動：坐下來或躺下來
- ▶ 如果一分鐘後症狀還是持續，打 **911** 尋求緊急協助

## 有益心臟健康的飲食

### 多吃：

- + 健康的脂肪，如生堅果、橄欖油、魚油、亞麻籽、和酪梨
- + 各式顏色的水果或蔬菜
- + 全穀或豆類製成的高纖麥片、麵包、和義大利麵條
- + 優良蛋白質，如魚肉和雞肉
- + 有機乳製品，如蛋、脫脂奶或不加糖優格

### 少吃：

- 部分氫化油或油炸食物產生的反式脂肪；煎炸食物、速食、零食中的飽和脂肪
- 包裝食品，特別是高鹽和高糖食品
- 白麵包或雞蛋麵包，含糖的麥片、精製義大利麵條或白米
- 加工肉品，如培根、香腸、義式臘腸，炸雞
- 加糖優格；加工乳酪

Asian Smoker's Help Line

Free Chinese smoker's quit line 華語戒煙專線

普通話 粵語

800-838-8917

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

Cardiac & Pulmonary Wellness Center

El Camino Health – Mountain View Hospital

2500 Grant Road, Mountain View, CA 94040

650-940-7379

# Stroke

## What Is Stroke?

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die.

When blood flow to part of the brain stops for a short period of time, also called transient ischemic attack (TIA), it can mimic stroke-like symptoms. These symptoms last less than 24 hours before disappearing. While TIAs generally do not cause permanent brain damage, they are a serious warning sign that a stroke may happen in the future and should not be ignored.

## Risk Factors

High blood pressure is the number-one cause of stroke.

- ▶ **Atrial fibrillation:** These irregular heartbeats can cause blood to collect in the heart and potentially form a clot, which can travel to a person's brain and cause a stroke.
- ▶ **Smoking:** Tobacco smoke thickens the blood, increasing the risk of blood clots and narrowing of the arteries, as well as restricting oxygen in the blood.

## Warning Signs

Watch for these signs and symptoms if you think you or someone else may be having a stroke. Pay attention to when the signs and symptoms begin. The length of time they have been present can affect treatment options:

- ▶ **Trouble with speaking and understanding.** You may slur your words or have difficulty understanding speech.

- ▶ **Paralysis or numbness of the face, arm or leg.** You may develop sudden numbness, weakness or paralysis in your face, arm or leg. This often happens just on one side of your body.
- ▶ **Trouble with seeing in one or both eyes.** You may suddenly have blurred or blackened vision in one or both eyes, or you may see double.
- ▶ **Headache.** A sudden, severe headache, which may be accompanied by vomiting, dizziness or altered consciousness, may indicate you're having a stroke.
- ▶ **Trouble with walking.** You may stumble or experience sudden dizziness, loss of balance or loss of coordination.

## When to See a Doctor

**Seek immediate medical attention if you notice any signs or symptoms of mentioned above, even if they seem to fluctuate or disappear. Think "GFAST" and do the following:**

- ▶ **G—Gaze:** Is the person only able to look in one direction, without ability to look the other way?
- ▶ **F—Face:** Ask the person to smile. Does one side of the face droop?
- ▶ **A—Arms:** Ask the person to raise both arms. Does one arm drift downward?
- ▶ **S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- ▶ **T—Time:** If you see any of these signs, call 9-1-1 right away. Note time when symptoms first appeared.

Call 911 or your local emergency number right away. Don't wait to see if symptoms stop. Every minute counts. The longer a stroke goes untreated, the greater the potential for brain damage and disability.

*(See resources on page 69)*

# 中風

## 什麼是中風？

中風是因部分腦部的供血受阻或減少，造成腦組織缺氧或缺營養素。幾分鐘之內，腦細胞開始壞死。

當部分腦部的血流暫時停止，又稱為「暫時性腦缺血發作」，會有類似中風的症狀。症狀會在二十四小時內消失。雖然暫時性腦缺血通常不會造成腦部永久受損，但這是嚴重的先兆，未來可能會中風，絕不可輕忽。

## 風險因子

高血壓是中風的頭號肇因。

- ▶ **心房顫動** — 心跳不規則，導致血液聚集在心臟形成血栓，血栓又隨著血液流到腦部，造成中風。
- ▶ **抽菸** — 抽菸會讓血液濃度變高，增加血栓和動脈狹窄的風險，也阻礙血液中的氧氣供應。

## 警訊

如果您覺得自己或別人可能中風了，留心這些徵兆跟症狀，注意它們什麼時候開始的。持續時間的長短會影響到採用的治療方式：

- ▶ **無法說話和理解** — 您可能講話含糊不清，或無法理解別人說的話。
- ▶ **臉、手臂或腿部癱瘓或麻痺** — 臉、手、雙腿忽然麻痺、無力或癱瘓，通常發生在身體的一側。
- ▶ **一眼或兩眼看不清** — 一隻眼或雙眼突然視線模糊或變暗，也可能看到重疊影像。
- ▶ **頭痛** — 突然劇烈頭痛，可能伴隨嘔吐、眩暈或意識改變。

- ▶ **走路有困難** — 您可能會跌倒或突然頭昏眼花，失去平衡或無法協調。

## 何時該看醫生

如果您注意到上述徵兆或症狀，即使時好時壞或最後消失了，都要馬上就醫。記住 **GFAST** 這個口訣，然後按照以下指示：

- ▶ **G (Gaze) 目光** — 患者目光是否只能看一個方向，而不能看另一個方向？
- ▶ **F (Face) 臉部** — 要患者微笑，是不是有半邊臉垂下來？
- ▶ **A (Arms) 手臂** — 要患者舉起雙臂，是否有隻手臂會往下掉？
- ▶ **S (Speech) 語言** — 要患者覆述一些簡單的句子，是否患者說不清楚或說得很奇怪？
- ▶ **T (Time) 時間** — 如果有以上任何一種情況，誰立即撥打 **9-1-1**，並記錄症狀出現的第一時間。

(未完待續，見69頁)



# Stroke 中風

## Resources

### 相關資源

#### Acute Inpatient Rehabilitation Center

住院型復健中心

El Camino Health – Los Gatos Hospital  
355 Dardanelli Lane, Los Gatos, CA 95032  
408-866-4036

#### Outpatient Rehabilitation Services

非住院型復健中心

El Camino Health – Mountain View Hospital  
2500 Grant Road, Mountain View, CA 94040  
650-940-7285

#### Peter C. Fung, MD Stroke Center

馮振中醫師中風中心

El Camino Health – Mountain View Hospital  
2500 Grant Road  
Mountain View, CA 94040  
650-988-7403

#### Physical Therapy and Rehabilitation at El Camino Health

(Physical Performance Institute – Los Gatos)

El Camino Health – Los Gatos Hospital  
555 Knowles Drive, Suite 100  
Los Gatos, CA 95032  
408-866-4059

#### American Stroke Association 美國中風協會

1111 Broadway, Suite 1360, Oakland, CA 94607  
510-903-4050  
[www.strokeassociation.org](http://www.strokeassociation.org)

#### Pacific Stroke Association

3801 Miranda Avenue, Building 6, Room A-162  
Palo Alto, CA 94304  
650-565-8485  
[www.pacificstrokeassociation.org](http://www.pacificstrokeassociation.org)

Supports stroke survivors and caregivers through programs and services.

提供腦中風患者與照護者協助與服務。

#### Department of Communicative Disorders and Sciences at San Jose State University

One Washington Square, San Jose, CA 95192  
408-924-3688  
[www.sjsu.edu/cds/clinics](http://www.sjsu.edu/cds/clinics)

Graduate students with degrees in speech-language pathology provide speech, language and hearing services. Fee is based on a sliding scale.

由聖荷西州立大學擁有語言治療學位的研究生，提供患者語言及聽力復健服務，依據家庭收入減免收費。

#### Occupational Therapy Clinic at San Jose State University

Central Classroom Building Room 203  
One Washington Square, San Jose, CA 95192  
408-924-3070  
[www.sjsu.edu/occupationaltherapy](http://www.sjsu.edu/occupationaltherapy)

#### Skills Plus in Santa Clara

1840 Benton Street, Santa Clara, CA 95050  
408-423-3570  
[www.santaclaradulted.org/skills-plus](http://www.santaclaradulted.org/skills-plus)

Helps stroke survivors improve social, physical and cognitive skills.

協助患者增進社交、肢體與認知的相關技能。

# Falls 跌倒

## Falls

Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults. Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

## Fall Prevention

- ▶ Ask your doctor or healthcare provider to evaluate your risk for falling, and review your medicines to see if any might make you dizzy or sleepy.
- ▶ Have a physical therapist or occupational therapist evaluate your physical abilities.
- ▶ Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.
- ▶ Get your vision and hearing checked at least once or twice a year.
- ▶ Use a cane, walker or other mobility aid if your doctor has prescribed it.
- ▶ **Make Your Home Safer**  
Get rid of things you could trip over.  
Add grab bars inside and outside your tub or shower and next to the toilet.  
Put railings on both sides of stairs.  
Make sure your home has lots of light by adding more or brighter light bulbs.

## 跌倒

跌倒是老年人受傷致命的頭號殺手，也是受傷住院最常見的原因。無論有無受傷，跌倒對生命品質的影響極大。越來越多的老年人擔心跌倒，因此限制了他們的活動和社交活動。這可能導致身體進一步衰退，心情沮喪，社交孤立和無助感。

## 預防

- ▶ 請醫師或護理人員評估您跌倒的風險有多高，並檢視您服的藥是否會造成頭暈或想睡。
- ▶ 請物理治療師或職能治療師評估您的體能。
- ▶ 做些可以加強腿力或改善平衡力的運動。太極是不錯的一種。
- ▶ 每年至少檢查一次到兩次視力及聽力。
- ▶ 如果醫生有指示，就要使用拐杖、助行器等行動輔具。
- ▶ **改善居家安全**  
把可能讓人絆倒的東西拿走  
浴缸、淋浴間或馬桶旁要加裝扶手  
樓梯兩旁裝設扶手  
加裝更多更亮的燈泡，確保居家明亮

### Home Modification

家居改善中文資料 – 使你的住所更安全  
[www.homemods.org/acl/consumerawareness](http://www.homemods.org/acl/consumerawareness)

# Osteoporosis

## What Is Osteoporosis?

Osteoporosis causes bones to become weak and brittle — so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine.

## Risk Factors

- ▶ **Unchangeable risks:** Women, people of Asian descent, and people who have small body frames are at higher risk. Having a parent or sibling with osteoporosis also puts you at greater risk.
- ▶ **Hormone levels:** Lowered sex hormone levels tend to weaken bone. The reduction of estrogen levels in women at menopause is one of the strongest risk factors for developing osteoporosis.
- ▶ **Dietary factors:** A lifelong lack of calcium plays a role in the development of osteoporosis.

## Prevention

- ▶ Good nutrition and regular exercise are essential for keeping your bones healthy throughout your life.
- ▶ Eating a calcium rich diet.
- ▶ Being underweight increases the chance of bone loss and fractures.
- ▶ For people without other sources of vitamin D and especially with limited sun exposure, a supplement may be needed.



## Bone and joint health — high calcium diet

Calcium is a major building block of bone tissue and is important for preventing osteoporosis and bone disease. The calcium in our bones also acts as a reservoir for maintaining calcium levels in the blood, which is essential for healthy nerves and muscles.

Increase your calcium intake by including these foods on your table:

- ▶ Low-fat dairy products
- ▶ Dark green leafy vegetables
- ▶ Canned salmon or sardines with bones
- ▶ Soy products, such as tofu
- ▶ Calcium-fortified cereals and orange juice

*(See resources on page 72)*



# 骨質疏鬆症

## 什麼是骨質疏鬆症？

骨質疏鬆會造成骨頭無力和脆化— 脆弱到連跌個跤、甚至彎腰或咳嗽等輕微壓力都會造成骨折。骨質疏鬆造成的骨折最常發生在髖部、手腕或脊椎。

## 風險因子

- ▶ **無法改變的風險** — 女性、亞裔，以及身形較小的人風險較高。父母或手足有骨質疏鬆者，風險也比較高。
- ▶ **荷爾蒙水平** — 性荷爾蒙減少往往讓骨骼變弱。更年期雌激素降低是女性骨質疏鬆的最大風險因素。
- ▶ **飲食因素** — 長期缺鈣也是骨質疏鬆的肇因。

## 預防

充足營養及規律運動是保持終生骨骼健康的一大關鍵。

- ▶ 飲食富含鈣質。
- ▶ 體重不足會增加骨質流失和骨折的機率。
- ▶ 缺乏其他維生素 D 來源，特別是很少曬太陽的人，必須服用補充劑。

## 骨骼與關節健康 — 高鈣飲食

鈣是建構骨骼組織的主要成分，對預防骨質疏鬆和骨骼疾病至關緊要。骨骼中的鈣也是維持血鈣濃度的儲存庫，對神經和肌肉健康非常重要。下列餐桌上的食物可以為您增加鈣的攝取：

- ▶ 低脂乳製品
- ▶ 深綠色葉菜
- ▶ 鮪魚罐頭或帶骨沙丁魚罐頭
- ▶ 豆製品，如豆腐
- ▶ 加鈣麥片和柳橙汁

### **Osteoporosis Exercise & Education Class**

Orthopedic Care 骨質疏鬆運動和教育課程  
El Camino Health – Los Gatos Hospital  
815 Pollard Road, Los Gatos, CA 95032  
408-866-4059

### **Bone Density Screening**

婦女骨質密度檢查  
El Camino Health – Mountain View Hospital  
2500 Grant Road, Mountain View, CA 94040  
650-940-7050

# Vision and Hearing Issues

## Vision Loss

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Vision loss among the elderly is a major health care problem. Approximately one person in three has some form of vision-reducing eye disease by the age of 65. Here are four of the most common causes of vision loss among the elderly.

### Age-Related Macular Degeneration

Age-related macular degeneration (AMD) is the leading cause of loss of vision in people over 65. AMD is characterized by degeneration of the macula, the area of the retina responsible for central vision. Risk factors for AMD include advancing age, family history of AMD and cardiovascular risk factors such as hypertension and cigarette smoking.

### Glaucoma

Glaucoma is a group of eye conditions that damage the optic nerve. The damage is often caused by abnormally high pressure in the eye. Glaucoma is a significant cause of blindness in the United States. Risk factors include a family history of glaucoma, increasing age, high degree of myopia, hypertension and diabetes.

### Cataract

Cataract is clouding of the eye's lens. The potentially blinding effect of cataracts among the elderly is dramatically reduced because cataract surgery is readily available, effective and safe. Exposure to ultraviolet light may contribute to the progression of cataract formation.

### Diabetic Retinopathy

Chronically high blood sugar from diabetes is associated with damage to the tiny blood vessels in the retina, leading to diabetic retinopathy. People with all types of diabetes are at risk for diabetic retinopathy. Risk increases the longer a person has diabetes.

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## When to See a Doctor

Everyone age 50 or older should visit an eye care professional for a comprehensive dilated eye exam. Many eye diseases have no early warning signs or symptoms, but a dilated exam can detect eye diseases in their early stages before vision loss occurs. See a doctor to evaluate your vision if you have the following symptoms: blurred vision, visual field loss, glare, reduced night vision, or image distortion.

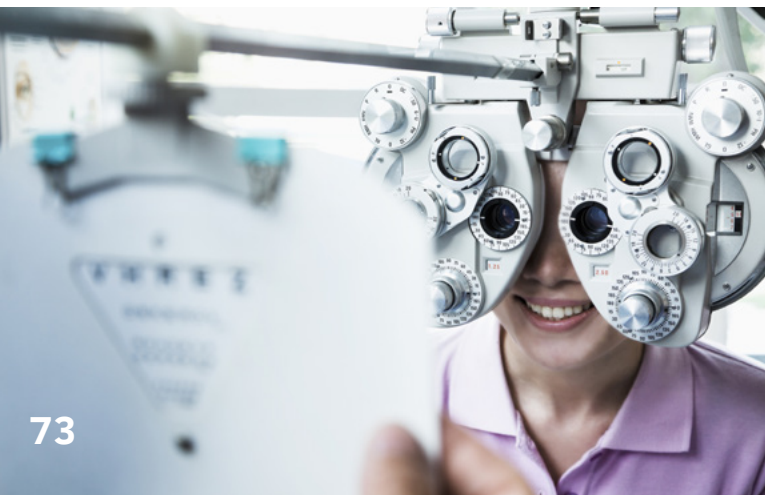
### California Telephone Access Program

800-806-1191

[ddtp.cpuc.ca.gov](http://ddtp.cpuc.ca.gov)

Offers services and adaptive equipment for those with hearing, vision, mobility or speech impairments.

為聽力、視力、行動或語言障礙人士提供服務和輔助設備。



# 視力和聽力問題

## 視力受損

視力受損是年長者一大健康問題。大約每三人當中就有一人，在六十五歲前有某類視力衰退問題。下列是年長者視力受損最常見的四種原因。

### 老化型黃斑部病變

黃斑部是視網膜最中央的區域，而老化型黃斑部病變則是黃斑部退化所致，也是六十五歲以上年長者視力受損的首要原因。老化型黃斑部病變的風險因子包括早衰、家庭病史，和心血管同樣的風險因子例如高血壓與吸菸。

### 青光眼

青光眼泛指許多視神經受損的眼睛疾病，通常因為眼壓不正常增高造成的視神經損傷。青光眼在美國是失明的主要原因。風險因子包括青光眼家族病史、年紀漸大、近視度數太深、高血壓和糖尿病。

### 白內障

白內障是指眼睛的水晶體變混濁。由於現今白內障手術普及、有效又安全，年長者因白內障而失明的情況已經大大降低。暴露於紫外線可能會促使白內障逐漸形成。

### 糖尿病視網膜病變

糖尿病形成的慢性高血糖會造成視網膜微血管受損，導致糖尿病視網膜病變。各型糖尿病患者都有視網膜病變的風險。糖尿病病史愈長風險愈高。

## 何時該看醫生

從五十歲開始就應該找眼科醫師做一次全面的散瞳眼睛檢查。許多眼疾早期都沒有預警或症狀，而散瞳檢查可以在眼睛受損前，提早偵測出眼睛疾病。如果您有下列症狀，請找醫生評估您的視力：視力模糊、視野缺損、炫光、夜間視力變差或影像變形。

### Vista Center for the Blind and Visually Impaired (Low Vision aids and equipment)

盲眼與視力障礙中心（低視力復健及輔具）

2500 El Camino Real, #100

Palo Alto, CA 94306

650-858-0202

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

### Vista Center for the Blind and Visually Impaired

101 North Bascom Avenue, San Jose, CA 95128

408-295-4016

Tackles complex vision problems for the visually impaired and blind through rehabilitation and education.

透過復健與教育，協助視障及盲眼人士處理複雜的視力問題。

# Vision and Hearing Issues

## Hearing Loss

It is one of the most common conditions affecting older and elderly adults. Age-related hearing loss most often occurs in both ears, affecting them equally. Because the loss is gradual, if you have age-related hearing loss you may not realize that you've lost some of your ability to hear.

## Warning Signs

Age-related hearing loss typically begin with an inability to hear high-pitched sounds. You may notice that you have difficulty hearing the voices of females or children. Symptoms that may occur include:

- ▶ Certain sounds seeming overly loud
- ▶ Difficulty hearing in areas that are noisy
- ▶ Difficulty hearing the difference between “s” and “th” sounds
- ▶ Ringing in the ears
- ▶ Turning up the volume on the television or radio louder than normal
- ▶ Asking people to repeat themselves
- ▶ Being unable to understand conversations over the telephone

Always notify your doctor if you have any of these symptoms. They could be signs of other medical conditions and should be checked out by a doctor.

## Hearing Aid

Hearing loss can significantly impair your quality of life, affecting communicative behavior, emotional and social function. Hearing aids can help you hear sounds that you've had trouble hearing.

Here are some tips to find the best hearing aid for you:

- ▶ **Find a Good Provider:**  
The value you get out of your hearing aid will hinge on the skills and abilities of your provider, so be sure to locate an audiologist you trust.
- ▶ **Get Tested:**  
During your visit, you should be given a hearing test in a soundproof booth. This will tell the hearing specialist what type of hearing loss you have, which will help the specialist select the appropriate hearing aid for you as well as the best program.
- ▶ **Ask for a Demonstration:**  
Ask to “test drive” the hearing aids recommended for you.
- ▶ **Take Advantage of Training:**  
Your brain doesn't know what to do with the sound after you get your hearing aids. Ask your provider about aural rehabilitation.
- ▶ **“Break in” Hearing Aids:**  
You need to wear them 3 to 4 hours a day for a week or two to get used to them. It is unwise to try to wear them 10-15 hours a day the first week you get them.

*(See resources on page 76)*

## 視力和聽力問題

### 聽力受損

這是對較年長的人和老年人影響最大的疾病之一。老化引起的聽力受損通常會兩隻耳朵同時發生，嚴重程度也相同。由於聽力受損是慢慢發生的，如果您的聽力受損跟年紀有關，您很可能不會意識到自己的聽力已經走下坡了。

### 警訊

典型的老化聽力受損一開始都是先聽不到高頻的聲音。您可能會察覺聽不太到女人或小孩的聲音。可能的症狀包括：

- ▶ 有些聲音似乎太大
- ▶ 在吵雜環境中聽不清楚
- ▶ 分辨不出「s」和「th」的聲音
- ▶ 耳鳴
- ▶ 看電視或聽收音機時開的音量超過正常
- ▶ 聽人講話時會要對方再講一次
- ▶ 講電話時聽不清楚

有上述任何症狀要告知醫生。這也可能是身體其他地方有狀況，應該讓醫生檢查看看。

### 助聽器

聽力受損會大大損害您的生活品質，對溝通行為、情緒和社交能力造成影響。助聽器可以幫您聽到您聽不到的聲音。

以下是讓您找到最佳助聽器的妙方：

- ▶ **找好的聽力師** –  
您的助聽器買得值不值得，端視為您選配



助聽器專家的技術和能力，所以務必要找到您信賴的聽力師。

- ▶ **聽力測驗** –  
看診時，應該要在有隔音的房間接受聽力測驗。這可以讓聽力專家知道您屬於哪一型的聽力受損，幫助他們選擇最適合您的助聽器和治療計畫。
- ▶ **要求試用** –  
要求試用所建議的助聽器。
- ▶ **漸進增加配戴時間** –  
您需要一到二個星期的時間，每天戴三到四小時，才能習慣助聽器。剛開始使用的第一週每天戴上10到15個小時是不好的。
- ▶ **利用聽力訓練** –  
剛開始用助聽器，大腦會不知道如何辨識聲音，請向醫生詢問聽力復健訓練 (aural rehabilitation)，以協助大腦適應助聽器。

#### California Telephone Access Program

800-806-1191

[ddtp.cpuc.ca.gov](http://ddtp.cpuc.ca.gov)

Offers services and adaptive equipment for those with hearing, vision, mobility or speech impairments.

為聽力、視力、行動或語言障礙人士提供服務和輔助設備。

# Cancer

## What Is Cancer?

Cancer is the uncontrolled growth and spread of abnormal cells. When many extra cells are made, they form a tumor, which can be malignant or benign. Some cancers are hereditary, and knowing your family history is important so you can be screened regularly, if needed. Here are six types of cancer that are the most prevalent among Chinese Americans.

Site	Screening	Risk factor
Breast	<ul style="list-style-type: none"> <li>▶ Women who are 50 to 74 years old and are at average risk for breast cancer should get a mammogram every two years.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Family history of breast cancer.</li> <li>▶ Having dense breasts.</li> <li>▶ Early menstrual periods before age 12 and starting menopause after age 55</li> </ul>
Prostate	<ul style="list-style-type: none"> <li>▶ Men who are 55 to 69 years old can choose to have a blood test called a prostate specific antigen (PSA).</li> </ul>	<ul style="list-style-type: none"> <li>▶ Family history of prostate cancer.</li> </ul>
Lung	<ul style="list-style-type: none"> <li>▶ Yearly screening with low-dose computed tomography (LDCT) is recommended for those who are at high risk for lung cancer.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Have a history of heavy smoking in the past 15 years.</li> <li>▶ Family history of lung cancer.</li> </ul>
Liver	<ul style="list-style-type: none"> <li>▶ For people at higher risk, alpha-fetoprotein (AFP) blood tests and ultrasound exams every 6 months are recommended.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Chronic infection with hepatitis B virus (HBV) or hepatitis C virus (HCV).</li> <li>▶ Alcohol abuse.</li> </ul>
Colon/Rectum	<ul style="list-style-type: none"> <li>▶ People at average risk should start screening at age 45 and continue through the age of 75. Screening method includes stool-based tests (FIT every year or gFOBT every year or MT-sDNA every 3 years) and visual exams (colonoscopy every 10 years or CT colonography every 5 years or FSIG every 5 years).</li> </ul>	<ul style="list-style-type: none"> <li>▶ Inflammatory bowel disease.</li> <li>▶ Family history of colorectal cancer or colorectal polyps.</li> <li>▶ A low-fiber and high-fat diet, or a diet high in processed meats.</li> </ul>
Stomach	<ul style="list-style-type: none"> <li>▶ Upper endoscopy can detect precancerous gastric lesions.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Family history of stomach cancer.</li> <li>▶ Infection with <i>Helicobacter pylori</i></li> <li>▶ Long-term stomach inflammation.</li> </ul>

# 癌症

## 什麼是癌症？

癌症是非正常細胞不受控制的增生和擴散。當身體細胞分裂和繁殖失控，細胞過度增生，在身體裡形成腫瘤。腫瘤可分為良性和惡性，惡性腫瘤便是癌症。由於癌症與遺傳有關，了解家族病史，可以幫助您定期檢查，及早預防。以下是最常見於華裔美國人的六種癌症。

部位	篩檢	風險因子
乳癌	<ul style="list-style-type: none"> <li>▶ 50到74歲，有一般乳癌風險的女性，每兩年應做一次乳房X光攝影</li> </ul>	<ul style="list-style-type: none"> <li>▶ 有乳癌家族病史</li> <li>▶ 乳房組織緊緻</li> <li>▶ 初經在12歲之前來到，且在55歲之後進入更年期</li> </ul>
攝護腺癌	<ul style="list-style-type: none"> <li>▶ 55到69歲男性可以抽血檢查「攝護腺特異抗原」</li> </ul>	<ul style="list-style-type: none"> <li>▶ 有攝護腺癌家族病史</li> </ul>
肺癌	<ul style="list-style-type: none"> <li>▶ 有肺癌高風險者，建議每年接受一次低劑量電腦斷層掃描</li> </ul>	<ul style="list-style-type: none"> <li>▶ 過去15年重度抽菸</li> <li>▶ 有肺癌家族病史</li> </ul>
肝癌	<ul style="list-style-type: none"> <li>▶ 肝癌風險較高者，建議每六個月做一次甲型胎兒蛋白抽血檢驗，以及超音波檢查</li> </ul>	<ul style="list-style-type: none"> <li>▶ 慢性感染B型肝炎或C型肝炎病毒</li> <li>▶ 酗酒</li> </ul>
大腸癌/ 直腸癌	<ul style="list-style-type: none"> <li>▶ 有一般風險者應在45歲開始篩檢，直到75歲。篩檢方法包括糞便潛血檢驗（每年做一次免疫法糞便潛血檢驗或糞便潛血反應，或每三年做一次糞便DNA檢驗）以及肉眼檢驗（每十年一次大腸鏡檢查或每五年一次電腦斷層虛擬大腸鏡檢查或軟性乙狀直腸內視鏡）</li> </ul>	<ul style="list-style-type: none"> <li>▶ 有發炎性腸道疾病</li> <li>▶ 有大腸直腸癌或大腸息肉家族病史</li> <li>▶ 飲食偏低纖高脂或加工肉品</li> </ul>
胃癌	<ul style="list-style-type: none"> <li>▶ 上消化道內視鏡可以檢查出癌前病變</li> </ul>	<ul style="list-style-type: none"> <li>▶ 有胃癌家族病史</li> <li>▶ 感染幽門螺旋桿菌</li> <li>▶ 長期胃發炎</li> </ul>

# Cancer 癌症

## Free Mammogram Program

免費乳房攝影

*Women's Imaging Center* 婦女放射影像中心

El Camino Health – Mountain View Hospital  
2495 Hospital Drive, First Floor  
Mountain View, CA 94040  
650-940-7050

*Imaging Services* 影像部門

El Camino Health – Los Gatos Hospital  
815 Pollard Road, Los Gatos, CA 95032  
408-866-4075

Uninsured or underinsured women may be eligible for free mammograms at both the Mountain View and Los Gatos locations. Mammograms at the Los Gatos campus are conducted in the imaging department. Call **800-216-5556** to register.

沒有醫療保險或保險不給付的婦女，可以在 El Camino Health 的兩個院區接受免費乳房攝影。洛杉磯院區 (Los Gatos campus) 的乳房攝影，是在影像部門 (imaging department) 進行。報名電話請撥 **800-216-5556**。

## Cancer Center at El Camino Health

癌症中心

*El Camino Health – Mountain View Hospital*

2505 Hospital Drive, Mountain View, CA 94040  
650-988-8338

*El Camino Health – Los Gatos Hospital*

815 Pollard Road, Los Gatos, CA 95032  
408-866-3989

## Valley Specialty Center

751 S. Bascom Avenue, Suite 210  
San Jose, CA 95128  
408-885-5000

## American Cancer Society – California Chinese Unit

美國癌症協會加州華人分會

普通話 粵語

747 Camden Avenue, #B, Campbell, CA 95008  
408-688-0121  
888-566-6222  
[www.acs-ccu.org](http://www.acs-ccu.org)

## Asian Smoker's Help Line

亞裔吸煙者協助專線

普通話 粵語

Free Chinese Smoker's Quit Line  
800-838-8917

## New Hope Chinese Cancer Care Foundation

新希望華人癌症關懷基金會

普通話 粵語

500 E. Calaveras Boulevard, Suite #307  
Milpitas, CA 95035  
408-609-3338  
[www.newhopecancer.org](http://www.newhopecancer.org)

Support services to patients and their families, include oncologists consultation, support groups, transportation, home visit, respite care, and more.

醫師義務諮詢、就醫交通接送、醫療健康護航、癌症互助小組、家屬喘息服務、電話關懷、康復活動、社服資源，並定期舉辦教育講座，提供社區防癌抗癌的觀念與知識。





# Medicare & Medi-Cal 聯邦醫療保險與加州醫療補助

## How Is Medical Care Paid For?

Medical services are paid for by health insurance, employers (for work-related injury), and individuals.

## What Is Health Insurance?

It is a contract you have with an insurance company. Every month, you pay a fee or premium. The insurance then pays all or part of your medical bills, depending on the terms in the contract.

## Where Can I Get Insurance?

You can get insurance directly from an insurance company, or through your employer, the government, or Covered California. At age 65 and older, or you have certain disabilities, you may be qualified to receive Medicare insurance benefits provided by the federal government. If you have low income, you may be qualified to get Medi-Cal, which is the needs-based Medicaid program in California.

## What Does Insurance Cover?

Your medical insurance may cover doctor and hospital visits, medicines, and medical tests. Some insurance plans cover chiropractor visits, acupuncture, and nursing home stay. Insurance pays all or part of your medical bills. You do pay your share of the bills, too. For example, you may pay a “co-payment” when you visit your doctor. Your insurance may have a “deductible,” which is an amount you pay within a year before insurance starts to take over payments for services. Some policies state an “out-of-pocket limit,” which is the maximum amount you are required to pay for a given year.

Check with Medicare or Medi-Cal for more information at [www.medicare.gov](http://www.medicare.gov)

## 誰來承擔醫療費用？

醫療服務費用是由政府醫療保險、私營醫療保險、雇主和個人支付的。

## 什麼是醫療保險？

醫療保險是您與保險公司的合約。每個月，您支付一定的保費。保險將依照合約條款，支付您全部或部分的醫療費用。

## 如何獲得醫療保險？

您可以直接向保險公司購買保險，亦可由雇主為您投保。符合財政補助資格者，可申請政府或「投保加州」(Covered California) 醫保計畫。六十五歲及以上，或身心障礙人士，可申請聯邦醫療保險 (Medicare)。低收入家庭也可申請州政府醫療保險 (Medi-Cal 加州醫療補助保險)。

## 醫療保險的承保範圍

每項保險的保障範圍都不一樣，一般醫療保險可支付醫生與醫院門診、住院費、藥物和醫療檢查。有些保險甚至包括按摩整脊，針灸和療養院住院費等。保險支付全部或部分醫療費用，您也需支付部分費用。例如，您每次看診都要繳「自費額」(Co-Payment)。您的保險也可能有「自付額」(Deductible) – 自付額是一年內在保險公司賠償前，個人必須支付的金額。有些保單會載明「自付總額上限」(out-of-pocket limit) – 這是您一年內要支付的最高費用金額。

有關 Medicare 和 Medi-Cal 詳細資訊，請查閱網站：[www.medicare.gov](http://www.medicare.gov)

# Medicare & Medi-Cal Eligibility Matrix

Payor	Eligibility Criteria	Services Covered	Plans Offered in Santa Clara County
<b>Medicare A Fee-for-Service</b>	<ul style="list-style-type: none"> <li>▶ Aged 65 or Disabled</li> <li>▶ Free Medicare A: If you or your spouse have paid FICA tax for required number of quarters</li> <li>▶ Premium Medicare A: pay for A if not eligible through work history</li> </ul>	<ul style="list-style-type: none"> <li>▶ Hospital Inpatient</li> <li>▶ Skilled Nursing Facilities (after hospital stay up to 100 days)</li> <li>▶ Home Health Care</li> <li>▶ Hospice</li> </ul>	<ul style="list-style-type: none"> <li>▶ Traditional Medicare</li> </ul>
<b>Medicare B</b>	<ul style="list-style-type: none"> <li>▶ If eligible for premium-free Part A and reside in US, then you are automatically eligible for Part B</li> </ul> <p>Note: If not enroll when first eligible, a Late Enrollment Penalty (10% Premium Increase) is assessed for each 12-month period.</p>	<ul style="list-style-type: none"> <li>▶ Physician Costs</li> <li>▶ Outpatient Hospital Care</li> <li>▶ Clinical Lab Services</li> <li>▶ Some Preventive Services</li> <li>▶ Durable Medical Equipment</li> </ul>	<ul style="list-style-type: none"> <li>▶ Traditional Medicare</li> </ul>
<b>Medicare D</b>	<ul style="list-style-type: none"> <li>▶ If eligible for A/B, then you are also eligible for D</li> <li>▶ Cannot enroll in stand-alone D plan if you are enrolled in Medicare C (HMO or PPO plans)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Prescription drug plan: each plan has its own formulary; co-payments vary by plan and between generic and brand name drugs</li> </ul>	<ul style="list-style-type: none"> <li>▶ Aetna</li> <li>▶ Blue Shield</li> <li>▶ Cigna</li> <li>▶ Express Scripts</li> <li>▶ United Healthcare</li> <li>▶ Well Care</li> </ul>
<b>Medicare C Medicare Advantage (HMO)</b>	<ul style="list-style-type: none"> <li>▶ Must have enrolled in both A &amp; B to enroll in C</li> <li>▶ Plans A,B,D combined</li> <li>▶ Must use providers in network</li> </ul>	<ul style="list-style-type: none"> <li>▶ Combines inpatient, outpatient and drug prescriptions plans into one plan</li> <li>▶ May offer dental, vision, hearing</li> </ul>	<ul style="list-style-type: none"> <li>▶ AARP Secure Horizons</li> <li>▶ Care First</li> <li>▶ CareMore</li> <li>▶ Health Net: Kaiser</li> <li>▶ SCAN Classic</li> </ul>
<b>MediGap Medicare Supplemental Plans</b>	<ul style="list-style-type: none"> <li>▶ For Medicare A &amp; B enrollees only</li> <li>▶ Cannot use Medigap policies if you are enrolled in Medicare C</li> <li>▶ Switching from Part C back to Traditional A &amp; B (outside the initial Part C try-out period), Medigap enrollment is subject to medical underwriting.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Fills the gap in Medicare A &amp; B for approved services (co-payments, coinsurance, some deductibles) <sup>1</sup></li> <li>▶ Standardized plans A-N available</li> </ul>	<ul style="list-style-type: none"> <li>▶ AARP United Healthcare</li> <li>▶ Anthem Blue Cross</li> <li>▶ Health Net Life Insurance</li> <li>▶ Humana Insurance</li> </ul>
<b>Medi-Cal</b>	<ul style="list-style-type: none"> <li>▶ Adults, ages 19-64; annual income less than 138% of federal poverty level</li> </ul>	<ul style="list-style-type: none"> <li>▶ Outpatient, hospital, mental health and substance use; drugs, rehab, lab, preventive, and chronic disease management</li> </ul>	<ul style="list-style-type: none"> <li>▶ Anthem Blue Cross Partnership Program</li> <li>▶ Santa Clara Family Health Plan</li> </ul>
<b>Duals Medicare/ Medi-Cal</b>	<ul style="list-style-type: none"> <li>▶ Age 65, disabled or blind</li> <li>▶ Income &lt;138% of federal poverty level (as above)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Outpatient, hospital, nursing home, drugs</li> <li>▶ Cal MediConnect Managed Care covers transportation and vision</li> </ul>	<ul style="list-style-type: none"> <li>▶ Anthem Blue Cross Partnership Program</li> <li>▶ Santa Clara Family Health Plan</li> <li>▶ PACE: On Lok Lifeways</li> </ul>

<sup>1</sup> "Medicare Access and CHIP Reauthorization Act of 2015 (MACRA)" law states that on or after January 1, 2020, a Medicare Supplement policy that provides coverage of the Part B deductible may not be sold or issued to a newly eligible Medicare beneficiary."

## 聯邦醫療保險與加州醫療補助保險對照表

付費方式	申請資格	涵蓋範圍	聖塔克拉拉縣提供項目
聯邦醫療保險 A 部分	<ul style="list-style-type: none"> <li>▶ 65歲以上或身體殘障人士</li> <li>▶ 免費 A 部分聯邦醫療保險：本身或配偶繳納社會安全稅已達足夠時間</li> <li>▶ 需支付月保險費的 A 部分：不符合領取免費 A 部分醫療保險的人，則需為 A 部分繳交保費</li> </ul>	<ul style="list-style-type: none"> <li>▶ 住院治療</li> <li>▶ 專業護理療養院（出院後，最多100天）</li> <li>▶ 居家醫護照料</li> <li>▶ 安寧療護</li> </ul>	<ul style="list-style-type: none"> <li>▶ 傳統的聯邦醫療保險</li> </ul>
聯邦醫療保險 B 部分	<ul style="list-style-type: none"> <li>▶ 已享有免費聯邦醫療保險 A 部分，並居住在美國境內者，可自動參加 B 部分聯邦醫療保險</li> </ul> <p>注意：如果在第一次符合條件時沒有申請，則每12個月評估時會有延遲註冊罰款（提高保費 10%）</p>	<ul style="list-style-type: none"> <li>▶ 醫生診療</li> <li>▶ 醫院門診</li> <li>▶ 臨床醫療檢驗</li> <li>▶ 某些疾病預防服務</li> <li>▶ 醫療耐用設備</li> </ul>	<ul style="list-style-type: none"> <li>▶ 傳統的聯邦醫療保險</li> </ul>
聯邦醫療保險 D 部分	<ul style="list-style-type: none"> <li>▶ 具有 A/B 部分資格者，可同時加入聯邦醫療保險 D 部分</li> <li>▶ 如加入 C 部分保險 (HMO/PPO)，則不能單獨申請 D 部分保險</li> </ul>	<ul style="list-style-type: none"> <li>▶ 處方藥計畫：每項計畫有自己的處方藥單。不同的計畫有不同的自付額，學名藥和原廠藥價格也不一樣</li> </ul>	<ul style="list-style-type: none"> <li>▶ Aetna</li> <li>▶ Blue Shield</li> <li>▶ Cigna</li> <li>▶ Express Scripts</li> <li>▶ United Healthcare</li> <li>▶ Well Care</li> </ul>
聯邦醫療保險 C 部分 聯邦醫療保險 – 優勢計畫	<ul style="list-style-type: none"> <li>▶ 必須已經同時參加聯邦醫療保險 A 部分和 B 部分者，才可申請 C 部分</li> <li>▶ A、B、D 部分的綜合保險</li> <li>▶ 只能看該診療網內的醫生</li> </ul>	<ul style="list-style-type: none"> <li>▶ 將住院，門診和處方藥合而為一的計畫，也可以包含牙科、眼科、耳科等治療</li> </ul>	<ul style="list-style-type: none"> <li>▶ AARP Secure Horizons</li> <li>▶ Care First</li> <li>▶ CareMore</li> <li>▶ Health Net: Kaiser</li> <li>▶ SCAN Classic</li> </ul>
補充性醫療保險 聯邦醫療保險 輔助計畫	<ul style="list-style-type: none"> <li>▶ 僅提供給參加聯邦醫療保險 A 部分和 B 部分的人</li> <li>▶ 加入聯邦醫療保險 C 部分者不適用</li> <li>▶ 如果不在 C 部分第一次試用期內，更換 C 部分醫保回到傳統聯邦醫保 A 部分和 B 部分補充性醫保的申請，必須由醫保公司對投保人身體情況審核而定。</li> </ul>	<ul style="list-style-type: none"> <li>▶ 提供 A 部分和 B 部分保險沒有包含的項目（如共付額，共同保險額，自付額等）<sup>1</sup></li> <li>▶ 有 A-N 系列套裝計畫供選擇</li> </ul>	<ul style="list-style-type: none"> <li>▶ AARP United Healthcare</li> <li>▶ Anthem Blue Cross</li> <li>▶ Health Net Life Insurance</li> <li>▶ Humana Insurance</li> </ul>
加州醫療補助 保險	<ul style="list-style-type: none"> <li>▶ 從19歲到64歲的成年人，家庭收入低於聯邦貧困線(FPL)的138%</li> </ul>	<ul style="list-style-type: none"> <li>▶ 門診、住院、心理健康和藥物濫用、藥品、康復、醫療檢查、慢性疾病預防</li> </ul>	<ul style="list-style-type: none"> <li>▶ Anthem Blue Cross 合作夥伴計畫</li> <li>▶ 聖塔克拉拉家庭健康計畫</li> </ul>
合併 聯邦醫療保險 / 加州醫療補助 保險	<ul style="list-style-type: none"> <li>▶ 年齡65歲以上的年長者，殘障人士或盲人</li> <li>▶ 家庭收入低於聯邦貧困線 (FPL) 的 138%</li> </ul>	<ul style="list-style-type: none"> <li>▶ 門診、住院、療養院、藥品</li> <li>▶ 合併聯邦紅藍卡和加州白卡計畫：包括交通與視力照護</li> </ul>	<ul style="list-style-type: none"> <li>▶ Anthem Blue Cross 合作夥伴計畫</li> <li>▶ 聖塔克拉拉家庭健康計畫</li> <li>▶ PACE（老人全方位護理計畫）</li> </ul>

<sup>1</sup> 根據 Medicare Access and CHIP Reauthorization Act of 2015，提供B部分自付額的Medicare補充性醫療保險不得出售給新合格的受益人。

# Medicare & Medi-Cal 聯邦醫療保險與加州醫療補助

## Resources

### 相關資源

#### Medi-Cal Assistance Application Centers Department of Social Services

[socialservices.sccgov.org/health-coverage](https://socialservices.sccgov.org/health-coverage)

1867 Senter Road, San Jose, CA 95112  
408-758-3800  
Bus Route: 73

1330 W Middlefield Road  
Mountain View, CA 94043  
408-758-3600  
Bus Route: Red

379 Tomkins Court, Gilroy, CA 95020  
408-758-3300  
Bus Route: 68

#### Health Insurance Counseling and Advocacy Program (HICAP)

普通話 粵語

3100 De La Cruz Boulevard, Ste 310  
San Jose, CA 95054  
408-350-3200, option 2  
[www.mysourcewise.com](http://www.mysourcewise.com)

HICAP provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and healthcare options. Counselors are located throughout Santa Clara County and at senior centers and El Camino Health. Call to locate a Chinese-speaking counselor.

免費提供有關聯邦醫療保險 (Medicare) 的客觀資訊和諮詢。這些義務性的顧問可以協助

您了解您的權益，以及可選擇的保險計畫。這些顧問遍佈在聖塔克拉拉縣各地，如老人中心和 El Camino 醫院等。可以致電要求說華語的顧問。

#### HICAP Health Insurance Counseling for Seniors Health Library & Resource Center

Main Building, First Floor  
El Camino Health – Mountain View Hospital  
2500 Grant Road, Mountain View, CA 94040  
650-940-7210

By phone, call to schedule an appointment.  
諮詢以電話進行，需事先預約。

#### Medi-Cal

[medi-cal.ca.gov](https://medi-cal.ca.gov)

Medicare 「聯邦醫療保險」免費電話  
800-MEDICARE (800-633-4227)

[medicare.gov](https://www.medicare.gov)

#### Medicare 「聯邦醫療保險」中文版簡介

Visit [www.ssa.gov](http://www.ssa.gov) and search “Multilanguage Gateway Chinese”.

參閱 [www.ssa.gov](http://www.ssa.gov) 網站，到 “Languages” 轉換中文。

# Covered California 投保加州可負擔醫保計畫

## What Is Covered California?

Covered California is part of the Affordable Health Care Act (ACA), which allows most lawful residents and families in California to have better quality health care plans and choose the health care plan that best suits their health needs and budget. The bill provides:

- ▶ Pre-existing health conditions should not affect the insured's eligibility to obtain health insurance.
- ▶ The health plan cannot be cancelled due to illness or injury.
- ▶ Young people can join their parents' plans until they reach age of 26.
- ▶ All plans include free preventive care.

## How to Apply for ACA Compliant Health Insurance on Covered California?

- ▶ Apply online: [www.coveredca.com](http://www.coveredca.com) (English)  
[www.coveredca.com/chinese](http://www.coveredca.com/chinese) (Chinese)
- ▶ Agent: Free help from a Covered California certified insurance agent at [apply.coveredca.com/hix/broker/search/individual](http://apply.coveredca.com/hix/broker/search/individual)
- ▶ Phone: **800-300-1506** (English) or **800-300-1533** (Chinese)  
Hours:  
8 a.m. to 6 p.m., Monday to Friday

## Required Documents for Application

- ▶ Current proof of family income \*
- ▶ California ID card or adult driver's license
- ▶ Social security number or personal tax identification number (if available)
- ▶ Citizenship certificate or proof of immigration

status (e.g. US passport, legal green card, citizenship card or naturalization document)

- ▶ Date of birth
- ▶ Zip code

\* If you are not required to file tax returns, you may be eligible for free or low-cost insurance through the Medi-Cal California Medicaid program: visit [www.coveredca.com/medi-cal/](http://www.coveredca.com/medi-cal/).

If you qualify, you can enroll in Medi-Cal year-round. Contact your local county office, visit: [www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx](http://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx)

## Still Have Questions?

Please visit [www.coveredca.com/support/videos](http://www.coveredca.com/support/videos) and watch the video series under "How-To Videos".

## 什麼是投保加州可負擔醫保計畫？

「投保加州」(Covered California) 是可負擔健保法案 (ACA) 的一部分，讓加州大多數合法居民和家庭能比較優質的醫療計畫，並選擇最適合他們健康需求和預算的健保計畫。該法案規定：

- ▶ 投保前的健康狀況不會影響投保人獲得健保
- ▶ 健保計畫不能因生病或受傷被取消
- ▶ 年輕人可以加入父母的計畫直到年滿26歲
- ▶ 所有計畫都包括免費預防保健

(未完待續，見85頁)

# Covered California 投保加州可負擔醫保計畫

## 如何申請投保加州可負擔醫保計畫？

- ▶ 自行到網上登記，網址：  
[www.coveredca.com](http://www.coveredca.com)（英文）  
[www.coveredca.com/chinese](http://www.coveredca.com/chinese)（中文）
- ▶ 保險經紀：專業認證的 Covered California 經紀人免費協助 [apply.coveredca.com/hix/broker/search/individual](http://apply.coveredca.com/hix/broker/search/individual)
- ▶ 電話：中文免費專線  
**800-300-1533 (TTY 888-889-4500)**  
電話服務時間：  
上午八時至晚上六時（週一至週五）

## 登記健保需提交的資料

- ▶ 目前的家庭收入證明\*
- ▶ 加州身份證或成年人駕駛執照
- ▶ 社會安全號碼或個人納稅識別號碼
- ▶ 公民身分證明或符合要求的移民身分證明（例如：美國護照、合法綠卡、公民證或入籍文件）
- ▶ 出生日期
- ▶ 住家郵區號碼

\* 假如您不需報稅，您仍能符合資格通過 Medi-Cal 加州醫療補助計畫取得免費或低價保險，參閱網站：  
[www.coveredca.com/medi-cal/](http://www.coveredca.com/medi-cal/)

Medi-Cal 加州醫療補助計畫全年接受登記。請到您居住的社會安全局查詢。  
網址：[www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx](http://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx)

## 仍有更多疑問？

請瀏覽 [www.coveredca.com/support/videos](http://www.coveredca.com/support/videos) 觀看 “How-To Videos” 系列影片。

## Resources 相關資源

The following agencies and locations provide in-person Application Assistance for Covered California in English unless otherwise stated. Call to schedule an appointment and find out what documents to bring with you. Set aside at least one hour for the appointment.

以下機構提供表格填寫服務，需撥電話預約，並帶齊您的所有資料，包括收入證明和社會安全號碼等。因為需要填寫的表格十分繁多，請預留至少一小時的時間。

### Asian Americans for Community Involvement

**普通話** **粵語**  
2400 Moorpark Avenue, San Jose, CA 95128  
408-975-2730  
[www.aaci.org](http://www.aaci.org)

### Northeast Medical Services

東北醫療中心  
**普通話** **粵語**  
1715 Lundy Avenue, San Jose, CA 95131  
408-573-9686  
[www.nems.org](http://www.nems.org)

### Santa Clara Valley Health & Hospital System

770 South Bascom Avenue, San Jose, CA 95128  
866-967-4677  
[www.scvmc.org](http://www.scvmc.org)

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Monica Frankel	Casey Tong
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**Anonymous (2)**

**Lily Cheng**

**Edward Yu**

If you have any questions about this resource guide or to request a hard copy, please contact the

**Chinese Health Initiative** at **650-988-3234** or [chi@elcaminohealth.org](mailto:chi@elcaminohealth.org)

To download a copy of this resource guide, visit <https://www.elcaminohealth.org/community/chinese-health-initiative/chinese-senior-health-resource-guide>

如果您須要索取華人耆英醫療健康指南或諮詢有關本刊的問題，請撥 **華人健康促進計畫**：

**650-988-3234** 或電郵 [chi@elcaminohealth.org](mailto:chi@elcaminohealth.org)

您可以在我們的網頁下載華人耆英醫療健康指南 (PDF版)：<https://www.elcaminohealth.org/community/chinese-health-initiative/chinese-senior-health-resource-guide>

# 誠摯感謝PMP先鋒材料科技集團的公益捐贈，讓華人健康促進計畫可以持續提供社區所需的健康和醫療教育，把健康帶進華人社區！

成立於1978年的PMP先鋒材料科技集團 (PMP Tech)，四十年來以製造用於消費電子產品的創新高科技彈性體和其他環保橡膠產品享譽全球，擅長異類材料反應結合、功能材料的創新和創新的表面處理工藝。公司同時還專注於全球房地產投資，投資相關收益多用於支持教育活動，並關注於回饋社區，相信教育是最有回報價值的投資。



PMP Tech has been a leader in the research and manufacturing of high-tech elastomers and other rubber products for over 40 years. PMP Tech excels in the innovation of dissimilar materials, functional materials and the innovative surface treatment process. The company is also focused on global real estate investment.



# We've Worked Hard to Earn the Awards that Help Us Earn Your Trust.

## 我們的努力備受專業認證肯定，也贏得您的信任



The Joint Commission has awarded us the Gold Seal of Approval Certification in Hip and Knee Replacement (both campuses), Spinal Fusion Surgery (Los Gatos), and Hip Fracture (Mountain View).

我們在髖關節及膝關節置換手術(兩個院區)、脊椎融合手術(洛杉磯醫院)和髖骨骨折手術(山景城醫院)都得到美國醫療評鑑聯合會(Joint Commission)的金牌認證。



Baby-Friendly USA has designated our Los Gatos Hospital as a Baby-Friendly® Hospital. This designation recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies.

我們的洛杉磯醫院獲得美國愛嬰協會認證為「愛嬰醫院」。該認證是頒給為母乳喂養的母親及其嬰兒提供最佳護理水平的醫院和分娩中心。



The Magnet Recognition Program was developed by the American Nurses Credentialing Center to recognize healthcare organizations that provide the very best in nursing care.

我們榮獲「美國護理認證中心」給予「磁性醫院」(Magnet Status)認證，這是全球護理界公認的最高榮譽。



This designation shows our stroke program is meeting national standards and guidelines that can significantly improve outcomes for stroke, the nation's third leading cause of death.

中風是全美第三大死因，我們獲得的全國品質認證，證明我們的「中風中心」符合國家標準和指導原則，能夠大幅改善中風的治療成效。

# Accept Nothing Less than results and respect in equal doses.

在 El Camino Health，我們深信，世界一流的醫療照顧，需輔以真誠和人性的關懷 — 這是 El Camino Health 的獨特之處。治療的結果，必然是最重要的，但在治療過程中您如何被治療和照顧，對您同等重要。

了解更多訊息，請點擊 [elcaminohealth.org/accept-nothing-less](https://elcaminohealth.org/accept-nothing-less)



**El Camino Health<sup>®</sup>**