



**El Camino Hospital**<sup>®</sup>  
THE HOSPITAL OF SILICON VALLEY



# Health Resource Guide for Chinese Seniors in Santa Clara County

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## 華人耆英醫療健康指南

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

El Camino Hospital'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. The following services are offered through the Chinese Health Initiative:

- Free screening for hepatitis B and community education on cancer, stroke, and other health topics
- Chinese-speaking physicians in over 30 specialties
- Annual Health Fair with free screenings, health workshops, and physician consultation
- Qi gong classes and wellness lectures
- Beyond health research, El Camino Hospital's Health Library & Resource Center now has a selection of books on health topics published in Chinese
- Health-related articles developed in partnership with the *World Journal*
- Culturally appropriate hospital services such as interpreters, special foods, and end-of-life care

Learn more about the Chinese Health Initiative and sign up for  
email updates at [www.elcaminohospital.org/chi](http://www.elcaminohospital.org/chi)



## 結合醫療專業與文化熱情的 El Camino 醫院「華人健康促進計畫」

- ▶ 免費的健康檢查和講座: 一週七天免費的 B 型 (乙型) 肝炎篩檢, 並舉辦預防癌症、中風等健康講座。
- ▶ 華語醫生轉介服務: 提供各醫療專科的華語醫生名單, 包括基本醫療科和三十多種專科。
- ▶ 舉辦大雁氣功課程和保健養生講座。
- ▶ 我們的健康圖書館提供五十多種、經專業醫療人員推薦的健康類中文圖書。
- ▶ 與世界日報合作, 推出「請問醫生」專欄, 由受訪醫生解說專業醫療資訊。
- ▶ 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。

如果您希望收到免費健康檢查、健康講座等相關活動的訊息, 請撥「華人健康促進計畫」  
專線: 650-988-3234, 或參閱網站 [www.elcaminohospital.org/chi-zh](http://www.elcaminohospital.org/chi-zh)



**El Camino Hospital**  
THE HOSPITAL OF SILICON VALLEY

華人健康促進計畫  
Chinese Health Initiative



中文翻譯服務



華語醫生聯絡網



中式餐點



中文圖書區

El Camino 醫院「華人健康促進計畫」專線: 650.988.3234  
歡迎致電或上網, 獲得華語醫生名單

Mountain View | Los Gatos | [www.elcaminohospital.org/chi](http://www.elcaminohospital.org/chi)

# Preface 前言

As the Hospital of Silicon Valley, El Camino Hospital is a pioneer in recognizing that the Chinese community has unique health disparities as well as specific needs for culturally appropriate health resources. Four years ago 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 Hospital'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!

作為矽谷的醫院，El Camino 醫院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，醫院在四年前成立了「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」和醫院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，我們在這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, Professional Corporate and Community Health Services, El Camino Hospital**  
El Camino 醫院副總裁，主管企業和社區健康服務部

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Medical information changes constantly and El Camino Hospital does not guarantee the accuracy, adequacy, timeliness or completeness of any of the information provided in this publication and is not responsible for any errors, omissions, or any consequences arising from the use of the information contained in this publication.

References to any clinics, hospitals, nursing homes, health care facilities, organizations or community resources not related to El Camino Hospital in this publication should not be considered an endorsement, either direct or implied, by El Camino Hospital. El Camino Hospital does not recommend or endorse any specific tests, products, procedures, opinions or other information that may be provided in this publication.

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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 醫院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 Hospital

### El Camino 醫院耆老服務和資源

#### Chinese Health Initiative (CHI)

▶ **Free Health Screening:**

Hepatitis B screenings are available seven days a week at the hospital and occasionally at community health events.

▶ **Chinese-speaking Physician Referral:**

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

Download a list at [www.elcaminohospital.org/chi](http://www.elcaminohospital.org/chi)

▶ **Join our CHI mailing list** to receive information on free screenings, seminars, and events.

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

#### 「華人健康促進計畫」

▶ **免費的健康檢查：**

一週七天在醫院內提供免費的 B 型 (乙型) 肝炎篩檢。每年不定期在社區舉辦免費的健康檢查。

▶ **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：[www.elcaminohospital.org/chi-zh](http://www.elcaminohospital.org/chi-zh)

▶ **加入我們的電子郵件名單：**

如果您想要收到免費健康檢查、健康講座、或其它相關活動的訊息，請加入我們的電子郵件名單。

如需了解中文服務，請撥華人健康促進計畫：**650-988-3234**



## Senior Health Program at Silicon Valley Primary Care 銀髮族醫療中心

El Camino Hospital – Mountain View  
2660 Grant Road, Suite F, Mountain View, CA 94040  
650-962-4360

Here seniors can find an experienced, compassionate, multidisciplinary team specializing in geriatric care. The team includes a physician, nutritionist, social worker, pharmacist, and registered nurse working together to maximize health outcomes. Currently taking new Medicare patients. Services are provided in English, but translation services are available.

由經驗豐富且熱誠的醫生、護士、營養師、藥劑師、社工人員組成跨領域團隊，為年長者提供整合性服務。接受聯邦醫療保險 (Medicare)。服務以英語為主，可向工作人員洽詢中文 (或華語) 電話翻譯服務。

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

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

El Camino Hospital – Los Gatos  
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. Recently added to the Mountain View location are over fifty health books published in Chinese.

健康圖書館提供五十多種、經專業醫療人員推薦的健康類中文圖書。各種健康醫療書籍和錄影帶免費借閱。

The following free services are offered at the Health Library & Resource Center at El Camino Hospital in Mountain View. For help with Chinese language interpretation, please contact **650-988-3234**.

以下的免費服務皆在山景城院區的健康圖書館和資源中心提供，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 Consultants 老人照護資源諮詢

An eldercare consultant can evaluate needs, assist with developing a prioritized action plan, and provide you with pertinent information and referrals. In addition, an eldercare consultant 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 your appointment, please call 650-940-7210.

老人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**

## Ask the Pharmacist

- ▶ An El Camino Hospital 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: [www.elcaminohospital.org](http://www.elcaminohospital.org). Search "Universal Medication form".
- ▶ **FREE, thirty-minute appointments are available on Mondays at 1 p.m. at the Mountain View campus. An appointment is required. To schedule your appointment, please call 650-940-7210**

## 藥劑師諮詢

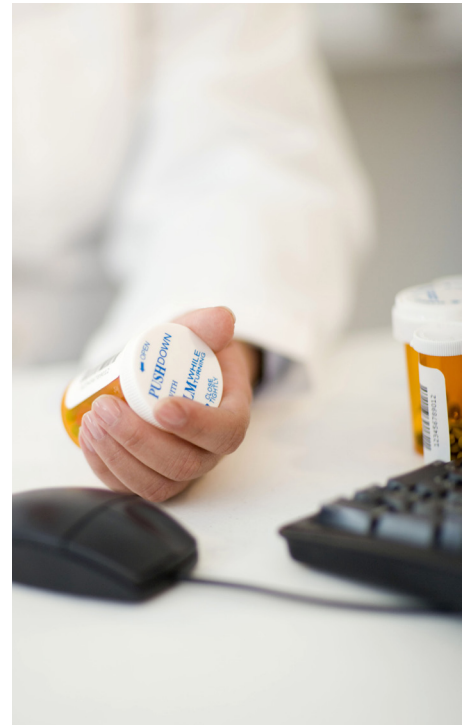
- ▶ El Camino 醫院的藥劑師，會協助您了解並解答有關如何正確服藥，包括可能重複用藥，藥物間的相互作用及副作用等問題。
- ▶ 病人最晚要在預約當周的星期一，提供一份服用藥物的清單，包括已知的過敏物、處方和非處方藥、維他命補充劑和草藥等。
- ▶ 您可利用以下醫院網頁上的英文表格，填妥這份清單：參閱 [www.elcaminohospital.org](http://www.elcaminohospital.org) 網站，搜尋 "Universal Medication form"
- ▶ 每週一下午一時起，在山景城院區提供三十分鐘免費諮詢。
- ▶ 預約請撥 650-940-7210

## Consult the Dietitian

- ▶ An El Camino Hospital 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 English consultations are available on the first and third Friday of each month between 12:30 p.m. and 2 p.m. Chinese consultation is provided on the second Friday of each month between 12:30 p.m. and 2 p.m.**
- ▶ **To schedule your appointment please call 650-940-7210. For consultation in Chinese, please call 650-988-3234**

## 營養師諮詢

- ▶ El Camino 醫院的營養師，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；中文諮詢於每月的第二個星期五，中午十二時半至下午二時亦在山景城院區。
- ▶ 英文諮詢預約請撥 650-940-7210；中文諮詢預約請撥 650-988-3234





## 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** in Mountain View or **408-866-4044** in Los Gatos.

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。預約請撥 **650-940-7210** (山景城院區) 或 **408-866-4044** (洛斯加圖院區)。

## Free Blood Pressure Screening 免費血壓檢測

A no-charge, no-appointment-necessary, weekly blood pressure screening is held every Friday (except holidays) from 10:30 a.m. - 11:30 a.m. at El Camino Hospital Mountain View.

逢星期五上午十時半至十一時半在山景城院區的健康圖書館和資源中心免費提供血壓篩檢，假期除外，無須預約。

## Free Mammogram Program 免費乳房攝影

### Breast Health Center

Willow Pavilion, Second Floor  
El Camino Hospital – Mountain View  
2500 Grant Road, Mountain View, CA 94040  
650-940-7050

### Imaging Services

El Camino Hospital – Los Gatos  
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 醫院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。報名電話請撥 **800-216-5556**。

## Immunization Program 疫苗接種計畫

Funded by El Camino Hospital and offered at MayView Community Health Centers. 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.

Walk-In Immunization Clinic: 8:30 a.m. - 11 a.m., 1:00 p.m. - 3:30 p.m. (Hours are subject to change. Please call to verify.)

### Monday

**900 Miramonte Avenue, Second Floor  
Mountain View, CA 94040  
Tel: 650-965-3323**

### Tuesday

**270 Grant Avenue, Palo Alto, CA 94306  
Tel: 650-327-8717**

### Wednesday

**785 Morse Avenue, Sunnyvale, CA 94085  
Tel: 408-746-0455**

提供給低收入及沒有醫療保險的成年人的低價疫苗接種服務。疫苗接種包括 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。

免預約疫苗接種時間與地點：山景市周一，帕羅奧圖市周二，桑尼維爾市周三，開放時段為早上八時半至十一時，下午一時至三時。(開放時間可能變動，請先致電確認。)

## Road Runners Transportation Service Road Runners 專車接送服務

RoadRunners provides door-to-door transportation within an eight to ten-mile radius of both campuses. No affiliation with El Camino Hospital is required. For fees and details, call **650-940-7016** between 7:30 a.m. and 4:30 p.m., Monday to Friday.

Road Runners 為您提供專車接送服務，起點及目的地必須在山景城或洛斯加圖院區的八至十英里範圍之內。服務對象不限於 El Camino 醫院的病人。詳情及收費請於上午七時半至下午四時半撥 **650-940-7016** 查詢。

# When to Go to the Emergency Room

**Call 9-1-1 or go to the nearest emergency room if you experience these symptoms:**

## Signs of heart attack

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

## Signs of stroke

- ▶ Sudden changes in vision in one or both eyes
- ▶ Sudden onset of confusion, slurred speech, or altered mental status
- ▶ Sudden onset of trouble speaking, moving extremities, walking
- ▶ Sudden onset of numbness in extremities

## 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
- ▶ When recommended by your physician



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

**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

# 什麼情況需掛急診

有下列緊急情況，請撥打 9-1-1 或到急診室，千萬不要因為怕打擾別人，而危急自己的健康和生命：

## 心臟病發作的徵兆

- ▶ 胸悶
- ▶ 胸痛
- ▶ 喘不過氣

## 中風的徵兆

- ▶ 突發性單眼或雙眼視力改變
- ▶ 突發性意識不清，口齒不清
- ▶ 突發性講話困難，或移動四肢和行動困難
- ▶ 突發性四肢麻木

## 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
- ▶ 經由醫生建議

緊急情況  
請撥打 9-1-1



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

# 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 effi-

ciently. 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
- ▶ For names of physicians who practice at El Camino Hospital, call **800-216-5556** or visit **[www.elcaminohospital.org/doctors](http://www.elcaminohospital.org/doctors)**

To find Chinese-speaking physicians, call the **Chinese Health Initiative** at **650-988-3234** or visit **[www.elcaminohospital.org/chi-zh](http://www.elcaminohospital.org/chi-zh)** 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，家庭醫學和專科最大的不同，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，第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，了解那些醫生是您的保險給付的。
- ▶ 如果您想尋找 El Camino 醫院的醫生，請致電 **800-216-5556** 或在醫院的網站搜尋：

[www.elcaminohospital.org/doctors](http://www.elcaminohospital.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

[www.elcaminohospital.org/chi-zh](http://www.elcaminohospital.org/chi-zh)

**我會說中文**

Chinese-Speaking Physician Referral Network  
Member of the Chinese Health Initiative



**El Camino Hospital**  
THE HOSPITAL OF SILICON VALLEY

華人健康促進計畫  
Chinese Health Initiative

# 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. In the United States, many consumers find their specialists through primary care doctors. This approach is very common because insurance plans such as HMOs (Health Maintenance Organizations) require that primary care doctors make referrals before a patient can see a specialist. 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 specialties by visiting [www.medicare.gov](http://www.medicare.gov) and searching for "specialty".
- 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. El Camino Hospital's website has a "Find A Doctor" feature on the website that helps you search physicians by name and specialty.
- 4 Seeking referrals from your primary care doctor is most important since he or she may be familiar with that specialist's treatment outcomes. Positive confirmation, if available, by other patients cared for by the same medical specialist would be helpful.
- 5 Read reviews from reliable sources. Compared to consumer-driven review websites, 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 [www.certificationmatters.org](http://www.certificationmatters.org) or call **866-275-2267**.
- 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. Find out from a surgeon how many times he or she has performed a specific surgery. 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.

# 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。您可以到 [www.medicare.gov](http://www.medicare.gov) 搜尋 “specialty”，了解各專科的詳細內容。
- 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。El Camino 醫院網站有 “Find A Doctor” 的服務，可透過醫師名字或專科來搜索。



- 4 最重要的是，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 [www.certificationmatters.org](http://www.certificationmatters.org) 或致電 866-275-2267。
- 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。

# 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 actually 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
- ☑ Current medications, if any. Some commonly overlooked medications include eye drops, nasal sprays, and oral contraceptives

*(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

- ✔ 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 very 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 Rights and Remedies”** is intended to inform you of your rights to receive quality healthcare and what you can do if you encounter problems. Call the **California Department of Managed Health Care** at **888-466-2219** or the **California Department of Consumer Affairs** at **800-952-5210** to obtain a copy of the guide. Visit [www.calpatientguide.org](http://www.calpatientguide.org).

# 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，可以致電**加州管理醫療部門 (Dept. of Managed Health Care) 888-466-2219** 或 **消費者事務局 800-952-5210** 索取。也可參閱網站 [www.calpatientguide.org](http://www.calpatientguide.org)。

# 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 Hospital provides free consultation and assistance with the Advance Health Care Directive on both campuses. To schedule an appointment, please call **650-940-7210** in Mountain View or **408-866-4044** in Los Gatos.

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

A 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 the 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 Hospital’s website at

**[www.elcaminohospital.org/chi/ccc](http://www.elcaminohospital.org/chi/ccc)**

If you need more information about AHCD and POLST in Chinese, please contact: **Chinese American Coalition for Compassionate Care (CACCC)**  
**866-661-5687**

*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延長生命治療的意願，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疾病的危機時，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 醫院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** (山景城院區) 或 **408-866-4044** (洛杉磯院區)。



## 什麼是加州「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，讓生命末期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而無效的治療、減少病人和其家屬的痛苦折磨，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，可以填妥表格，要由醫生和病人簽名後才生效。醫生通常建議病重，而在一年之內可能有生命危險的病人填此表。

「維持生命治療醫囑」表格必須以英文填寫方具法律效力，而且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 醫院「華人健康促進計畫」的網頁

[www.elcaminohospital.org/chi/ccc-zh](http://www.elcaminohospital.org/chi/ccc-zh)

如需有關「醫療照護事前指示」或「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

# 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. About one in 10 Chinese people have Hepatitis B, and many are not aware that they have the disease. Hepatitis B can increase your risk for developing liver cancer. Ask your primary care doctor if you need vaccines or screening for Hepatitis B. 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

\* = May be covered by Medicare

<b>Seasonal Flu Vaccine*</b>	Yearly
<b>Tetanus-Diphtheria-Pertussis Vaccine</b>	Get a booster every 10 years
<b>Pneumococcal Vaccine*</b>	One time only
<b>Herpes Zoster Vaccine</b>	One time only. Discuss need with your doctor or nurse
<b>Hepatitis B Vaccine*</b>	Discuss need with your doctor or nurse

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

\* = May be covered by Medicare

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

<b>Monthly</b>	<ul style="list-style-type: none"> <li>▶ Skin Mole Self Exam</li> <li>▶ Breast Self Exam</li> </ul>		
<b>Yearly</b>	<table border="0"> <tr> <td> <ul style="list-style-type: none"> <li>▶ Annual Wellness Exam *</li> <li>▶ Fecal Occult Blood Test *</li> <li>▶ Mammogram * every 1 to 2 years</li> <li>▶ Comprehensive Eye Exam * every 2 to 4 years before 55 every 1 to 2 years after 55</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>▶ Blood Pressure Evaluation</li> <li>▶ Pelvic Exam *</li> <li>▶ Dental Cleaning every 6 to 12 months; discuss frequency with your dentist</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>▶ Annual Wellness Exam *</li> <li>▶ Fecal Occult Blood Test *</li> <li>▶ Mammogram * every 1 to 2 years</li> <li>▶ Comprehensive Eye Exam * every 2 to 4 years before 55 every 1 to 2 years after 55</li> </ul>	<ul style="list-style-type: none"> <li>▶ Blood Pressure Evaluation</li> <li>▶ Pelvic Exam *</li> <li>▶ Dental Cleaning every 6 to 12 months; discuss frequency with your dentist</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。此外，華裔中有十分之一的人為 B 型（乙型）肝炎帶原者，然而大部分人並不知道，B 型肝炎會大幅增加罹患肝癌的機率。您可向醫生要求做 B 型肝炎篩檢。

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、美國心臟協會、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

\* = 聯邦醫療保險 Medicare 可能給付

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*	一生一劑
帶狀皰疹疫苗	一生一劑，請諮詢醫生或護士
B 型 (乙型) 肝炎疫苗*	請諮詢醫生或護士

老年人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 健康檢查的建議時間表

(保健準則因個人情況而異，請諮詢醫生或護士)

\* = 聯邦醫療保險 Medicare 可能給付

每月一次	<ul style="list-style-type: none"> <li>▶ 自行檢查皮膚痣</li> <li>▶ 乳房自我檢查</li> </ul>
每年一次	<ul style="list-style-type: none"> <li>▶ 全面性健康檢查*</li> <li>▶ 糞便潛血檢查*</li> <li>▶ 乳房 X 光攝影* 每隔一至二年</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>▶ 評估血壓</li> <li>▶ 骨盆腔檢查*</li> <li>▶ 牙齒清潔和檢查 每六到十二個月一次; 與您的牙醫諮詢</li> </ul>

(未完待續，見18頁)

# Immunization and Health Screening

## Preventive Care for Women over 50

\* = May be covered by Medicare

Every 3 Years	<ul style="list-style-type: none"> <li>▶ Diabetes Screening * (Blood Glucose or A1c)</li> <li>▶ Pap Smear Screening * (every 3 years, if results are normal)</li> </ul>
Every 10 Years	<ul style="list-style-type: none"> <li>▶ Colonoscopy * (After 75, discuss need with your doctor)</li> <li>▶ Hearing Test</li> </ul>
Ask your doctor or nurse if you need these tests	<ul style="list-style-type: none"> <li>▶ Hepatitis B Screening</li> <li>▶ Skin Screening</li> <li>▶ Mental Health Screening</li> <li>▶ Sexually Transmitted Infection</li> <li>▶ Thyroid Screening</li> <li>▶ Cholesterol Panel</li> <li>▶ HIV Screening *</li> <li>▶ Bone Density Screening *</li> </ul>

## Preventive Care for Men over 50

\* = May be covered by Medicare

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

Monthly	<ul style="list-style-type: none"> <li>▶ Skin Mole Self Exam</li> <li>▶ Testicular Exam</li> </ul>
Yearly	<ul style="list-style-type: none"> <li>▶ Annual Wellness Exam *</li> <li>▶ Fecal Occult Blood Test *</li> <li>▶ Comprehensive Eye Exam * <i>every 2 to 4 years before 55</i> <i>every 1 to 2 years after 55</i></li> <li>▶ Blood Pressure Evaluation</li> <li>▶ Dental Cleaning <i>every 6 to 12 months;</i> <i>discuss frequency with your dentist</i></li> </ul>
Every 3 Years	<ul style="list-style-type: none"> <li>▶ Diabetes Screening * (Blood Glucose or A1c)</li> </ul>
Every 10 Years	<ul style="list-style-type: none"> <li>▶ Colonoscopy * (After 75, discuss need with your doctor)</li> <li>▶ Hearing Test</li> </ul>
Ask your doctor or nurse if you need these tests	<ul style="list-style-type: none"> <li>▶ Hepatitis B Screening</li> <li>▶ Skin Screening</li> <li>▶ Prostate Cancer Screening *</li> <li>▶ Mental Health Screening</li> <li>▶ Sexually Transmitted Infection</li> <li>▶ Thyroid Screening</li> <li>▶ Cholesterol Panel</li> <li>▶ HIV Screening *</li> <li>▶ Bone Density Screening *</li> <li>▶ Rectal Exam *</li> </ul>

# 疫苗注射與健康檢查

## 50歲以上女性 健康檢查的建議時間表

\* = 聯邦醫療保險 Medicare 可能給付

每三年一次	<ul style="list-style-type: none"> <li>▶ 糖尿病篩檢* (血糖或 A1c)</li> <li>▶ 子宮頸抹片檢查* (正常情況下每三年一次)</li> </ul>
每十年一次	<ul style="list-style-type: none"> <li>▶ 大腸鏡檢查* (75歲後，請諮詢醫生或護士)</li> <li>▶ 聽力測試</li> </ul>
以下篩檢的時間和必要性，請諮詢醫生或護士	<ul style="list-style-type: none"> <li>▶ B 型 (乙型) 肝炎篩檢</li> <li>▶ 皮膚癌篩檢</li> <li>▶ 心理健康篩檢</li> <li>▶ 性傳染疾病</li> <li>▶ 甲狀腺功能</li> <li>▶ 膽固醇 (脂質) 檢測</li> <li>▶ 愛滋病病毒篩檢*</li> <li>▶ 骨質疏鬆篩檢*</li> </ul>

## 50歲以上男性 健康檢查的建議時間表

(保健準則因個人情況而異，請諮詢醫生或護士)

\* = 聯邦醫療保險 Medicare 可能給付

每月一次	<ul style="list-style-type: none"> <li>▶ 自行檢查皮膚痣</li> <li>▶ 睪丸自我檢查</li> </ul>
每年一次	<ul style="list-style-type: none"> <li>▶ 全面性健康檢查*</li> <li>▶ 糞便潛血檢查*</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>▶ 評估血壓</li> <li>▶ 牙齒清潔和檢查 每六到十二個月一次; 與您的牙醫諮詢</li> </ul>
每三年一次	<ul style="list-style-type: none"> <li>▶ 糖尿病篩檢* (血糖或 A1c)</li> </ul>
每十年一次	<ul style="list-style-type: none"> <li>▶ 大腸鏡檢查* (75歲後，請諮詢醫生或護士)</li> <li>▶ 聽力測試</li> </ul>
以下篩檢的時間和必要性，請諮詢醫生或護士	<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>▶ 心理健康篩檢</li> <li>▶ 性傳染疾病</li> <li>▶ 甲狀腺功能篩檢</li> <li>▶ 膽固醇 (脂質) 檢測</li> <li>▶ 愛滋病病毒篩檢*</li> <li>▶ 骨質疏鬆篩檢*</li> <li>▶ 直腸檢查*</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>

### Doctor's Offices and Clinics

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 25*

- ▶ 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 Clinics *See page 27*

- ▶ 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)*

# 醫療資源

## 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，都必須提供治療。</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25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。

#### 免費或低收費診所 名單和詳情見27頁

- ▶ 專為沒有保險的病人提供免費或低收費的醫療服務。(未完待續，見24頁)

# Healthcare Facilities

## Urgent Care Centers

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 in the Santa Clara County Valley Medical System, visit:

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

For a list of Sutter Health urgent care centers, visit:

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

Search Urgent Care Association of America for others by city at [www.ucaoa.org](http://www.ucaoa.org)

## 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.

For a list of hospitals in Santa Clara County, visit:

[www.sccgov.org](http://www.sccgov.org) and search “hospital”

## Post-Acute Care and Long-Term Care

### Rehabilitation Centers *See page 28*

- ▶ 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 29*

- ▶ 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 30*

- ▶ 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

- ▶ 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

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）

聖他克拉拉縣的公立醫院系統 (Valley Medical System)，設有緊急醫護中心。可在以下網站搜尋名單：

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

沙特醫療系統 (Sutter Health) 的緊急醫護中心，可在以下網站搜尋：

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

如要搜尋各城市內的緊急醫護中心名單，可在「美國緊急醫護中心協會」(Urgent Care Association of America) 的網站搜尋：

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

## 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**：二十四小時全天開放，對於有生命危險或病情嚴重緊急的病人提供緊急醫

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。

如需聖他克拉拉縣內的醫院名單，請在以下網站搜尋“hospital”：[www.sccgov.org](http://www.sccgov.org)

## 出院後期和長期照護

**復健中心** 名單見28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29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30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。

# Healthcare Facilities 醫療資源

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.

以下是聖他克拉拉縣的 **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

### 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.

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。

#### 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 319

San Jose, CA 95128

408-975-2763

**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。

### Gardner Family Health Network

#### CompreCare Health Center

3030 Alum Rock Avenue, San Jose, CA 95127  
408-272-6300

#### Gardner Health Center

195 East Virginia Street, San Jose, CA 95112  
408-918-5500

#### St. James Health Center

55 East Julian Street, San Jose, CA 95112  
408-918-2600

**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、婦幼健康、眼科、牙科、藥房、妊娠、營養、足科、無家者的醫療照護、心理健康。

#### Indian Health Center

1333 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。

#### MayView Community Health Centers

900 Miramonte Avenue, Second Floor  
Mountain View, CA 94040  
Tel: 650-965-3323

785 Morse Avenue, Sunnyvale, CA 94085  
Tel: 408-746-0455

270 Grant Avenue, Palo Alto, CA 94306  
Tel: 650-327-8717

**Services:** General medical care, preventive care, perinatal services, special programs, family planning.

**服務範圍：**基本醫療、保健、諮商、妊娠服務、家庭計畫等特殊方案。

#### North East Medical Services

東北醫療中心

普通話 粵語

1870 Lundy Avenue, San Jose, CA 95131

1715 Lundy Avenue, Suites 108-116  
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 Center

普通話

1798A Bay Road, East Palo Alto, CA 94303

Enrollment: 650-330-7416

Main number: 650-330-7400

**Services:** Primary care, dental, behavioral health, health promotion.

**服務範圍：**基本醫療、牙科、心理健康、保健推廣。

# Healthcare Facilities 醫療資源

## Santa Clara Valley Medical Center

普通話

888-334-1000

For a list of the clinics, please visit

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

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

聖他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/services](http://www.scvmc.org/services)

預約或查詢中文服務，請撥免費電話：

**888-334-1000**

**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 Clinics

### 免費或低收費診所

Free 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義工。開放時間有限。

## Pacific Free Clinic

普通話 粵語

1835 Cuning Ave, San Jose, CA 95122

650-721-2786

A Stanford University-affiliated, student-run health clinic for adults. New patient appointments are not taken in advance. Open at 8 a.m. on Saturdays only. Walk-in service for new

patients is not guaranteed.

附屬於史丹福大學、由學生經營的免費診所。僅在週六看診，新病人不能預約，按照抵達先後次序看診，上午八時開始接收掛號，額滿為止。

## Arbor Free Clinic

Menlo Park VA

795 Willow Road, Building 334

Menlo Park, CA 94025

Hours of Operation

Every Sunday, 8:30 a.m. - 2 p.m.

First come, first served (there are limited slots available for walk-ins)

Patients: please arrive early (approximately 8:30 a.m.) to be checked in.

**Services:** general medical care, physical exams, TB tests, HIV counseling, free lab testing (one-time only), free X-rays (basic imaging), low-cost prescriptions (We cannot provide refills for returning patients), referrals to specialty clinics; Spanish and Mandarin interpreters are available.

**服務範圍：**家庭科、健康檢查、肺結核檢驗、愛滋病諮詢、一次性檢體測驗、基本X光攝影、低價處方藥、專科轉診。僅在周日看診，按照抵達先後次序看診，上午8:30開始接受掛號，額滿為止。提供西班牙文與普通話翻譯服務。

## RotaCare Free Clinic

Washington School

100 Oak Street, San Jose, CA 95110

408-715-3088

Open only on Wednesdays from 5 p.m. to 9 p.m.

Appointments cannot be made by phone.

Tickets are distributed at 7 a.m. on Wednesday for appointments that evening.

每週三傍晚五時至九時開放。不接受電話預約。當天上午七時開始發號碼牌。

### Tzu Chi Mobile Dental Clinic

慈濟牙科診所

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 and extraction. For uninsured and low income individuals. Photo ID and proof of low income needed. Every Monday except holidays, 9 a.m. to 5 p.m. Walk-in, no appointment needed.

**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、補牙和拔牙等。須提供身份證明和低收入證明。每週一開放，上午九時至下午五時，週一逢假日則不開放。不須預約。

## 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。有些復健中心免費出借輔具，例如輪椅、電話和步行器等。

### Acute Inpatient Rehabilitation Services

住院型復建中心

El Camino Hospital – Los Gatos  
355 Dardanelli Lane, Los Gatos, CA 95032  
408-866-4030

### California Department of Rehabilitation

408-277-1355  
[www.rehab.cahwnet.gov](http://www.rehab.cahwnet.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。

### Outpatient Rehabilitation Services

非住院型復建中心

El Camino Hospital – Mountain View  
2500 Grant Road, Mountain View, CA 94040  
650-940-7000

### Santa Clara Valley Medical Center Rehabilitation

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

# Healthcare Facilities 醫療資源

## 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/care-takers 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. Go to the California Advocates for Nursing Home's website at [www.canhr.org](http://www.canhr.org) and search "checklist".

To check the ratings on Medicare-certified skilled nursing facilities, visit [www.medicare.gov](http://www.medicare.gov) and search "compare nursing home".

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

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** - 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，有些是用即時電話口譯，或用智能手機應用程式翻譯，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，協助評估療養院的服務：[www.canhr.org](http://www.canhr.org) 搜尋「清單」

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”

## 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](http://www.medicare.gov) 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”

# Healthcare Facilities 醫療資源

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

普通話

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

## Asian Network Pacific Health Care

普通話

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

## Comfort Hands

普通話

792 Meridian Way, San Jose, CA 95126  
408-441-0522

## Healthy Living At Home

普通話

1879 Lundy Avenue, Suite 113  
San Jose, CA 95131-1881  
408-324-0600

## Loving Care Home Health

普通話

830 Stewart Drive, Sunnyvale, CA 94085  
408-749-1745

## Pathways

### Home Health, Hospice and Private Duty

普通話

585 North Mary Avenue, Sunnyvale, CA 94085  
888-755-7855  
408-730-5900  
www.pathwayshealth.org  
(Select Chinese Language 選中文)

## Hospice and Palliative Care 安寧及緩和療護



**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**是指對於預期生命少於六個月的重症患者，提供症狀緩解和情緒支持的療護。安寧療護著重於提高病人的舒適感，給予病人和其家屬精神與情緒上的支持，取代延長痛苦的無效治療。通常也提供靈性照顧，以改善病人的生活品質。療護團隊一般包括醫師、護士、社工、靈性輔導師 (Chaplain) 和義工等。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、肺臟病、失智症等重病，主要目標是預防及減輕痛苦，盡可能達到病人和家屬所希望的生活品質。緩和療護可以在病程的任何階段開始，同時仍可以持續疾病治療，或任何延長生命的治療。

### VITAS Hospice Healthcare

普通話 粵語

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

### Heartland Hospice

普通話

2005 De La Cruz Boulevard  
Santa Clara, CA 95050  
408-450-7850

### Optimal Hospice

普通話

3375 Scott Boulevard, Suite 310  
Santa Clara, CA 95054  
408-207-9222

### Pathways

#### Home Health, Hospice and Private Duty

普通話

585 North Mary Avenue, Sunnyvale, CA 94085  
888-755-7855  
408-730-5900  
[www.pathwayshealth.org](http://www.pathwayshealth.org)  
(Select Chinese Language 選中文)

## 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

536 8th Street, Oakland, CA 94607  
(510) 893-3210  
[heartofhopehospice.org](http://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

## 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

The coalition helps Chinese Americans with advance care planning and offers education in pain management, hospice, and palliative care. The coalition conducts respite and hospice volunteer training, provides outreach education, telephone support, and bilingual resource materials for the Chinese-American community. Patient visits are offered through partner agencies.

## Major Differences between Hospice Care and Palliative Care

	Hospice Care	Palliative Care
<b>Who can receive this care?</b>	<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>
<b>Can treatments be continued to cure my illness?</b>	<ul style="list-style-type: none"> <li>Treatments and medicines are provided to relieve symptoms</li> </ul>	<ul style="list-style-type: none"> <li>Palliative care and curative care can be given at the same time</li> </ul>
<b>Does Medicare pay?</b>	<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>
<b>Does Medi-Cal pay?</b>	<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>
<b>Does private insurance pay?</b>	<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>
<b>What organizations provide care?</b>	<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>
<b>Where is care provided?</b>	<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>
<b>Who provides care?</b>	<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>

# 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

在華人社區中致力於生命末期宣導教育；協助華人了解緩和及安寧療護、疼痛控制，以及如何討論及完成事前醫療計畫，而能有尊嚴地面對生命末期。提供喘息和安寧及緩和療護志工的培訓。如需更多有關安寧及緩和療護的訊息，以及如何開始和親友談論事前醫療計畫等，請參閱網站：[www.caccc-usa.org](http://www.caccc-usa.org) 查詢。

## 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>
可以繼續疾病治療?	<ul style="list-style-type: none"> <li>▶ 治療和醫藥只用於減輕症狀</li> </ul>	<ul style="list-style-type: none"> <li>▶ 緩和療護和疾病治療可以同時進行</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>▶ 醫院</li> <li>▶ 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>
療護在那些場地提供?	<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、社工、靈性輔導師 (Chaplain) 和義工</li> </ul>	<ul style="list-style-type: none"> <li>▶ 有醫生、護士、社工、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.

以下是聖他克拉拉縣的 **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 Services

450 Bryant Street, Palo Alto, CA 94301  
650-289-5433

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 5 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，上午九時至下午五時。

### Catholic Charities of Santa Clara County

2625 Zanker Rd, San Jose, CA 95134  
408-468-0100

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

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、諮詢、轉介、老年人設施評估等。

**Eldercare Consultants**

老人照護資源諮詢

**Health Library & Resource Center**

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

**Health Library & Resource Center**

健康圖書館和資源中心

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

El Camino Hospital – Los Gatos  
815 Pollard Road, Los Gatos, CA 95032  
408-378-6131

Clinical and consumer health books, DVDs, and audiovisual materials are available for checkout with a free membership.

各種健康醫療書籍和錄影帶免費借閱。專業的館員可協助您搜尋所需要的醫療訊息。新增加中文圖書部，提供專業醫療人員挑選的五十種圖書供借閱。



Dietitian consultation in English, offered on the first and third Friday of each month at El Camino Hospital Mountain View campus, 12:30 p.m. to 2 p.m. Call 650-940-7210 to schedule an appointment.

中文營養師諮詢，於每月第二個星期五，下午十二時半至二時，山景市院區舉行，報名請撥 650-988-3234。

**PlaneTree Health Information Center – Cupertino Library**

**PlaneTree** 健康資訊中心 – 庫帕蒂諾圖書館  
Second Floor, 10800 Torre Avenue,  
Cupertino, CA 95014  
408-446-1677 Extension 分機號碼: 3350

Opens Tuesday to Saturday. Call to find out hours.  
逢星期二至六開放。致電查詢營業時間。

**Sourcewise of Santa Clara County**

**Sourcewise** 聖他克拉拉縣資源中心  
408-350-3200  
[www.mysourcewise.com](http://www.mysourcewise.com)

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

對聖他克拉拉縣內居民、家屬和照護者提供電話資訊和支援服務，包括轉介、健康資訊諮詢、耆老就業服務、送餐服務和個案輔導。

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

矽谷獨立生活中心 (非住院型)  
2202 N. First Street, San Jose, CA 95131  
408-894-9041

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。

# Community Resources 社區健康資源

## 2-1-1 Santa Clara County

聖他克拉拉縣社區資源熱線 **2-1-1**

To get help dial **2-1-1** or **866-896-3587**  
[www.211scc.org](http://www.211scc.org)

Provides access to critical health and human services 24/7 in over 170 different languages

**普通話** **粵語**

提供二十四小時社區資源熱線，170 種語言服務。請撥打 **2-1-1** 或 **866-896-3587**。

## Senior Nutrition Programs 老人營養午餐

Chinese cuisine is served at these **Congregate Meal Sites** (subsidized by the County of Santa Clara) for seniors who are 60 years and older. A \$3.00 contribution toward the cost of each meal is suggested. Guests below the age of 60 are charged \$9.00 for lunch. (Meals are catered by restaurants. Guest fees vary depending on locations.)

聖他克拉拉縣在以下機構，定點為六十歲及以上的耆老提供 **中式營養午餐**。每人建議餐費為美金三元，六十歲以下的訪客用餐須付九元，各處收費可能不同。

## Asian Americans for Community Involvement

美亞社區協進會

**普通話** **粵語**

2400 Moorpark Avenue, San Jose, CA 95128  
408-975-2374

Meals are served on Tuesday to Friday at 11:30 a.m. Reserve lunch before 10 a.m.

星期二至五上午十一時半供應。  
請於上午十時前訂餐。

## Self Help for the Elderly

南灣安老自助處

**普通話** **粵語**

940 S. Stelling Road, Cupertino, CA 95014  
408-873-1183

Meals are served on Monday to Friday at 11:30 a.m. Reserve your meal one day in advance.

星期一至五上午十一時半供應。  
請於前一天訂餐。

Contact the **Senior Nutrition Program** for a complete list of 39 Congregate Meal Sites throughout the County: **408-755-7680**

聖他克拉拉縣在全縣三十九個定點提供耆老營養午餐，可洽詢 **耆老營養部門** 聯絡索取完整名單：**408-755-7680**

## Meals On Wheels Program 送餐服務計畫

The Santa Clara County **Meals On Wheels Program** delivers seven frozen entrees and seven breakfast items with a half-gallon of milk, fresh fruit, fruit juice, a loaf of bread and grocery items once a week to seniors. Eligibility: any individual age 60 or over who is frail, homebound due to illness or disability, or unable to cook or shop for him or herself. A suggested contribution of \$1.80 per day is encouraged.

聖他克拉拉縣的 **送餐服務計畫**，每週為耆老提供七份冷凍主菜七份早餐，包括半加崙牛奶、新鮮水果、果汁、一條麵包及其它食品雜貨。參加條件為六十歲（含）以上，因體弱多病或身體障礙出門不便，或無法自理飲食者。每日建議費用為美金一點八元，自由捐獻。

**Sourcewise Meals on Wheels Department**  
**Sourcewise** 送餐服務計畫  
2115 The Alameda, San Jose, CA 95126  
408-350-3200



## 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 社區健康資源

## 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, San Jose, CA 95128  
408-975-2763 Extension 分機號碼: 184

Tai Chi, karaoke, blood pressure checks, ESL classes, ballroom dancing, ping pong, field trips, health-related workshops, and cultural events

太極、卡拉OK、量血壓服務、英語班、社交舞、乒乓球、戶外旅行、健康講座、文化活動。

## Chinese Health Initiative

華人健康促進計畫

普通話 粵語

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

Offers four-month Qigong classes: new series start in January and August

大雁氣功班：每期四個月課程，一月及八月開新班。

## Self Help for the Elderly (Cupertino)

南灣安老自助處 (庫帕蒂諾中心)

普通話 粵語

940 S. Stelling Road, Cupertino, CA 95014  
408-873-1183

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

電話報名：六通拳、太極會友、

卡拉OK、按摩、剪髮、量血壓服務、英語班、公民入籍班、電腦班。

## Tzu Chi Foundation

慈濟北加州分會

普通話 粵語

175 Dempsey Road, Milpitas, CA 95035  
408-457-6969

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".

如需聖他克拉拉縣各處 [老人中心資訊](http://www.svhap.org)，請參閱 [www.svhap.org](http://www.svhap.org)，搜尋 "senior center"。

## Fall Prevention 預防跌倒

**Fall-related injury** is the number one reason why seniors visit the emergency room. Falls can cause life-threatening injuries. They may also lead to long-term disabilities, early admissions to nursing homes, and loss of independence.

There are many things you and your family can do to prevent falls. For example, get a fall risk assessment from your doctor, make modifications at home to prevent hazards, and use assistive devices to help you maintain balance. Fall monitoring devices can be worn to sense when you have fallen down. They send a notification for help.



**跌倒受傷**，已經成為老年人進急診室的首要原因。跌倒不僅可能受傷，也可能導致長期失能、入院療養、失去獨立能力，嚴重時更可以致命。

預防跌倒的方法很多，首先可以找家庭醫生做身體檢查，評估跌倒的風險；另外改裝居家環境，以預防跌倒；以及使用輔具，協助您維持平衡。您亦可以佩帶跌倒感測器，萬一跌倒時，感測器會發出求救警報。

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### **Silicon Valley Independent Living Center**

矽谷獨立生活中心

2202 N. First Street, San Jose, CA, 95131

408-894-9041

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

(Select Chinese Language 選中文)

Non-residential, serves all types of disabilities

非住宿型，服務各類失能人士

### **Vista Center for the Blind and Visually Impaired**

盲眼與視力障礙中心

2470 El Camino Real, Suite 107

Palo Alto, CA 94306

650-858-0202

Low vision aids and equipment

低視力復健及輔具

### **Tips for Preventing Falls:**

- ▶ Improve lighting
- ▶ Remove safety hazards such as throw rugs
- ▶ Install handrails and grab bars

### **居家預防跌倒的安全提醒：**

- ▶ 保持光線充足
- ▶ 移除危險物品，如把小塊地毯拿走
- ▶ 安裝欄桿和扶手

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

#### **Physical Performance Institute**

*Senior Exercise and Balance Classes*

運動與平衡練習課程

El Camino Hospital – Los Gatos

815 Pollard Road, Los Gatos, CA 95032

408-866-4059

#### **The Parkinson's Institute**

帕金森氏症協會

*Gait and Balance Classes*

675 Almanor Avenue, Sunnyvale, CA 94085

408-734-2800

# Community Resources 社區健康資源

## Mountain View Senior Center

山景耆老中心

*A Matter of Balance Class*

266 Escuela Avenue, Mountain View, CA 94040  
650-903-6442

## Fall Prevention Center of Excellence Chinese website

預防跌倒中文網站

Visit [www.stopfalls.org](http://www.stopfalls.org) and search “Chinese”  
參閱 [www.stopfalls.org](http://www.stopfalls.org) 網站，搜尋「中文」

## Home Modification information in Chinese

家居改善 - 使你的住所更安全

Visit [www.stopfalls.org](http://www.stopfalls.org) and search “Home Modification”

參閱 [www.stopfalls.org](http://www.stopfalls.org) 網站，搜尋 “Home Modification”

## New Hope Chinese Cancer Care Foundation

新希望華人癌症關懷基金會

普通話 粵語

75 South Milpitas Boulevard, Suite 217  
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.

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。

## Road Runners Transportation Service

Road Runners 專車接送服務

El Camino Hospital  
650-940-7016

Transportation is provided for medical, dental, or any health-related appointments. RoadRunners will also provide door-to-door transportation to senior centers, local banks, beauty shops, markets, or other personal appointments. Both the pick-up location and the appointment location need to be within a 10-mile radius of El Camino Hospital Mountain View or an 8-mile radius of El Camino Hospital Los Gatos. Out-of-area service can be provided as the schedule permits. No affiliation with El Camino Hospital is required. Advance reservation requests are recommended. Reservation requests can be made no later than 24 hours before the appointment date. There is no wheelchair transportation available. RoadRunners will pick up from 8:15 a.m. to 3:45 p.m., Monday through Friday. For fees and details, call **650-940-7016** between 7:30 a.m. and 4:30 p.m.

Road Runners 為您提供到醫院、醫生及牙醫診所的專車接送服務，此外也可接送個人往返老人中心、銀行、美容店、

## 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 59 and older in Santa Clara, West San Jose, Cupertino, Saratoga, Sunnyvale, Los Gatos, Campbell, and Monte Sereno. A donation is suggested for services.

為居住在以下城市 Santa Clara, West San Jose, Cupertino, Saratoga, Sunnyvale, Los Gatos, Campbell, Monte Sereno 的五十九歲及以上的居民，提供接送服務。建議您隨喜樂捐。

市場或其他約定地點。起點及目的地必須在山景城或洛杉磯圖院區的八至十英里範圍之內，十英里範圍以外的服務有限。服務對象不限於 El Camino 醫院的病人。沒有輪椅服務。接送時間為週一至週五 8:15 a.m. 至 3:45 p.m.。請於 24 小時之前撥電話預約。詳情及收費請於 7:30 a.m. 至 4:30 p.m. 撥 **650-940-7016** 查詢。

### **Santa Clara County Senior Mobility Guide in Chinese**

聖他克拉拉縣老人行動中文指南

Visit [www.outreach1.org](http://www.outreach1.org) and search "Mobility Guide"

參閱 [www.outreach1.org](http://www.outreach1.org) 網站，搜尋「中文指南」

### **Paratransit 輔助客運**

Paratransit provides free 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，提供免費接送服務，須事先預約。

#### **OUTREACH 輔助交通系統**

926 Rock Ave, Suite 10, San Jose, CA 95131

408-436-2865

[www.outreach1.org](http://www.outreach1.org)

### **Non-emergency Medical Transportation 非緊急醫療接送服務**

Non-emergency medical transportation provides door-to-door services to seniors and individuals with disabilities when they need to go to the hospital, clinic, or doctor's office. Medicare and private insurance may cover the transportation fee. Outreach can also be used for other transportation needs, such as grocery shopping and running errands.

非緊急醫療接送服務，可到家接送老年人及殘障人士，往返醫院診所等地。聯邦及私人醫療保險可能會支付部份費用。某些義工團體並提供醫療之外的接送服務，如超市購物或外出辦事。

#### **CARE Trans**

408-392-9007

[www.scfhp.com/care-trans](http://www.scfhp.com/care-trans)

Accepts Medi-Cal and private pay for non-emergency medical transportation. Reservation is required.

提供非緊急醫療接送服務，接受加州醫療保險 Medi-Cal，須預約。



# Community Resources 社區健康資源

## Assisted Living 輔助型老人公寓

**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)

**輔助型老人公寓** 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。）

### 選擇輔助型老人公寓時，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？

**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。可參閱 California Advocates for Nursing Home 的網站，協助評估設施的服務：[www.canhr.org](http://www.canhr.org) 搜尋「清單」。

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。

### Regency of Evergreen Valley

普通話

4463 San Felipe Road, San Jose, CA 95135  
408-532-7677

### Golden Heritage Living

普通話

1275 North Fourth Street, San Jose, CA 95112  
408-392-0752

## Adult Day Healthcare 成人日間照顧中心

**Adult day healthcare centers** provide health-care and wellness services to seniors, helping to enable them to remain living in the community. These centers provide services and care for seniors requiring a skilled level of care, and serve as an alternative to living in a nursing home.

Some centers provide door-to-door transportation. Healthcare centers are staffed with some medical professionals, such as a physician, nurse, or physical therapist, who can monitor a senior's

health conditions and manage medications while he or she is on the premises.

除了療養院以外，**成人日間照顧中心**也可以為年長者提供醫藥及保健服務。有些中心還會針對需要特定程度照護的老年人提供服務，包括到府接送。這些機構通常設有醫生，護士或物理治療師等專業團隊，為年長者的健康以及治療情形把關。

### Grace Adult Day Health Care

**Grace** 成人日間照顧中心

普通話 粵語

2010 Olcott Street, Santa Clara, CA 95054  
408-731-8686

This all-inclusive day clinic provides the elderly population and other qualified persons with a full range of healthcare, rehabilitative, social, psychological, related support services, balanced meals, and door-to-door transportation.

全包型的日間照顧中心，提供年長人士完整的照護、復健、社交、心理、交通、膳食等相關服務。

### OnLok Senior Health Services 安樂居

普通話 粵語

299 Stockton Avenue, San Jose, CA 95126  
888-886-6565  
[www.onlok.org](http://www.onlok.org)

This is a program of all-inclusive care for the elderly (PACE), that covers 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。

# 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 intellectual 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

Content provided by Alzheimer's Association.

### Alzheimer's 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 Chinese Learning Circle

阿滋海默症協會

北加州和北內華達州分會 - 華人互助學習小組

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

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：**照護諮商、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。

# 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，泛指記憶以及其他智能喪失，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右側列表中任何症狀出現，請務必去看醫生。

## 阿滋海默症的治療方法

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了解。

## 阿滋海默症的十個警訊

- ▶ 記憶力衰退程度已影響日常生活
- ▶ 無法計劃事情或解決問題
- ▶ 無法完成熟悉的工作，無論是在家中，工作或休閒的時候
- ▶ 對於時間或地點產生混淆
- ▶ 對於視覺影像和空間關係的理解有困難
- ▶ 說話或書寫持續出現新問題
- ▶ 東西放錯地方，而且無法回溯過程
- ▶ 判斷力變差或減弱
- ▶ 無法工作，社交退縮
- ▶ 情緒和個性改變

以上內容由阿滋海默症協會提供

### Support Groups 互助團體：

#### Day Break Respite and Caregiver Support Services

普通話

535 Old San Francisco Road  
Sunnyvale, CA 94087  
408-282-1134

Meets quarterly  
每三個月聚會一次

#### Day Break Respite and Caregiver Support Services

普通話

195 E San Fernando Road  
San Jose, CA 95112  
408-282-8604

Meets every Saturday  
每週六聚會



# Depression

## What Is Depression?

Depression is a medical condition that causes feeling of sadness, loss of energy, and loss of pleasure.

It affects feeling, thinking, and behavior.

Depression is NOT a normal part of aging.

## Caretaker Tips

Older adults suffering from depression may claim not to feel “sad.” Instead they often report headache and back and chest pain.<sup>1</sup> This is especially common among Chinese elderly who think physical pain is more socially accepted than psychological problems.

### Older Adult Transitions Services

El Camino Hospital – Mountain View  
2660 Grant Road, Suite D  
Mountain View, CA 94040  
650-940-7138

El Camino Hospital – Los Gatos  
825 Pollard Road, Suite 201  
Los Gatos, CA 95032  
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。

## Chinese Americans

Chinese Americans have a higher lifetime prevalence of depression than other Asian Americans.<sup>1</sup> The suicide rate for Chinese American women is much higher than among whites aged 65 years and older.<sup>1</sup>

Depression may cause agitation to Chinese Americans who have been accustomed to a busy and productive lifestyle before the symptoms of depression slow them down.

## Who Provides Care?

- ▶ Psychiatrists
- ▶ Psychologists
- ▶ Therapists

### 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  
408-975-2333

**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。

### 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。



# 憂鬱症

## 什麼是憂鬱症？

憂鬱症是一種身心疾病，會令人情緒悲傷鬱悶，喪失活力與愉悅感，進而影響情緒、思考及行為。憂鬱症「並非」正常的老化現象。

## 照護人員須知

罹患憂鬱症的年長者，通常不會表示感到悲傷，而是經常抱怨頭痛、背痛和胸痛。這在華裔耆老間尤其普遍，他們認為身體上的不適，比心理問題較能被周圍的人接受。

## 華裔

在美國，華裔人士一生中罹患憂鬱症的比率，較其他亞裔人口為高。六十五歲以上華裔婦女的自殺率，也高於同齡的白人婦女。習慣生活充實忙碌的華人，罹患憂鬱症時，因為生活步調趨緩，往往特別煩躁不安。

## 那些人提供醫療照護？

- ▶ 精神科醫生
- ▶ 心理醫生
- ▶ 心理治療師

<sup>1</sup> American Psychiatric Association. (n.d.). Healthy Minds, Healthy Lives: Asian American/Pacific Islanders. Retrieved from <http://www.healthyminds.org/More-Info-For/Asian-AmericanPacific-Islanders.aspx>

### 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

### NAMI Chinese Christian Support Group for Family and Friends

美國精神/心理疾病聯盟 華人基督徒互助團體

普通話

Mountain View Chinese Christian Church  
175 East Dana Street, Mountain View, CA 94041  
408-996-1016

### NAMI Cantonese Support Group for Family and Friends

美國精神/心理疾病聯盟 華人粵語互助團體

粵語

Valley Church of Cupertino  
10885 N. Stelling Road, Cupertino, CA 95014  
650-961-2751

### NAMI Chinese (Mandarin) Support Group

美國精神/心理疾病聯盟 華人普通話互助團體

普通話

River of Life Christian Church (ROLCC)  
1177 Laurelwood Road, Santa Clara, CA 95054  
650-701-3388

### Support Group for the Chinese Mentally Ill and their Families

華人心理疾病患者與家屬互助團體

普通話

Momentum  
2001 The Alameda, San Jose, CA 95126  
650-576-9712  
408-924-3152

# Heart and Vascular Diseases

## What Is Heart Disease?

Plaque (fat, calcium, etc.) can build up in the wall of the arteries, causing them to narrow and restrict blood flow. This may lead to the most common form of heart disease, coronary heart disease (CAD). In addition to CAD, there are several other common heart conditions, such as irregular heartbeat, heart attack, congestive heart failure, heart valve problems.

## What Are Vascular Conditions?

Vascular conditions arise when arteries or veins are blocked or weakened. As a result of reduced blood flow and oxygen supply, organs and other body structures may be damaged.

## Types of Vascular Conditions

- ▶ **Coronary Artery Disease** – can lead to chest pain and heart attack
- ▶ **Cerebrovascular Disease** – can increase your risk for stroke
- ▶ **Peripheral Artery Disease** – can cause pain in the legs and difficulty walking
- ▶ **Peripheral Venous Disease** – can increase your risk for deep vein thrombosis

## Health Screenings

Cholesterol, blood pressure, blood glucose test, and weight.

## Who Provides Care?

Primary care doctors, internists, cardiologists, cardiac surgeons, and dietitians.

## What Are the Risks?

- ▶ Age
- ▶ Gender
- ▶ Smoking
- ▶ Drinking alcohol
- ▶ Not staying active
- ▶ Being obese or overweight
- ▶ Family history of heart disease
- ▶ Not eating healthy foods
- ▶ Having high blood pressure or high cholesterol

## How Can I Beat Heart and Vascular Diseases?

Eat plenty of fruits and vegetables. Eat oats and foods rich in omega-3. Stay away from processed food. If you drink alcohol, do so moderately. Exercise daily and get quality sleep. Manage stress. Give up smoking.

## Stay Away from Processed Foods

Processed foods are often high in sodium and trans fats. They have no place in a heart-healthy diet. Examples of processed foods are sausages, pork and beef jerky, canned food, instant noodles, salted eggs, crackers, biscuits, and soda.

### American Heart Association

1 Almaden Boulevard, Suite 500, San Jose, CA 95113  
408-977-4950

[www.heart.org](http://www.heart.org) (Select Chinese Language 選中文)

### 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

# 心血管疾病

## 什麼是心血管疾病？

脂肪，或鈣一類的物質會堆積在血管壁，變成斑塊 (plaque)，造成血管狹窄，阻礙血液流動。這是最常見的心臟病，冠狀動脈硬化 (CAD 冠心病) 的成因。除了冠狀動脈心臟病之外，其他類型的心臟病包括心律不整、心臟病發作、充血性心臟衰竭、心臟瓣膜疾病。

## 什麼是血管疾病？

血管疾病指的是動脈或靜脈血管遭到堵塞或血管壁變薄，由於血流量和血氧供應減少，對身體器官與其他組織造成損害。

## 血管疾病的種類

- ▶ **冠狀動脈疾病** — 會導致心絞痛和心臟病發作
- ▶ **腦血管疾病** — 會增加中風風險
- ▶ **周邊動脈疾病** — 會造成腿部疼痛和行走困難
- ▶ **周邊靜脈疾病** — 會增加下肢深層靜脈血栓風險

## 健康檢查項目

膽固醇、血壓、血糖、體重。

**Free Blood Pressure Screening 免費血壓檢測**  
**Health Library & Resource Center**  
El Camino Hospital – Mountain View  
2500 Grant Road, Mountain View, CA 94040  
650-940-7210  
Every Friday from 10:30-11:30 a.m.  
(Except holidays)  
逢星期五上午十時半至十一時半  
(假期除外)

## 那些人提供醫療照護？

家庭醫生、內科醫生、心臟內科醫生、心臟外科醫生、營養師。

## 風險因素

- ▶ 年齡
- ▶ 性別
- ▶ 肥胖或過重
- ▶ 缺乏運動
- ▶ 家族性心臟病史
- ▶ 吸菸
- ▶ 飲酒
- ▶ 飲食不健康
- ▶ 高血壓
- ▶ 高膽固醇

## 如何對抗心臟與血管疾病

多吃蔬菜水果、多吃燕麥、富含 omega-3 的食品、飲酒要適量、每天運動、充足的睡眠、適當疏解壓力、戒煙、避免攝取加工食品。

## 遠離加工食品

加工食品通常含有大量的鈉與反式脂肪，採取有益心臟的健康飲食，避開加工食品，例如香腸、豬肉和牛肉乾、罐頭食品、方便麵、鹹蛋、餅乾糕點、可樂汽水。

**Cardiac & Pulmonary Wellness Center**  
El Camino Hospital – Mountain View  
2500 Grant Road, Mountain View, CA 94040  
650-940-7130

**Santa Clara Valley Medical Center**  
751 S. Bascom Avenue, Suite 210  
San Jose, CA 95128  
408-793-2515

# Stroke

## What Is Stroke?

Stroke occurs when blood flow is obstructed by a clot or burst in an artery leading to or inside the brain. Part of the brain cannot get enough blood and oxygen, so it starts to die.

## Risk Factors

Obesity, high blood pressure, high cholesterol, and cigarette smoking.

## Warning Signs of Stroke

It is important to get treatment **F.A.S.T.** for stroke symptoms.

- ▶ **F – Face** drooping
- ▶ **A – Arm** weakness
- ▶ **S – Speech** difficulty
- ▶ **T – Time** to call **9-1-1**

### Certified Primary Stroke Center

認證合格一級腦中風中心  
El Camino Hospital – Mountain View  
2500 Grant Road, Mountain View, CA 94040

### Certified Primary Stroke Center – Acute Rehabilitation Center & Outpatient Program

認證合格一級腦中風中心 – 復健中心  
El Camino Hospital – Los Gatos  
815 Pollard Road, Los Gatos, CA 95032

## What To Do?

When you or someone you know experiences any warning signs of stroke, call **9-1-1** immediately to seek help.

## What Is a Stroke Unit?

After being cared for in the emergency department, the stroke patient will be admitted to a critical care unit or stroke/telemetry unit. A dedicated, interdisciplinary team cares for the stroke patient:

- ▶ Primary care physicians
- ▶ Stroke nurses
- ▶ Dietitian
- ▶ Neurologists
- ▶ Therapists
- ▶ Social workers

## Rehabilitation

Stroke rehabilitation should begin as soon as possible after the initial incident, as prescribed the doctor.

### Center for Communication Disorders at San Jose State University

One Washington Square, San Jose, CA 95192  
408-924-3688

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。

# 中風

## 什麼是中風？

當腦部或流向腦部的動脈血流，因血栓或血管破裂造成阻塞，以致腦部無法得到足夠的血液和氧氣，腦細胞開始壞死，便會造成中風。

## 風險因素

肥胖或超重、高血壓、高膽固醇、吸煙。

## 中風的徵兆

- ▶ 臉部麻痺
- ▶ 手臂虛弱無力
- ▶ 說話困難
- ▶ 有以上症狀，應立即撥打 **9-1-1** 求救

## 中風時，怎麼辦？

如果您或家人有任何一項中風的徵兆，應立即撥打 **9-1-1** 求助。

## 什麼是腦中風治療中心？

在急診室接受治療之後，中風患者將被轉送往重症加護病房，腦中風中心或電子監測病房，由跨領域的專業醫療團隊照顧，包括：

- ▶ 家庭醫生
- ▶ 神經科醫生
- ▶ 專科護士
- ▶ 治療師
- ▶ 營養師
- ▶ 社工

## 復健

中風患者應在醫生指示下，應盡快展開復健計畫。

### Pacific Stroke Association

3801 Miranda Avenue, Building 6, Room A-162  
Palo Alto, CA 94304  
650-565-8485

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。

### Skills Plus in Santa Clara

1840 Benton Street, Santa Clara, CA 95050  
408-423-2102

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。



# Diabetes

## What Is Diabetes?

Diabetes is a condition in which blood glucose (sugar) is too high. To metabolize sugar, your body makes a hormone called insulin. Types of diabetes include:

- ▶ **Type 1 Diabetes** – occurs when the body cannot make insulin and is more common among young people
- ▶ **Type 2 Diabetes** – occurs when your body cannot use the insulin it makes. Most Asians with diabetes have Type 2 (90 to 95 percent)
- ▶ **Gestational Diabetes** – occurs when the blood glucose is too high in pregnant women

## Risk Factors

- ▶ Age 45 and older
- ▶ Overweight or obese
- ▶ Physically inactive
- ▶ Family history of diabetes and heart disease
- ▶ High triglycerides ( $\geq 250$ )
- ▶ Low HDL cholesterol ( $\leq 35$ )
- ▶ High blood pressure (BP  $>140/90$ )
- ▶ Non-white race – 12.6% of non-Hispanic Blacks, 11.8% of Hispanic and 8.4% of Asian Americans have diabetes.<sup>3</sup>

## Who Provides Care?

Primary care physicians, nurse educators, pharmacists, dietitians, podiatrists, ophthalmologists, and health coaches.

## Problems Caused by Diabetes<sup>2</sup>

- ▶ **Heart disease** – The death rate from heart disease is about 2-4 times higher for adults with diabetes
- ▶ **Stroke** – Risk for stroke is 2-4 times higher for those with diabetes
- ▶ **Blindness** – Diabetes is the leading cause of blindness for ages 20-74
- ▶ **Foot and hand damage** – Over 60% of non-traumatic lower-limb amputations occur in people with diabetes
- ▶ **Nerve damage** – 60-70% of people with diabetes suffer from mild to severe forms of nerve damage
- ▶ **Osteoporosis**

## How Can I Prevent Diabetes?

- ▶ Control your weight and stay active
- ▶ Eat healthy foods
- ▶ Stay away from sugar-sweetened beverages
- ▶ Reduce dietary fat

## How Can I Control Diabetes?

- ▶ Stay active
- ▶ Ask a dietitian for help
- ▶ Get regular blood tests
- ▶ Follow your doctor's advice

**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

# 糖尿病

## 什麼是糖尿病？

當血糖過高，便會造成糖尿病。胰島素是胰臟所分泌的激素，幫助身體將血糖轉化為能量。糖尿病主要有三類：

- ▶ **第一型糖尿病** — 身體無法製造胰島素，較常見於兒童或青少年
- ▶ **第二型糖尿病** — 身體無法利用胰島素。罹患糖尿病的亞裔人口中，百分之九十到九十五是第二型
- ▶ **妊娠糖尿病** — 婦女在懷孕時出現高血糖的現象

## 風險因素

- ▶ 年齡四十五歲及以上
- ▶ 超重或肥胖
- ▶ 缺乏運動
- ▶ 糖尿病或心臟病家族史
- ▶ 三酸甘油脂偏高 ( $\geq 250$ )
- ▶ 高密度脂蛋白膽固醇偏低 ( $\leq 35$ )
- ▶ 高血壓 (血壓  $> 140/90$ )
- ▶ 非白人族裔 - 百分之十二點六的非西班牙裔黑人，百分之十一點八的西班牙裔，和百分之八點四的亞裔美國人都有糖尿病。

## 那些人提供醫療照護？

家庭醫生、護士、藥劑師、營養師、足科醫生、眼科醫生、健康輔導師。

**Diabetes Support Group** 糖尿病互助小組

**Tzu Chi Foundation** 慈濟北加州分會

普通話

175 Dempsey Road, Milpitas, CA 95035

408-457-6969

## 糖尿病帶來的問題

- ▶ **心臟病** — 糖尿病患者因心臟疾病導致死亡的比率，是其他成人的二至四倍
- ▶ **中風** — 糖尿病患者中風的風險比其他人高二至四倍
- ▶ **失明** — 在二十至七十四歲人士當中，糖尿病是導致失明的主要原因
- ▶ **四肢受損** — 超過六成的非創傷性下肢截肢是糖尿病所造成
- ▶ **神經受損** — 六至七成糖尿病人口出現輕重不一的神經損傷
- ▶ **骨質疏鬆症**

## 如何預防糖尿病？

- ▶ 保持適當的體重
- ▶ 持續運動
- ▶ 健康飲食
- ▶ 少喝甜的飲料
- ▶ 減少攝取脂肪

## 如何控制糖尿病？

- ▶ 經常運動
- ▶ 請教營養師
- ▶ 定期驗血
- ▶ 遵照醫生囑咐

<sup>2</sup> CDC 2012. Summary Health Statistics for U.S. Adults: 2012. Table 2. Retrieved on May 11, 2014 from [http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_256.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_256.pdf)

<sup>3</sup> CDC National Diabetes Fact Sheet, 2011. Retrieved on May 20, 2014 from [http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf)



# Bone and Joint Conditions

## Osteoporosis

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### What Is Osteoporosis?

Osteoporosis develops when bone loss causes bone density to decrease and its porosity to increase. Bones become fragile, they break easily. If a fracture happens in the spine (compression fracture), patients may lose height and develop a stooped posture. In more serious cases, lung function can become impaired. If a fracture develops at the hip, patients may lose the ability to walk. Ninety percent of Asian Americans are lactose intolerant, and may avoid dairy products, which are a major source of calcium, important for bone health.

### Common Risk Factors

- ▶ Being 60 or older
- ▶ Having gone through menopause
- ▶ Being a small, thin woman
- ▶ Asian or Caucasian descent
- ▶ Family history of osteoporosis
- ▶ Lacking calcium and Vitamin D
- ▶ Smoking
- ▶ Drinking more than 2 servings of alcohol daily
- ▶ Not staying active

### Prevention

- ▶ Eat a diet rich in calcium and Vitamin D
- ▶ Do weight-bearing exercises
- ▶ Stay active
- ▶ Stop smoking and don't drink excessively
- ▶ Prevent falls

### Calcium-rich Food

Dark green vegetables, nuts, milk, cheese, yogurt, tofu and other soy bean products, calcium-fortified food.

## Osteoporosis Screening

- ▶ Bone Density Test

## Osteoarthritis

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### What Is Osteoarthritis?

Osteoarthritis is one of the most common forms of arthritis. It is a chronic condition in which the material that cushions the joints, called cartilage, breaks down. This causes the bones to rub against each other, causing stiffness, pain, and loss of joint movement.

### Common Signs of Osteoarthritis

- ▶ Sore or stiff joints – particularly the hips, knees, and lower back – after inactivity or overuse
- ▶ Stiffness after resting that goes away after movement
- ▶ Pain that is worse after activity or toward the end of the day

### Bone and Joint Health Tips

- ▶ Do weight-bearing exercises such as walking for 30 minutes a day
- ▶ Maintain a healthy weight
- ▶ Wear well-fitted and supportive shoes
- ▶ Do stretching exercises
- ▶ Don't sit or stand too long
- ▶ Ask your doctor about calcium

### Who Provides Care?

Primary care physicians, orthopedic surgeons, chiropractors, and acupuncturists.



# 骨骼和關節疾病

## 骨質疏鬆症

### 什麼是骨質疏鬆症？

骨質疏鬆症是一種因骨質流失，導致骨骼密度降低以及孔隙增大的疾病。當骨骼變得脆弱，便會容易發生骨折。脊椎骨折會造成身高減低和駝背，嚴重的甚至可能損害肺部功能。而髖部骨折患者則可能會喪失行走能力。美國百分之九十的亞裔有乳糖不耐症，可能因少吃乳製品而鈣質攝取不足。

### 風險因素

- ▶ 年齡在六十歲及以上
- ▶ 更年期之後
- ▶ 體型瘦弱的女性
- ▶ 亞裔或白人
- ▶ 缺乏鈣和維生素D
- ▶ 抽煙
- ▶ 每天喝超過兩杯酒
- ▶ 缺乏運動
- ▶ 骨質疏鬆症家族史

### 如何預防

- ▶ 吃含鈣和維生素D的食物
- ▶ 做負重活動
- ▶ 戒煙和避免酗酒
- ▶ 保持運動
- ▶ 預防跌倒

### 含豐富鈣質的食物

深綠色葉菜、果仁、牛奶、奶酪、酸奶、豆腐等大豆產品、加鈣食品。

### 健康篩檢

- ▶ 骨質密度檢查

#### Osteoporosis Exercise & Education Class

骨質疏鬆運動和教育課程

Orthopedic Institute

El Camino Hospital – Los Gatos

815 Pollard Road, Los Gatos, CA 95032

408-866-4059

## 骨關節炎

### 什麼是骨關節炎？

骨關節炎是最常見的關節炎。這種慢性疾病是因為原本保護關節的軟骨破裂，以致骨頭間彼此摩擦，造成關節僵硬，疼痛，行動困難。

### 骨關節炎的常見症狀

- ▶ 一段時間靜止不動或過度活動後，關節疼痛或僵硬，尤其是臀部、膝蓋和下背部
- ▶ 休息後關節變得僵硬，但活動一段時間會好轉
- ▶ 活動後或夜晚疼痛加劇

### 維持骨骼與關節健康的方法

- ▶ 做負重運動，如每天行走三十分鐘
- ▶ 保持適當體重
- ▶ 鞋子要符合腳的大小，底部能提供足夠的支撐
- ▶ 做伸展運動
- ▶ 避免靜坐或站立太久
- ▶ 詢問醫生，您是否服用足夠的鈣

### 那些人提供醫療照護？

內科醫生、矯形外科醫生、整脊醫生、針灸師、物理及職能治療師。

#### Women's Bone Density Screening

婦女骨質密度檢查

Willow Pavilion, Second Floor

El Camino Hospital – Mountain View

2500 Grant Road, Mountain View, CA 94040

650-940-7050

# Vision and Hearing Issues

## Cataract

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### What Is a Cataract?

A cataract develops as the lens of the eye ages. When we are born, the lens is normally soft and clear, and it helps the eye to focus close up. As we get older, the lens gradually becomes hard so that we cannot focus close up. This usually becomes noticeable around age 45, and we wear reading glasses to compensate. Around this age, the lens also starts to become cloudy. A cloudy lens is called a cataract, and causes the vision to become blurry. The blurriness from cataracts usually becomes noticeable around age 60, and cannot be improved by changing one's glasses. By age 70, the cataract is often cloudy enough to require removal by surgery.

### Types of Cataracts

- ▶ **Age-related Cataracts** – developed as a normal part of aging
- ▶ **Secondary Cataracts** – developed as a result of other diseases such as diabetes
- ▶ **Congenital Cataracts**

### Signs of a Cataract

A cataract forms gradually and its effects usually become noticeable around age 60, although some people may develop cataracts as early as age 40.

Some of the common symptoms are listed below:

- ▶ Blurriness of vision that is not correctable with glasses
- ▶ Progressive near-sightedness resulting in frequent eyeglass changes
- ▶ Colors appear different
- ▶ Glare from light sources at night
- ▶ Halos and doubling of images

### Can Cataracts be Prevented?

Cataracts are a normal part of aging and cannot be prevented. Like other aspects of aging, there are things that can possibly slow their progression:

- ▶ Reduce UV exposure (by wearing sunglasses and hats when outdoors)
- ▶ Get plenty of Vitamins A, C, and E (through fruits, vegetables, or vitamins)
- ▶ Eat dark green, leafy vegetables containing lutein
- ▶ Take omega-3 fish oils

### Who Provides Care?

- ▶ Primary care physician
- ▶ Ophthalmologist
- ▶ Optometrist

An ophthalmologist is a medical doctor who specializes in eye diseases. Cataract surgeries are done by ophthalmologists.

## Hearing Loss

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### Causes of Hearing Loss

- ▶ Buildup of earwax
- ▶ Aging
- ▶ Object blocking the ear canal

### Signs of Hearing Loss

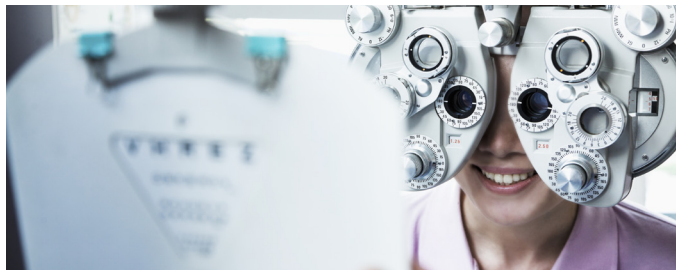
- ▶ Trouble hearing door bells
- ▶ Difficulty hearing over the phone
- ▶ Asking people to repeat what they are saying
- ▶ Trouble hearing women and children talking
- ▶ Hearing ringing sounds in the ears

### Who Provides Care?

- ▶ Primary care physicians
- ▶ Ear, nose, and throat specialists

# 視力和聽力問題

## 白內障



### 什麼是白內障？

白內障的成因是眼睛的水晶體老化。正常的水晶體是柔軟而透明的，它的作用是幫助眼睛聚焦。隨著年齡的增長，水晶體逐漸變硬，使眼睛無法準確地對焦；這個現象通常在四十五歲左右察覺得到，我們可戴老花眼鏡來輔助。在這個年齡階段，水晶體也開始變得渾濁。渾濁的水晶體稱為白內障，會導致視力模糊。白內障造成的視力模糊通常在六十歲左右越來越明顯，且無法用老花眼鏡改善。一般到了七十歲，往往需要用手術來切除渾濁的白內障。

### 白內障的種類

- ▶ **老化性白內障** — 伴隨年齡增加所引起的
- ▶ **併發性白內障** — 其他病症如糖尿病所引起
- ▶ **先天性白內障**

### 白內障的症狀

白內障的形成是漸進的，大概六十歲左右變得明顯可察覺，但有些人的水晶體四十歲就開始老化。白內障一般的症狀包括：

- ▶ 視力模糊，且無法用眼鏡來改善
- ▶ 近視度數不斷加深，需要經常換新眼鏡
- ▶ 色調改變
- ▶ 夜間炫光
- ▶ 有畏光、複視等現象

### 白內障可預防嗎？

水晶體隨年齡自然老化而造成白內障，是無法避免的。但我們可以延緩白內障發展的進程：

- ▶ 防曬、避免 UV 紫外線照射（出外時戴太陽鏡和帽子）
- ▶ 攝取充足的維生素 A、C 和 E（吃水果、蔬菜或服用維生素）
- ▶ 葉黃素（吃深色綠葉菜）
- ▶ 補充 omega-3 魚油

### 那些人提供視力醫療照護？

- ▶ 家庭醫生
- ▶ 眼科醫生 (Ophthalmologist)
- ▶ 驗光師 (Optometrist)

眼科醫生專治眼疾，白內障手術皆由眼科醫生所執行。

## 聽力損失

### 聽力損失的原因

- ▶ 耳垢堵塞
- ▶ 異物阻塞耳道
- ▶ 老化

### 聽力損失的跡象

- ▶ 不容易聽見門鈴聲
- ▶ 通電話時有困難
- ▶ 要求別人重複他們說的話
- ▶ 聽不清楚女性和兒童的聲音
- ▶ 耳鳴

### 那些人提供聽力醫療照護？

- ▶ 家庭醫生
- ▶ 耳鼻喉專科醫生

# 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.

## Types of Cancer

Top 10 Cancer Sites in Asians and Pacific Islanders in US: <sup>4</sup>

- ▶ Female breast
- ▶ Prostate
- ▶ Lung and bronchus
- ▶ Colon and rectum
- ▶ Corpus and uterus
- ▶ Thyroid
- ▶ Liver and bile duct
- ▶ Non-Hodgkin lymphoma
- ▶ Stomach
- ▶ Pancreas

## Early Signs of Cancer

Early stages of cancer can be painless. But some signs you should know are: <sup>5</sup>

- ▶ Weight loss
- ▶ Unusual bleeding
- ▶ Persistent indigestion
- ▶ White patches in mouth
- ▶ White spots on tongue

## Smart Tips for Preventing Cancer

- ▶ Give up tobacco
- ▶ Maintain a healthy weight
- ▶ Eat healthy foods
- ▶ Stay active
- ▶ Think twice about hormone replacement therapy (HRT)
- ▶ Ask about vaccines
- ▶ Stay out of the sun
- ▶ Have regular checkups
- ▶ Get cancer screenings

## Types of Cancer Screenings

- ▶ Mammogram
- ▶ Endoscopy
- ▶ Colonoscopy
- ▶ Imaging
- ▶ Genetic testing
- ▶ Biopsy

## Who Provides Care?

Depending on the type of cancer, you are cared for by different specialists or oncologists. Unlike in countries of Chinese origin, much of the cancer care in the US is provided outside of the hospital.

Although many community resources are available for cancer patients, patient care is best when it is not fragmented, allowing for good coordination. Talk to your care coordinators at the cancer center of your hospital for help in managing care.

*(Continued on page 61)*

# 癌症

## 什麼是癌症？

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。

## 癌症的種類

美國亞裔的十大癌症排名：

- ▶ 乳癌
- ▶ 肺和支氣管癌
- ▶ 子宮癌
- ▶ 非何杰金氏淋巴瘤
- ▶ 胃癌
- ▶ 前列腺癌
- ▶ 大腸及直腸癌
- ▶ 甲狀腺癌
- ▶ 肝癌
- ▶ 胰腺癌

## 癌症的早期徵兆

早期癌症不會疼痛，但您可注意一些徵兆包括：

- ▶ 體重降低
- ▶ 不尋常的出血
- ▶ 持續性消化不良
- ▶ 口腔出現白斑
- ▶ 舌頭上出現白斑點

## 預防癌症的方法

- ▶ 戒煙
- ▶ 維持適當體重
- ▶ 健康飲食
- ▶ 保持運動
- ▶ 癌症篩檢
- ▶ 防曬
- ▶ 定期體檢
- ▶ 進行女性荷爾蒙替代治療前應慎重考慮
- ▶ 詢問醫生有關疫苗的資訊



## 癌症篩檢

- ▶ 乳房X光檢查
- ▶ 內視鏡
- ▶ 大腸鏡
- ▶ 影像診斷
- ▶ 基因檢測
- ▶ 切片

## 那些人提供癌症的醫療照護？

不同類別的癌症，需接受不同的腫瘤科或專科醫生診治。不同於華人的原居地，在美國，癌症病人的照護多半不在醫院內。雖然為癌症病人而設的社區資源有很多，但是癌症病人的照護最好不要太分散，以便統合安排。在住院的時候，可向照護協調員 (care coordinator) 諮詢，協助安排出院後的醫療照護。

(未完待續，見61頁)

<sup>4</sup> Age-adjusted Invasive Cancer Incidence Rates Retrieved May 20, 2014 from <http://apps.nccd.cdc.gov/uscs/toptencancers.aspx>

<sup>5</sup> Cancer Fact Sheet. (2002, August 20). Retrieved May 15, 2014, from <http://www.atsdr.cdc.gov/COM/cancer-fs.html>

# Cancer 癌症

## Free Mammogram Program

免費乳房攝影

## Breast Health Center

Willow Pavilion, Second Floor

El Camino Hospital – Mountain View

2500 Grant Road, Mountain View, CA 94040

650-940-7050

## Imaging Services

El Camino Hospital – Los Gatos

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 醫院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。報名電話請撥 **800-216-5556**。

## Chinese Health Initiative – Hepatitis B Screening

「華人健康促進計畫」- 免費的 B 型 (乙型) 肝炎篩檢

普通話 粵語

El Camino Hospital – Mountain View

2500 Grant Road, Mountain View, CA 94040

650-988-3234

## Cancer Center at El Camino Hospital

癌症中心

Melchor Pavilion

El Camino Hospital – Mountain View

2500 Grant Road, Mountain View, CA 94040

650-988-8338

## Valley Specialty Center

751 S. Bascom Avenue, Suite 210

San Jose, CA 95128

408-885-7806

## 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

## 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

75 South Milpitas Boulevard, Suite 217

Milpitas, CA 95035

408-412-0868

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

Offers walk-in physician consultations, support groups and education, and "Look good feel better®" cosmetic classes"

提供免費醫生諮詢、教育講座及多項癌友服務，如交通接送、互助團體及化妝課程等

# 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.

## 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 Maximum) – 這是您一年內要支付的最高費用金額。

# 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)</li> <li>▶ Home Healthcare</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>	<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> </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</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>▶ Well Care</li> <li>▶ United Healthcare</li> <li>▶ Express Scripts</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: HMO/PPO</li> <li>▶ Must use providers in network C</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> </ul>	<ul style="list-style-type: none"> <li>▶ Fills the gap in Medicare A &amp; B for approved services (copayments, some deductibles)</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> <li>▶ Single: income &lt; \$16,395 and assets &lt; \$2,000</li> <li>▶ Couple: income &lt; \$22,108 and assets &lt; \$3,000</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> <li>▶ Single: assets &lt; \$2,000</li> <li>▶ Couple: assets &lt; \$3,000</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>

Eligibility and criteria may vary from plan to plan. Check with Medicare or Medi-Cal for more information.

Reference: [www.medicare.gov](http://www.medicare.gov)



# 聯邦醫療保險與加州醫療補助保險對照表

給費方式	申請資格	涵蓋範圍	在聖他克拉拉縣提供該項目的保險計畫或機構
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：如果本身或配偶繳納社會安全稅已達足夠時間，則本部分免費</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）</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，自動符合資格加入 B 部分聯邦醫療保險</li> </ul>	<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> </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，也符合資格同時加入聯邦醫療保險 D 部分</li> <li>▶ 如加入 C 部分保險，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（參見右列）有各自涵蓋的處方藥單。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>▶ Well Care</li> <li>▶ United Healthcare</li> <li>▶ Express Scripts</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>▶ 為 A、B、D 部分的綜合保險：HMO/PPO</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> </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、自付額等）</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%：個人年收入少於美金16,395元和財產少於美金2,000元</li> <li>▶ 夫妻年收入少於美金22,108元和財產少於美金3,000元</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>▶ 聖他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%：個人財產少於美金2,000元，夫妻財產少於美金3,000元</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>▶ 聖他克拉拉家庭健康計畫</li> <li>▶ PACE（老人全方位護理計畫）</li> </ul>

以上健保計畫各有不同的申請資格與審核標準，詳細資訊請向聯邦醫療保險Medicare或加州醫療補助保險Medi-Cal洽詢。  
www.medicare.gov

# 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

1867 Senter Road, San Jose, CA 95112  
877- 962-3633  
Bus Route: 73

1330 W Middlefield Road  
Mountain View, CA 94043  
408-278-240  
Bus Route: 32

379 Tomkins Court, Gilroy, CA 95020  
408-758-3300  
Bus Route: 17

#### Health Insurance Counseling and Advocacy Program (HICAP)

普通話 粵語

2115 The Alameda, San Jose, CA 95126  
408-350-3200

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 Hospital. 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。這些顧問遍佈在聖他克拉拉縣各地，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 Hospital – Mountain View  
2500 Grant Road, Mountain View, CA 94040  
650-940-7210

#### Medi-Cal

[www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)

**Medicare** 「聯邦醫療保險」1-800免付費電話  
800-MEDICARE (800-633-4227)

[www.medicare.gov](http://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 “Medicare Chinese”  
參閱 [www.ssa.gov](http://www.ssa.gov) 網站，搜尋「中文版簡介」



# Covered California 投保加州可負擔醫保計畫

## There are several ways you can apply for affordable health insurance through Covered California:

- ▶ Apply online at **www.coveredca.com**
- ▶ Get help from a certified insurance agent
- ▶ Get help from the Santa Clara County Social Services Agency
- ▶ Enroll by calling Covered California at **800-300-1506** (English) or **800-300-1533** (Chinese). Hours of operation are 8 a.m. to 8 p.m., Monday to Friday, and 8 a.m. to 6 p.m. on Saturdays

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.

### Asian Americans for Community Involvement

普通話 粵語

2400 Moorpark Avenue, San Jose, CA 95128  
408-975-2763

### Northeast Medical Services

普通話 粵語

1715 Lundy Avenue, San Jose, CA 95131  
408-573-9686 x 8820

## 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**
- ▶ 找專業認證的保險經紀幫忙填寫
- ▶ 到居住所在地的相關加州投保的部門，如聖他克拉拉縣社會安全局，請工作人員協助登記
- ▶ 致電投保加州中文免費專線 **800-300-1533**。電話服務時間：週一至週五上午八時至晚上八時，週六上午八時至下午六時

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，請預留一小時的時間。

### Santa Clara County Social Services Agency

1867 Senter Road, San Jose, CA 95112  
408-758-3800

### West Valley Community Services

粵語

10104 Vista Drive, Cupertino, CA 95014  
408-255-8033

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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@elcaminohospital.org**

To download a copy of this resource guide, visit **www.elcaminohospital.org/chi**

如果您須要索取華人耆老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@elcaminohospital.org**

您可以在我們的網頁下載華人耆老醫療健康指南 (PDF版)：

**www.elcaminohospital.org/chi-zh**

# EXCELLENCE

WE'VE WORKED HARD TO

EARN THE AWARDS THAT HELP US EARN YOUR TRUST.

Our greatest reward is the compassionate care we deliver every day. But along the way, we have achieved considerable acclaim for our high quality care, and our efforts are being recognized by those we serve and the experts in our industry.

For details about these and many other awards and accreditations, visit

[www.elcaminohospital.org/awards](http://www.elcaminohospital.org/awards)

## 卓越

我們的努力備受專業認證肯定，也贏得您的信任

為病人提供最好的醫療照顧，是我們成就感的最大來源；我們高品質的服務和努力，也得到同業專家和病人的肯定。

欲知本院認證詳情，請參閱我們的網站：[www.elcaminohospital.org/awards](http://www.elcaminohospital.org/awards)



ORTHOPEDICS  
骨科治療 金牌肯定

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(洛杉磯院區)和髖骨骨折手術(山景城院區)都得到美國醫療評鑑聯合會(Joint Commission)的金牌認證。



CARDIOVASCULAR  
冠心病介入 全面認證

The Society of Cardiovascular Patient Care has awarded us full Accreditation with PCI (percutaneous coronary intervention) for treatment of acute coronary syndrome (ACS).

我們醫治急性冠狀動脈症候群所採取的「冠心病介入性治療」，得到「心血管疾病照護協會」的全面認證。



NURSING CARE  
磁性醫院 照顧最優

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。



STROKE  
中風中心 國家標準

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。

是「動態醫療」驚人成果的最佳寫照

YOU'RE LOOKING AT THE FACE OF SOMETHING REMARKABLE.  
IT'S CALLED DYNAMIC HEALTHCARE.

位於山景城和洛斯蓋圖斯的 El Camino 醫院，正以最先進、最貼近個人需求的照護，賦予社區醫院全新的定義。「動態醫療」對病人的需求反應快速，我們永遠整裝待備，隨時準備迎合我們家園之所在的矽谷不斷改變的需求。欲了解「動態醫療」的詳情，請參閱我們的網站 [elcaminohospital.org](http://elcaminohospital.org)

At El Camino Hospital in Mountain View and Los Gatos, we're redefining what it means to be a community hospital with the most advanced care available, delivered in the most personal way possible. It's an incredibly responsive approach to medicine, always ready to meet the changing needs of the valley we call home. Learn more about Dynamic Healthcare at [elcaminohospital.org](http://elcaminohospital.org)



**El Camino Hospital**  
THE HOSPITAL OF SILICON VALLEY



2500 Grant Road, Mountain View, CA 94040  
815 Pollard Road, Los Gatos, CA 95032