



心康之聲

H.E.A.R.T. NEWS

No. 18

August 2008

心康會新貌

NEW FACE OF THE CLUB

Never before, the club has:

- the same person acting as the chairman and the ceo of EMT.
- record number of EMT members totalling 24.
- record number of EMT officers.
- quarterly issues of Heart News.
- write-up contributed by cardiologists to our Heart News.
- to organize a trip once a year for our members and friends' leisure.
- to organize a walk every six months for our members and friends' health.
- plans to restructure/set-up our medical board of advisors.
- to set-up and man our own office to help our members and general public.
- a video library for past seminars strictly for members only.
- to establish a new website with substantially larger capacity and flexibilities updating latest information with a section for our members with password access.
- a fund raising program.
- initial or closer relationship with various organizations.
- seminars held jointly with different organizations.

主席與總幹事

CHAIRMAN & CEO-EMT

Following the joint committee and EMT meeting held on June 16, 2008 on the resignation of Mandy Yip as the ceo of the EMT, it was decided that Christopher Kong would become the next ceo of the EMT until the next AGM.

幹事會成員

EMT MEMBERS

On July 10, 2008, Christopher appointed his EMT members as the following:

- | | | |
|-----------------------|-----------------------|------------------------------|
| 1) George Lee 李世愈 | 2) Alice Chan 陳桂蘭 | 3) Franki Cheng 鄭嘉輝 |
| 4) Connie Kan 簡溫梅瑩 | 5) Mullein Kong 江張妙玲 | 6) Ken Lo 羅敬禮 |
| 7) Lawrence Tsui 徐佩乾 | 8) Anna Leung 梁笑嫻 | 9) Francis Chow 周孝明 |
| 10) John Choy 蔡忠源 | 11) Victor Lam 林孝義 | 12) Peter Hung 洪德成 |
| 13) Vivian Lee 李劉妙霞 | 14) Olive Tsui 徐袁淑嫻 | 15) Mandy Yip 張葉文珠 |
| 16) Judy Lau 劉莫秀妍 | 17) Lillian Pong 劉關月嬋 | 18) Betty Cheung 張美沂 |
| 19) Anita Tsang 曾何寶兒 | 20) Charlene Chow 朴鄒瑜 | 21) Quincy Leung 梁卓能 |
| 22) Micheal Chung 鍾龍威 | 23) Rose Chu 湛朱洛儒 | 24) Christopher Kong 江從光-ceo |

Also, on July 10, 2008, Christopher appointed his EMT officers as the following:

- a. Francis Chow 周孝明- liaison with Adventist Hospital affairs & finance.
會計及港安醫院聯絡人
- b. Ken Lo 羅敬禮 - Heart Club Website, direct mailing & printing.
通訊郵件、印刷、互聯網
- c. Vivian Lee 李劉妙霞 - all medical seminars
醫學講座
- d. Franki Cheng 鄭嘉輝 - liaison with organizations other than HKCC.
其他機構聯絡人(香港心臟專科學院除外)
- e. Victor Lam 林孝義 - Editor of Heart news
心康之聲總編輯
- f. Olive Tsui 徐袁淑嫻 - Two 'walks' per year and Hon. Secretary.
榮譽秘書及每年兩次郊野漫步主持
- g. Lawrence Tsui 徐佩乾 - liaison with HKCC.
香港心臟專科學院聯絡人
- h. Peter Hung 洪德成 -fund raising
籌款
- i. George Lee 李世愈- Chinese tours.
每年健康之旅
- j. Mandy Yip 張葉文珠-annual dinner party
週年叙餐晚會

心康之聲

HEART NEWS

Also on June 16 meeting, it was decided that we would issue a quarterly Heart News, viz., Aug, Nov, Feb and May. Since we printed out record number of copies for the last issue, going out to our members, hospitals, clinics and seminars, we have set up a bigger budget for the additional costs incurred.

However, in order to leverage other distribution channels, we will also at the very least consider using the web as a means to save costs in time and energy. The idea of more sophisticated targeting of audience should be considered to attain cost-efficiency and cost-effectiveness as well as saving costs.

專家指引

CARDIOLOGIST'S PAPERS

We have the honour of having a renowned cardiologist contributing an article that gives us hints how to better take care of ourselves. Here it is with our sincere thanks:

8 Ways to Prevent Coronary Artery Disease:

1. Regular body check: Whether you are healthy or with a history of heart disease, physical checkup should be done regularly.
2. Stop smoking: Smoking will increase coronary risk 3 - 4 fold. It will have synergistic effects with other risk factors like hypertension and high cholesterol level



梁永雄醫生 Dr. Adam Leung

to further increase the risk exponentially.

3. Good diet habit:
 - A. Reduce the total fat intake: Consume <30% of total calories intake from fat. Avoid fried dishes, high fat desserts and junk food.
 - B. Stay away from trans fat: Commonly present in deep fried food. It is present in food that use hydrogenated vegetable oil like potato chips, French fries, cookies, cakes and fried chicken thighs.
 - C. Reduce saturated fat intake: Consume <10% of energy intake from saturated fat. Avoid fatty meat, coconut and coconut oil, instant noodles, whole milk dairy products and palm oil.
 - D. Watch on cholesterol intake: An adult should limit the intake of cholesterol <300mg daily. Avoid egg yolk, fatty meat, viscera, squid and cuttlefish.
 - E. Eat more vegetable protein and water soluble fibre: Consume more oatmeal, fruits and vegetables. Substitute some protein intake from beans and nuts instead of meat.
4. Control body weight: Avoid overweight especially central obesity. Overweight increases the burden on the heart. Every 5 kg increase in body weight will overload the heart by 10%. Central obesity will cause metabolic syndrome which increases the cardiovascular risk by more than 5 fold.
5. Aggressive control of pre-existing conditions: Like hypertension and diabetes mellitus.
6. Control anger and stress: mental stress increases blood pressure and causes heart overload. It can precipitate cardiac arrhythmia and even heart attack. Learn skills such as time management, relaxation, or yoga to help lower stress levels.
7. Regular living habits: These include regular sleeping hours, meal times, exercise, rest and recreational activity.
8. Follow a regular exercise plan: A regular exercise program helps to improve the heart and circulatory function. Brisk walking is a simple and safe exercise. It helps to strengthen the heart by improving its contraction, increasing heart rate and circulation as well as coronary blood flow.

Dr. Leung Wing Hung Adam

世界心臟日

WORLD HEART DAY



On the subject of healthy lifestyles and education, we would like to highlight a series of activities organized by the Hong Kong College of Cardiology on its annual World Heart Day. Starting this September, we will actively participate this year by setting up a booth at the Heart Health Carnival.

The Hong Kong College of Cardiology will organize a World Heart Day on 11 October 2008. The theme of this global event is "Know Your Risk, Focus on Hypertension!" which tells of the great importance of understanding our heart health. It is not an issue only for the elderly but for everyone in the community as a whole. That is why the World Heart Day's activities are targeting all age groups to promote healthy lifestyles.



The World Heart Day 2008 will involve a wide range of public information and advocacy activities, including five Public Health Talks to be held in September and October 2008 at the Science Museum and the Central Library. The Hong Kong College of Cardiology will also organize a large-scale Heart Health Carnival at the Happy Valley Hong Kong Jockey Club featuring a stage-show performance and a children drawing competition on 11 October 2008. The carnival will be followed by Global Embrace which will be part of a worldwide walkathon for people of all ages. Apart from public health talks and carnival, the Hong Kong College of Cardiology will organize a short-film competition for the first time, with the purpose of encouraging the public to use interactive videos and creative concepts to promote and share the importance of heart health. For further details, please visit <http://worldheartday.org.hk>

世界痴呆症日

THE WORLD ALZHEIMER'S DAY

21 SEPTEMBER 2008

It is an honour that our Club has been invited by Dr. David Dai – the Chairman of the Hong Kong Alzheimer's Disease Association to participate in the Funfair of the World Alzheimer's Day on Sunday 21st September, 2008 at the Keith Legg Sport Field of the Hong Kong Polytechnic University, Hunghom from 11:00 a.m. to 4:30 p.m. Our Club will set up a booth with games to relate to the theme of the organisation.

The organizing committee of the Fair will arrange a two hour entertainment program to include singing and dancing performances. Other features will include highlight family photography and body checks by volunteering doctors and nurses.

It will be fun, healthy, stimulating and joy, for you and the whole family. Free admission tickets can be obtained through Mr. Francis Chow (telephone nos. 28906161 & 91896694). To avoid disappointment, please book now.

郊野漫步

LEISURE HIKING

2008-10-25

by Olive Tsui



榕樹澳 ~ 深涌

Yung Shue O ~ Sham Chung

Date: 25th October 2008 (Saturday)
Pickup from Downtown
at Admiralty, HK, at 10:15 am, or Kowloon
Hotel, TST, Kowloon, at 10:35 am.
Walk for about an hour eachway along the
scenic coast footpath.

Valid members are charged at HK\$85 each, non-
member at HK\$95, transportation cost and meals are
included. Please call Mr. Francis Chow Tel. 91896694
for reservation.

In case of bad weather, we will contact you and postpone the event to the following week.

by George Lee

**TO SHENZHEN FOSHAN TAISHAN
(NOV. 16~19) by George Lee**

To diversify the club's activities the EMT has come up with a resolution to organize package tours at least once a year aiming at availing its members and their families of not only a pleasant vacation but also a trip of an educational and cultural nature. The first one scheduled to start from Nov. 16, 2008 for 4 days/3 nights is now available for registration. After an overall consideration following a personal exploration of the places of visit the EMT has reached an itinerary with special features which are not available in those tours promoted by travel agents in the market. It is important to emphasize that the itinerary includes no break for shopping.



Tour highlights

- Introduce the luxury real estate developments in Nanshan and Shekou—Shenzhen. Lunch at an exclusive resort restaurant in Shekou.
- Visit an art village in Guangzhou - the birth place of many eminent artists' outstanding pieces of art work including oil painting and sculpture etc.
- Taste the traditional Foshan cuisine
- Experience the ceramic production demonstration and the display of ancient kiln at ShiWan Artistic Ceramic Co. - emerged in Tang Dynasty and reached its heights in Ming Dynasty, ceramic production is one of the most brilliant achievements of China art history. Walking along the art gallery figurines street enables the visitors hunting for their favourite collections.
- Stay 2 nights at the Dreamland hotspring resort in Tai Shan - newly opened and is the largest hotspring resort in Southern China occupying 800 acres of land which consists of villas by the lake, watery world and 108 pools of hotspring from the mountain stream etc. other facilities including fireworks, spa & B.B.Q. etc. are available.
- Visit the Diaolou in Kaiping - The 35th monument in China and the first one in Kwangdong successfully inscribed on the world cultural heritage list featuring many multi-storeyed defence village houses.
- Explore the Da-Mei-Sha resort properties development and the Interlaken mountain town in OCT East - a miniature of the alpine town in Switzerland, consisting of 3 theme parks on 9 sq km of land and a large-scale multi-media sound & image show performed in a classical opera theatre.
- Special arrangement for dinner on the last day in Shenzhen can be made on an ad hoc basis on request

Bus pick up points : Kowloon Hotel and Shenzhen Bay border bus terminus

Tour price: includes 5-star hotel accommodation on a twin sharing basis, full meals of high quality, coach transportation, entrance tickets for all theme parks, hotspring and Interlaken theatre ticket.

Travel insurance : Tour price includes insurance coverage for HK\$300,000. Coverage for higher insured value can be arranged on request.

Adult: HK\$2,500 per person



Children aged below 12 with no extra bed provided: HK\$1,830
Recommended tipping: HKD140 for the tour guide and bus driver
HK\$100 discount for those who register for the tour on or before 30 Sept. 08.
Deposit : HK\$800 upon registration
Quota: 40 persons
The club reserves its right to cancel the tour under an unforeseen circumstance and full deposit will be refunded.
Please make registration as early as possible to avoid disappointment
For inquiry : Mr.George Lee Tel.94844134 Mr. Francis Chow Tel. 91896694

心康會網頁

HEART CLUB WEBSITE

Communicating through Internet has been recognized as one of the most important parts in our life. Our Club will post our updated information and coming activities in the quickest way through this channel. You are welcome to browse at our website anytime:
<http://www.hc.org.hk>

公共關係

PUBLIC RELATION

Relationship with Various Organizations

Under the capable leadership of our EMT officers, the relationship with the new and old organizations has never been better. Here are some of them just to mention a few:

- 1) HK College of Cardiology.
- 2) HK Adventist Hospital.
- 3) ICPES (International Cardiac Pacing & Electrophysiology Society).
- 4) Hospital Authority
- 5) CRN (Community Rehabilitation Network).
- 6) HK Pacemaker Recipients Group.
- 7) Hong Kong Alzheimer's Disease Association.

On HKCC, we have worked and publicized together on the Arrhythmia Awareness week, 2008. We will now do the same thing for the coming World Heart Day (WHD). On top of that, we will, after a break of a few years, set up a booth in our name during the Heart Health Carnival to emphasize the importance of taking care of your heart.

On the HK Adventist Hospital, we have maintained an exceptionally close relationship for all these years. We are grateful for all their help and assistance, particularly appreciative of their respect for our existence as an independent and separate entity.

We do have a discount arrangement for our members on visits or admission to the Adventist Hospital. However, our members must provide their valid membership cards at the cashier's office to enjoy this privilege. Please take note that cards of founder and permanent members are valid all year round. Ordinary or annual membership cards are valid only if they pay their annual dues on time.

On the World Heart Day (WHD), as we mentioned earlier, we will set up a booth there with educational games for the general public to participate. We are happy to announce that Adventist Hospital gladly provides us the sponsorship for the event.

Also, in the near future, we will discuss the possibility of joint efforts to organize some seminars for our members and the general public that are forthcoming mostly in 2009.

Since we both work on the Arrhythmia Awareness Week, we get to know what ICPES is all about.

We also have the chance to meet with some of their members/doctors in their specialized field. We appreciate the opportunity to learn more on the subject and also their efforts, going out of their way, to help us do the things that we should very well do.

Seminars held jointly with other Organizations

Our usual venue for nearly all of our own seminars, the World Trade Centre Club in Causeway Bay, has been undergoing redecorations between June and Sept. this year. Because of this and also to let our members participate in these useful seminars uninterrupted, we have joint efforts with other organizations during this period to hold seminars in other venues as follows:

June 22, 2008

“Palpitation and Atrial Fibrillation” by Dr. Chan Kwok Keung & Dr. Chan Ngai Yin, With HKCC(Hong Kong College of Cardiology), ICPES(International Cardiac Pacing & Electrophysiology Society), Arrhythmia Alliance at Leighton Hill Community Hall



陳藝賢醫生、陳國強醫生、潘昭安醫生
Dr. Chan Ngai Yin , Dr. Chan Kwok Keung, Dr. Pun Chiu On

June 29, 2008

“Sudden Cardiac Death” by Dr. Lai Wai Keung, Steve & Dr. So Yui Chi. With HKCC(Hong Kong College of Cardiology), ICPES(International Cardiac Pacing & Electrophysiology Society), Arrhythmia Alliance at Leighton Hill Community Hall



蘇睿智醫生、黎偉強醫生、潘昭安醫生
Dr. So Yui Chi , Dr. Lai Wai Keung, Dr. Pun Chiu On

Both of these talks were basically fully packed between 300-400 people. A good number of our members attended.

Extended Q & A sessions revealed great amount of concern on these subjects and the doctors explained very much in details how to cope with different situations.

July 15, 2008

New treatment technology for Coronary Arteries Disease by Dr. Adam Leung and Dr. Yau Yat Yin.

Invited by HK Adventist Hospital at Regal Hotel, HK. A very well attended affair and about 30 of our club members and friends showed up.

Aug 3, 2008

“Metabolic Syndrome and High Blood Pressure” by Dr. Andy Wai-Kwong CHAN “How Exercise helps



陳偉光醫生(右)
Dr. Andy Wai-Kwong
CHAN(right)



趙偉信先生(右)
Mr. CHIUI Wai-shun,
Wilson (right)

in Weight management, moderate endurance Activity and Demonstration” by Mr. CHIU Wai-shun, Wilson. With Hong Kong Pacemaker Recipients Group & CRN(Community Rehabilitation Network) at Hong Kong Central Library in Causeway Bay.

講座預告

COMING SEMINAR

Sept 18, 2008 Organized by HK Adventist Hospital

Never ignore central obesity, Be a Heart Health person

Speakers: Dr. Peter King (Cardiologist), Mr. Wong Chi wing (Dietitian), Ms Jacqueline Chan (Exercise Physiologist)

Time: 18:00 - 21:00

Venue: Hall 1/F Duke of Windsor Social Service Building 15 Hennessy Road, Wan Chai, HK

There will be a waist measure. If there is a potential of central obesity then one will proceed to free BP measure and cholesterol testing.

We are honored to be invited again by HK Adventist Hospital for our members to attend this seminar. We are given 15 seats specially for this event. So, please call our Francis Chow at 28906161 early to avoid disappointment.

樂善好施

CHARITIES

by Vivian Lee

Charitable Vegetarian Cooking Competition:

In order to raise funds for Children's Heart Fund and promote the benefits of vegetarian diet to heart health, Hong Kong Adventist Hospital and Hong Kong Adventist Hospital Foundation are co-organizing this event on July 6, 2006 at Kowloon Shangri-La Hotel.

We had a team of our members, Christopher Kong, Vivian Lee and Olive Yuen, to participate in this competition by donating \$5,000 to the Fund as a guest team.

Local celebrities, Mr. Michael Hui (許冠文), Ms. Fiona Yuen (袁彩雲) and Ms. Sharon Kwok (郭秀雲) together with the Executive Sous Chef of the Kowloon Shangri-La and the Dietitian of Hong Kong Adventist Hospital form the judging panel of the competition.



江從光、徐袁淑嫻、李劉妙霞
Christopher Kong, Olive Yuen and Vivian Lee

It was certainly a fun day for all, with all these eight teams working very hard to come up with eight vegetarian dishes that not only looking good but tasting good with all aspects of health factors considered. It is nearly an impossible task but I guess they just did it. I list them here for your information and of course you can always approach the Adventist Hospital for the recipes.

- 1) Stuffed Mushroom Bruschetta served with griddle peach and orange salad 釀蘑菇意式鮮蕃茄麵包配香橙蜜桃沙律 *
- 2) Heart's Haven 健心診所 (鮮雜菌南瓜片)

- 3) H.E.A.R.T. Lasagne 心意千層麵 (鮮茄菠菜千層麵)
 - 4) Tian Of Vegetables 雜菜大燴
 - 5) Black Bean Burgers 黑豆漢堡
 - 6) Mango Spring Roll 芒果春卷
 - 7) Rainbow Shines with Vigorous Sun 活力太陽伴彩虹 (麥餅雜菜沙律)
 - 8) Chick-pea Imitation Steak 鷹嘴豆素肉扒
- *Champion

We are particularly proud to present our recipe for the competition for your reference:

H.E.A.R.T. LASAGNE RECIPE

Ingredients:

Lasagne pasta	12 pcs.	Fresh tomato	2 pcs.
Tomato sauce	375g	Baby spinach	120g
Chinese mushroom	6 pcs.	Cheese: Mozzarella cheese	200g
Jarlsberg cheese (low fat)	120g	Kraft single slides 97% fat free	10 pcs
Parmesan cheese	Grated 4 tsp		

White sauce ingredients:

- 1/4 cup olive oil
- 1/4 cup plain flour
- 1 1/8 cup fresh milk

Method:

Place tomato sauce, lasagne pasta, cheese, tomato sauce, cheese, cooked tomato, spinach, lasagne pasta in sequence into a (10 1/2" x 6 1/2" x 2 1/2") tray. Repeat the above ingredients 4 times. On top put the white sauce and parmesan cheese then put into the oven and bake for 20 minutes with gas mark 200oC.

The meaning here for H.E.A.R.T. is:

- H - HEALTHY
- E - ENERGETIC
- A - AROMATIC
- R - REVIVING
- T - TASTY

We are considering to include this healthy dish in our annual dinner party menu.

人物介紹

PROFILES

Whenever you receive a call to attend a meeting or participate in an activity or simply answer to some of your questions with all the details in a calm and patient voice, chances are that you may be talking to our Mr. Nice, Francis Chow.

Francis has been a founding member of our club since 1996. He is mainly responsible for taking care of the accounts of the club, lending it its accuracy and integrity. He communicates freely with our members, committee and EMT members, taking care of their needs and requirements.



Recently, he was appointed to be the manager responsible to build up the relationship between our club and the Adventist Hospital. He will also be the key person to be stationed in our own office situated at the Hospital to answer to the needs of our members and the general public, performing

the role as an independent support group for the heart patients.

Francis suffered a heart attack back in 1994 but now enjoys basically good health all these years, attending to most of the medical seminars we organized, learning first hand information how to take care of oneself and maintaining a personal and important relationship with some of the well known doctors in their fields. He also has the opportunity of making friends, a lot of friends on the way.

Francis is happily married for 34 years. His wife, Lisa, and their son, Clement, live together in Causeway Bay, Hong Kong. Next time, if you should see them in a function, do approach them and say hello!

請加入心康會

JOIN THE CLUB

Join the Hong Kong H.E.A.R.T. Club

by Lawrence Tsui

For the heart patients:

Now that you are aware of your health conditions and the doctors have taken care of the ailment, the rest is up to you. It's fine time to review your lifestyles, perhaps even change some attitudes; start taking things easy; make new friends; get involved and do some meaningful services. You need a new start to stay healthy.

There's no need for unnecessary anxieties. From time to time, you may have questions needing answers. There are people who have asked them, and got some answers already. They are keen to share them with you. You should keep yourself up-dated and enhance medical & health knowledge as well as state-of-the-art treatments. They may be important considerations in deciding treatment strategies.

Sharing and mutual support is good. It is beneficial to get to know others who have had similar experience and predicaments. Share experiences and knowledge with those who understand. Make new friends by joining the Club. Why not even volunteer to be an organizer of the Club and find meaningful involvement helping others in similar predicament.

The Health Education And Rehabilitation Training (H.E.A.R.T.) Club is an independent peer support group for cardiac patients. It is a charitable non-profit association which regularly runs medical seminars for members and friends. Members enjoy cardiac health and other medical information, delivered by renowned doctors excelling in their particular fields of specialisation, tailor-made to the level of interests of the members. How else could you enjoy the opportunities of having good doctors explain to you everything in details, and answers questions raised by you and other members.

The Club organises social activities to foster healthy life-styles and socialisation of its members. It enjoys a close relationship with the Hong Kong College of Cardiology and the Hong Kong Adventist Hospital, as well as the Hospital Authority, and many other well known hospitals, co-operating with them in cardiac health education & promotional activities. It also provides access to their medical services & rehabilitation programmes.

The Club publishes the HEART NEWS which also contains relevant educational information written by doctors and health & wellness service providers. In due course, the accumulated medical & health information may be uploaded to the Club website in a library for revisiting by members online.

We welcome the following new members

1) 永久會員 PERMANENT MEMBERS :

MISS MOLLY CHANG MONG LAI
MRS. NISA KHAN ZAIB UN
MR. ALBERT LEE MING PIAO
MRS. PHILLIPS LEE TUNG PIK WAN
MR. HERALD LING FAI LAU
MISS CONNIE MA YIU FONG
MRS. LEE LAM BIG HA

2) 升格為永久會員 UPGRADE TO PERMANENT MEMBERS :

MR. LAI WING KAM
MRS. LAI LO YIU FAN

3) 普通會員 ORDINARY MEMBERS :

MR. HO WAI MING
MISS QUEENIE M.S. CHUI
MRS. CHAM CHU LOK YU, ROSE

誠徵義工

VOLUNTEERS

As you can see, with all these activities going on, we need a good number of volunteers in different capacities to help us do the work that we are set for. So, do come forward and register with Francis Chow at 28906161.

We are particularly grateful that our Micheal Chung together with some of his friends did volunteer to set up most of the seats arrangement for the entire floor of the Leighton Hill Community Hall for the seminars organized by Hong Kong College of Cardiology on June 22 and 29, 2008. They were all young and energetic and honestly we do not know how we can manage without them now and in future. Thank you very much.

問卷調查

QUESTIONNAIRE

Can you let us know whether you would like to receive your copy of Heart News in future?

1) by mail 2) by email 3) access to our website

Please call Francis Chow at 28906161 or hmchau@netvigator.com.

Thank you in advance for your cooperation

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