



心康之聲

H.E.A.R.T. NEWS

No. 17

May 2008

The Heart News is back!

Victor Lam 林孝義

After almost three years, we are bringing back the Heart News. One of the reasons for the stoppage is simply the shortage of editorial staffs of which Dennis Lin is certainly a key member for the translation of materials from Chinese into English. He passed away Dec 31, 2005. He is surely missed by all those who know him in the Club. We thank him for all the contributions he has done for the Club.

Since we have achieved the status of charitable organization status in 12/05, the Club has undergone a great many changes with a whole lot of activities and functions thanks to the efforts and contributions by the Executive Management Team (EMT) headed by Ms. Mandy Yip. I am very happy to list them here for your information and reference.

『心康之聲』隱匿了一段頗長的日子，主要是人力資源缺乏，而大家熟識的多年好友練英萃先生不幸於2005年12月31日與世長辭，自此編輯工作更一缺不振。練先生曾多年擔任本會理事和幹事，熱心會務，鞠躬盡瘁。他曾在多期心康之聲內留下不少英文詩句，而今已成絕响了。我們將永遠懷念練英萃先生！

『心康之聲』今期復刊，我們不敢奢望辦得比以前好，祇望藉此呼籲更多博學之士加入我們的義工行列，使『心康之聲』不斷進步，以不負會友之厚愛。

心康會自2005年12月成功成爲認可慈善組織，會務亦相應有所調整，感謝張葉文珠女士爲首的幹事會，爲會務及舉辦活動盡心盡力，貢獻良多。謹將本會組織名冊呈列如下，以供參考。



Mr. Dennis Lin (in black) attended the 2003 World Heart Day



Mr. Dennis Lin (far left) attended the 2005 New Year Party

Organization 組織

Officers:

Chairman 主席:	Christopher Kong	江從光
Vice chairman 副主席:	Rowdget Young	楊振文
	John Choy	蔡忠源
Secretary 秘書:	Vivian Lee	李劉妙霞
Treasurer 司庫:	Kwong Po Ming	鄭溥銘
EMT chief executive 總幹事:	Mandy Yip	張葉文珠
Advisors 顧問:	Dr. Patrick Ko	高德謙醫生
	Dr. Peter King	金天任醫生
Liaison person- Adventist Hospital:	Camille Ho	

Committee Members 理事:

Following the committee meeting held on Mar. 19, 2008, the committee has decided to elect Teresa Pong to the board for the post vacated by Dennis Lin who passed away on Dec. 31, 2005. The board has also accepted the resignation of Olivia Cheong as a director.

於2008年3月19日舉行之理事會議一致通過接受龐裳女士加入為理事，以填補於2005年12月31日去世之練英萃先生遺缺。此外會議亦通過接受張馮淑芬女士之請辭理事職位。

Christopher Kong 江從光	Rowdget Young 楊振文	John Choy 蔡忠源
Vivian Lee 李劉妙霞	Kwong Po Ming 鄭溥銘	Mandy Yip 張葉文珠
Teresa Pong 龐裳	Victor Lam 林孝義	Olive Tsui 徐袁淑嫻
Francis Chow 周孝明	Wong Fong 王仿	Francis Chan 陳成興
Peter Hung 洪德成	George Lee 李世愈	

EMT Members 幹事:

Following the meeting on Mar.26, 2008, the outstanding EMT members are elected as followed:
經2008年3月26日舉行之會議選出最新幹事名冊如下:

Mandy Yip (ceo總幹事) 張葉文珠		
Vivian Lee 李劉妙霞	Ken Lo 羅敬禮	John Choy 蔡忠源
Francis Chow 周孝明	Olive Tsui 徐袁淑嫻	Connie Kan 簡溫梅堃
Bonnie Chan 陳淑群	Mullein Kong 江張妙玲	Alice Chan 陳桂蘭
Betty Cheung 張美沂	Lillian Pong 劉關月嬋	Quincy Leung 梁卓能
Micheal Chung 鍾龍威	Judy Lau 劉莫秀妍	Peter Hung 洪德成
Anita Tsang 曾何寶兒	Anna Leung 梁笑嫻	

Advisors 顧問

Following the committee meeting held on Mar. 19, 2008, the board has decided to study the possibility of setting up a medical board of advisors and also the creation of a patron position in our club. We will report to you periodically of such development.

於2008年3月19日舉行之理事會議，決定為設立醫學顧問委員會及榮譽贊助人進行探討，有關進程我們將繼續報告。

Membership 會藉

Founder members 創會會員:

It is fully subscribed now since its inception back in 1995. We have a total of 79 members in this class.

目前共有79人為創會會員。此會藉已停止接受申請。

Permanent members 永久會員:

It is open for membership application. It consists of a one time fee of HK\$1,500.

歡迎申請加入，入會費一次繳交港幣壹仟伍佰元。

Ordinary members 普通會員:

It is open for membership application. It consists of an entrance fee and an annual fee of HK\$200 each.

歡迎申請加入，入會費港幣貳佰元，年費港幣貳佰元。

Contact us 聯絡

As our club is an independent association, we are particularly appreciative that Adventist Hospital has kindly provided us an office for our club. It is located at unit 1C, Administration Building, Adventist Hospital, Hong Kong.

You can also contact us by email at hkheartclub@qmail.com

本會既為獨立機構，亦有幸多年與香港港安醫院保持良好合作，更蒙該院為本會設立駐院辦事處位於該院行政大樓1C室。

各界亦可以電郵與本會聯絡，電郵地址：hkheartclub@gmail.com

Coming Activities 活動預告

May 25, 2008

“Confucian Model for Brain Health”

Presented by Dr. David L.K. Dai

Consultant Geriatrician

Chairman of Hong Kong Alzheimer’s Disease Association

“從儒家看大腦健康”

戴樂群醫生主講

老人科顧問醫生, 香港老年痴呆症協會主席

June 2008

“Arrhythmia Alliance Awareness week”

Arrhythmia Alliance and International Cardiac Pacing and Electrophysiology Society will jointly hold this event in Hong Kong. HK Heart Club will support this event by promoting this awareness to our members and to the general public.

The aims of the Awareness Week are to:

- * Raise awareness of heart rhythm disorders, their symptoms and effects
- * Promote rapid and accurate diagnosis of and effective treatment for heart rhythm disorders
- * Encourage policy change to improve patient access to arrhythmia services and treatment

There will be two health talks tentatively suggested on the weekend of June 2008. We will inform you on the exact dates, times, locations, topics and speakers in due course under separate notices.

2008年6月 心律健康大行動

心律失常聯盟和國際心臟起搏與電療生理學會聯合在香港舉辦這項活動。香港心康會對此將全力支持，以促進會員及普羅大眾對“心律不正”之認識。

一週活動主要目的：

- *提高人們關注“心律不正”的症狀和影響。
- *促進快速，準確診斷和有效的治療“心律不正”。
- *鼓勵修改政策，以改善“心律不正”病人獲得的服務和治療。

預算舉辦兩項健康講座，初步建議於2008年6月份週末。確實的日期，時間，地點，議題和主講者將另行通知。

Past Seminars 醫學講座回顧

- April, 2006 "Know more about Arthritis and Rheumatism", by Dr. K. H. CHAN
“認識關節炎與風濕病” 主講嘉賓：陳嘉何醫生
- June 2006 "STRESS MANAGEMENT: PERSONALITY TYPES & CHD", by Dr. Frendi W. S. Li
“減壓良方 - 性格與心血管毛病的關係” 主講嘉賓：李詠茜博士
- July 2006 "WHAT'S NEW IN HEART DISEASE" by DR. PATRICK T.H. KO
“心臟病新知” 主講嘉賓：高德謙醫生
- August 2006 "PNEUMONIA & THE FACTS", by DR. KENNETH W.T. TSANG
“肺炎的真相” 主講嘉賓：曾華德醫生
- March 2007 "SKIN DISEASE & SKIN CARE" by DR. ADRIAN Y.P. FUNG
“常見的皮膚病與護理” 主講嘉賓：馮貽邦醫生
- May 2007 “愛心，護心，過肥要擔心” 主講嘉賓：高德謙醫生
- June 2007 "Antiageing" by Dr. Hildemar Santos
“抗衰老的秘密” 主講嘉賓：山度士醫生
- January 2008 "Common E.N.T. Problem" by Dr. Ricky W.K. Ho
“常見耳鼻喉問題” 主講嘉賓：何偉祺醫生



DR. PATRICK T.H. KO



DR. KENNETH W.T. TSANG



DR. ADRIAN Y.P. FUNG



DR. RICKY W.K. HO

Annual Parties 年會

Dec. 2003	X'mas Party 聖誕晚會	Sheraton Hotel 喜來登酒店
Jan. 2005	New Year's Party 新年聯歡晚會	Sheraton Hotel 喜來登酒店
Jan. 2006	New Year Party to Celebrate 10th Anniversary 新年聯歡晚會及慶祝成立十週年	Royal Pacific Hotel 皇家太平洋酒店
Dec 2006	EGM/AGM & Annual Dinner 會員特別大會及週年聯歡晚會	Harbour Plaza Hotel 海逸酒店
Feb. 2008	New Year's Party 新年聯歡晚會	Royal Plaza Hotel 帝京酒店

Our annual parties have been a featured, popular event every year, providing an opportunity for old and new members to meet and associate. All our members and friends of the club provided full support to this function and a special mention of Dr. Patrick Ko and Dr. Lo Wing Lok for their kind cooperations.

本會每年舉辦週年晚會，為大眾會員提供交流良機，感謝各界尤其是高德謙醫生和勞永樂醫生的大力支持。



2006 New Year Party



2005 New Year Party



2008 New Year Party



2008 New Year Party

Charities 樂善好施

Donations received 捐獻收益:

- Nov. 2005 HK\$20,000 from Ms Fong Ching on her concert at City Hall. She invited our Vivian Lee to sing on the occasion and donated part of the proceeds to our club. We also thank Vivian not only for her songs but her effort to sell many tickets for the concert.
- Dec. 2006 HK\$11,270 from Vivian Lee. She donated this amount collected from her friends and relatives in lieu of flowers from her painting exhibition held at the Cultural Center in Tsim Sha Tsui.
- 2006 HK\$10,000 from Benjamin Cheung, son of our Mandy Yip, on his concert held at the City Hall.
- 2007 HK\$10,000 from Benjamin Cheung, son of our Mandy Yip, on his concert held at Poly University.
- Jan. 2007 HK\$2,800 from our Peter Hung in Commercial Radio program "有誰共鳴".
- Nov. 2007 HK\$1,975 from our Peter Hung in continuation of Commercial Radio program "有誰共鳴".
- 2005年12月 名歌唱家方靖老師主持於香港大會堂舉行「愛的禮物」文藝晚會，並慷慨捐贈部份收入港幣貳萬元予本會。本會李劉妙霞女士亦應邀演出，並積極推銷門券。感謝方靖女士和李劉妙霞女士。
- 2006年12月 本會李劉妙霞女士於尖沙咀文化中心舉行畫展，並慷慨捐贈花籃賀金收入港幣壹萬壹仟貳佰柒拾元予本會。
- 2006年 本會張葉文珠之令郎張皓深於大會堂演奏廳演出，並捐贈予本會壹萬元正。
- 2007年 本會張葉文珠之令郎張皓深於大會理工大學演奏廳演出，並捐贈予本會壹萬元正。
- 2007年1月 本會洪德成先生於商業電台主持“有誰共鳴”，為本會籌得貳仟捌佰元正。
- 2007年11月 “有誰共鳴”再為本會籌得壹仟玖佰柒拾伍元正。

Donations paid/to be paid 籌款支出

2005 HK\$42,000 to Red Cross for Tsunami victims. We wish to thank all who donated this sum of money for such worthy cause at the annual party held at the Sheraton Hotel.

2008 HK\$11,900 in materials to HK Juvenile Diabetes Association. The purpose is to buy syringes for juvenile diabetics patients. The money was raised in the annual party this year at the Royal Plaza Hotel specifically for this purpose.

2005 於喜來登酒店舉行年會時，即場為海嘯災難籌集港幣四萬貳仟元，捐給與香港紅十字會。感謝各善長之慷慨捐助，使本會能完成此善舉。

2008 於帝京酒店舉行年會時，為香港兒童糖尿協會籌得港幣壹仟壹佰玖拾元，用作購買針藥給兒童病患者。



Ms. Vivian Lee auctioned off her painting to Mr. Banyon Wong



Our Kwong PM accepts cheque for Fong Ching's concert



Our chairman presents cheque to Red Cross

Volunteers 誠徵義工

As you can see, there is a lot of work to be done but very limited man power to be called on. We need volunteers, plenty of them to do the job that needs to be done. Your help is very much appreciated.

Please come forward and be counted. You will not be sorry for such noble causes.

目前本會最大困難莫如人手嚴重缺乏，致使很多工作都無法推動，我們急須大量義工，請閣下坐言起行齊來參加，這將是您最有意義的決定！

請即與周孝明先生聯絡，電話28906161，或電郵hmchau@netvigator.com 或 hkheartclub@gmail.com

Health News 健康知識

One item of interest as reported in the newspaper a while back concerns a Chinese exercise called "Ba Duan Jin" (or He Kung of 8 Sects Wisdom) that will help orderly breathing pattern and relieve stress. As such, it can be a part of the cardiac rehabilitation program.

However, all exercises vary dramatically for every single, individual need and they have to be properly monitored. You should consult your own physician before you do it. We may, in future, invite experts or professional persons to elaborate more on this subject.

見到報上介紹“八段錦”運動，有助呼吸和舒壓，可能有助心臟康復。然而所有運動對每個人體適應各有不同，各人應向醫師尋求指引，選擇適當的運動。本會預算不久將來邀請有關專家，為我們詳細講解。

An Interesting Note 趣文一則

Came across a financial piece of information today that reported, for Johnson & Johnson, the world's largest health-products maker, 2008 first-quarter net income rose to \$3.6 billion, or \$1.26 a share. A year earlier, J&J recorded profit of 88 cents a share when it wrote off \$807 million for research costs at Conor MedSystems, a stent maker it acquired.

"May be that is why the stent is so expensive!"

跟據財經報導，世界上最大的健康產品生產商強生公司，2008年第一季度淨收入上升至36億美元，或每股1.26美元。與去年同期比較，強生公司錄得盈利88美仙，由於其收購的支架製造商conor medsystems撇賬八億零七百萬美元研究費用。

本會忠告閣下：請及早注意心臟健康，以免捱貴支架！



Quiz: How many true "Hearts" are in the World Heart Day photo? Please send in your answers to:

hkheartclub@gmail.com.

You may win a prize on a first come first serve basis!

問題：世界心臟日圖片中有幾個“真”心？請將答案電郵至：

hkheartclub@gmail.com.

答中有獎，先到先得。



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