



7 August 2008

Yuen Long District Council Secretariat,
13/F., Yuen Long Government Offices,
No.2, Kiu Lok Square,
Yuen Long, N.T.

(Attn : Mr LEUNG Che-cheung, MH, JP
Chairman, Yuen Long District Council)

Dear Mr Leung,

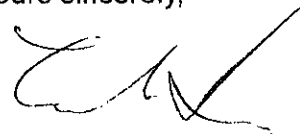
Heart Disease and Stroke Prevention Day

Pok Oi Hospital has been renovated and now become a fully equipped modernize acute hospital cater to serve the Yuen Long and Tin Shui Wai population. We noticed that primary health prevention and awareness is deficit among our serving population. Therefore, together with the Hong Kong Medical Association and the YLDO, Home Affairs Department, we would like to organize a health awareness program in the Yuen Long and Tin Shui Wai region. Not only to provide health education, but more importantly to increase the public alertness to leading diseases in Hong Kong, so as to achieve "early detection and early treatment".

Owning to the westernization of diet and life style in Hong Kong, one of the leading causes of death is vascular disease, especially heart disease and stroke. Therefore, we would like to focus our health program on these two major issues and titled the program as "Heart Disease and Stroke Prevention Day 心臟病及中風預防日".

On behalf of the Pok Oi Hospital and the Hong Kong Medical Association, I would like to invite the Yuen Long District Council to co-organize the health care program, so that we can cooperate to make Yuen Long and Tin Shui Wai a healthier district. The proposal of the project is being attached for your reference.

Yours sincerely,



Dr Gordon Siu
Sent on behalf of
YL & TSW Community Network Program Chairperson
Associate Consultant Pok Oi Hospital
HKMA Yuen Long district Coordinator

元朗及天水圍社區健康計劃
“心臟病及中風預防日”

協辦： 香港醫院管理局-博愛醫院 (Pok Oi Hospital)
香港醫學會 (Hong Kong Medical Association)
元朗民政事務處 (Yuen Long District Office)

活動籌辦人：

蕭睿邦醫生 (博愛醫院內科副顧問醫生, 博愛醫院元朗及天水圍社區健康委員會主席, 香港醫學會元朗區籌委)
彭麗嫦醫生 (香港醫學會天水圍區籌委)

活動目的

香港人的生活習慣和飲食文化漸趨西方, 而隨著人口老化, 血管病變的數字在這十年間迅速增加, 由其以心臟病和中風最為普遍。現今的醫療體制, 無論公營或私營機構都比較著重治療方面而忽略“預防勝於治療”的基本因果關繫。元朗及天水圍區主要為基層市民, 而新移民家庭和長者也比較多。我們社區的市民往往為了工作和生活, 飲食作息不定時, 多吃高熱量高脂肪的食物, 長此下去身體狀況就會慢慢出現問題了。安排這次活動的目的就是為了提高元朗及天水圍區市民對心臟病及中風的認識, 從而邁出第一步去關心自己的健康, 預防疾病發生。

心臟病及中風預防日

日期: 14/12/08 (暫定, 要是乎場地許可)
時間: 星期日下午 1 時至 6 時
地點: 元朗劇院或趙律修紀念中學
主禮嘉賓: 范徐麗泰女仕 (Hon Ms Rita Fan Hsu Lai-tai GBS, JP)

活動第一部份: 健康講座及健康問答時段 (由資深醫生和營養師主理)

活動第二部份: 免費身體健康檢查
(包括體重及血壓量度, 血糖檢查, 以及血液膽固醇含量測檢)

活動第三部份: 免費身體檢查分析及作出專業指導
(由大約 10 位義務醫生協助主理)