

三花 Carnation®

世界心臟日

2009

WORLD HEART DAY 27.9.2009

三花® 心臟健康嘉年華
Carnation®
Heart Health Carnival

日期：2009年9月27日 (星期日)
Date：27 September, 2009 (Sunday)

時間：下午2:00至下午6:00
Time：P.M. 2:00 - 6:00

地點：香港跑馬地馬場
Venue：Happy Valley Racecourse

主辦機構



HONG KONG

香港心臟專科學院

聯合發起人：



強心好簡單
健康工作間



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梁家駟 醫生

Dr. Hon Leung Ka Lau

立法會議員醫學界代表
Member of the Legislative Council

世界心臟日 2009

恆常運動 健體強心

立法會議員醫學界代表

梁家駟醫生

梁家駟



潘昭安 醫生

Dr. Pun Chiu On

香港心臟專科學院前院長暨世界心臟日2009籌委會聯席主席
Immediate Past President of Hong Kong College
of Cardiology cum Co-Chairman of World
Heart Day 2009 Steering Committee



本人謹代表香港心臟專科學院歡迎各位參加二零零九年世界心臟日。

今年，「世界心臟日」的宣傳主題為“健康工作間 強心好簡單”。現今都市人生活繁忙，很多人只著重工作，卻忽略了保持心臟健康的重要性，或誤以為保持心臟健康只與年長一輩才有關。因此，今年世界心臟日的活動將致力向大眾推廣健康的工作及生活方式，達致「健康工作間 強心好簡單」。

上班一族每天花約1/3的時間於工作之中，缺乏運動、飲食營養失衡、多肉少菜、常吃零食、吸煙及肥胖等，均是誘發心血管疾病的主因，據統計，因心臟病及中風導致員工死亡的死亡率便佔整體超過80%。要有效減低患上心血管疾病的風險，僱主及僱員均須合力，改變辦公室的環境及習慣，達致護心強身。

最後，本人藉此機會感謝各團體、贊助機構及捐贈人士撥冗出席，獲得大眾的鼎力支持，使世界心臟日得以順利舉行，成功宣揚「健康工作間 強心好簡單」。

On behalf of Hong Kong College of Cardiology, I like to welcome you all to participate in World Heart Day 2009.

This year, the theme of this global event is "Workplace Wellness", which tells the great importance of understanding our heart health at workplace. It is an issue not only for the elderly but also for everyone in the community as a whole. That is why the World Heart Day's activities are targeted to promote healthy lifestyles for all age groups.

Most of the working class spends 1/3 of their whole day working. Tobacco, unhealthy diet, heavy snacks, obesity and lack of exercise are the risks of cardiovascular diseases. Over 80% of deaths in workers of many countries are from cardiovascular disease. To lower cardiovascular risk effectively, employers and employees should work together for a healthy working environment.

Finally, I would like to extend my appreciation to participating organizations, sponsors and donors. Their kind support and generosity have made World Heart Day a wonderful success. Again, thank for spreading the message of "Workplace Wellness" across Hong Kong.





蔣忠想^{醫生}

Dr. Chiang Chung Seung

香港心臟專科學院院長暨世界心臟日2009籌委會聯席主席
President of Hong Kong College of Cardiology
cum Co-Chairman of World Heart Day 2009
Steering Committee



每年一度由世界心臟組織聯會發起的「世界心臟日」，訂於今年9月27日舉行。本人在此歡迎各位參與這個屬於全球性的活動，為推廣心臟健康訊息出一分力。

今年，我們以「健康工作間，強心好簡單」為主題，希望鼓勵各行各業員工，無論在任何工作地點及環境，都要培養身心健康。要推廣健康的生活模式，工作場所更是一個理想的地點。健康的員工為商業機構帶來莫大裨益，如增加生產力及提升工作表現、減低醫療費用、加強員工士氣等，對每一個員工和機構都有益處。

為推動大眾對心臟健康的關注，今年香港心臟專科學院預備了一連串精彩活動，包括心臟健康嘉年華，環球健步行，世界心臟日香港心臟基金會繪畫比賽以及短片創作比賽，讓市民加強強心意識，寓教育於娛樂。為提高大眾對心臟健康的知識，本院更在9和10月份，舉辦心臟健康講座。

最後，本人藉此向各位參與者及捐獻者致上萬二分謝意。謹祝香港市民身體健康。

蔣忠想

As an annual event initiated by the World Heart Federation, World Heart Day 2009 will be held on 27 September 2009 to celebrate and promote heart health. I would like to invite everyone to participate in this global event and contribute toward a better lifestyle.

"Workplace Wellness" is the theme of World Heart Day 2009. We are aiming to encourage people to adopt heart-healthy habits at their workplaces irrespective of their type of work, workplace or working environment. The workplace has been shown to be an ideal setting for promoting healthy habits. A healthy workforce can yield real benefits for a business, such as increased productivity and performance, decreased healthcare costs, and improved staff morale, while increasing the personal well-being of individual employees.

This year, we have organized varieties of activities to raise public awareness about heart health, including Heart Health Carnival, Global Embrace, World Heart Day Hong Kong Heart Foundation Drawing Competition and Short Film Competition to express heart health concepts through games and entertainment. In September and October 2009, a series of health talks will be held to enhance public awareness of heart health.

Lastly, I would like to express my sincere gratitude to everyone who has participated in and generously supported World Heart Day 2009. I wish everyone in Hong Kong the very best of health!

C S Chiang

陳志雲先生

Mr Stephen Chan

世界心臟日2009健康榮譽大使

World Heart Day 2009 Ambassador



健康工作間
強心好簡單

A handwritten signature in black ink, appearing to be '陳志雲' (Chan Chi Yun) written vertically.



全“心”工作共創健康工作間 在職人士應該正視心臟病！

**Work Hard, “Work With Heart”
Healthy Workplace Helps
Working Class Shouldn't Turn a Blind Eye
to Heart Disease!**

世界心臟組織聯會於每年9月的最後一個星期天，都會舉行「世界心臟日」，主要目的為提高公眾對心臟病和中風威脅的警覺性及推廣擁有一個健康的生活方式，從而預防心臟病。

心血管疾病每年導致超過1700萬人死亡，接近半數的死者屬於具生產力的「打工一族」，就以中國為例，世界衛生組織(WHO)估計，於2005-2015年間因員工患上心血管疾病所造成的經濟損失，便達五千億之多。正因如此，本年度的世界心臟日以「健康工作間，強心好簡單」為主題，希望藉此呼籲各機構、公司及員工一齊努力，共同營造一個健康的工作環境。



On the last Sunday of September each year, the World Heart Day organized by World Heart Federation is celebrated by over 100 countries around the world to enhance the public awareness of the threat of heart disease and stroke and promote how to live with a healthy heart.

Over 17.2 million people die each year from cardiovascular diseases, and almost half of those who die are in their productive years. Driven by reduced productivity and increase in costs caused by these diseases among workforces, taking China as an example, WHO estimates that between 2005-2015 income loss could rise to as much as over \$500 billion. Hence, World Heart Day 2009's main theme is “Workplace Wellness”.

體質指數BMI	分類Category
< 18.5	過輕 Below average
18.5-22.9	正常Average
23-24.9	過重 Over-weight
25-29.9	肥胖 I - Fat (Stage I)
≥30	肥胖 II - Fat (Stage II)

量量你的體質指數(BMI) /
Get to Know Your Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{體重 Weight (Kg)}}{\text{身高 Height (m)} \times \text{身高 Height (m)}}$$

三花®心臟健康嘉年華 Carnation® Heart Health Carnival



時間Time 節目Programme

- 1:00pm** 「世界心臟日」香港心臟基金會繪畫比賽
"World Heart Day" The Hong Kong Heart Foundation Drawing Competition
- 2:00pm** 心臟健康檢查及攤位遊戲
Heart Health Check & Game Booth
- 2:20pm** 歌星表演
Stage Show by Artists
- 3:00pm** 開幕典禮
Opening Ceremony
- 3:40pm** 三花®環球健步行
Carnation® Global Embrace
- 4:30pm** 花式跳繩表演
Rope Skipping Performance
- 6:00pm** 嘉年華會圓滿結束
End of Carnival



時間Time: 2:00pm – 6:00pm
地點Venue: 香港跑馬地馬場
Happy Valley Racecourse



MaBelle 「護心有法」短片創作比賽

為鼓勵更多年青人關注心臟健康，主辦單位再次舉辦「護心有法」短片創作比賽，歡迎社會各界人士參與，用聲音及圖像去表達心臟健康的重要性。

MaBelle "Know Your Cardiovascular Risk!" Short Film Competition

MaBelle "Know Your Cardiovascular Risk!" Short Film Competition
In view of the popularity of short-film shooting, a "Short Film Competition" will be organized again this year to help promote the issue of heart health to the Hong Kong people.

星級評審團



林超榮



李力持



谷德昭



林紀陶

詳情請參閱: <http://www.worldheartday.org.hk>



三花®環球健步行

Carnation® Global Embrace

路線 Route



跑馬地馬場
公眾席入口
Happy Valley
Racecourse public
stand entrance



黃泥涌道北行
Pavement along
Wong Nai Chung
Road (northward)



禮頓道
Pavement along
Leighton Road



黃泥涌道南行
Pavement along
Wong Nai Chung
Road (southward)

國際健康盛事「環球健步行」，每年均得到世界各地一百多個城市，超過一百萬人士的參與支持。此活動鼓勵不同年齡人士，以步行鍛鍊體魄，增強心肺功能，令身心健康。

Each year, more than one million people in over 100 cities participate in the Global Embrace. This unique annual walkathon aims to promote the health benefits of walking for people of all ages.

時間Time: 3:40pm - 4:25pm 地點Venue: 香港跑馬地馬場Happy Valley Racecourse



馬場公眾看台
Public stand

「世界心臟日」 香港心臟基金會繪畫比賽

"World Heart Day" The Hong Kong Heart Foundation Drawing Competition

今年約有一千名中、小學生參加「世界心臟日」香港心臟基金會繪畫比賽，這個比賽是以心臟健康為主題，十二歲以下學生屬於初級組、創作題目為「跳繩強心」，而十二至十七歲的高級組題目則為「健康工作間 強心好簡單」。每組的冠、亞、季軍作品將代表香港，參加「全球華人心臟保健網絡」所舉辦的總決賽，把心臟健康訊息傳揚海外。

This year, around 1000 primary/secondary school students will join in promoting the importance of Heart Health by illustrating their ideas at the carnival. This year's competition is divided into two sections – the theme for the junior division (under 12 years of age) is "Jump Rope For Heart" and the theme for the senior division (aged between 12 and 17) is "Workplace Wellness". Drawings will be selected to compete with cities around the world in the final organized by the International Chinese Heart Health Network.

高級組: 1:00pm – 3:30pm
Senior Group: 1:00pm – 3:30pm
初級組: 1:30pm – 4:00pm
Junior Group: 1:30pm – 4:00pm
地點: 香港跑馬地馬場
Venue: Happy Valley Racecourse
參賽者: 香港中、小學生
Contestants: Primary & Secondary Students
in Hong Kong



心臟健康講座 Heart Health Talk

趕走風險 - 保護你的心臟健康 心血管疾病的處理 藥物及手術治療



日期：13-9-2009

Date：13 September 2009

時間：上午9:15至11:00

Time：9:15am - 11:00am

地點：香港中央圖書館演講廳

Venue：Lecture Theatre, Hong Kong Central Library

查詢電話：2960 1838

Contact：2960 1838

全力贊助 Sponsored by：



輝瑞

都市高危一族 心臟病的預防與治療新趨勢



日期：4-10-2009

Date：4 October 2009

時間：上午10時至中午12時

Time：10:00am - 12:00noon

地點：香港中央圖書館演講廳

Venue：Lecture Theatre, Hong Kong Central Library

查詢電話：2596 0033 (梁小姐)

Contact：Ms. Leung 2596 0033

全力贊助 Sponsored by：



德國寶靈家科研藥廠

冠心病面面觀



日期：18-10-2009

Date：18 October 2009

時間：上午10時至中午12時

Time：10:00am - 12:00noon

地點：香港中央圖書館演講廳

Venue：Lecture Theatre, Hong Kong Central Library

查詢電話：2941 5165

Contact：2941 5165

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阿斯利康

健康「心」生活之 認識高血壓 認識足部血管阻塞病



日期：27-9-2009

Date：27 September 2009

時間：上午10:00至中午12:00

Time：10:00am - 12:00noon

地點：香港中央圖書館演講廳

Venue：Lecture Theatre, Hong Kong Central Library

查詢電話：2577 8155

Contact：2577 8155

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心血管病的預防和治療新知



日期：11-10-2009

Date：11 October 2009

時間：下午2時至4時

Time：2:00pm - 4:00pm

地點：醫院管理局演講廳

Venue：Lecture Theatre, Hospital Authority

查詢電話：2881 4292

Contact：2881 4292

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冠心病、心跳多面睇



日期：25-10-2009

Date：25 October 2009

時間：下午2時至4時

Time：2:00pm - 4:00pm

地點：醫院管理局演講廳

Venue：Lecture Theatre, Hospital Authority

查詢電話：2577 1922 (蔣小姐)

Contact：Ms. Chiang 2577 1922

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All free seminars are with quotas. Please book in advance.



香港心臟專科學院
Hong Kong College
of Cardiology



香港心臟專科學院

香港心臟專科學院於一九九二年成立，乃醫學專業團體及認可的慈善機構，旨在優化心臟病的醫療水平，並致力改善香港市民的心臟健康。學院現有院士超過一百六十五名。

網頁：<http://www.hkcchk.com>

The Hong Kong College of Cardiology is a charitable organization founded in 1992. It aims at upkeeping the highest standard of cardiovascular practice and working towards the improvement of heart health amongst people of Hong Kong. There are now more than 165 fully accredited fellows.

Website: <http://www.hkcchk.com>



**WORLD HEART
FEDERATION®**

世界心臟組織聯會以瑞士日內瓦為基地，是一所世界性的非政府機構。該會由來自一百多個國家的一百九十七個心臟專科學會及心臟基金會所組成，致力協助全球各地，特別是中、低收入國家的居民預防及控制心血管疾病及中風。

網頁：<http://www.worldheart.org>

The World Heart Federation is a non-governmental organization based in Geneva Switzerland dedicated to the prevention and control of heart disease and stroke, with a focus on low-income and middle-income countries. It is comprised of 197 member societies of cardiology and heart foundations from over 100 countries covering the regions of Asia-Pacific, Europe, East Mediterranean, the Americas and Africa.

Website: <http://www.worldheart.org>



世界心臟組織聯會
WORLD HEART
FEDERATION

世界心臟日籌委會

World Heart Day Steering Committee

香港心臟專科學院

Hong Kong College of Cardiology

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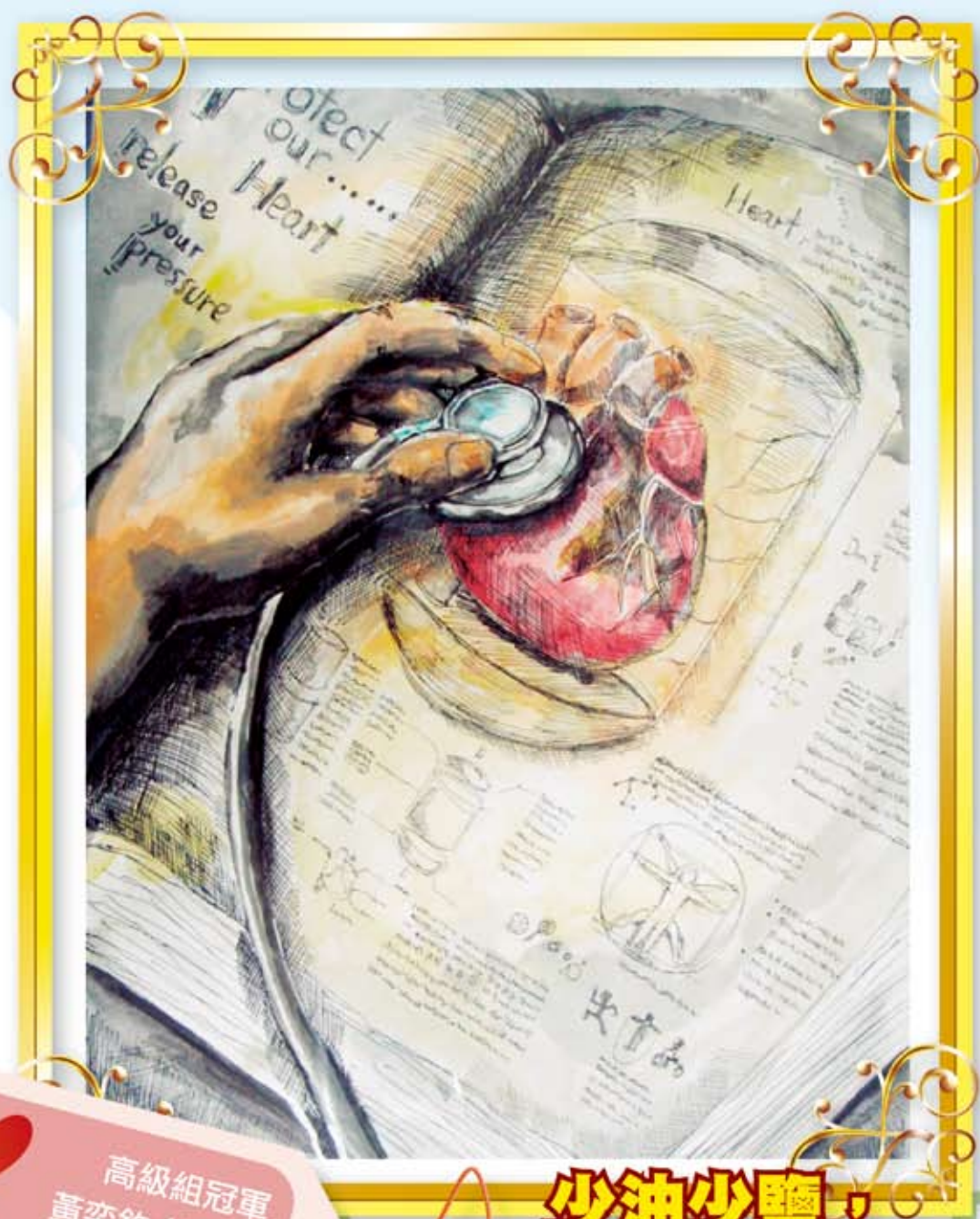


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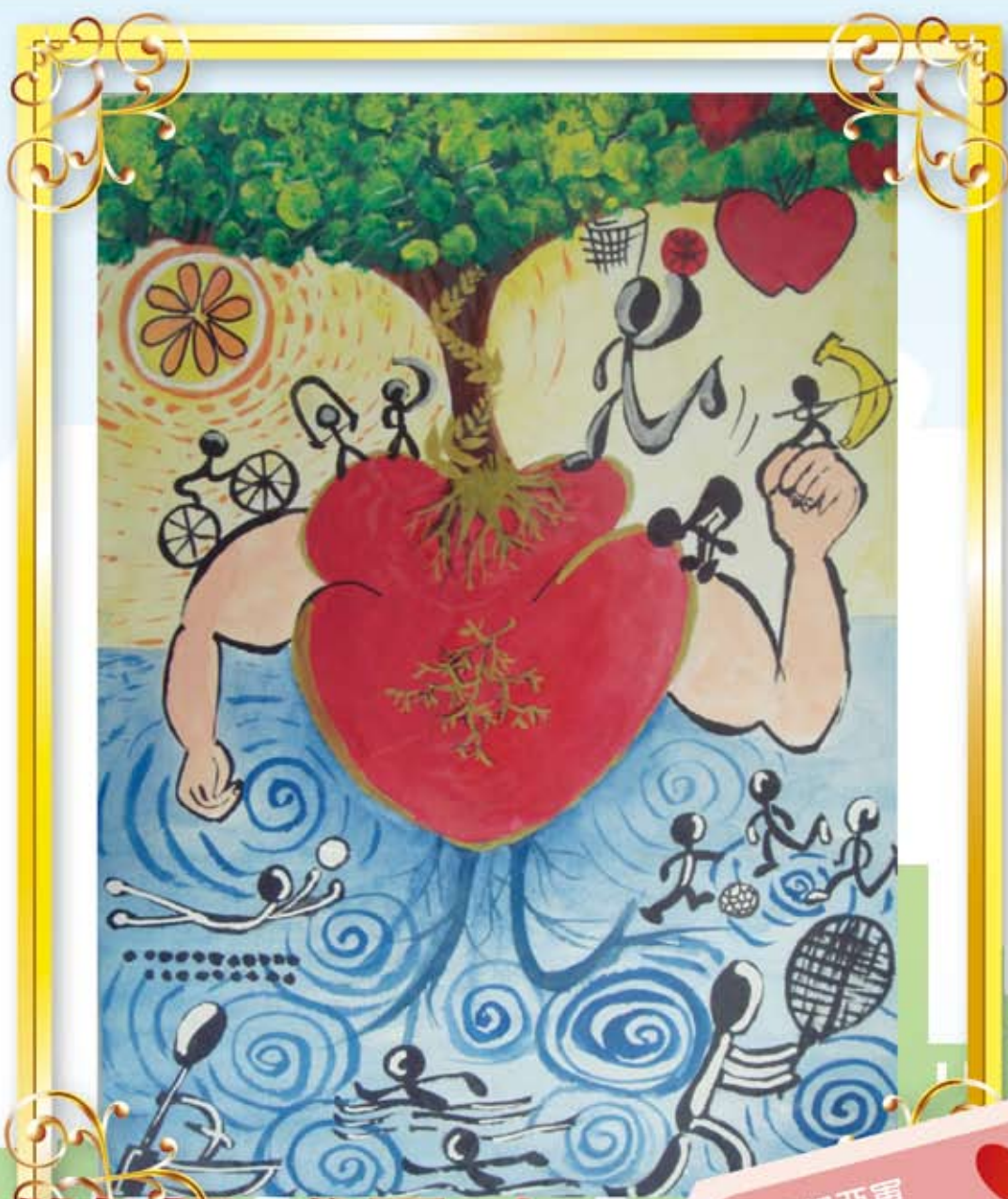
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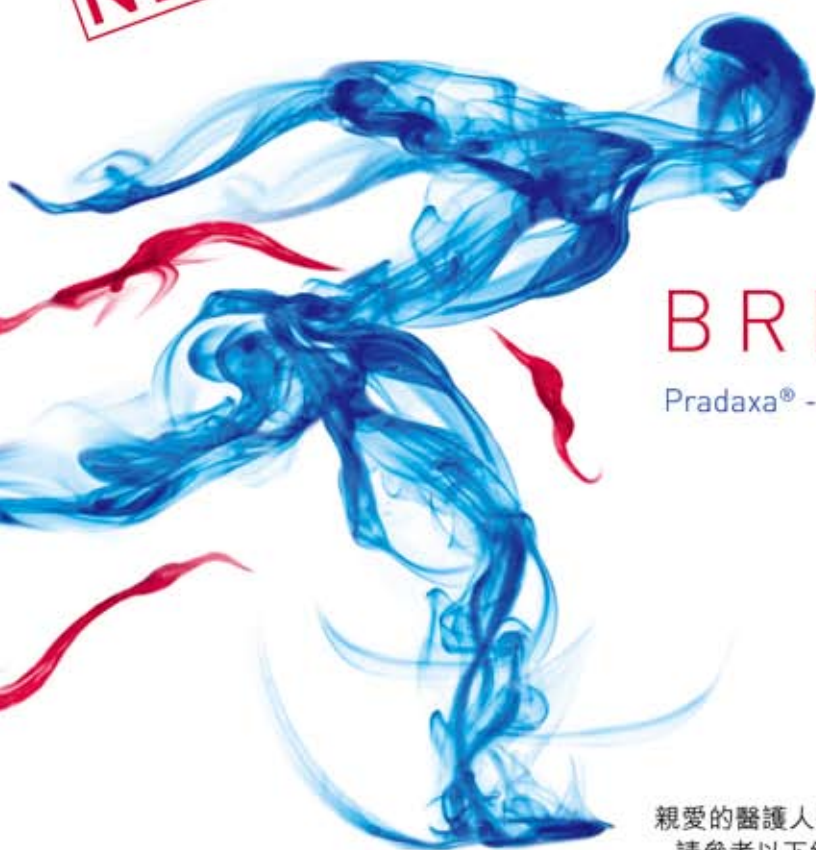


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* 歐洲心臟組織指引2007, European Heart Journal (2007) 28: 1462-1536
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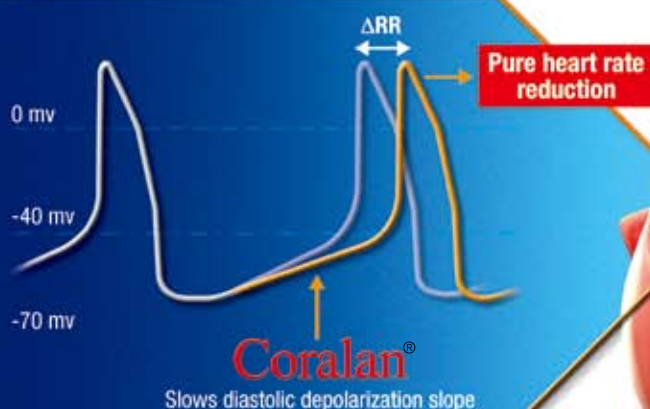
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1. Tardif JC et al. *Eur Heart J*. 2005;26:2529-2536.
 2. Borer JS et al. *Circulation*. 2003;107:817-823.
 3. Simon L et al. *J Pharmacol Exp Ther*. 1995;275:659-666.
 4. Vilaine JP et al. *J Cardiovasc Pharmacol*. 2003;42:688-696.



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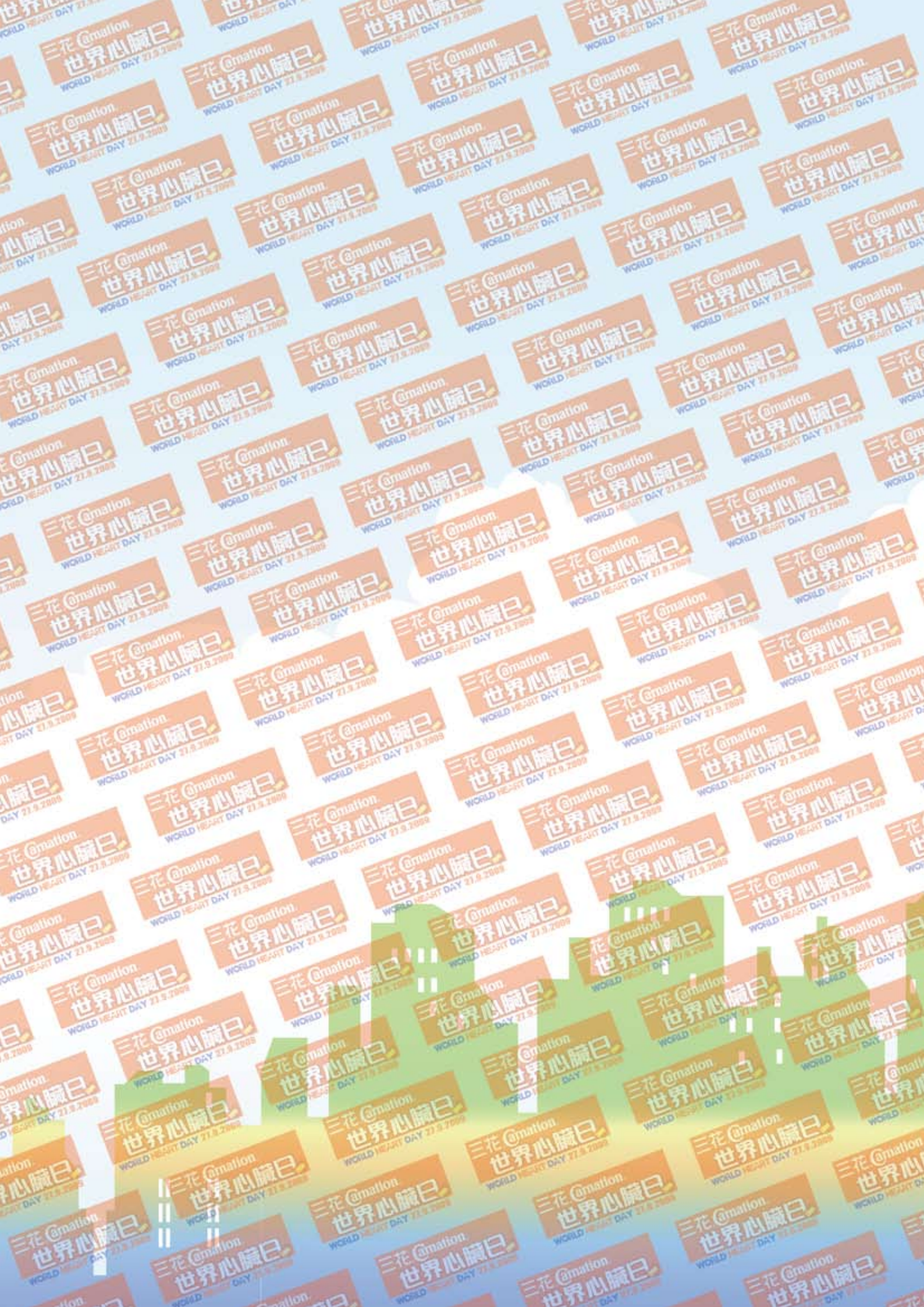


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