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主辦機構 :



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

World Heart Day 世界心臟日



護心者聯盟

BE A HEART HERO

Initiated by :
聯合發起組織 :



**WORLD HEART
FEDERATION®**

UNITING GLOBAL EFFORTS
TO FIGHT HEART DISEASE
AND STROKE

有關活動詳情，請即登入網站：

www.worldheartday.org.hk



強心英雄 全城起動

心臟每時每刻都在跳動，將血液泵向全身各個組織，為身體提供養份，使我們每天都活力充沛，有足夠的能量應付日常運作。但隨著都市化的生活，我們可能會不經意地做出損害心臟的行為，包括不良飲食、久坐不動、吸煙酗酒等等，都會導致心臟百病叢生，甚至終有一天驟然停止運作，令生命危在旦夕！心血管疾病是全球的頭號死因，每年導致超過1,750萬人死亡。因此，要遠離心臟病的威脅，我們更需要防範於未然，只要肯踏出護心第一步，在生活細節上作出一點點改變，不只是醫護人員，人人都可以成為護心英雄。所以世界心臟日鼓勵大家為心出發，用愛心感染身邊的人，一同履行以下的護心承諾：

♥ 我承諾要吃得健康

- 遵從三低一高的飲食模式（低脂、低糖、低鹽及高纖）
- 每天進食至少五份蔬果（每份是80克，每日最少400克）
- 鼓勵親友作出精明的飲食選擇，例如閱讀營養標籤、於有營養肆進餐

♥ 我承諾要多做運動

- 研究顯示，定期進行帶氧運動例如跑步能有效降低三高（高血壓、高血糖、高膽固醇），長遠減低心血管疾病的風險
- 建議每周進行至少150分鐘中等強度或75分鐘高等強度的帶氧運動
- 隨時隨地找機會運動，例如提早一個站下車、步行到家或公司，或以「行樓梯」代替電梯，做家务（例如吸塵、打掃）

♥ 我承諾會全面戒煙

- 無論是一手、二手、或三手煙都會危害心臟功能，影響自身及家人的健康，應立即戒煙；如有需要，可尋求專業戒煙服務
- 不應吸食電子煙及傳統煙草，臨床研究發現，電子煙及傳統煙草會增加患上心肌梗塞的風險

♥ 我承諾會關注心臟健康

- 定期進行身體檢查
- 主動了解或向醫護人員查詢自己的體重指標(BMI)、血糖、膽固醇及血壓
- 學習心肺復甦法及使用自動體外心臟除顫器(AED)

Our hearts keep working in every moment, pumping blood around the whole body and giving tissues the nutrients and oxygen in need so that we can have enough energy and power to cope with our everyday tasks. Nevertheless, we may hurt our hearts unintentionally because of our urban lifestyle. For instance, unhealthy diet, sedentary lifestyle, smoking and excessive alcohol can damage our hearts, and one day, it may stop functioning all in a sudden, putting our lives at stake! As a matter of fact, cardiovascular disease is the leading cause of death worldwide, accountable for more than 17.5 million premature deaths every year. Therefore, it is important for us to take preventive measures against the cardiovascular threat. As long as we take the first step to improve our heart health and make subtle positive changes to our lives, not only healthcare professionals but also everyone can be the "Heart Hero". That is why World Heart Day 2019 would like to empower people from all walks of life to be considerate for the heart, to inspire the others to be heart healthy, as well as to execute the promises below altogether :

♥ I promise to practise healthy eating

- Adopt "3 Low 1 High" (low fat/sugar/salt, and high fiber) Healthy Eating Principles
- Consume at least 5 portions (80 gram for each portion, at least 400 gram per day) of fruits and vegetables daily
- Encourage family members and friends to make healthy food choices by reading nutrition labels or having meals at EatSmart Restaurant for example

♥ I promise to do more exercise

- Studies showed that regular aerobic exercise such as running can significantly lower 3 highs (blood pressure/blood sugar/cholesterol) and help reduce cardiovascular risk in the long run
- Do at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activities per week
- Seize the opportunities to do exercise whenever or wherever possible. For example, get off one stop earlier and walk home or to your workplace. Take the stairs instead of escalator. Do housework such as vacuuming or sweeping

♥ I promise to quit smoking

- First/Second/Third hand smoking can damage our heart and also the health of our family. Quit smoking now; seek help from smoking cessation services if necessary
- No tobacco and vaping. Researches show that e-cigarette and tobacco both increase the risk of myocardial infraction

♥ I promise to care for my heart

- Have body check regularly
- Recognize or consult healthcare professionals about my body mass index, blood sugar, cholesterol and blood pressure
- Learn how to do CPR and use AED

護心英雄締造愛心大都會

Let's gather all the Heart Heroes to establish a Heart-Health Community

家庭 FAMILIES

多在家中烹調以嚴控鹽、油、糖的攝取量
Eat more at home and restrict the intake of added sodium, sugar and oil

父母 PARENTS

讓子女少看電視、電子產品，多帶他們出外運動，舒展身心
Minimize the screen time of your children and let them do more outdoor exercises

醫護人員 HEALTHCARE PROFESSIONALS

協助病友戒煙、控制體重及「三高症」，及傳授市民急救知識
Assist patients in smoking cessation, monitoring their weight and "3-highs diseases". Educate the public of the basic first-aid knowledge

僱主 EMPLOYERS

推動護心工作間，鼓勵僱員即使外出用膳也要吃得精明、小休時進行辦公室運動
Create a heart-healthy work environment. Encourage employees to make smart food choices even when eating out and do office exercises

政府或機構 GOVERNMENTS / ORGANIZATIONS

推動無煙及護心的政策，建造無煙社區
Execute the smoking cessation and heart health policies. Establish a smoking-free community

傳媒 MEDIA

將護心訊息發放於各個媒體，包括報章或社交平台，讓廣大市民知道護心的重要性
Widespread the messages about heart disease protection in various media channels such as newspapers or social media platforms





世界心臟組織聯會 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超過二百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。

Based in Geneva and as a non-governmental organization, the World Heart Federation leads the global fight against heart disease and stroke, with a focus on low- and middle-income countries via a community of more than 200 member organizations that brings together the strength of medical societies and heart foundations from more than 100 countries.

網頁/Website : www.world-heart-federation.org



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

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。學院現有院士超過二百名。

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 200 fully accredited fellows.

網頁/Website : www.hkcchk.com
<http://worldheartday.org.hk>



Let it beat

請慷慨支持世界心臟日

Thank you for your generous support to the World Heart Day



我願意捐助 I would like to donate

港元 HKD \$100 \$500 \$1,000 其它金額 Any amount will help \$ _____

我欲參加環球健步行籌款活動，請將有關資料寄給本人。

I would like to join The Global Embrace Walkathon. Please send me the information.

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請寄回收據 Please send me a receipt 捐款港幣一百元或以上可憑收據申請免稅 Donation of HKD100 or more is tax-deductible with a receipt

請連同支票寄回：

香港心臟專科學院 中環夏慤道12號美國銀行中心1116室

Please enclose donation cheque and mail to :

Hong Kong College of Cardiology.

Rm 1116, Bank of America Tower, 12 Harcourt Road, Central, Hong Kong

日期 Date : _____