

9月 24日見 See You on September 24



**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的一百八十六個醫學組織及心臟健康慈善團體所組成，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。

The World Heart Federation is a Non Government Organization based in Geneva, Switzerland and is committed to helping the global population achieve a longer and better life through prevention and control of heart disease and stroke, with a focus on low and middle-income countries. It is comprised of 186 medical societies and heart charities from more than 100 countries.

[www.worldheart.org](http://www.worldheart.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，旨在維持心臟醫療的水平，並致力改善香港人的心臟健康。學院現有院士超過一百六十名。

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 160 fully accredited fellows.

[www.medicine.org.hk/hkcc](http://www.medicine.org.hk/hkcc)



**東華三院  
The Tung Wah Group of Hospitals**

東華三院成立於一八七零年，現時屬下共有五間醫院，包括東華醫院、廣華醫院、東華東院、東華三院黃大仙醫院及東華三院馮堯敬醫院，為貧病者提供免費的中西醫門診服務及免費病床服務，去年受惠人數超過一百一十萬人次。除提供醫療服務外，東華亦因應社會需求積極拓展教育及社會福利服務，現時轄下服務單位共二百零七個。

The Tung Wah Group of Hospitals was founded in 1870. It is now providing free Chinese and Western outpatient services and free hospitalization service in its five hospitals namely Tung Wah Hospital, Kwong Wah Hospital, Tung Wah Eastern Hospital, TWGHs Wong Tai Sin Hospital and TWGHs Fung Yiu King Hospital for the people in need, serving more than 1.1 million patient-cases last year. Besides medical services, Tung Wah is providing education and community services to cope with the need of the community. It has under its management 207 service centres.

[www.tungwah.org.hk](http://www.tungwah.org.hk)



**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  其他金額多少無拘 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.

中文姓名Name in Chinese: \_\_\_\_\_  先生Mr  女仕Ms  醫生Dr 英文姓名Name in English: \_\_\_\_\_

地址Address: \_\_\_\_\_

聯絡電話Telephone: \_\_\_\_\_ 傳真Fax: \_\_\_\_\_

支票Cheque 號碼Number: \_\_\_\_\_ 抬頭請寫Payable to: "HONG KONG COLLEGE OF CARDIOLOGY - WORLD HEART DAY"

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

日期Date: \_\_\_\_\_

請連同支票寄回香港心臟專科學院 中環夏愨道12號美國銀行中心1116-7室  
 Please enclose donation cheque and mail to: Hong Kong College of Cardiology,  
 Room 1116-7, Bank of America Tower, 12 Harcourt Road, Central, Hong Kong

**世界心臟日 24.9.2006  
WORLD HEART DAY**

**How Young  
Is Your Heart  
長青的心  
健康滿FUN**



**24.9.2006**  
 世界心臟日2006開展儀式  
 時間：下午 3:00  
 地點：奧海城2期地下北翼

**8.10.2006**  
 心臟健康嘉年華  
 環球健步行2006  
 「世界心臟日」王定一繪畫比賽  
 時間：下午 1:00  
 地點：跑馬地香港賽馬會

**查詢：2899 2035**

主辦機構：



香港心臟專科學院



東華三院  
SINCE 1870

聯合發起人：





# How Young is Your Heart?

## 長青的心 健康滿FUN

心臟病及中風是全球第一號殺手，每年就奪去1,750萬人的生命。

為何減慢心臟衰老是如此重要？

保持年輕的心可減低因心臟病及中風，而引發的過早死亡或殘障。生活上的小小改變，就能幫助減慢心臟衰老。

如何達致『長青的心，健康滿FUN』？

1. 保持攝取低卡路里及均衡飲食，有助減慢心臟老化的過程，注意均衡飲食，多吃生果及蔬菜，就可以看到分別。
2. 經常運動分別有助減低25%及40%患上中風及冠心病的風險。而年齡介乎於50-70歲的年老運動員，他們的心臟比沒有運動習慣的20歲青年人還要健康及強壯。專家建議成人每日應最少進行30分鐘的輕鬆步行運動，而小童則應每日維持60分鐘的運動。
3. 吸煙會增加血液中的膽固醇，“壞”膽固醇，血凝固及增加動脈血管突然阻塞的機會，因此，戒煙能幫助保持心臟年輕，吸煙不單只危害自己的生命，吸食二手煙者因冠心病而引發的死亡率，更比非吸煙者高出70%。

現在就立刻開展您的健康生活！藉著「世界心臟日」，將『長青的心，健康滿FUN』的訊息帶給您的家人及朋友，鼓勵他們開始一個健康心臟的生活模式。

Heart disease and stroke is the world's largest killer claiming 17.5 million lives a year.

Why is it so important for the heart to age slowly?

Maintaining a youthful heart will reduce the risk of premature death or disability from heart disease and stroke. Small lifestyle changes can bring big rewards and help the heart to age more slowly!

How to keep your heart young?

1. A low calorie, nutritionally balanced diet has been associated with slowing the ageing process of the heart. Adopting a balanced diet with plenty of fruits and vegetable can help make a difference.
2. Regular physical activity is also vitally important, reducing the risk of stroke by over 25% and the risk of coronary heart disease by over 40%. The hearts of veteran athletes aged 50-70 have been found to be as strong and healthy as those of an inactive 20 year-old. For adults, at least 30 minutes of brisk walking a day and for children, 60 minutes of exercise a day is recommended.
3. Quitting smoking will help to keep the heart young, as smoking increases blood cholesterol, "bad" cholesterol, blood clotting and increases the chance of a sudden blockage of an artery. Smokers not only put their own lives at risk - passive smoking increasing the coronary death rate among non-smokers by up to 70 per cent.

"It is never too late to start living a healthy lifestyle. By asking your family and friends to think about the age of their hearts on World Heart Day, we are encouraging everyone to adopt a heart-healthy lifestyle."

活動 Activity	燃燒卡路里*/30分鐘 Calories Burned*/30min
健康舞 Aerobics	246 ♥♥♥♥♥
踏單車(10里/小時或16公里/小時) Bicycling (10 mph/ 16 kph)	201 ♥♥♥♥♥
跳舞 Dancing	208 ♥♥♥♥♥
家務 Housework	92 ♥♥
溜冰 Inline skating	163 ♥♥♥♥
緩步跑(5里/小時或8公里/小時) Jogging (5 mph/ 8 kph)	268 ♥♥♥♥♥
緩步跑(8里/小時或12公里/小時) Jogging (8 mph/ 12 kph)	455 ♥♥♥♥♥♥♥♥♥♥
游泳 Swimming	279 ♥♥♥♥♥
網球(單打) Tennis (singles)	205 ♥♥♥♥♥
步行(2里/小時或3公里/小時) Walking (2 mph/ 3 kph)	92 ♥♥
步行(4里/小時或6公里/小時) Walking (4 mph/ 6 kph)	160 ♥♥♥♥

\* 數據人體體重63-68公斤 (140-150磅)計算  
\* Figures are for a person who weight 63-68kg (140-150 pounds)

# 世界心臟日 WORLD HEART DAY

24.9.2006



香港心臟專科學院及東華三院將會繼續合辦世界心臟日，活動內容及時間表如下：

The Hong Kong College of Cardiology and the Tung Wah Group of Hospitals will continue to co-organize the World Heart Day 2006. Activities and schedule as follow:

**24-9-2006 3pm** 奧海城 2 期地下北翼 **查詢：2899 2035**  
世界心臟日2006開展儀式

**8-10-2006 1pm** 跑馬地香港賽馬會  
環球健步行2006

響應世界衛生組織舉辦的環球健步行，三千多名市民將會一同參與這個無分國籍、性別及年齡界限的健康步行活動，為嘉年華會展開序幕。

心臟健康嘉年華

於跑馬地香港賽馬會內舉行的大型綜合節目。

「世界心臟日」王定一繪畫比賽

1,000多名香港中、小學生將會參加在嘉年華會中舉行的繪畫比賽。優勝作品將與來自北京、新加坡、上海、溫哥華、多倫多和台灣的得獎作品，於稍後由「全球華人心臟保健網絡」舉辦的決賽中一較高下。

**2/15/22-10-2006 10am** 香港中央圖書館演講廳  
健康講座

提高大眾對心臟健康的知識及關注。

**24-9-2006 3pm** Olympian City 2 North Atrium  
World Heart Day 2006 Press Conference and Kick-off Ceremony

**8-10-2006 1pm** Happy Valley Hong Kong Jockey Club  
The Global Embrace 2006

More than 3,000 citizens will join this worldwide intergenerational walk event organized by the World Health Organization (WHO) to kick off the Heart Health Carnival.

Heart Health Carnival

Stage shows will be held at the Happy Valley Hong Kong Jockey Club.

"World Heart Day" Eddie Wang Drawing Competition

1,000 primary/secondary school students will illustrate their ideas on heart health through drawings at the carnival. Selected drawings will compete with those from Beijing, Singapore, Shanghai, Vancouver, Toronto and Taiwan in the final organized by the International Chinese Heart Health Network.

**2/15/22-10-2006 10am**  
Hong Kong Central Library  
Health Talk

To enhance the general public awareness of heart health.





# 「三花」心臟健康嘉年華

## ■ "Carnation" Heart Health Carnival



### 時間 Time 節目 Programme

1:30pm [世界心臟日] 王定一繪畫比賽  
"World Heart Day" Eddie Wang Drawing Competition

2:15pm 開幕典禮  
Opening Ceremony

3:00pm 「三花」環球健步行  
"Carnation" Global Embrace

3:15pm 心臟健康檢查及攤位遊戲  
Heart Health check and game booth

3:30pm 花式跳繩表演  
Rope skipping performance

4:00pm 歌星表演  
Stage show by Artists

6:00pm 嘉年華會圓滿結束  
End of Carnival



時間 Time : 1:00pm — 6:00pm 地點 Venue : 香港跑馬地馬場 Happy Valley Racecourse



# 「三花」環球健步行

## ■ "Carnation" Global Embrace



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 : 3:00pm — 4:00 pm 地點 Venue : 香港跑馬地馬場 Happy Valley Racecourse



# 心臟健康講座

## Heart Health Talk



### 1 冠心病的治療的最新進展 Advance Management in Coronary Artery Disease

日期：2006年10月2日(星期一)  
Date: 2 October 2006 (Monday)  
時間：早上十時至下午十二時半  
Time: 10:00am – 12:30pm  
地點：香港中央圖書館演講廳  
Venue: Lecture Theater, Hong Kong Central Library

全力贊助 Sponsored by:



### 2 減低「心血管病」風險錦囊 How to reduce your Cardiovascular Risk?

#### 「脂」吾以對 The Lipid Challenge

日期：2006年10月15日(星期日)  
Date: 15 October 2006 (Sunday)  
時間：早上十時至下午一時  
Time: 10:00am – 1:00pm  
地點：香港中央圖書館演講廳  
Venue: Lecture Theater, Hong Kong Central Library

全力贊助 Sponsored by:



費用全免  
Free admission

### 3 認識無聲 殺手 — 高血壓 Hypertension — A Silence Killer

日期：2006年10月22日(星期日)  
Date: 22 October 2006 (Sunday)  
時間：早上十時至下午一時  
Time: 10:00am – 1:00pm  
地點：香港中央圖書館演講廳  
Venue: Lecture Theater, Hong Kong Central Library

全力贊助 Sponsored by:



## 「世界心臟日」王定一繪畫比賽

### “World Heart Day” Eddie Wang Drawing Competition

今年約有一千名中、小學生參加「世界心臟日」王定一繪畫比賽，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「運動使心臟健康」，而十二歲至十七歲的高級組題目則為「吸煙會危害心臟」。每組的冠、亞、季軍作品將代表香港，參加由「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 “Exercise leads to heart health” and the theme for the senior division (aged between 12 and 17) is “Smoking is hazardous to your health”. Drawings will be selected to compete with cities around the world in the final organized by the International Chinese Heart Health Network.

初級組：下午二時至四時  
Junior Group: 2:00pm – 4:00pm

高級組：下午一時三十分至三時三十分  
Senior Group: 1:30pm – 3:30pm

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

