

9月26日見
See You on September 26!



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。該會共由來自100個國家的179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。

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，共有會員150多位。其宗旨是維持心臟醫療的水平，及改善香港人心臟的健康。香港心臟專科學院是根據稅務條例第88條所認可的慈善機構。

<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，為貧病者提供免費中西醫門診服務及免費病床服務，每年受惠人數超過一百五十萬人次。除提供醫療服務外，東華亦因應社會要求積極拓展教育及社會福利服務，現時轄下服務單位共一百九十四個。

The Tung Wah Group of Hospitals was founded in 1870. It is now providing free Chinese and Western outpatient service 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, servicing over 1.5 million patient-cases each year. Besides medical services, Tung Wah is also providing education and community services to cope with the need of the community. It has under its management 194 service centres.

<http://www.tungwah.org.hk>

世界心臟日

WORLD HEART DAY

26.9.2004 (星期日 Sunday)

Children, 幼青強心 精彩人生
Adolescents and
Heart Disease



Don't smoke, eat wisely and have a good heart.

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」的步行籌款活動，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 女士 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 CARDIOLOG - WORLD HEART DAY"

請寄回收據 Please send me a receipt 捐款港幣一百元以上可憑收據申請免稅 Donations over HKD100 are tax deductible with a receipt

日期 Date: _____

請連同支票寄回香港心臟專科學院 中環夏慤道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

聯合發起人:



世界心臟組織聯會



合辦機構:



協辦機構:



不論男女老幼，都必需要有一顆健康的心，活出精彩人生。

甚麼因素會妨礙心臟健康？

有害健康的飲食 - 全球超過二千二百萬名年齡五歲以下的兒童屬於過度肥胖，而為數更多兒童的體重超出標準。

吸煙 - 由年青時期開始持續吸煙的成年人，半數極可能死於與吸煙有關的疾病。家長如果於幼兒的生活環境中吸煙，其子女於五歲時將會累積吸入相等於102包的香煙。

缺乏運動 - 全球三份之二兒童的運動量都低於標準要求。這情況會引致兒童肥胖的機會率增加一倍，同時容易患上心血管疾病和其他慢性疾病。

請為子女建立良好的環境 讓小童和青年終生擁有健康的心

- 讓子女在一個無煙的環境成長。
- 於家中採取健康煮食方式，烹調營養豐富和均衡的膳食。
- 留意子女的體重。教育及鼓勵子女控制所攝取的食物熱量，同時保持健康均衡的飲食習慣。
- 避免購買糖果或快餐等「不良食品」。
- 提倡子女多做運動，並鼓勵他們參與體育活動。
- 減少看電視的時間。
- 盡可能於嬰孩出生後首六個月餵食母乳，有助預防子女長大後患上非傳播性疾病，同時亦可全面滿足嬰孩的營養需要。

A healthy heart is vital for living life to the full, regardless of age and gender.

What stands in the way of a heart healthy lifestyle?

Unhealthy diets - Globally, around 22 million children under the age of five are obese and many more are overweight.

Smoking - Half of the young people who continue to smoke in their adult life are likely to die from smoking. A child who is raised in the presence of a parent's cigarette smoke can inhale the equivalent of 102 packs of cigarettes by the age of five.

Physical inactivity - Two thirds of children worldwide are insufficiently active for their health. These children double their risk of becoming obese and increase their likelihood of developing cardiovascular and many other chronic diseases.

Children and teenagers need a heart for life. Build a supportive environment for your children

- Allow your children to live in a smoke-free environment.
- Develop healthy cooking skills within your family. Cook meals which are well-balanced and high in nutrients.
- Monitor your children's weight. Educate and encourage your children to control their energy intake and eat a healthy and balanced diet.
- Avoid buying sweets and junk food.
- Stimulate your children to be active and encourage participation in sporting groups.
- Decrease television viewing.
- Breastfeeding a baby for six months contributes to the prevention of non-communicable diseases in the child's later life and meets the baby's complete nutritional needs.

世界心臟日 - 2004年9月26日

香港心臟專科學院及東華三院將會繼續合辦世界心臟日，活動內容包括：

環球健步行2004 - 為響應世界衛生組織舉辦的環球健步行，3000名市民將一同參與這個無分國籍、性別及年齡界限的健康步行活動，為嘉年華會開幕。

心臟健康嘉年華 - 於跑馬地香港賽馬會內舉行之大型綜合節目。

王定一「世界心臟日」繪畫比賽(香港區選拔賽) - 600名香港中小學生將會參加在嘉年華會中舉行的繪畫比賽。優勝作品將會與來自北京、新加坡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。

電視綜合節目 - 電視廣播有限公司將協助大會舉辦電視問答遊戲節目，以提倡心臟健康的重要性。

World Heart Day - September 26, 2004

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

The Global Embrace 2004 - 3,000 citizens will join this worldwide intergenerational walk event organized by the World Health Organization to kick off the Heart Health Carnival.

Heart Health Carnival - Stage shows will be held at the Happy Valley Hong Kong Jockey Club.

Eddie Wang "World Heart Day" Drawing Competition (Hong Kong Semi-final) - 600 primary/secondary school students will illustrate their ideas on heart health through drawings at the carnival. Drawings will be selected to compete with drawings from Beijing, Singapore and Taiwan in the final organized by the international Chinese Heart Health Network.

TV Show - TVB will produce a TV quiz show to promote the importance of heart health.

