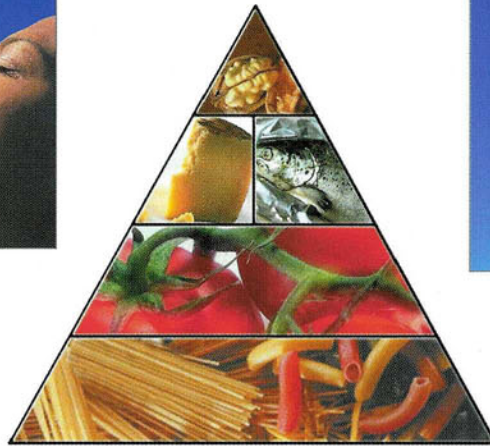
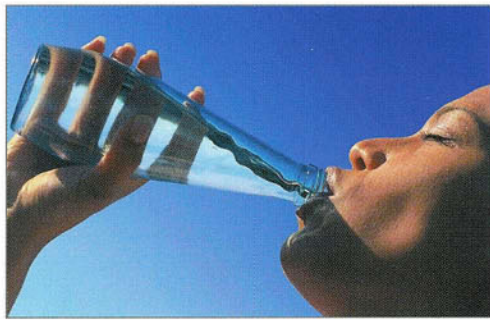
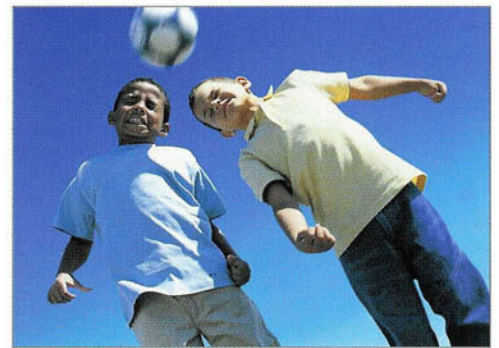


## 世界心臟日

要享受充實、完整的人生，您需要一顆健康的心臟。今天，全球每3個死亡的人中即有1個死於心臟病和中風。世界心臟組織聯會設立世界心臟日的目的在於幫助世界各地的人們認識到推行有益心臟健康的生活方式的切實重要性。控制體重、經常運動、均衡營養及無吸煙的生活環境在您的日常生活中起着舉足輕重的作用，並可以使您長期保持健康狀態。



健康食物金字塔  
The Food Pyramid



## World Heart Day

To enjoy a full and productive life, you need a healthy heart. Today, one out of three deaths around the globe is due to heart disease and stroke. The World Heart Federation organises World Heart Day to help make people all over the world aware of how important a heart-healthy lifestyle really is. Controlling your weight, regular exercise and healthy nutrition, together with smoke-free living, play a major role in your long-term health and your everyday life.

### 世界心臟組織聯會的建議：

- ♥ 假如您吸煙，戒煙是您當務之急
- ♥ 認識健康飲食金字塔，保持均衡膳食，您會感覺身心舒暢，並且會減低心臟病和中風的機會！
- 1. 以麵包、五穀大麥類，尤其是粗麥和馬鈴薯為主糧（每天6份或以上）
- 2. 多吃蔬果（每天至少5至7份）
- 3. 選擇無脂肪及低脂食品，多吃魚類、豆類、家禽和瘦肉
- 4. 盡量少吃高動物脂肪和高膽固醇的食物
- 5. 少吃熱量高、營養價值低的食物，例如汽水、糖果、甜品和蛋糕等
- 6. 減少攝取鹽份、患有高血壓的人士尤其注意
- 7. 假如您飲酒，女性每天不超過一杯，男性不超過二杯
- ♥ 經常運動 — 您每天只需30分鐘的輕度運動、步行、跳舞亦可！

### Tips from World Heart Federation:

- ♥ If you smoke, giving it up must be your No. 1 priority
- ♥ Have a balanced diet and follow the food pyramid to reduce your risk of heart disease and stroke. You will feel much better!
- 1. Eat bread, cereal, pasta (especially whole grain) & potatoes the most (6 or more servings a day)
- 2. Eat lots of fruit and vegetables (at least 5-7 servings a day)
- 3. Choose fat-free and low-fat products and eat more fish, beans, poultry and lean meat
- 4. Foods that are high in animal fats and cholesterol should be kept to a minimum
- 5. Foods that are high in calories and low in nutritional value like soft drinks, sweets, pastries and cakes should be avoided
- 6. Make sure you reduce the salt in your diet, especially if you have high blood pressure
- 7. If you drink alcohol, limit it to one drink a day if you are a woman, or two if you are a man
- ♥ Have regular exercise - even 30 minutes of moderate exercise every day will help you. This includes walking and dancing!



## 世界心臟日 - 2002年9月29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：

- ♥ 世界心臟日心臟健康嘉年華 — 節目有歌星表演，攤位遊戲，展覽和健康檢查。
- ♥ 環球健步行2002 — 為響應世界衛生組織舉辦的環球健步行，一班長者會與家人一齊參與這個無分年齡界限的健康步行活動，為嘉年華會揭開序幕。
- ♥ 「世界心臟日」繪畫比賽（香港區選拔賽）— 三百名香港小學生將會在嘉年華會內畫出「健康的心，快樂人生」，10幅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視電綜合節目，以提倡色香味美的健康飲食及運動對心臟健康的重要性。

## World Heart Day - SEPTEMBER 29, 2002

The Hong Kong College of Cardiology and the Tung Wah Group of Hospitals will continue to co-organize the World Heart Day 2002. Activities include:

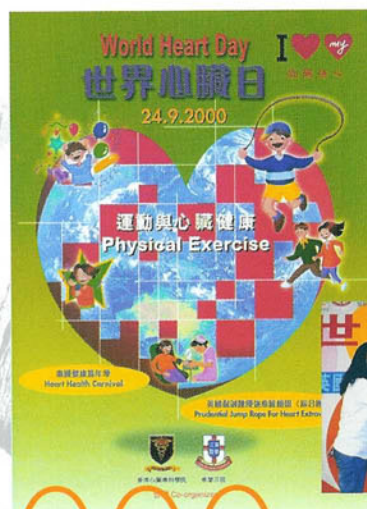
- ♥ Heart Health Carnival at the Southern Playground in Wanchai - stage shows, game booths, exhibition and health check counters.
- ♥ The Global Embrace 2002 - Senior citizens and their families will join this worldwide intergenerational walk event organized by the World Health Organization as a prelude to the Heart Health Carnival.
- ♥ World Heart Day Drawing Competition (Hong Kong Semi-final) - 300 primary school children will illustrate "a heart for life" at the carnival. 10 drawings will be selected to compete with those from Beijing, Singapore and Taiwan in the final organized by the International Chinese Heart Health Network.
- ♥ TV Show - TVB will produce a TV show to promote healthy cooking and the importance of physical activities to heart health.



## 世界心臟日回顧

## World Heart Day Review

# 2001



# 2000



9月29日見.....

See You On September 29!



## 世界心臟組織聯會

世界心臟組織聯會是一家設在日內瓦、致力於在全球預防和控制心血管疾病的非政府組織，共有來自97個國家的166個心血管和心臟基金會會員團體，會員來自亞太地區、歐洲、地中海東部、美洲和非洲等地。欲知更多有關世界心臟組織聯會的資料，請瀏覽網址 [www.worldheart.org](http://www.worldheart.org)。

## WORLD HEART FEDERATION

The World Heart Federation is a Non Governmental Organization based in Geneva and dedicated to the prevention and control of cardiovascular diseases around the world. The World Heart Federation is comprised of 166 member societies of cardiology and heart foundations from 97 countries and continental members covering the regions of Asia-Pacific, Europe, East Mediterranean, InterAmerica and Africa. To find out more, check out [www.worldheart.org](http://www.worldheart.org).



### 香港心臟專科學院

香港心臟專科學院於一九九二年成立，共有會員約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。

#### Hong Kong College of Cardiology

The Hong Kong College of Cardiology was founded in January 1992. There are now more than 150 fully accredited fellows. The College aims to maintain the standard of cardiovascular practice, and works towards improving the heart health of the people of Hong Kong. It is a charitable institution approved as exempted from tax under Section 88 of the Inland Revenue Ordinance.

<http://www.medicine.org.hk/hkcc/>



### 東華三院

東華三院成立於一八七〇年，現時屬下共五間醫院，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，每年受惠人數超過一百二十萬人次。除提供免費醫療服務外，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一百八十三個。

#### Tung Wah Group of Hospitals

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 1.2 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 183 service centres.

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



請慷慨支持世界心臟日

Thank you for your great support to the World Heart Day



我願意捐助 I would like to donate

港元 HKD:  \$100

\$300

\$500

\$1,000

其他金額多少無拘 Any amount will help \$ \_\_\_\_\_

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

(請在姓氏下劃線 Please underline surname)

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

捐款人簽署 Signature of Donor

日期 Date

請寄回收據。Please send me a receipt.

為幫助節省行政開支，本人不需要收據。To help save administration costs, please do not 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.

以上資料只會作為發收據用途。The above information will be used for issuing receipt only.

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1220室

Please enclose donation cheque and mail to: Hong Kong College of Cardiology - Room 1220, Bank of America Tower, 12 Harcourt Road, Central, Hong Kong