



# 糖尿病預防和治療 DIABETES PREVENTION AND TREATMENT

2013 年  
9月15日  
健康一日談  
HEALTH FAIR  
healthfairbc.com

日期 2013年9月15日 (星期日)  
時間 上午9:30 至 下午5:00  
地點 Bonsor Recreation Complex  
(6550 Bonsor Avenue, Burnaby)

Date September 15, 2013 (Sunday)  
Time 9:30am - 5:00pm  
Venue Bonsor Recreation Complex  
(6550 Bonsor Avenue, Burnaby)

幸運抽獎  
LUCKY DRAW

免費入場  
FREE ADMISSION

健康展覽攤位  
BOOTH  
EXHIBITIONS

健康測試  
HEALTH  
SCREENINGS

粵語講座  
CANTONESE  
+ LECTURE +

10:00 am ~ 10:45 am

如何控制高血糖  
How to Control High Blood Sugars?

蔡承禧醫生  
Dr. Heywood Choi

國語講座  
MANDARIN  
+ LECTURE +

10:45 am ~ 11:30 am

糖尿病腎病  
Diabetic Kidney Disease

林瑞生醫生  
Dr. George Lam

11:30 am ~ 12:15 pm

常見口腔疾病預防講座  
Common Oral Diseases

吳柏恩醫生  
Dr. Samson Ng

12:30 pm ~ 01:30 pm

開幕典禮  
Opening Ceremony

10:00 am ~ 10:45 am

糖尿病是萬病之源  
Diabetes is the Source of Many Diseases

楊光醫生  
Dr. Kwang Yang

10:45 am ~ 11:30 am

糖尿病與眼睛護理  
Diabetes and Eye Care

馬碩廷醫生  
Dr. Steve Ma

11:30 am ~ 12:15 pm

牙周病, 糖尿病, 心血管病-病病相聯  
Dental Connection to Diabetes & Heart Disease

陳錫俊牙醫  
Dr. Jim Chen

12:30 pm ~ 01:30 pm

開幕典禮  
Opening Ceremony

安康中文  
健康講座  
iCON CHINESE  
HEALTH FORUM

01:30 pm ~ 05:00 pm (可以在 12 點15 分提前入場 Doors open at 12:15 pm)

遠離糖尿病及併發症: 由健康生活方式至運用新科技

PREVENTION AND MANAGEMENT OF DIABETES:  
FROM LIFESTYLE TO TECHNOLOGY ENABLED STRATEGIES

網絡直播同步觀看 [www.iconproject.org](http://www.iconproject.org)

「如何護理自己的  
雙足?」短片  
「TAKE CARE OF YOUR  
FEET」VIDEO

二十一世紀  
健康中心  
21<sup>ST</sup> CENTURY  
HEALTH CLINIC

健康一日談查詢 HEALTH FAIR ENQUIRIES  
604.684.1628 [www.healthfairbc.com](http://www.healthfairbc.com)

加華醫學會、加華牙醫學會、中僑互助會、卑詩大學醫學院電子醫學策劃部聯合舉辦  
ORGANIZED BY CHINESE CANADIAN MEDICAL SOCIETY (BC), CHINESE CANADIAN DENTAL SOCIETY OF BC,  
S.U.C.C.E.S.S. AND UBC FACULTY OF MEDICINE EHEALTH STRATEGY OFFICE

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Sponsors provide unrestricted educational grants with no influence on the content of Health Fair.

# 安康中文健康講座 iCON CHINESE HEALTH FORUM

“遠離糖尿病及併發症：由健康生活方式至運用新科技”

Prevention and Management of Diabetes:  
From Lifestyle to Technology Enabled Strategies

日期 2013年9月15日(星期日)  
時間 下午1:30至下午5:00  
(可以在12點15分提前入場)  
地點 Bonsor Recreation Complex  
Banquet Hall  
(6550 Bonsor Avenue, Burnaby)

Date September 15, 2013 (Sunday)  
Time 1:30pm - 5:00pm  
(Doors open at 12:15pm)  
Venue Bonsor Recreation Complex  
Banquet Hall  
(6550 Bonsor Avenue, Burnaby)

 a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA  
Faculty of Medicine  
eHealth Strategy Office

 iCON  
interCultural Online  
Health Network

免費講座，座位有限，請早登記！  
FREE ADMISSION, SEATS ARE LIMITED, PLEASE REGISTER EARLY!

網絡直播  
同步觀看  
LIVE WEBCAST  
AVAILABLE

安康健康網絡誠意邀請大家一同來探討如何能夠在  
日常生活中適當地作出調整而使大家遠離糖尿病和  
併發症。專家小組將會提供有關本地資源，並會介  
紹怎樣運用現代新科技來幫助大家生活得更健康！  
講座將以粵語進行，並配有國語同聲翻譯。

Learn more about how to prevent complications & manage  
diabetes through healthy lifestyle choices in order to optimize your  
overall health. To further explore what community resources and  
healthcare pathways are available for you and your family. To find  
out what is eHealth and how eHealth technologies can assist in  
managing your health! Forum will be presented in Cantonese with  
simultaneous interpretation to Mandarin offered.

## 專家小組 SPEAKERS

二十一世紀  
健康中心  
21<sup>ST</sup> CENTURY  
HEALTH CLINIC

「如何護理自己的  
雙足？」短片  
「TAKE CARE OF YOUR  
FEET」VIDEO

何建韜醫生 Dr. Kendall Ho



伍樂華註冊護士和糖尿病教育工作者  
Laura Ng, Registered Nurse and  
Certified Diabetes Educator



何陳汝慈註冊護士  
Barbara Ho, Registered Nurse



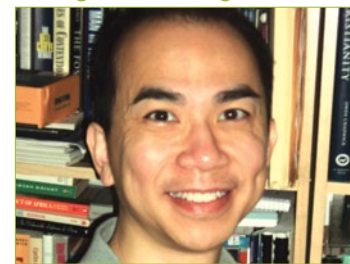
汪棗兒註冊營養師  
Jo Jo Wang, Registered Dietitian



劉全炳醫生 Dr. CP Lau



楊碩昌博士臨床心理學家  
Dr. Tigerson Young



有關安康中文健康講座  
的疑問或預先登記  
請瀏覽網站

FOR REGISTRATION OR ENQUIRIES FOR iCON FORUM  
[www.iconproject.org](http://www.iconproject.org)

