



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
10:45 am ~ 11:30 am
11:30 am ~ 12:15 pm
12:30 pm ~ 01:30 pm

如何控制高血糖
How to Control High Blood Sugars?
糖尿病腎病
Diabetic Kidney Disease
常見口腔疾病預防講座
Common Oral Diseases
開幕典禮
Opening Ceremony

蔡承禧醫生
Dr. Heywood Choi
林瑞生醫生
Dr. George Lam
吳柏恩醫生
Dr. Samson Ng

國語講座
MANDARIN
+ LECTURE +

10:00 am ~ 10:45 am
10:45 am ~ 11:30 am
11:30 am ~ 12:15 pm
12:30 pm ~ 01:30 pm

糖尿病是萬病之源
Diabetes is the Source of Many Diseases
糖尿病與眼睛護理
Diabetes and Eye Care
牙周病, 糖尿病, 心血管病-病病相聯
Dental Connection to Diabetes & Heart Disease
開幕典禮
Opening Ceremony

楊光醫生
Dr. Kwang Yang
馬碩廷醫生
Dr. Steve Ma
陳錫俊牙醫
Dr. Jim Chen

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

「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
21ST CENTURY
HEALTH CLINIC

健康一日談查詢 HEALTH FAIR ENQUIRIES
604.684.1628 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

主辦機構
Main Organizers



Chinese
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British
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金贊助機構
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贊助機構僅提供無條件的教育資金, 不影響健康一日談的內容
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

網絡直播
同步觀看
LIVE WEBCAST
AVAILABLE

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

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
21ST 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



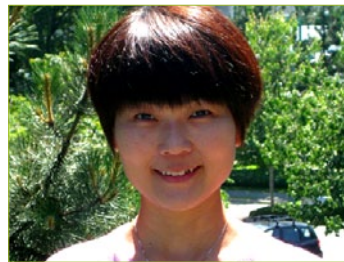
何陳汝慈註冊護士

Barbara Ho, Registered Nurse



汪棗兒註冊營養師

Jo Jo Wang, Registered Dietitian

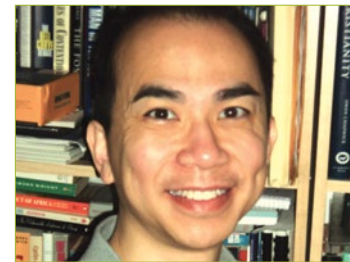


劉全炳醫生 Dr. CP Lau



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

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www.iconproject.org



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