

# September is National Cholesterol Education Month

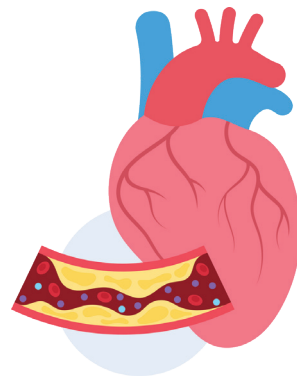
## 九月是全國膽固醇教育月

**Brief Description:** Cholesterol is a waxy, fat-like substance made in the body to build cells and produce vitamins and hormones. However, having too much cholesterol can pose a serious health risk such as increasing the chance of developing heart disease and stroke. If you want to learn more about cholesterol, please attend the National Cholesterol Education Month Workshop at NEMS Health Education Department.

**簡介：**膽固醇是一種在體內產生的蠟狀脂肪狀物質，用於構建細胞並製造維生素和其他激素。但是，膽固醇過多會帶來嚴重的健康風險，例如增加心臟病和中風的發病率。如果了解有關主題的更多信息，請參加東北醫療中心健康教育部的膽固醇教育講座。

### Topics 題目：

- What is Cholesterol? 什麼是膽固醇？
- Why Cholesterol Matters? 為什麼膽固醇很重要？
- Good vs. Bad Cholesterol 好膽固醇和壞膽固醇的區別
- Check Change Control 檢查改變控制
- Risk Factors 風險因素
- Prevention and Treatments of High Cholesterol 高膽固醇的預防與治療



Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所
Date 日期	9/2 - 9/30/2025 Every Tuesday & Thursday 逢星期二、四
Time 時間	10:30am – 11:30am 上午 10 時半至 11 時半
Location 地點	1520 Stockton St., San Francisco, CA 94133
Language 語言	English, Cantonese, Mandarin 英、粵及國語

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**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 415-391-9686 ext. 8160 (TTY: 1-800-735-2929) o hable con su proveedor.  
**Chinese** 注意：如果您說中文，我們可為您提供免費語言協助服務，也可免費提供適當的輔助工具與服務，以無障礙方式提供資訊。請致電 415-391-9686 轉內線 8160 (TTY: 1-800-735-2929) 或與您的醫生討論。  
**Vietnamese** CHÚ Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 415-391-9686 ext. 8160 (Người khuyết tật: 1-800-735-2929) hoặc trao đổi với người cung cấp dịch vụ của bạn.