



December is Arthritis and Fall Prevention Awareness Month

十二月是關節炎及預防跌倒關注月

Brief Description:

More than 50 million adults in the United States have arthritis. Arthritis causes joint pain, stiffness, and swelling. It reduces exercise capacity. Moreover, as people age, muscles, bones, and joints degenerate. Reduced muscle strength and balance will increase the risk of falling. Falls can often lead to fractures, thus affecting the patient's independence and ability to take care of themselves. To prevent falls, we can begin by improving the elderly's physical fitness, the surrounding environment, and the details of their daily lives. If you want to learn more about arthritis and fall prevention, please attend NEMS Health Education Workshop.

簡介：

在美國，有超過五千萬的成年人患有關節炎。關節炎會導致關節疼痛、僵硬和腫脹。它會降低運動能力。而且，人隨著年齡增長，肌肉、骨骼及關節退化。減低了肌肉力量及平衡力，跌倒的危險性會因此而增加，跌倒往往可引致骨折，從而影響患者的獨立性及自我照顧能力減低。預防跌倒，可從改善長者本身體質、改善週遭環境及日常生活細節入手。如果您想了解更多有關此主題的信息，請參加東北醫療中心健康教育部舉辦的關節炎及預防跌倒講座。

Topics 題目：

- What is arthritis?
什麼是關節炎？
- What are the most common types of arthritis?
常見的關節炎種類
- What are the symptoms of arthritis?
關節炎的症狀
- How to manage arthritis?
如何管理關節炎？
- Risk factors for falls
跌倒的風險因素
- Fall prevention tips
防跌小貼士
- Exercises Demonstration
運動示範



Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠診所	211 Eastmoor Clinic 帝利市Eastmoor診所
Date 日期	12/3 - 12/31/2024 Every Tuesday & Thursday 逢星期二、四	12/2 - 12/30/2024 Every Monday 逢星期一
Time 時間	10:30am – 11:30am 上午 10 時半 至 11 時半	11:00am – 12:00pm 上午 11 時 至 中午 12 時
Location 地點	1520 Stockton St. San Francisco, CA 94133	211 Eastmoor Ave. Daly City, CA 94015
Language 語言	English, Cantonese, Mandarin 英、粵及國語	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.



Contact Health Education 聯絡健康教育部:
(415) 391-9686 ext. 轉內線 5843 | WWW.NEMS.ORG