

SEPTEMBER 九月

# NATIONAL CHOLESTEROL EDUCATION MONTH

## 全國膽固醇關注月

### 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

**Brief Description:** Cholesterol is a waxy, fat-like substance made in the body to build cells and make vitamins and other hormones. However, having too much cholesterol can pose a serious health risk such as increasing the development of heart diseases and strokes. If you want to learn more about cholesterol, please attend the National Cholesterol Education 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。如果想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關注膽固醇講座。

### Detailed Information 詳細資料

#### Chinatown Clinic 三藩市華埠診所

#### 1870 Lundy Clinic 聖荷西1870 Lundy診所

#### Date 日期

9/5 - 9/28/2023  
Every Tuesday & Thursday  
逢星期二，四

9/6 - 9/27/2023  
Every Wednesday  
逢星期三

#### Time 時間

10:30am - 11:30am  
上午10時半至11時半

2:00pm - 3:00pm  
下午2時至3時

#### Location 地點

1520 Stockton St  
San Francisco, CA 94133

1870 Lundy Ave  
San Jose, CA 95131

#### Language 語言

English, Cantonese, Mandarin  
英、粵及國語

English, Mandarin  
英及國語