

### 每月健康講座

#### 你了解風濕痛嗎？

風濕病痛這名詞在中國人的字典當中泛指一切只與骨骼系統有關的毛病。很多人以為關節痛只是因為風濕舊患或與天氣有關。風濕關節痛是否只與骨骼系統有關呢？是否老人家才有風濕關節痛呢？你是否患有風濕病？你的痛症是否與風濕有關呢？

本講座會從中西醫學角度分析風濕痛。治療師並會指導你如果預防及自我護理風濕病痛。

講者：陶智超註冊物理治療師

日期：二零零五年十二月二十二日（星期四）

時間：晚上七時至八時半

地點：中環德輔道中 20 號德成大廈 508 室

語言：廣東話

費用全免。報名及查詢請電 2537 2083。

座位有限，請早預約。

### Monthly Health Education Seminars

#### Does arthritic pain caused by climatic factors?

It is believed by Chinese people that nearly all arthritic pain or diseases are caused by climatic factors such as wind and dampness. Does all arthritic pain related to our musculo-skeletal system only? Does it only affect the older population? Do you have arthritic diseases? Is your pain syndrome weather related? This seminar will talk about arthritic diseases in both Eastern and Western medical philosophies. Physiotherapist will also teach you how to prevent and self-care it.

Speaker: Mr Ray To, Registered Physiotherapist

Date: 22<sup>nd</sup> December, 2005 (Thursday)

Time: 7:00 – 8:30pm

Venue: Rm 508 Taksing Hse., 20 Des Voeux Rd. Central

Language: Cantonese

Free Admission. For enquiries, please contact us at 2537 2083.

Seats are limited, please reserve yours early.