



## Monthly Health Education Seminar 健康講座

### 骨關節炎 與 你

骨關節炎大家聽得多，但你們清楚知道它是怎樣的一種病症嗎？骨關節炎其實並不是一種病症，而是一種關節軟骨退化病變。

在講座中，物理治療師會為您講解骨關節炎的成因，對關節的影響，與及如何預防及治療，讓您對這種最常見的關節炎症有更深認識。

講者：畢慧敏物理治療師

日期：二零零九年十一月二十六日（星期四）

時間：晚上七時至八時半

地點：德輔道中 20 號德成大廈 508 室

語言：中文 免費參加



### Osteoarthritis and YOU

You may have heard of Osteoarthritis so many times, but how much do you know about this disease? In fact, Osteoarthritis is not a disease, it is the "wear and tear" of the joints, resulting in degenerative changes and breakdown of the cartilages of the joint surfaces.

We would like to offer you with a comprehensive talk about Osteoarthritis (OA). Includes what OA is, its affects, diagnosis, treatment, and illustrations.

Speaker: Ms. Diana But, Registered Physiotherapist

Date: 26th November, 2009 (Thursday)

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

Language: Cantonese Free Admission.