

Health Talk of Osteoarthritis and Cancer Care 骨關節炎及癌症預防健康講座

骨關節炎 Osteoarthritis

你是否有關節疼痛和僵硬的經歷？或者做普通的動作，如攀爬樓梯或在早晨睡醒後整理床褥却感到力不從心呢？如果答案是“是”的話，你可能患上了骨關節炎。根據世界衛生組織（WHO）估計，世界上年齡在60歲以上的人，有9.6%的男性和18%的女性有骨關節炎症狀。那麼，什麼是骨關節炎？Do you experience pain and stiffness in your joints? Has an ordinary task such as climbing up the stairs or making your bed in the morning become almost impossible? If yes, you might be suffering from osteoarthritis. According to the World Health Organization (WHO), it is estimated that 9.6% of men and 18% of women aged ≥ 60 years have symptomatic osteoarthritis worldwide. So, what is osteoarthritis?

骨關節炎是退化性關節病最常見的類型，也是當今世界上疼痛和殘疾的主要原因。它可影響身體的任何關節，最常見的部位是膝關節和髖關節，並且病情會隨時間而惡化。骨關節炎的患病率會隨著年齡而增加，往往對女性影響多於男性。Osteoarthritis is the most common type of degenerative joint disease and is a leading cause of pain and disability in most countries worldwide. It may affect any joint of the body, most commonly in the knee and hip, and is a condition that worsens with time. The prevalence of osteoarthritis increases with age and generally affects women more often than men.

膝關節炎在新加坡是引起殘疾的五個主要原因之一。作為一個快速年齡老化和肥胖人口上升的國家，骨關節炎的患病率預計將在新加坡大幅增長。你怎麼知道是否患上了骨關節炎？骨關節炎有什麼症狀？除了服短期有效的止痛藥外，還有什麼其他的治療方法？Knee osteoarthritis is one of the five leading causes of disability in Singapore. Being a nation with the rapid aging population and a rise in obesity, the prevalence of osteoarthritis is expected to grow dramatically in Singapore. So how do you know if you have osteoarthritis? What are the symptoms? Besides popping pain killers which only work short term, what are other treatment options available?

不要諱疾忌醫。請參加袁泉芳醫生2015年1月31日在Macpherson民眾俱樂部舉行的醫療講座，以便了解更多詳情以及知道怎樣預防骨關節炎。Do not suffer in silence. Join us at the health talk by Dr Raymond Yuen on 31 Jan 2015 (Sat) at Macpherson Community Centre to find out more about the disease and what to do if you have osteoarthritis.

預防癌症 Cancer Care

你知道3位新加坡人之中有1位死於癌症嗎？根據新加坡癌症協會的統計數據報告，新加坡每天有14人死於癌症。許多人認為患上癌症為死刑判決。其實，如果及早發現，癌症是可以治療的。認識到早期症狀，以及做定期身體檢查，也可以幫助挽救生命。那麼，要找出什麼症狀呢？你幾時應該去做身體檢查？如何降低患癌的風險？袁泉芳醫生也將分享有關癌症知識和我們怎樣才能防止這種可能致命的疾病。參加我們的講座，認識你怎樣保護自己或怎樣降低患癌風險。Did you know that 1 in 3 Singaporean dies of cancer? Based on statistics reported by the Singapore Cancer Society, 14 people die from cancer every day. Many people perceive cancer as a death sentence, when in fact, cancer can be treated if detected early. Recognizing the early signs, and going for regular check-ups can also help to save lives. So, what are these signs to look out for? When should you go for check-ups? How to lower your risks of getting cancer? Dr Yuen will also be sharing valuable information on cancer and how can we prevent this possibly fatal disease. Come join us to find out how you can protect yourself or reduce the risk of cancer.

Address 地點: Macpherson Community Club - **Second Level Theatrette**, 400 Paya Lebar Way, Singapore 379131

Transport 交通: 巴士服務 Bus Services 40,61,63,65,66,135,154,155,158

Date 日期: January 31, 2015 (Saturday) Time 時間: 2:30pm – 5:00pm Fee 費用: S\$5

報名請填寫附上的表格並連同劃線支票（抬頭 KOWLOON CLUB）寄到 93 Toa Payoh Central, #05-02 Toa Payoh Central Community Building, Singapore 319194，詳情請電：6440 9237 或 Email: info@kowloonclub.org.sg



Painful Joints?

What you need to know and the treatment options

Cancer prevalence is on the rise!

Tips and ways to reduce your risk of getting it.

Please join us to find out the treatment options for joint pain and also tips on how to reduce risks of getting cancer!

Venue: Macpherson Community Club - Second Level Theatrette
400 Paya Lebar Way Singapore 379131

Date: 31st January 2015, Saturday

Time: 2.30 – 5.00pm

Registration fee: \$5 per person*

The Updated Price

*Light refreshment will be provided *A gift bag worth more than \$10.00 will be given away

PROGRAMME (English with Mandarin Translation)

2.00 – 2.30 pm Registration

2.30 – 3.00 pm Treatment options for knee pain

Dr Raymond Yuen Chuen Fong

Hosanna Medical Centre

MBBS (HKU), MMedSc (HKU), MMed (OM) (NUS), FAMS

Registered Family Physician, Occupational Medicine Specialist;

Medical Consultant (Honorary) at 365 Cancer Prevention Society

3.00 – 3.15 pm Q & A

3.15 – 3.45 pm Tea Reception

3.45 – 4.15 pm Cancer cases on the rise in Singapore!

What to look out for and how to reduce or prevent risk factors.

Dr Raymond Yuen Chuen Fong

4.15 – 4.30 pm Q & A

4.30 – 5.00 pm Gift bags collection

REGISTRATION (Seats limited)

To register for this talk, please fill up the following and make payment to:

Kowloon Club - 93 Toa Payoh Central, #05-02, Toa Payoh Central Community Building S 319194 Tel: 64409237

Or Hosanna Medical Centre, 51 Circuit Rd #01-797 Singapore 370051 Tel: 6746-1772

Please complete the following information.

Name: _____ Signature: _____

Contact No.: _____

Email: _____

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