

關於我們 ABOUT US

兒童心臟基金會成立於1994年，致力服務先天性心臟病兒童及家人。基金會的服務包括提供經濟援助、贊助手術器具、購置醫療設備、安排海外醫生到訪進行醫學交流、為病童及家長提供情緒治療及心理輔導支援和定期舉辦各項教育及發展性活動等。

Children's Heart Foundation was established in 1994 to support children and their families affected by congenital heart disease. The CHF provides a wide range of services such as financial support; purchasing medical equipment; counselling, liaising with overseas surgeons; provides professional psychological counselling and therapies; and organizing regular educational and developmental and supporting programmes.

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兒童心臟基金會
Children's Heart Foundation

服務中心 Service Centre

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Love
造愛人間
Beyond Life



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(所有內容皆為中英對照。)
(All content is written in both Chinese and English.)

EDITOR'S NOTE 編者 · 的話

兒童心臟基金會編輯小組

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花開花落有時，生老病死亦有時。本期「心訊」以「遺愛人間」為主題，對於先天性心臟病童家庭而言，生死是一個很接近日常的議題。每一次的手術，都是一次與死神搏鬥的經歷；每一個心童的成長，都是一個突破生命的故事。

生老病死，無人能躲避。面對疾病或不幸，心童家庭並沒有消極，反而樂觀面對，希望在有限時間能活得精彩，亦希望可以生命影響生命，以自身經歷去為同路人帶來鼓勵及力量。

隨著科技先進，以至時代進步，社會對先天性心臟病的資訊掌握亦有所增加，如本期專欄項目中提到的「全基因組定序測試」，測試結果背後除了影響患者本身，更是其家庭成員及整個醫療數據庫。

生命的價值也許並不在於長短，留下來的回憶和啟發，才是最可貴之處。

—— 公共傳訊事務委員會

Flowers bloom and fade, life comes and goes. The theme of this newsletter is "Love Beyond Life. Life and death is a common topic for children with congenital heart disease. They have to fight for their life in every surgery. Therefore, every growth of our children is a story of a breakthrough in life.

We cannot avoid birth, senility, illness, or death. Facing disease or misfortune, family with kids of congenital heart disease did not give up but maintain hope. They wish to live fantastically in limited time and undertake "life influencing life" by using their own experience to give encouragement and energy.

With advances in technology, society has much more information related to congenital heart disease. For example, the "whole Genome Sequencing Test" mentioned in this episode is also important. The test result is not only related to the patient but also family members of the patient and the medical database.

The value of life lies not just in longevity. Rather, the memories and inspirations we left behind may be the most praiseworthy elements that affect other's life.

—— Publicity and Publications Sub-committee

專題 · 故事 Feature Story

超越生命的愛

LOVE BEYOND LIFE

「死亡並不可怕，真正可怕的是，被人遺忘。」
每一個人在世都一定有其角色和使命；每一段的經歷都有其啟發性。

許生和許太的兩名兒子皆因先天性心臟病而不幸離開人世，由曾經試過滿懷希望，去到連番痛失至親，所帶來的打擊絕對是沒法想像。然而，雨過後必定會有彩虹，走過人生低潮，他們決定以生命影響生命，領養小朋友 (Vicente)，用愛去奉獻一生給予另一個生命。

奉獻無私的愛

「最初有這個想法的原因，當然是因為我們都希望擁有一個家庭，但更大的原因，是因為想做一些有意義的事，用愛去幫助別人。」儘管經歷過重重難關，卻沒有令許生和許太變得消極，基於過往兩個小朋友在醫院時，都受過很多人的照顧和幫助，他們的偉大和無私，啟發到許生和許太都希望可以自己有限的能力去幫助有需要的人。



'Death is not scary whereas being forgotten can be.' Everyone in the world has their character and mission. Every experience can be enlightening.

Two sons in Hui's family passed away because of congenital heart disease. They had experienced the process of full hope to lose their beloved ones. We cannot imagine the pain they suffered behind, but there will be a rainbow after every storm. After the hard times, they decided to execute the value of 'life influencing life', adopt a child (Vicente) and devote their love to him.

Devote selfless love

"We want to have a family at first in adopting, but more than that is to do something meaningful and use love to help one another." Notwithstanding that they experienced lots of obstacles, these didn't make them pessimistic. As they were helped by others a lot when their children were in the hospital, the selflessness and love inspired them to help people in need with their limited ability.



生命的價值

「曾經有些人聽到我們有領養的決定時，會有些很負面的想法；又或者會叫我們忘記過去，重新出發。」面對他人的不理解，許生和許太並不認同。他們會和Vicente分享兩位哥哥的故事，認識兩位哥哥曾發生過的經歷，亦讓他知道他們家庭曾經得到過的幫助。「我們會讓他知道兩名哥哥曾經患有先天性心臟病，生命中經歷過很多手術，從而鼓勵他要注重健康，珍重生命。」

許生和許太認為，好與壞的經歷都是生命的一部份，尊重一個人生命痕跡的最佳方法，就是記得彼此一起相處過的時光，透過當中的力量，繼續編寫未來。

超越生命的愛

「Vicente是一個又愛笑，又甜蜜的小朋友。他的出現令我們重新建立信心，令我們相信自己也可以成為好父母」許太笑說。對於小朋友未來的期望，許生說只希望他可以健康快樂，用愛與關懷去陪伴他成長。「希望日後可以帶他去旅行，帶他去欣賞這個世界的美好。」

放下一個人不一定是遺忘，而是讓他活在生命當中，帶著他的精神，好好珍惜和愛護現在擁有的人和事。

Letting go of a person is not necessarily forgetting him/her, our reminiscence of the person can be continued to exist in our lives in a different way. We can choose to integrate his/her spirituality in our lives, to love and cherish the people and all happenings that we own.



家長與大仔Anthony

家長與二仔(Francis 智惜)

The value of life

"When people around us knew that we decided to adopt a child, some of them would have some negative comments on our decisions and some of them would tell us to forget our experience and start over." Both Mr and Mrs Hui disagreed with the misunderstanding of others. They shared the life stories of two brothers with Vicente in order to let him understand more about the stories and feelings experienced by his brothers, and also let him

Mr and Mrs Hui think that the good and bad are also part of life. The best way to respect a person's life is to remember the memories with each other and continue to live one's life to the fullest.

Love that beyond the life

"Vicente is a sweet child who loves to smile. The occurrence of Vicente rebuilt our confidence, made us feel that we can also become good parents." Mrs Hui said. When asking about the expectation on the child, Mr Hui replied that his only hope is Vicente can grow healthily and happily, and they will accompany Vicente to grow up with love and care. Mr Hui also added that "I hope we can go travelling with him and experience the beauty of the world together."

許太與Vicente



五月
MAY



◆ 遊出我心途-親子表達藝術治療工作坊

家長和小朋友一同畫出心中的世界。

◆ Journey Into Your Heart-Parent Child Expressive Arts Therapeutic Workshop

Parents and children drew the world in their hearts together.

七月
JULY

◆ 《音樂·故事》創意藝術工作坊

當音樂遇上故事，也許會成為一首歌、一幕芭蕾舞，甚或是一段隨心而發的即興演出。

◆ <Music·Stories> Creative Arts Workshop

When Music meets stories, it might become a song, a ballet, or even an improvisation with heart.

六月
JUNE

◆ 桌遊日

天黑請閉眼，狼人今晚你想殺邊一個人？

◆ Board Game Day

Close your eyes in the dark, who do you want to kill, Werewolf?



八月
AUGUST



◆ MOVE ON ICE 溜冰班

溜冰場上時常都會跌倒，最重要是勇於重新站起。勇於挑戰高速度感的運動。

特別鳴謝：
宏利慈善基金



◆ MOVE ON ICE (Ice-Skating Class)

We usually fall in the ice-skating rink, but most importantly to courageously stand up. Let's enjoy this challenging speedy sports.

Special Acknowledgement: Manulife Charity Foundation



◆ 木箱鼓班

青年音樂小組正在學習演奏流行曲一人之境。

◆ Cajon Class

The Youth Class is learning a pop song 'Solitude'.



◆ 和諧粉彩班

家長都可以短暫放下煩憂，一齊透過繪畫放鬆心情。心童們好專心畫畫中。

◆ Pastel Arts Class

Parents can temporarily relieve worries and relax through drawing together.

Our children are concentrating on drawing.

◆ 密室逃脫 Escape Room

一眾心童嘗試鬥智鬥力，挑戰密室逃脫遊戲。



Using wisdom and strength, we tried to overcome the challenges faced in the escape room!

特別鳴謝：如心善的力量基金會香港分會

Special Acknowledgement: Force For Good Nuskin Foundation Hong Kong Chapter

◆ 樂高探索之旅 Journey to LEGOLAND

成千上萬塊樂高積木打造的樂園令心童們樂而忘返。Discovery Center that consists of thousands of Legos brings a joyful experience to us!

特別鳴謝：新世界集團

Special Acknowledgement: New World Group



◆ 蒙特梭利自由學習體驗日

一班家長及小朋友嘗試動手體驗，透過五感認識四周。

特別鳴謝：Inspiring Concept Montessori

◆ Montessori - Experiential Learning Day

Parents and children attempted to explore the surrounding environment through five senses.

Special Acknowledgement: Inspiring Concept Montessori



◆ 韓國之旅 Trip to Korea

著韓服、學韓文，好像去了旅行呀。



Wear hanbok, learn Korean, oh! We felt like we travelled to Korea once already!

特別鳴謝：Hong Kong Central Church

Special Acknowledgement: Hong Kong Central Church



◆ 心童戰士 Little Warrior

一眾心童參與由青年義工策劃的競技比賽。

We accepted the challenge! Participated in the sports competition designed by youth members and volunteers.

特別鳴謝：香港專業進修學校

Special Acknowledgement: Hong Kong College of Technology

2021

心連心慈善運動日

Heart-to-Heart Charity Sports Day

兒童心臟基金會自2000年起舉辦以心臟健康及運動為主題的年度籌款活動。活動旨在鼓勵參與者身體力行，支持先天性心臟病童（心童）成長，提高社會對心臟健康的關注。

過往兩年，「心連心慈善活動」都改為網上進行，今年活動將回歸實體，並以全新模式舉行，名為「心連心慈善運動日」，集合運動體驗、慈善相展、遊戲攤位、舞台表演四大元素。

運動體驗 Sports Experiences

由專業導師帶領的8項運動體驗，完成項目後，參加者可獲贈證書及精美禮品之份。

Participants can join 8 sports experiences led by professional instructors with the game cards included in the tickets. Upon completion, participants will receive a certificate and a gift.



遊戲攤位 Game Booths

透過遊戲攤位更了解心臟健康，並可贏取精美禮品；同場更有不同藝文工作坊，如天然香薰蠟燭、皮革杯墊等。

Learn more about cardiovascular health through game booths and win fabulous prizes. Also, there are different kinds of art workshops like scented candle, leather coaster etc.

心童終身面對疾病挑戰，需要接受持續、適時的治療以延續生命，您的支持尤其關鍵。

Children with CHD face lifelong challenges and require ongoing, timely treatment to extend their lives. They need your support!

同場加映 Additional Event

「活著便好」先天性心臟病童慈善相展 Charity Photo Exhibition

人生路上，我們每人都會面對不同挑戰。於先天性心臟病童而言，他們所面對的難關更多，當中的過程與結果通通都蘊含未知之數。

由香港著名攝影師Martin Lui「馬丁光影」拍攝一系列精彩相片，由懷孕中的個案、初生嬰兒、成長階段到長大成人，記錄了先天性心臟病童的生命之旅。

「以有限追求未知界限」，我們就與心童同行，感受他們以至一眾照顧者對生命的豁達，以及活在當下的精神。

We all face different challenges in life. In the case of children with congenital heart disease, the challenges are even greater, with unknown processes and outcomes.

Photo exhibition by renowned Hong Kong photographer "Martin Aesthetics", documenting the life journey of children with congenital heart diseases, from pregnancy, new-born baby, childhood to adulthood.

Live fantastically in limited time and undertake 'life influencing life'. Let's walk with the children who suffer in CHD and feel the spirit of living in the present moment.

活動詳情 Details

日期 Date
機構時段 Working Day 16/10/2021 (星期六 Sat) 08:30-16:00
公眾時段 Public Holiday 17/10/2021 (星期日 Sun) 11:00-18:00

地點 Place
九龍灣維多利亞皇庭天地
8 Sheung Yuef Road, Kowloon Bay, Kowloon, Hong Kong

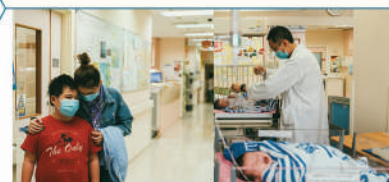
f 心連心慈善運動日 Heart-to-Heart Charity Sports Day [Q](#)



多元化舞台表演 Stage Performance

結合音樂、舞蹈、運動元素的舞台表演，當中重點包括香港花式足球員施寶盛、跳唱歌手應智越(細貓)、本地女子樂隊WHIZZ、本地創作歌手Tyson Yoshi等，仲有Brian 陳安立擔任運動大使及星級主持。

Stage performances include music, dancing and sports elements. Lyson Sze, Hong Kong Freestyle football representative; Mr. Ying Chi Yuet, Littlecat, artist; and WHIZZ, local girl music band; Mr. Tyson Yoshi, artist will be perform on stage. In addition, Mr. Brian Chan will be the sports ambassador and MC of part of the performance.



來一趟與心童交織的生命之旅
A life intertwined journey with congenital heart disease children

優先場
16-17/10/2021
於心連心慈善運動日
當中匯出

攝影展日期
18-30/10/2021

地點
九龍灣維多利亞皇庭天地室內展區

遊出我心途

不一樣的表達：透過藝術表達情緒

JOURNEY INTO YOUR HEART
DIFFERENT EMOTION EXPRESSION THROUGH EXPRESSIVE ART

| 文章 彭倩盈(註冊表達藝術治療師) AUTHOR MISS KATY PANG (REGISTERED EXPRESSIVE ART THERAPIST)

「我的孩子很少表達情緒，究竟是不開心，還是壓抑了自己的感受？」
「孩子總是不告訴自己的感受，只是發脾氣或不出聲，我可以怎樣了解他們的內心世界？」

很多家長都有這樣的擔憂和疑問，但怎樣問也得不到答案，問得多又怕孩子嫌煩。事實上，人的感覺十分抽象，並非三言兩語就能表達，加上兒童的言語表達能力有限，青少年對於自我表達也難於啟齒，生活中的太多對錯標準亦可能令人過於壓抑。除了言語，我們也可以藝術表達及舒緩情緒，透過顏色、形象、線條、聲音、旋律、節奏、形體等，將內心感受立體地呈現，疏理情緒。有小朋友畫了下雨天，訴說自己的傷心和失望；有將要做手術的病童用樂器舒緩焦慮和恐懼；有孩子透過形體表達憤怒。

當孩子有情緒或悶悶不樂的時候，我們可以鼓勵孩子拿出紙筆，將感受透過顏色、線條、圖像畫出來；又或者運用家中有的樂器、可以發聲的物件、自己的聲音將感受表達出來；隨意舞動身體、打枕頭也是不錯的表達及舒緩情緒的方法。大前提是於表達和創作時放下對錯、美醜的標準，容讓不同可能性的表達，減少批判。當然我們要提醒孩子注意自己、別人及環境的安全，不要傷害任何人或物件。

當孩子的情緒得以抒發、疏理，自然會平靜、穩定下來，這個時候再和他們分析事件，尋找有建設性的解決方法可能更為有效。如果家長想進一步了解孩子的內心世界，可以於孩子完成創作後，透過開放式問題鼓勵他們分享創作，例如：如果你的作品取一個名字，會是什麼名字？你想表達的意思是什麼？創作後有什麼感覺？創作能為你帶來什麼提醒？你想怎樣處理這作品？

父母可以留意孩子於創作過程時的力量、速度、身體動作、姿勢、表情等感受他們的情緒狀態和變化，同樣有助了解孩子的內心世界。有些時候孩子不喜歡多說，我們也不必勉強及過於擔心。靜靜地陪伴孩子創作和表達已經是很大的力量和支持，有助

建立親子間的信任和安全感，當孩子需要的時候，自然會靠近父母這個避風港，勇於表達。



"My child rarely expresses his emotions, is he feeling upset or is he suppressing his feelings?"
"How can I understand my children's feelings if they don't tell me how they feel, but just sulk or keep quiet?"

Many parents have such worries and doubts, but no matter how much they ask, they can't get the answer, and they are afraid that their children will be annoyed. In fact, human feelings are very abstract and cannot be expressed in just a few words. In addition to the limited expression ability of children, it is also difficult for teenagers to express themselves, and too many standards of right and wrong in life can be overwhelming. Apart from words, we can also express and relieve emotions through art. Through colours, images, lines, sounds, melodies, rhythms and shapes, we can present our feelings in three dimensions and relieve our emotions. Some children drew a rainy day to express their sadness and disappointment, some children who are going to have surgery use musical instruments to relieve their anxiety and fear, some children express their anger through their bodies.

When children are unhappy, we can encourage them to take out a pen and a sheet of paper and draw their feelings through colour, lines, and pictures; use the musical instruments at home, objects that can make sounds, and your own voice to express your feelings; dancing and hitting the pillow are also good ways to express and soothe your emotions. The main premise is to let go of the standards of right and wrong, beauty and ugliness when expressing and creating, to allow different possibilities of expression and to reduce criticism. Of course, we should remind our children to pay attention to the safety and not to hurt anyone or object.

When the children's emotions are expressed and de-escalated, they will naturally calm down, and it may be more effective to analyse the incident with them and find out the reasonable solutions. If parents want to explore more about their children's feeling, they can encourage them to share their creations through open-ended questions after they have completed them, such as: "If you need to name your work, what would it be? What is the meaning of your work? How do you feel after creating your work? What reminds do they bring to you? What do you want to do with this work?"

Parents can pay attention to their children's strength, speed, body movements, postures, expressions, etc. during the creative process to feel their emotional state and changes, which also helps to understand the feelings of children. Sometimes children do not like to speak up a lot, we do not have to force or worry too much. A tranquil accompany would have been a great strength and support to our children in creation and expressing themselves. These peaceful acts also help to build trust and feeling secure between parents and children. The children will return to their parents' embrace, a shelter, to express themselves comfortably.

醫生童你傾

全基因組定序測試知多少

CHAT WITH DOCTORS
WHAT IS WHOLE GENOME SEQUENCING (WGS)?

| 文章 郭熒義醫生 AUTHOR DR. KWOK

隨著技術進步，現在我們可以研究以往未曾發現的心臟病遺傳特性。人類的遺傳密碼由儲存於染色體內的DNA組成。DNA由一連串的「字母」排列而成，而這些「字母」的組合塑造了人體成長和運作的藍圖。染色體的數量和結構改變，或DNA序列的「串法」變更(這現象稱為「變異」)，有可能導致遺傳性疾病。現時，最新的科技可分析病人完整的全基因組(基因組內全部約25,000組基因)。透過基因測試了解心臟疾病的情況，可提升預防、治療和護理質素。心臟疾病主要包括源發性心臟病(心臟肌肉問題)和離子通道功能異常(控制心律的細胞有缺陷)，而這些疾病都有機會導致兒童及青少年猝死。

以澳洲及新西蘭為例，當地的兒童和年輕人心源性猝死的發生率為每年1.1-8.7例/十萬人。一項前瞻性研究跟進了當地490個兒童和年輕人心源性猝死的個案，發現當中四成個案的死因不明。然而，近三分之一死因不明的個案在死後被驗出帶有與臨床相關的心臟基因變異。

在香港，約三成年輕猝死個案都與突發性心律失常死亡綜合症有關。年輕患者出現心源性猝死，對家庭和社會都有重大的負面影響；這也是國際性的公共衛生議題，近年很多已發展國家都提倡預防年輕心源性猝死。若病者在基因測試找出導致心臟疾病的基因變異，其家庭成員也可透過隨後的家族篩查作早期評估和介入治療(如需要)，及早預防心源性猝死。研究顯示，透過家族篩查成功揪出同樣帶有心臟基因變異的家庭成員的比率為33%。此外，基因的新發現有助發發對某種疾病機制的理解。

現時香港醫院管理局和衛生署醫學遺傳服務只提供基因組合定序(Panel Sequencing)及全外顯子定序(Whole Exome Sequencing, WES)基因測試服務。現時最先進的基因測試是全基因組定序(Whole Genome Sequencing, WGS)，能更有效地檢測導致疾病的基因變異，並已有一些運用此技術檢測心臟疾病的初步經驗。

透過這全基因組定序，除了可以幫助到患者及其家人外，更可以有助建立本地遺傳性心臟病基因組資料庫，為這些資訊能向醫護人員提供指導的作用，從而改善對患者的照顧。

With technological advances, it is now possible to study undiscovered genetic characteristics of heart disease. The human genetic code is composed of DNA stored in chromosomes, which are arranged in a series of "letters" whose combination shapes the blueprint for the growth and functioning of the human body. Changes in the number and structure of chromosomes, or changes in the "strings" of DNA sequences (a phenomenon known as "mutations"), can lead to genetic diseases. The latest technology can now analyze a patient's complete genetic code (all 25,000 genes in the genome). Understanding heart disease through genetic testing can improve the quality of prevention, treatment and care. Heart diseases, which include primary myocardopathy (heart muscle problems) and dysfunction of channel (defects in the cells that control the heart rhythm), have the potential to cause sudden death in children and adolescents.

Taking Australia and New Zealand as an example, the incidence of sudden cardiac death in children and young people ranges from 1.1 to 8.7 cases per 100,000 people per year. A prospective study followed up 490 cases of sudden cardiac death in children and young adults in Australia and New Zealand and found that the cause of death was unknown in 40% of the cases. However, nearly one-third of the cases with an unknown cause of death were found to have clinically relevant cardiac genetic variants at post-mortem.

In Hong Kong, about 30% of sudden youth death cases are related to sudden arrhythmic death syndrome. Sudden cardiac death in young patients has a significant negative impact on families and society; it is also an international public health issue, and many developed countries have advocated the prevention of sudden cardiac death in young people in recent years. If a patient is genetically tested for the genetic variant that causes heart disease, family members can also prevent sudden cardiac death early through subsequent family screening for early assessment and intervention if needed. The study showed that 33% of family members with the same cardiac gene variant were successfully identified through family screening. In addition, new genetic discoveries can help inspire new treatments for a particular disease mechanism.

Currently, the Hong Kong Hospital Authority (HKHA) and the Department of Health's Medical Genetics Service only provide genetic testing services for Panel Sequencing and Whole Exome Sequencing (WES). The most advanced genetic test is Whole Genome Sequencing (WGS), which is more effective in detecting disease-causing genetic variants, and there has been some initial experience with this technology in detecting heart disease. Through this whole genome sequencing, not only can it help patients and their families, but it can also help build a local genomic database of hereditary heart diseases, so that this information can provide guidance to healthcare professionals and thus improve patient care.



秋分養生小知識

MAINTAIN A HEALTHY BODY IN AUTUMN

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經過立秋、處暑、白露，由盛夏酷熱到暑氣漸減，夜間氣溫逐漸下降，不經不覺已來到秋分。今年9月23日是二十四節氣的秋分，隨着一場場秋雨落下，氣溫將會逐漸下降。

中醫角度，五行之中，秋天屬金，肺亦屬金，所以肺與秋天息息相關。

肺為嬌臟，喜潤惡燥

肺臟的特性是嬌嫩，怕熱又怕寒，喜歡滋潤，不喜歡乾燥，所以秋天燥邪最易經皮毛、鼻孔侵入，影響肺及呼吸系統，令身體出現口乾、鼻乾、咽乾咳嗽少痰、皮膚乾燥等，同時由於「肺與大腸相表裏」，所以可能會出現大便乾結的情況。

心童們秋天要如何養生呢？

1) 可多吃清潤食物，少吃辛辣煎炸

五行飲食上，可多吃清潤、白色食物(不要只偏重白色，要均衡飲食)，例如淮山、南北杏仁、白木耳、百合、雪梨等食物以潤肺養陰；避免吃太多「容易上火」的辛辣煎炸食物，令水液失衡，容易使皮膚、口鼻乾燥。可以試煲淮山馬蹄雪耳湯。

淮山馬蹄雪耳湯 (2-3人量)：

健脾養陰潤肺，較適合易燥熱口乾而大便不易稀爛的心童

淮山 (或新鮮淮山)	30G	馬蹄 (去皮)	8粒
杞子	10G	雪耳	適量
麥冬	10G	豬展	200G

2) 培土生金 (健脾養肺)

五行之中，土生金，而脾屬土，肺屬金，所以培養脾胃有助養肺。如容易大便稀爛，畏寒肢冷的心童，應以健脾益氣為先，例如四神排骨湯。

四神排骨湯 (2-3人量)：健脾益氣、祛濕止瀉

蓮子	15G	芡實	15G
茯苓	15G	鮮排骨	200G
乾淮山	30G		

3) 早睡早起，注意溫度變化，及時增減衣服，適量運動
秋三月，早睡以養收肺氣，早起以順應陽氣舒長；秋季轉換氣溫不穩，家長應因應溫度變化而為心童增加或減少衣服，保護好心臟血管；適量運動，提升身體抵抗力，出汗時應盡快抹乾，以免著涼感冒。

如有疑問、有飲食限制或病情嚴重的心童，請先諮詢心臟兒科醫生或中醫師意見。

知多一點點 Little knowledge about traditional chinese medicine

淮山，又名山藥，味甘性平，有補脾助腎、益氣養肺的功用。鮮淮山偏寒潤生津，乾淮山偏健脾益氣，所以脾胃不好的心童應選乾淮山，而乾淮山選生曬原色為佳(無硫磺)。

Chinese yam has a nutrition factor of nourishing the spleen, lungs and kidneys, promote "Qi" and regulating the lungs. Dried Chinese yam is good for the kids with weak spleen and stomach function. Sun-dried yam without chemically bleached (i.e. sulfur free) is better.



After the "Autumn Commences", "End of Heat" and "White Dew's", The night temperature is gradually falling, without realizing it has come to Autumn. This year, September 23 is the "Autumn Equinox" of the twenty-four solar terms, with a fall of autumn rain, the temperature will gradually drop.

From the perspective of Chinese medicine, among the five elements, autumn corresponds to gold (metal) and the lung also corresponds to gold (metal), so the lung is closely related to autumn.

How to maintain your health in autumn?

The lung is a delicate organ that afraid of heat and cold, and like to be moist, not dry. Therefore, in autumn, dryness is most likely to invade through the skin and nostrils, affecting the lungs and respiratory system, causing mouth parched, nasal dryness, dry throat, coughing and less phlegm, and dry skin.

1. Eat more moist foods, less spicy and fried food

About the diet, you can eat more moist, white food (not just focus on white, but a balanced diet), such as Chinese yam, apricot kernel, white fungus, lily, pear and other foods to moisten the lungs and nourish the Yin. You should avoid eating too much "easy on fire" spicy fried food, so that the water imbalance, easy to make the skin, mouth and nose dry. You can try to boil Chinese yam and white fungus soup.

Chinese yam and white fungus soup (2-3 persons):

Strengthen the spleen, nourish the Yin and moisten the lungs, more suitable for children who are mouth parched, and the stool is not easily excreted or cause constipation.

Chinese yam	30G	Chinese water chestnut	8 Pieces
(or fresh Chinese yam)		(peeled)	
Fruit of Barbary Wolfberry	10G	White Fungus	Appropriate Amount
Ophiopogon Japonicas	10G	Pork Shank	200G

2. Cultivating "Earth" to produce "Gold" (strengthening the spleen and nourishing the lungs)

Among the five elements, "Earth" produces "Gold", and the spleen corresponds to "Earth" and the lung corresponds to "Gold", so nurturing the spleen and stomach helps to nourish the lung.

If you are prone to loose stools and extremities easy to be cold, you should start by strengthening your spleen and benefiting your vital energy "Qi", for example, Sishen Pork Rib Soup.

Sishen Pork Ribs Soup (2-3 persons):

Strengthening the spleen and benefiting "Qi", expelling dampness and stopping diarrhea.

Seed of Gordon Euryale	15G	Gorgon	15G
Poria	15G	Fresh pork ribs	200G
Dried Chinese Yam	30G		

3. Early to bed and early to wake, pay attention to temperature changes, proper clothing for hot and cold, and exercise appropriately

In autumn, go to bed early to nourish the lungs and get up early to respond to the growth of the "Yang" energy. As the temperature changes in autumn, parents should put on more or put on less clothes for their children in response to temperature changes to protect the heart and blood vessels. Exercise appropriately to enhance the immunity and wipe dry as soon as you sweat in order to avoid catching a cold.

If you have any questions or any dietary restrictions, or suffer from serious congenital heart disease, please consult a cardiologist or your personal Chinese medicine practitioner.

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