



痛風症：不單只腳趾痛

Gout: Not just a pain in your big toe

免費健康講座 | FREE

日期: 7月26日 (星期日) | July 26
時間: 下午1:00至3:00
地點: South Arm Community Centre
8880 Williams Road, 列治文
- Front Multipurpose Room
報名: 請致電 604-714-5562

主講人

曾廣營醫生, 黃憲綱醫生 關節炎專家

你知道嗎？痛風是100多種不同形式的關節炎之一。是一種代謝綜合疾病，多種問題包括腎臟疾病，代謝綜合症，如肥胖，糖尿病，冠狀動脈心臟疾病，和高血壓。改變生活方式，包括飲食，可有助於預防痛風和所有與痛風有關的其他疾病。卑詩省關節炎協會和South Arm Community Centre邀請您參加這個免費廣東話講座。可與關節炎專家了解更多關於痛風，目前的治療方案，什麼可以自我管理的積極作用，控制症狀和痛楚。

座位有限, 報名從速!

Did you know? Gout is one of over 100 different forms of arthritis. Considered a metabolic disease, multiple issues include kidney disease, metabolic syndrome, obesity, diabetes, coronary heart disease, and hypertension. Lifestyle changes, including diet, may help to prevent gout and all the other medical conditions associated with gout. Presented by **The Arthritis Society** and **South Arm Community Centre**, learn more about gout, current treatment options and what you can do to take an active role in your self-management of this arthritis with **Dr Ian Tsang and Dr Simon Huang, Rheumatologists**. This presentation is in **Cantonese** only.

REGISTER TODAY: Call 604-714-5562

