



UCSF ASIAN HEALTH INSTITUTE

亞裔健康研究院




Skeletal Health Series

骨骼健康系列講座



A healthy skeletal system consists of strong bones and stable, yet supple, joints. Osteoarthritis and osteoporosis are among the most common ailments of the skeletal system. Good nutrition and doing weight-bearing activities, such as walking, help to increase bone densities. Intense training may cause damage such as stress fractures. Doing exercises safely to avoid injuries is key to skeletal health and to avoid joint pains. Join us in these lectures to find out how to keep your bones healthy.

健康的骨骼系統是由強健的骨骼和柔軟的關節形成的。  
○ 骨骼系統中最常見的疾病有骨關節炎和骨質疏鬆症。  
○ 良好的飲食習慣和做負重活動，如散步，有助於增加骨質密度。過量的訓練可造成損傷，如骨折。要保持骨骼健康，最重要是做運動時小心和注意安全，以避免關節受傷和疼痛。歡迎你參加以下的講座，令你了解如何保持骨骼健康。

日期時間 Date/ Time	一月十二日 (星期二) January 12, 2016 (Tuesday) 下午 5:00-6:30 pm	二月二十四日(星期三) February 24, 2016 (Wednesday) 下午 5:00-6:30 pm	三月十五日 (星期二) March 15, 2016 (Tuesday) 下午 5:00-6:30 pm
講題 Title	骨質疏鬆症 Osteoporosis	良好體育鍛煉和跑步安全 須知 Run Safe and Good Exercise	肩，髖關節和膝關節疼 痛的常見原因 Common causes for joint pain in the shoulder, hip, and knee
主講 Speaker	 Aenor J Sawyer, MD, MS	 Anthony Luke, MD	 Alan Zhang, MD

Location 地點: Herbst Hall, UCSF Mount Zion Campus 赫布斯特館

1600 Divisadero 街 (between Post/Sutter 街), 2<sup>nd</sup> floor 二樓, San Francisco 舊金山

RSVP 敬請回復: 請致電 Call 415-885-3678 留言

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