

**Alumni Homecoming Day Health Talk Marathon
Dec 2**

Lady Shaw Building in the CUHK Campus, with the capacity of 100-200 ppl

		Talk Name	講座題目	Talk description	講座內容	Speaker	講座嘉賓	Speaker Bio	嘉賓簡介
13:00 – 13:45 (30 mins presentation + 15 mins Q&A)	Lecture Theatre A		日常痛症自療	Pain could significantly affect our daily lives. Mr. TIO Yuk Pui, a senior physiotherapist, has found the secret of pain management from the past experience of treating patient in pain. In the seminar, Mr. Tio will share these techniques of self exercises, which could relieve our pain and lead to a healthy life.	痛症會極度影響人們的日常生活。張鈺培先生作為高級物理治療師，從過往治療痛症患者的經驗中，總結出痛症自療“秘訣”。在本次講座中，他會教大家如何透過運動來緩解痛症，活出健康人生。	Mr TIO Yuk Pui	張鈺培先生	Mr TIO Yuk Pui is a senior physiotherapist in CUHKMC. He attained bachelor degree of Science (Honours) in Physiotherapy in PolyU and Master of Science in Sports Medicine and Health Science in CUHK.	張鈺培先生是香港中文大學醫院高級物理治療師，也是香港理工大學物理治療學(榮譽)理學士以及香港中文大學運動醫學及健康科學理學碩士。
	Lecture Theatre B	-	-	-	-	-	-	-	-
15:00 – 16:00 (45 mins presentation + 15 mins Q&A)	Lecture Theatre A	Heart Health	心臟健康	Despite recent progress in medical technologies, heart disease remains a major killer disease in Hong Kong today. Dr Victor CHENG, a Specialist in Cardiology will share with you the fundamental functions of heart, screening tests for heart diseases and practical preventive tips in this talk, including the introduction of healthy lifestyle and diet.	縱使近年來先進的醫學科技替心臟病治療不斷創出新里程，心臟病仍是香港主要殺手病之一。心臟科專科醫生鄭裕康醫生將在是次講座中講解心臟功能、心臟病的篩選測試以及實用的“護心”方法，防止不健康的生活方式為心臟病埋下病根。	Dr CHENG Yue Hong, Victor	鄭裕康醫生	Dr Victor CHENG is a consultant and specialist in cardiology in CUHKMC. He is also a clinical assistant professor(honorary) in the Department of Medicine and Therapeutics in Faculty of Medicine in CUHK.	鄭裕康醫生是香港中文大學醫院顧問醫生兼心臟科專科醫生，也是香港中文大學醫學院內科及藥物治療學系名譽臨床助理教授。
	Lecture Theatre B	Colon Cancer Prevention	預防大腸癌	According to statistics, colorectal cancer is the second most common cancer in Hong Kong. Colorectal cancer evolves from colorectal polyps. Early screening can effectively prevent and treat colorectal cancer. Dr. HUI Aric Josun, a Specialist in Gastroenterology, will explain the causes, prevention methods, and various medical frontier screening methods of colorectal cancer, to bring a necessary understanding of this common disease.	據統計，大腸癌是香港第二位最常見的癌症，大腸癌由大腸息肉演變而成，只要提早篩查就能有效防治。腸胃肝臟科專科醫生許祖紳醫生將講解大腸癌的成因、預防方法與多種醫療界常用篩查方法，幫助大家瞭解大腸癌。	Dr HUI Aric Josun	許祖紳醫生	Dr HUI Aric Josun is a consultant and specialist in Gastroenterology & Hepatology in CUHKMC.	許祖紳醫生是香港中文大學醫院顧問醫生兼腸胃肝臟科專科醫生。

16:15 – 17:15 (45 mins presentation + 15 mins Q&A)	Lecture Theatre A	Brain Health	腦健康	<p>Many neurological diseases appearing in high age could have been prevented in one's mid-age. In this talk, Dr Alexander LAU, a Specialist in Neurology, would explain the mechanics of what makes a healthy brain, the underlying biological causes of cognitive degeneration and concomitant physical processes of regeneration would be illustrated. Dr Lau would also introduce self-care solutions, based on his clinical experience.</p>	<p>很多老年出現的腦神經疾病，其風險因素都可以在中年時期作出調整。在這次演講中，神經科專科醫生劉玉麟醫生將解釋大腦健康運作的機制和認知退化的潛在原因，並根據他的臨床經驗，介紹維護腦健康、預防認知退化疾病的方法。</p>	Dr LAU Yuk Lun, Alexander	劉玉麟醫生	<p>Dr Alexander LAU is a consultant and specialist in Neurology in CUHKMC. He is also a clinical associate professor (honorary) in Department of Medicine and Therapeutics in Faculty of Medicine of CUHK.</p>	<p>劉玉麟醫生是香港中文大學醫院顧問醫生兼腦神經科專科醫生，也是香港中文大學醫學院內科及藥物治療學系名譽臨床副教授。</p>
	Lecture Theatre B	Gastrointestinal Cancer Prevention by Chinese Medicine	消化道癌症的中醫預防	<p>Liver, stomach and colorectal cancers are common in Hong Kong. WHO points out that one third of cancer cases can be prevented, and another third can be controlled. Back in the Qin and Han dynasties, Huangdi Neijing already proposed the concept of "preventing a disease before it arises", which is of great significance for cancer prevention. Prevention is better than cure. CMP LAU Chiu King, will talk about the way to strengthen the healthy "qi" and eliminate potential harmful factors to prevent the occurrence of gastrointestinal cancers from the perspective of Chinese medicine.</p>	<p>腸癌、肝癌和胃癌是香港常見的癌症。世界衛生組織指出，三分之一的癌症案例可以預防，三分之一可以控制。早在秦漢時期《黃帝內經》已經提出「治未病」思想，對癌症的預防具有重要意義。向淺中醫，早期易治，晚期難治，預防勝於治療。劉昭勁中醫師將為大家講解：如何從中醫的角度扶助正氣，控制各種致病因素，預防消化道癌症的發生。</p>	CMP Lau Chiu King Martin	劉昭勁中醫師	<p>CMP Martin Lau is an Honorary Chinese Medicine Practitioner in CUHKMC and a professional consultant in the Hong Kong Institute of Integrative Medicine. He attained his Master's Degree of Clinical Medicine (Clinical Discipline of Chinese and Western Integrative Medicine) and Doctoral Degree of Medicine (Clinical Foundation of Chinese Medicine) in Guangzhou University of Chinese Medicine.</p>	<p>劉昭勁中醫師是香港中文大學醫院名譽中醫師，亦是香港中西醫結合醫學研究所專業顧問，是廣州中醫藥大學臨床醫學碩士(中西醫結合臨床)及醫學博士(中醫臨床基礎)。</p>