

2022「安康」健康網絡線上中文健康講座  
Presenting the 2022 iCON Virtual Chinese Health Forum

# 掌管您的健康： 與糖尿病共存！

## Take Charge of Your Health: Living Well Together with Diabetes



免費線上講座 Free Online Event

粵國英 Cantonese, Mandarin, and English

星期六，2022年11月19日  
**Saturday, November 19, 2022**  
下午 1:30-4:00 PM (太平洋時間 PT)

認識糖尿病會怎樣影響健康  
Understanding diabetes and how does it affect our health

馬如茵醫生，家庭醫生  
Dr. Charmaine Ma, Family Physician

糖尿病教育課程  
Introduction to the Diabetes Education Program  
伍樂華，註冊護士  
Laura Ng, Registered Nurse and Certified Diabetic Educator

糖尿病的健康飲食策略  
Healthy eating strategies for diabetes  
曾欣欣，註冊營養師  
Gloria Tsang, Registered Dietitian

糖尿病自我管理數碼工具  
Digital tools for diabetes self-management  
何建韜醫生，急救科醫生和「安康」執行董事  
Dr. Kendall Ho, Emergency Physician and Lead, iCON

星期日，2022年11月20日  
**Sunday, November 20, 2022**  
下午 1:30-4:00 PM (太平洋時間 PT)

控制血糖和預防併發症的重要性  
Importance of keeping blood sugar under control and preventing complications

梁偉旋醫生，內分泌學專科  
Dr. Joseph Leung, Endocrinologist

糖尿病患者及照顧者的壓力管理  
Stress management for people with diabetes and their family caregivers  
楊碩昌博士，註冊心理治療師  
Dr. Tigerson Young, Clinical Psychologist

適當的藥物管理  
Proper medication management  
凌以洋，註冊藥劑師  
Kent Ling, Registered Pharmacist

保持活躍  
Staying active  
戴楚翹，加拿大註冊物理治療師  
白佩雯，加拿大註冊物理治療師  
Nicole Tai, Registered Physiotherapist  
Emily Pak, Registered Physiotherapist

優先登記 **Register here**  
<https://bit.ly/3TIFovy>



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本講座是「家居保健」之社會教育和外展策略的一部分。  
This forum is part of Healthy@Home community education and outreach strategy.  
Thank you to the BC Ministry of Health Patients as Partners Initiative for their support.