Tel: 22003434

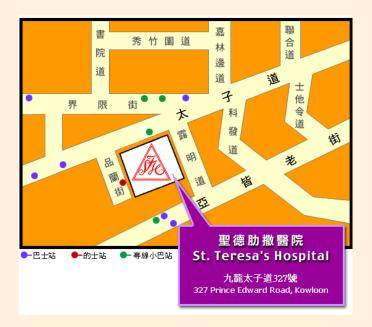
Website: www.sth.org.hk

- 本院設有「八達通」時鐘泊車服務
 We provide Octopus hourly parking service
- 公共小巴綠色專線/ Green Line Public Bus: 2,17M,25M,46,70
- 紅色非專線:旺角往新蒲崗/黃大仙/九龍城

Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin/Kowloon City

- 公共巴士/ Public Bus: 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- 港鐵 / MTR
- ※ 樂富站轉乘的士約五分鐘到達 Lok Fu Station: 5 mins by taxi
- ※ 旺角站轉乘非專線小巴(近先達廣場)至露 明道 Mongkok Station: by red line minicab, get off at Lomond Road
- ※ 宋皇台:B1 出口, 可步行 5-10 分到達 Sung Wong Toi: Exit B1, about 5-10 minutes walk
- 東鐵 / East Rail Line
- ※ 旺東可換乘的士約五分鐘到達

 Mongkok East: about 5 minutes by taxi
- ※ 九龍塘可換乘專線小巴 25M 至界限街 Kowloon Tong: by green line bus no. 25M
- 復康巴士電召服務/Rehabus (Dial a Ride): 28178154





St.Teresa's Hospital 聖德肋撒醫院

Management of Asthma 哮喘處理

Health Information

健康資訊

哮喘處理

- 避免到空氣污濁的地方
- 保持空氣流通
- 勿用地氈及絨沙發
- 衣物及被舖要常洗及曬乾
- 平時應多做運動
- 避免吸煙
- 應隨身帶備醫生處方之短 效支氣管舒張劑
- 按醫生的吩咐服用藥物
- 如每週使用短效支氣管舒 張劑超過三次,要儘快求醫

*以上資訊只供參考,並不能完全反映醫生意見,想了解更多有關資訊,應諮詢你的醫生。

Management of Asthma

- Avoid visiting polluted area
- Maintain good ventilation
- Avoid using carpet
- Frequency wash bedding and clothing
- Regular exercise
- Avoid cigarette smoking
- Always bring along prescribed short-acting bronchodilator
- Use medication according to doctor's advice
- If using short-acting bronchodilator more than 3 times per week, should seek medical advice



References:

- 1. Powell, H., Gibson, P. G. (2003)., Options for self-management education for adults with asthma. *Cochrane Data- base Systematic Review, 1,* CD004107
- 2. National Asthma council Australia. *Asthma Management Handbook 2006*. Melbourne, 2006

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^{*}This document is for information purpose and is not intended to be a substitute for the advice of a doctor. Should you have any queries, please consult your doctor-in-charge.