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Website: www.sth.org.hk

- ※ 本院设有「八达通」时钟泊车服务
We provide Octopus hourly parking service
- 公共小巴绿色专线 / Green Line Public Bus:
2, 17M, 25M, 46, 70
- ※ 红色非专线: 旺角往新蒲岗/黄大仙/九龙城
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
- 港铁 / MTR
- ※ 乐富站换乘的士约五分钟到达
Lok Fu Station: 5 mins by taxi
- ※ 旺角站换乘非专线小巴 (近先达广场) 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 分到达 Sung Wong Toi: Exit B1, about 5-10 minutes walk
- 东铁 / East Rail Line
- ※ 旺东可换乘的士约五分钟到达
Mongkok East: about 5 minutes by taxi
- ※ 九龙塘可换乘专线小巴 25M 至界限街 Kowloon Tong: by green line bus no. 25M
- ※ 复康巴士电召服务 / Rehabus (Dial a Ride) : 28178154



St. Teresa's Hospital
聖德肋撒醫院

Management of
Asthma
哮喘处理

Health Information
健康信息

哮喘处理

- 避免到空气污浊的地方
- 保持空气流通
- 勿用地毡及绒沙发
- 衣物及被铺要常洗及晒干
- 平时应多做运动
- 避免吸烟
- 应随身带备医生处方之短效支气管舒张剂
- 按医生的吩咐服用药物
- 如每周使用短效支气管舒张剂超过三次，要尽快求医

*以上信息只供参考，并不能完全反映医生意见，想了解更多有关信息，应咨询你的医生。

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

*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.



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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