



September is National Cholesterol Education Month

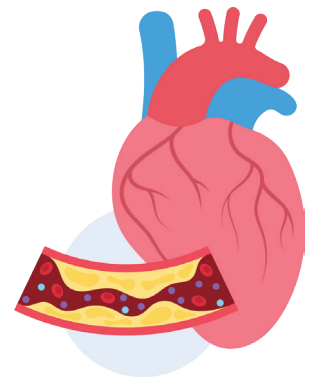
九月是全國膽固醇健康教育月

Brief Description: Cholesterol is a waxy, fat-like substance made in the body to build cells and produce vitamins and hormones. However, having too much cholesterol can pose a serious health risk such as increasing the chance of developing heart disease and stroke. If you want to learn more about cholesterol, please attend the National Cholesterol Health Education Workshop at NEMS Health Education Department.

簡介：膽固醇是一種在體內產生的蠟狀脂肪狀物質，用於構建細胞並製造維生素和其他激素。但是，膽固醇過多會帶來嚴重的健康風險，例如增加心臟病和中風的發病率。如果了解有關主題的更多信息，請參加東北醫療中心健康教育部的膽固醇健康教育講座。

Topics 題目：

- What is Cholesterol? 什麼是膽固醇？
- Why Cholesterol Matters? 為什麼膽固醇很重要？
- Risk Factors 風險因素
- Good vs. Bad Cholesterol 好膽固醇和壞膽固醇的區別
- How many types of Cholesterol? 膽固醇有幾種類型？
- Check Change Control 檢查 改變 控制
- Prevention and Treatments of High Cholesterol 高膽固醇的預防與治療



Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠診所 1520 Stockton St. San Francisco, CA 94133	211 Eastmoor Clinic 帝利市診所 211 Eastmoor Ave. Daly City, CA 94015
Date 日期	9/1 – 9/29/2026 Every Tuesday & Thursday 逢星期二及星期四	9/1 – 9/29/2026 Every Tuesday 逢星期二
Time 時間	10:30am – 11:30am 上午 10 時半 至 11 時半	2:00pm – 3:00pm 下午 2 時 至 3 時
Room 房間	1/F Health Education Room 一樓健康教育部	1/F Room 104 一樓 104 房

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Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.

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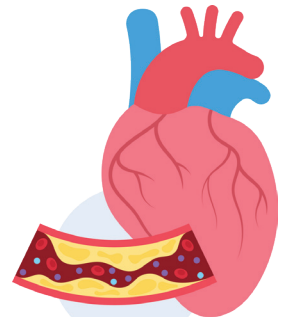
Septiembre es el Mes Nacional de Educación sobre el Colesterol

Brief Description: Cholesterol is a waxy, fat-like substance made in the body to build cells and produce vitamins and hormones. However, having too much cholesterol can pose a serious health risk such as increasing the chance of developing heart disease and stroke. If you want to learn more about cholesterol, please attend the National Cholesterol Health Education Workshop at NEMS Health Education Department.

Breve descripción: El colesterol es una sustancia cerosa y similar a la grasa que produce el cuerpo para formar células y producir vitaminas y hormonas. Sin embargo, tener demasiado colesterol puede representar un riesgo grave para la salud, ya que aumenta la posibilidad de desarrollar enfermedades cardíacas y sufrir un derrame cerebral. Si desea obtener más información sobre el colesterol, le invitamos a asistir al Taller Nacional de Educación sobre la Salud y el Colesterol del Departamento de Educación para la Salud de NEMS.

Topics 題目 :

- What is Cholesterol? *¿Qué es el colesterol?*
- Why Cholesterol Matters? *¿Por qué es importante el colesterol?*
- Risk Factors *Factores de riesgo*
- Good vs. Bad Cholesterol *Colesterol bueno vs. colesterol malo*
- How many types of Cholesterol? *¿Cuántos tipos de colesterol existen?*
- Check Change Control *Control y seguimiento de los cambios*
- Prevention and Treatments of High Cholesterol *Prevención y tratamiento del colesterol alto*



Detailed Information Información detallada	1520 Stockton Clinic Clínica de 1520 Stockton 1520 Stockton St. San Francisco, CA 94133	211 Eastmoor Clinic Clínica de 211 Eastmoor 211 Eastmoor Ave. Daly City, CA 94015
Date Fechas	9/1 – 9/29/2026 Every Tuesday & Thursday Todos los martes y jueves	9/1 – 9/29/2026 Every Tuesday Todos los martes
Time Horario	10:30am – 11:30am	2:00pm – 3:00pm
Room Sala	1/F Health Education Room 1er piso, Sala de Educación en Salud	1/F Room 104 1er piso, Sala 104

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