

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

*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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