



兒童心臟基金會
Children's Heart Foundation



ISSUE

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兒童心臟基金會會訊

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中醫食療



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(所有內容皆為中英對照。)
(All content is written in both Chinese and English.)

EDITOR'S NOTE 編者 的話

兒童心臟基金會編輯小組

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很多人說：「2020年是沉重的一年；2021年卻不見得更有曙光。」，於大眾而言，疫情下困難重重，生活亦有很多不便；於心童家庭而言，除了需要面對自身的身體挑戰，疫情下更是百上加斤：「醫院不能探訪，不知道小朋友的狀況如何？」「長期無薪假期，如何應付小朋友的醫療費用？」「街上病菌肆虐，心童是否只能困在家中？」。

面對疫境，我們必然會感到無力、會失望、會害怕、會動搖。然而我們相信，只要我們繼續同行，一起陪伴，一起相助，必定會找到生活當中優美的細絮。

由這一期的心訊開始，我們新增了專欄文章，願我們可以為心童家庭的日常，注入更多正能量。

—— 公共傳訊事務委員會

Many people say: "2020 was a critical year; 2021 would not be a brighter one". For the general public, the COVID-19 pandemic was very difficult and caused many inconveniences in life. For the congenital heart defects children and their families, besides facing their own physical challenges, the pandemic brought them further burdens and worries: "Without hospital visits, I don't know how my child is doing."; "How can I pay my child's medical expenses when I have been on unpaid leave for a long time?"; "Diseases are rampant in the city, can my child only stay at home?"

When fending off the pandemic, we will inevitably feel powerless, hopeless, frightened and faltered. However, we believe that as long as we continue to walk together, stay together and help each other, we will find the beautiful parts in our lives.

Starting from this newsletter issue, we will add a new column to involve more positivity into the daily lives of heart children and their families.

—— Publicity and Publications Sub-committee

專題 故事 Feature Story

我的家中學堂

MY HOME-SCHOOLING

生命中總有很多不如意的時候，面對逆境，有人選擇意志消沉；有人選擇活在當下。對何太太而言，逆境不單沒有打倒她，反而令她學識更多.....

何太的兒子（東東）患有先天性心臟病，由於身體抵抗力較弱，疫情開始後已長期不能上學及外出，只能留在家中。「一開始缺少個人時間，真的沒法適應，心情很容易煩躁。」生活沒法改變，何太太決定調整自己的心態，把握這個「特別的」親子時光。

生活上的每一件小事都是學習
因為過往從事兒童工作的經驗，何太太認為對小孩而言，開心的童年是最重要。她很希望東東在這段時間，可以多體驗學術以外的事物。何太太著重生活的細節，她希望東東可以在過程中自行發掘和感受。「我會陪東東一起觀看電視，他碰到疑問時會問我，有些問題好像很無聊，但可能我也不清楚，我們便會一同上網尋找答案。」何太太認為透過對答的過程，除了加深親子之間的溝通，亦能讓她觀察出東東的想法。

鞏固小孩的興趣
現今教育制度下，家長難免會對小孩有很多期望，何太太亦深有同感，然而比起催谷東東不擅長的地方，何太太更希望可以鞏固東東的興趣。「我想培養他的自信心，如果他有成功感，他會更願意去做其他事。」相比起音樂和運動，東東更喜歡美術，因此何太太會購買不同素材，讓東東發揮創意，創作手工作品或自製玩具。



There are many ups and downs in life. When facing adversities, some of us might choose to give up, some of us choose to live in the present. For Mrs. Ho, adversities failed to defeat her but rather allowed her to learn.

The son of Mrs. Ho (Tung Tung) has congenital heart disease. Because his immunity against diseases is weaker than the other kids, Tung Tung has not been to school for a long time since the outbreak of the pandemic, and he could only stay at home. "It was challenging to adapt at the beginning, I lost my me-time and got grumpy easily," Mrs. Ho said. As the situation could not be changed, Mrs. Ho decided to adjust her attitude and make good use of this 'special' parent-child quality time.

Learning from every tiny thing
Since Mrs. Ho has work experiences of children-caring, she deeply believed that a happy childhood is fundamental for a child's development. She hopes Tung Tung can more experience beyond academics during the pandemic. Mrs. Ho values all details in life, she hopes Tung Tung can discover himself during the experiences. "I always watch TV with Tung Tung, and he will ask me questions when he is curious about something. Some questions might be boring or silly, and sometimes I might not know the answer too. Therefore, we search the answers together online." Mrs. Ho thinks that not only can this process enhance the communications between them, but it also provides a chance for her to understand Tung Tung's views and ideas.

Consolidating children's interests
Under the education system in Hong Kong, many parents inevitably have expectations for their children. Rather than boosting children's weaknesses, Mrs. Ho would prefer to consolidate Tung Tung's interests. "I want to develop his self-confidence. He would be more willing to do other things when he feels a sense of accomplishment." Compared to music and sports, Tung Tung likes Arts more. Therefore, Mrs. Ho buys different materials to let Tung Tung develop his creativity through making handicrafts and self-made toys.





何太在這段較沒學術壓力的時間，亦會多讓東東做他喜歡的事，例如讓他發掘自己有興趣的食譜，由醃料至烹調，一同製作。「爸爸常說現在東東煮得比我更好食。」何太笑說。



充滿幻想的家中體驗

每個小孩都渴望出外玩耍，渴望到不同地方探索。身邊的狀況或許會限制了東東的生活，但何太選擇用創意的方式，讓東東在家中體驗。「以往我們很常出外用餐或到士多購物，這樣就已經可以消磨數小時。」現在沒法外出，何太改為在家中角色扮演，用積木砌士多、自製點心紙、畫菜單扮漢堡包店、甚至是扮演車長駕駛前往日本的火車……過程中的溝通與對答，除了讓東東很滿足，何太亦能把生活的小知識融入體驗當中。

放低執著 活在當下

享有快樂的童年，本是每一個小孩的權利。於逆境之下，這件事對東東來說看似難上加難，然而何太卻有更深體會。「你連他幾日後會否突然需要入醫院也不知道，那還需要執著嗎？」東東教曉何太的是：與其期望他學術上一定要學懂什麼，反而更明白把握相處時間的真諦。

世界叫我們努力去考取功名，但其真實的滿足或許並不需要什麼成就，只需要簡單的互相陪伴，一起平安活在當下就足夠。

Mrs. Ho let Tung Tung do more things that he likes during this period when there is less academic pressure. Discovering recipes that he wants is an example; they make the dishes together from marinating to cooking. "Daddy always says Tung Tung cooks better than I do now." Mrs. Ho said.

A fantastic home experience

Every kid wants to play outside and explore in different places. However, the health condition of Tung Tung might restrict Tung Tung's daily life. Mrs. Ho chose to use some creative ways to let him experience that at home. "We used to dine out and went shopping at local stores, and this could take hours already." Mrs. Ho decided to role play at home when they cannot go outside—for instance, using Legos to build their stores and making their own dim sums shop. They also draw their menus to pretend they have meals at hamburger restaurants, even acting as a train captain and drive to Japan. Tung Tung feels satisfied and Mrs. Ho can even integrate the knowledge in life into the experiences.

Living in the present

Having a happy childhood is the right of every kid. Under adversities, this does not seem very easy for Tung Tung, but Mrs. Ho has a more profound feeling in this experience. "You don't even know whether he might need to go to the hospital in the following days, why should we not focus more on things which are truly important?" Instead of having high expectations on how well he shall do in academics, Tung Tung has taught Mrs. Ho how important it is to treasure the quality time they spend together.

The world teaches us to work hard to obtain fame and wealth, but in fact, true happiness may not always require such achievement. Instead it can be as simple as spending quality time with your families and people you treasure.



騎牛牛過新年

心童及家長一齊安在家中製作牛牛利是封

Chinese New Year Activity

The kids and their parents were making the ox-shaped red pocket together at home.



荷花BB春季購物展

青年會員向公眾推廣基金會

Eugene Baby Expo

The young members were introducing our organization to the public.

香噴噴復活蛋

Happy Easter Day



心童與家長利用天然蠟材，配合香氣精油，一同製作香氣包

特別鳴謝：SAURORA

The kids and their parents were using the natural wax fragrance oils to make the scented wax pack.

Special Acknowledgement: SAURORA for tutoring this event.



幼兒心童與家長一起扮演兔仔進行親子競技，一起參加滾蛋比賽

The kids and their parents were having a bunny role-play and participating in the Easter egg rolling competition.



遊出我心途家長講座

一眾家長進行情緒說話練習

"Journey Into Your Heart" parent's workshop

A group of parents were having emotion handling exercises.

童心說故事 Online Story-telling Programme



青年會員接受星級導師袁富華先生的技巧訓練班

The young members were receiving a vocal projecting training class from an experienced instructor, Ben Yuen.

拍攝進行中，一同透過聲音同大家講故事

Rolling and action. Story-telling to everyone through our voice.



活動贊助：如心善的力量基金會香港分會
Special Acknowledgement: Nu Skin Force For Good Foundation Hong Kong Chapter for sponsoring this event.

活動預告

暑假又來了，小朋友們準備好重新投入活動了嗎？今年基金會繼續以「暑期樂活」為主題，舉辦不同類型活動，包括有溜冰班、和諧粉彩班、樂高探索中心體驗等等。活動已經展開報名，有興趣的家庭記得於27/6/2021前報名。

詳情及報名 ▶



Upcoming Event

Summer vacation is coming. Are you ready for the activities? This year, we will continue to organize different types of activities under the theme of "Summer Fun", including ice-skating classes, harmonious pastel drawing classes, visit to Lego Discovery Center, and so on. Registration for the events is now open, please register before 27/6/2021 if interested.





遊出我心途 — 如何處理小朋友的憤怒情緒

JOURNEY INTO YOUR HEART - HOW CAN I DEAL WITH MY CHILD'S ANGER?

| 文章 王健屏姑娘 (註冊遊戲治療師) | AUTHOR MISS IVY WONG (REGISTERED PLAY THERAPIST)

很多人家長都會問到：「我的小朋友經常很戇，常常發脾氣，該如何處理？」，關於如何處理小朋友的情緒，相信令不少家長感到頭痛。特別是先天性心臟病童經常需要出入醫院，或是身體的狀況，皆有機會令負面情緒倍增。要解決問題，我們得先認識我們的大腦。



前額葉 (上層腦)

理智冷靜地掌管着分析、決策、情緒及行為，在正常狀態下，它可以抑制大腦中其他較原始的區域來控制情緒。

杏仁核 (下層腦)

負責「情緒」的中心，從我們的情緒記憶裡快速找出關聯。在主導理智、合作、邏輯思考的前額葉發揮功用前，杏仁核就已經發出訊號。

很多時孩子是因為腦部發展或身體的限制而不能為，有時候並非他們故意有偏差行為，例如當受到外界刺激，或感到壓力時，杏仁核便會被啟動產生一連串反射式的自我保護機制，包括恐懼逃避、防禦攻擊等。當杏仁核能夠被安撫下來，前額葉皮質就會迅速恢復運作，能調節情緒及作出合理決策。因此當家長處理小朋友情緒行為時，首先要分清楚是屬於上層怒火 (有目的) 或下層怒火 (不受控)。方法如下：

1. 家長可以先連結孩子，以撫摸或安撫語氣去確認孩子情緒：「媽媽見到你依家好嬲，嬲到要.....」
2. 定立安全界線讓孩子發洩情緒：「不如我地一齊冷靜十五分鐘先。」
3. 最後協助孩子用上腦解決問題，利用語言表達出內心的感受，透過大腦神經的信息輸送，有效地安撫到被啟動的杏仁核：「你依家一到十分有幾嬲呀？」

漸漸地，孩子會更明白自己發脾氣背後的原因，並學會更有效控制。祝福各位家長，一同更明白孩子心。

Many parents will ask: "My child is always naughty and loses his temper. What should I do?" The issue of how to deal with a child's emotions often cause parents' headaches. Children with congenital heart disease in particular, who have to keep going to hospitals or due to their physical conditions, have a greater chance of feeling negative emotions. To solve this problem, we must first understand how our brains work.

Prefrontal lobe (upper brain)

Reasonably and calmly controls our analysis, decision-making, emotions, and behaviour. Under normal circumstances, it can control our emotions by controlling more emotive areas of the brain.

Amygdala (lower brain)

Responsible for our emotions, by making connections with our emotional memory

Before the prefrontal lobe, which governs rational, cooperative, and logical thinking, can properly function, the amygdala sends a signal

In many cases, due to brain development or other physical limitations, children are unable to control their emotions and may not be deliberately deviant. For example, when exposed to external stimuli or stress, the amygdala will be activated to produce a series of reflective self-protection mechanisms, including fear, fleeing, and avoiding or defending against attacks. If the amygdala can be soothed, the prefrontal cortex will quickly resume its function, regulating emotions and making rational decisions.

Therefore, when parents deal with children's emotional behaviour, they must first distinguish between higher-level anger (with a purpose) or lower-level anger (uncontrolled). Methods include:

1. Parents can first connect with their children to confirm their emotions by touching or soothing: "Mom can see that you are angry, so angry that you will..."
2. Set a safe boundary for children to vent their emotions: "Let's first calm down together for 15 minutes..."
3. Finally, help their children use problem-solving skills and use their language to express their inner feelings, which will effectively soothe the triggered amygdala through the transmission of information through the brain's nerves: "How angry are you from a scale of 1 to 10?"

Gradually, children will better understand the reasons behind their tantrums and learn to control them more effectively. Wishing all parents the best of luck with understanding your children's heart.



醫生童你傾 — 心童與運動

CHAT WITH DOCTORS — EXERCISE IN CHILDREN WITH CONGENITAL HEART DISEASE (CHD)

| 文章 翁德璋醫生 (兒科醫生) | AUTHOR DR. T.C. YUNG

當兒童患上先天性心臟病 (先心病) 時，很多家長都會問：「是否需要限制運動?」。到了上學年齡時，學校老師亦會詢問關於患病兒童的運動建議，他們都擔心運動可能對患者有害，引致心臟病發，甚至猝死。其實是反映家長或老師對病童的先心病認識不足，以致認為運動有害或造成危險。

運動或體能活動是兒童成長期，發展健康體魄不可缺少的因素。另外，運動能促進心理正常發展，一家大小或和朋友一起運動，是一種快樂的體驗。過往有很多研究令我們認識到缺乏運動是其導致多種疾病的因素，如高血壓，高血脂，肥胖，糖尿病，冠心病，中風等等。所以我們要鼓勵先心病病童做運動，養成良好的運動習慣，不要加上不必要的限制。在這前提之下，家長可向醫生了解先心病的病情及患病兒童的體能，得到最適當的運動建議。先心病引致猝死的機會非常低，而且大部份病人都已經完成合適的治療，所以不用過份擔心運動引起危險。

適合先心病病人的運動

一般漸進式的動態運動或帶氧運動都是適合先心病病人的活動，如跑步，球類活動，游泳，單車，行山活動等等。而帶氧運動亦是心臟病人復原過程中所推薦的活動。有些運動需要肌肉產生強大的張力 (等長運動)，例如舉重，就比較不適合有心臟病的病人參與。因為這類運動會引致血壓急劇上升，對心臟的負荷較大。如果心臟功能欠佳，或手術後有殘餘的問題，超重的負荷可能導致危險。

When a child is diagnosed to have congenital heart disease, many parents often ask whether exercise should be restricted. In schools, their teachers will also ask about advice on exercise. They worry that exercise may be harmful or dangerous to the child with CHD, causing heart attack or even sudden death. In fact, it reflects that parents or teachers have insufficient knowledge on the congenital heart disease and misunderstanding on the effects of exercise.

Exercise or physical activity is indispensable for the physical development of children. Exercise also promotes positive psychological development. To exercise with family or friends is a happy experience. Many studies demonstrated that lack of exercise is a cause of many diseases, such as high blood pressure, high blood level of lipid, obesity, diabetes, coronary heart disease, stroke and so on. Therefore, we must encourage children with CHD to exercise and develop a habit of physical activity. Parents should understand their children's CHD from doctors, and get advice on the level of exercise. Most patients will have appropriate treatment for the CHD, and the chance of sudden death caused by the disease is very low.

What kind of exercise is suitable for children with congenital heart diseases?

In general dynamic exercises or aerobic exercises are suitable for patients with congenital heart disease, such as running, ball games, swimming, cycling, hiking, etc. Aerobic exercise is also the recommended activity for the rehabilitation of heart disease patients. Exercises that require strong muscle power (isometric exercises), such as weightlifting, are not suitable for patients with heart disease. Because it can cause a sharp rise in blood pressure and puts a heavy load on the heart. If the heart function is impaired, or when there are residual problems after cardiac operation, it may be dangerous.





先心病病人的運動強度

一般來說，如果先心病病情較輕的病童，如細小的心室間隔缺損，細小的動脈導管，輕度的心瓣狹窄或倒流，因為心功能沒有受到影響，肺血壓沒有增高，可以參與任何強度的活動，甚至比賽及競技。先心病病者手術後如心臟結構正常，功能良好亦無須限制運動。除此之外，先心病中度嚴重或以上的病者則建議進行中及低強度的運動。而有肺動脈血壓高，或嚴重心瓣問題，心功能低下的病人則禁止任何運動。

運動強度的估計

一般運動強度的估計都是非常粗略，並不精準。一個可以參考的指標是個人最高心率(MAXHR)的百分比。個人最高心率大約是二百二十減現在的年歲。高強度運動是運動時MAXHR 到百分之八十五以上，中度運動時 MAXHR 介乎百分之六十至八十五，輕度活動時MAXHR 介乎百分之五十至六十。但是在運動過程中監察心率並不方便，所以可以參考以下的建議估計運動強度：

輕度運動—輕度的氣喘

中度運動—氣喘但仍可說話及完成句子

強度運動—非常氣喘及說話不能一口氣完成句子。

運動量的建議

世界衛生組織建議兒童每天進行六十分鐘中度強度的活動。對沒有運動限制的先心病病童，應鼓勵養成每天運動的習慣，累積每週四百二十分鐘的活動。有運動限制的病童，應根據其身體的情況，選擇合適的強度及活動類型，並持續每天進行運動。



What level of exercise intensity is appropriate for patients with congenital heart disease?

If the congenital heart condition is mild, for example, small ventricular septal defect, small arterial duct, mild heart valve stenosis or regurgitation, the heart function will not be affected and the pulmonary blood pressure will be normal. In these cases the patients can participate in sports of any intensity, including competitions. Also if the heart structure and function are normal after surgery, exercise restriction is not required.

Patients with moderately severe congenital heart disease are recommended to engage in moderate and low-intensity exercise. Exercise or sports should be restricted in patients with high pulmonary blood pressure, severe heart valve problems, and severely impaired heart function.

Estimation of exercise intensity

Estimation of exercise intensity relative to patient's physical capability is very rough and in general not precise. An indicator that are often quoted is the percentage of the individual, maximum heart rate (MaxHR). The personal maximum heart rate is approximately 220 minus the current age. In high-intensity exercise, the MaxHR is over 85% during exercise. During moderate exercise the MaxHR is between 60% and 85%, and during light exercise the MaxHR is between 50% and 60%. However, it is not convenient to monitor the heart rate during exercise. Therefore, one can refer to the following breathing effort to assess exercise intensity:

light exercise: mild shortness of breath

moderate exercise: moderate shortness of breath, able to speak and complete sentences

vigorous intensity exercise: breathlessness, cannot complete sentence in one breath.

Amount of exercise

The World Health Organization recommends that children should participate in moderate-intensity activity, at least 60 minutes every day. Children with congenital heart disease who have no exercise restrictions should be encouraged to exercise every day and 420 minutes of physical activity per week. Children with exercise restrictions also should exercise every day at the appropriate intensity as advised by their doctors.



夏天養心養生

文章 陳思霖註冊中醫師

夏季來臨，天氣漸熱，萬物皆有陰陽之分，心屬陽，靠陽氣的溫煦及推動，維持人體水液代謝、汗液、溫度調節等的功能；夏天屬火，心亦屬火，火氣過於心，所以夏天更宜調養心臟。

汗為心之液

中醫認為汗和血都與心臟有關，「心之所藏，在內者為血，在外者為汗，汗者，心之液也」。

汗是津液，津液是血的重要組成，所以汗出過多會耗傷心血及心氣。

心童多有心氣不足情況，易有氣喘、疲倦、易出汗或自汗；

若心陽不足，或見面白肢冷唇紫，大汗出等情況。所以陳醫師有以下夏天養心養生小提示：

1) 適當運動，應避免過度出汗

一般運動後未見明顯疲倦或過度氣喘的心童，可做適量的運動，有助改善心肺功能，而夏日炎炎家長須注意心童出汗情況，汗出後避免着涼。

2) 睡午覺休息養心

午時(即11AM - 1PM)，是心經運行的時間，可午睡30分鐘至1小時養心。

3) 夏日湯水食療 (3 - 4 人量)

浮小麥淮山元肉湯：益氣健脾養心

浮小麥 30G

淮山 30G (或鮮淮山適量)

龍眼肉10粒

茯苓 15G

豬脰 200G

備註：感冒不宜飲用；如有白痰或胃氣易脹，可加陳皮1片；每周1次。

如有疑問、有飲食限制或病情嚴重的心童，請先諮詢心臟兒科醫生或中醫師意見



知多一點點：

浮小麥是小麥中浮於水者，性涼味甘，入心經，有益氣止汗作用。



Maintain A Healthy Heart in Summer

AUTHOR MISS. CHAN SZE LAM (REGISTERED CHINESE MEDICINE PRACTITIONER)

Summer is coming, the weather will become hot compared with Spring. Yin & Yang represent the two opposite principles in nature, they believe everything in the world is divided into Yin & Yang. Heart belongs to Yang. It relies on Yang Qi to maintain the human body's water metabolism, sweat and temperature regulation etc. Summer belongs to fire, and the Heart also belongs to fire. It is the most suitable timing to recuperate the Heart.

Traditional Chinese medicine practitioners believe blood and sweat are also related to the heart. Chinese medicine believes if you sweat too much, it will consume the energy of the heart. So they believe sweat is as important as blood.

Congenital heart disease children have not enough energy of the Heart, they will easily feel tired, sweating and asthma. If there is a lack of Yang in the heart, they will easily sweat a lot and feel cold limbs etc.

There are some tips for you:

1. Exercise properly and avoid excessive sweating

Normally, if there are no significantly tired or excessive asthma for congenital heart disease kids after exercise, then they can do appropriate exercise in order to help them to improve their cardiopulmonary function. Parents should pay attention to the level of sweating of the kids, to avoid suffering from heat stroke. Also, be careful of getting cold after sweating.

2. Take a Nap in afternoon

Traditional Chinese medicine believes that Noon (11am-1pm) is the best time for the heart and blood to run, so it's good that you can take a nap for 30 minutes to 1 hour to nourish your heart.

3. Summer soup therapy (for 3-4 people)

Blighted Wheat, chinese yam and longan pulp soup:

strengthening the spleen, replenishing qi and nourish the heart

Blighted wheat 30g Chinese yam 30g (or some fresh chinese yam)
 Poria cocos 15g Pork Shank 200g
 Longan pulp 10pc

Remarks: Not for the kids who have a cold or feel sick. If the kids have white sputum or the stomach is bloated, please add 1 piece of dried tangerine peel; drink once a week.

If you have any questions or any dietary restrictions, or are serious congenital heart disease people, please consult a cardiologist or your personal Chinese medicine doctor before drinking.

Little knowledge about traditional chinese medicine:

The blighted wheat that usually floats on the surface of water is a "cold" herb, that helps reinforce energy, nourish the heart, dispel pathogenic heat and relieve frequent sweating.

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* 兒童心臟基金會是根據《稅務條例》第88條獲豁免繳稅屬公共性質的慈善團體。捐款港幣一百元或以上可獲發收據。
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兒童心臟基金會成立於1994年，致力服務先天性心臟病兒童及家人。基金會的服務包括提供經濟援助、贊助手術器具、購置醫療設備、安排海外醫生到訪進行醫學交流、為病童及家長提供情緒治療及心理輔導支援和定期舉辦各項教育及發展性活動等。

Children's Heart Foundation was established in 1994 to support children and their families affected by congenital heart disease. The CHF provides a wide range of services such as financial support; purchasing medical equipment; counselling, liaising with overseas surgeons; provides professional psychological counselling and therapies; and organizing regular educational and developmental and supporting programmes.

| 回郵地址 |

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Children's Heart Foundation

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