



華人服務中心  
Chinese Service Center

# Chinese Service Center

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Since 1972  
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January 16, 2012

FOR IMMEDIATE RELEASE

“Connect, Collaborate, Celebrate”

## 健康人生的基礎知識 Basic Knowledge for Healthy Life 李衡鈞教授 Prof. Heng-Chun Li

[Hackensack, NJ] Chinese Service Center (CSC) announces that Dr. Heng-Chun Li will provide lectures on the topic of “Basic Knowledge for Healthy Life “ at Bergen Chinese School (BCS) in the spring of 2012. This lecture series will instruct us on the fundamental steps and knowledge necessary to make good decisions on a daily basis.

This is part of CSC’s new initiative for iLEAD Program (ideas/inspiration for Learning, Expanding, Advancing and Developing the minds of the leaders) this year. This lecture will be conducted in both Chinese and English (bilingual), followed by Q&A session.

Topics for the Lectures on the following Sundays at BCS 博根中文學校:

**03/11/2012:** 人體所需的「必要營養素」(Essential Nutrients)。酸、鹼、和pH的定義 (Definition of Acid, Base and pH)。緩衝溶液(Buffer Solution)。

**04/01/2012:** 氧和二氧化碳在血液中運輸 (Transport of O<sub>2</sub> and CO<sub>2</sub> in the Blood)與人體內酸鹼平衡 (Acid-Base Balance) 的關係。一氧化碳的毒性 (Toxicity of Carbon Monoxide [CO])。

**Date/Time:** March 11 and April 1, 2012, Sunday from 1:00PM to 3:00PM

**Location:** Hackensack Middle School / Bergen Chinese School Cafeteria  
360 Union Street, Hackensack, NJ 07601

**IMPORTANT NOTE:** The lectures will be free of charge; however, registration is required. Please register online: <http://csc2012bkforhealthyliife.eventbrite.com>  
All are invited and welcome to attend! 本課程免費 但請您上網登記 歡迎大家參加!

供您參考：本課程共有十六堂課，每堂課壹個半小時 (90分鐘)。我們很榮幸邀請到西奈山醫學院退休教授李衡鈞先生到博根中文學校來講授這系列課程。在去年和今年 (2011 - 2012)，李教授在Flushing 主持類似課程，標題是“新移民服務講座，健康人生的基礎知識課程”，由「華僑文教服務中心」和「美東華人學術聯誼會」贊助協辦。課程內容陳列於 [www.CAAPS.us](http://www.CAAPS.us) 網站。

以下是本課程的簡介 (Introduction):



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心血管疾病 (Cardiovascular Diseases), 癌症 (Cancer), 糖尿病 (Diabetes) 等等, 是現代「已開發國家」人民的主要死亡原因。威脅健康的主要危險因素 (Risk Factors) 依序為: (1) 飲食不當, (2) 高膽固醇, (3) 高血壓, (4) 高血糖, (5) 吸煙, (6) 缺乏運動, (7) 肥胖, (8) 酗酒。這些危險因素, 除極小部份取決於遺傳基因外, 絕大部份是取決於個人生活方式的選擇。如果我們明白甚麼樣的生活方式是健康的, 而且能夠愉快地、有恆地實行健康的生活方式, 那麼我們就可以將上述威脅健康的危險因素減至最低。

「健康人生的基礎知識」課程, 相當於濃縮簡化美國醫學院一年級的基礎醫學課程, 特別注重「生物化學」、「營養學」及「生理學」方面的實際應用。這系列課程的目標, 是供給僑胞們最新的、正確的主流醫學基礎知識, 以增強僑胞們選擇和實行健康生活方式的能力。

「健康人生的基礎知識」課程包括討論人體必要營養素, 酸鹼平衡、氧氣運輸及代謝、抗氧化劑、碳水化合物、脂肪、膽固醇、LDL、HDL、蛋白質、氨基酸、核酸、維他命等重要營養素的功能及其消化、吸收、分解、合成和互變, 及與疾病的相關性。本課程將探討「代謝症候群」(Metabolic Syndrome) 及能抗衰老的「節制卡路里飲食方式」(Calorie Restriction Diet)。李衡鈞教授將以淺近通俗的口語, 和參與者互動交流, 一起學習這些有高度實用價值的養生的基礎知識。這樣完整的課程內容, 在大紐約華人社區, 算是新創舉。請您把握這個珍貴的學習機會, 踴躍參加。

### About Professor Heng-Chun Li (李衡鈞教授)

Dr. Heng-Chun Li obtained his B.S. degree from the Dept. of Agricultural Chemistry, National Taiwan University in 1962. He came to the United States of America in September 1963, and obtained his M.S. degree from the Dept. of Biochemistry, University of North Dakota in 1965, and Ph.D. degree from the Dept. of Biochemistry, Cornell University (康乃爾大學), Ithaca, NY, in 1968. After 3 years of postdoctoral training in the Dept. of Biology, Massachusetts Institute of Technology (MIT; 麻省理工學院), Cambridge, Massachusetts, he was appointed in 1971 as an Assistant Professor in the Dept. of Biochemistry, Mount Sinai School of Medicine (MSSM; 西奈山醫學院) in New York City, NY. He was promoted to Associate Professor in 1976, and Professor of Biochemistry in 1986. His research interests are in the field of hormone action and biological signal transduction. He retired from MSSM in 2008.

### About Chinese Service Center 華人服務中心

The Chinese Service Center USA is a non-profit 501c3 organization dedicated to promote community participation, education and leadership, to foster cultural exchange and awareness, and to promote strength in diversity and heritage values through educational, cultural and community programs. Serving the Bergen County and New York City community since 1971, CSC USA sponsors three Chinese Schools located in Hackensack, NJ and the upper west side of NYC (within Columbia University). CSC USA also sponsors and supports numerous cultural events and exchanges across the tri-state region. Additional information is available at [www.ChineseServiceCenter.org](http://www.ChineseServiceCenter.org)

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If you would like more information about this topic or to schedule an interview with Professor Li, please call Suzan Cho at 201-448-7687 or send an email to [suzancho@chineseservicecenter.org](mailto:suzancho@chineseservicecenter.org).