

# 衷心感谢大家的支持!

MUCH APPRECIATION FOR YOUR SUPPORT!

新加坡佛教施诊所是我国佛教第一家获得公益机构资格的慈善团体，从1969年初创开始，捐款者就已经可以豁免缴交所得税了。

开源节流、杜绝奢侈、捐献所得、点滴归公，是我们一贯的坚持；解除疾厄忧患，以求诊者的利益为依归，则是我们不变的指标。我们特别重视前线的医务环节，要求医师有精湛的医术和仁慈的爱心，也要求各个岗位的工作人员都恪守本分，让求诊者能在这里药到病除，重拾健康。

我们在三巴旺设立的第七间分所，预计将在本年中投入服务。我们衷心感谢社会人士的关爱与支持、认同和肯定，让我们的医疗团队，有为大众服务的机会，我们会特别珍惜，更加努力，再上层楼！也希望您从《福田》中，留意我们所作的努力，分享我们的成就。谢谢！

新加坡佛教施诊所 敬启 01/05/2014

Singapore Buddhist Free Clinic (SBFC) was established in the 1960s, it was the first organization that was being qualified for Buddhist charity with IPC status, making all donations entitled to tax deductible since 1969.

Maintaining costs low and cutting unnecessary costs, elimination of extravagance has been our mission. All the proceeds from all donations serves to relieve the physical and mental sufferings of patients. Patients' interests have been and will always be of our top priority. We pay special attention to the medical services being provided to patients. This requires physicians to have superb medical skills and lots of loving kindness, it also requires all staff in various positions to abide by our spirit and policies and this allows patients to have the best medical treatments from SBFC enabling patients to have speedy recovery.

The seventh clinic branch located at Sembawang will be established in the middle of this year. We will like to thank the community for their love and support, recognition and affirmation, enabling our medical team to serve the public according to their needs. We will particularly cherish these opportunities given and strive to work harder to achieve higher possibilities! Hope that you being part of the "Merit Times" pay attention to our efforts and share in our successes. Thank you!

Singapore Buddhist Free Clinic 01/05/2014

## 诊所地址 CLINIC LOCATIONS

### 总所 Headquarter

地址 Add: 48 Lor 23 Geylang Singapore 388376  
电话 Tel: 6748 7292

### 普通科 General Consultation

看诊时间 Consultation Hours  
8am - 12noon | 1.30pm - 4.30pm | 7pm - 9pm

### 肿瘤治疗中心 Cancer Treatment Centre

看诊时间 Consultation Hours  
8am - 12noon | 1.30pm - 4.30pm

### 丹戎巴葛分所 Tanjong Pagar Branch

地址 Add: 44 Craig Road Singapore 089682  
电话 Tel: 6221 6652

看诊时间 Consultation Hours  
8am - 12noon | 1.30pm - 4.30pm

### 红山分所 Redhill Branch

地址 Add: Blk 131 Clarence Lane #01-20 Singapore 140131  
电话 Tel: 6473 6638

看诊时间 Consultation Hours  
8am - 12noon | 7pm - 9pm

### 宏茂桥分所 Ang Mo Kio Branch

地址 Add: Blk 348 Ang Mo Kio Ave 3 #01-2096 Singapore 560348  
电话 Tel: 6453 9466

看诊时间 Consultation Hours  
8am - 12noon | 7pm - 9pm

### 裕廊分所 Jurong Branch

地址 Add: Blk 320 Jurong East St 31 #01-74 Singapore 600320  
电话 Tel: 6563 0063

看诊时间 Consultation Hours  
8am - 12noon | 7pm - 9pm

### 康复中心 Rehabilitation Centre

地址 Add: Blk 77 Indus Rd #01-519 Singapore 160077  
电话 Tel: 6272 7711

看诊时间 Consultation Hours  
8am - 12noon | 1.30pm - 4.30pm

星期日及公共假期休息  
Closed on Sundays and Public Holidays



这是一方与大众一同播种、耕耘、也一起共享丰收成果的乐土！  
这里有您、有我、有大家！  
每个人都可以尽自己的一分力，

## 有一分热，发一分光！

Here is the place for everyone to sow seeds of compassion and share in the fruits of a wonderful harvest!  
In here, there is us, you, me and everyone!  
Everyone can do their best, with each inch of effort and passion.  
This enables the candle to radiate its rays of light afar.  
Every good deed shine brightly!



《福田》承担着与大众一起耕耘，共享福乐之使命。  
The Mission of Merit Times is to jointly cultivate good merits and share the resulting blessings.



48 Lor 23 Geylang Singapore 388376  
Tel: 6748 7292 Fax: 6748 7239  
Website: www.sbfcc.org.sg  
Email: admin@sbfcc.org.sg

## 感谢您一路走来对本所的支持， 以下是您表达爱心的多种管道：

- 直接到各所柜台以现金捐款；或
- 使用总所最新安装的NETS 终端机捐款；或
- 上SG GIVES (www.sggives.org) 的网站以信用卡捐款；或
- 通过邮寄支票到总所  
(抬头请写明: Singapore Buddhist Free Clinic)

注：本所为我国公益机构，如果您希望捐款可以豁免所得税，请告诉我们您的身份证号码或公司注册号码。

询问电话：67487292。

总所地址：48 Lorong 23 Geylang Singapore 388376

Your support has made it possible for Singapore Buddhist Free Clinic to serve more than 20 million patient visits in the last 44 years. You may continue to give us your support in these convenient ways:

- \* Donate cash at our clinics islandwide
- \* Use NETS to donate at our Headquarters
- \* Visit the SG GIVES (www.sggives.org) website to donate using credit card
- \* Send a cheque to our Headquarters, made payable to "Singapore Buddhist Free Clinic"

All donations are tax deductible.  
Please specify your NRIC or company registration number when making donations.

Hotline: 67487292.  
Headquarters address:  
48 Lorong 23 Geylang, Singapore 388376.

您的捐款将可帮助我们获得政府1对1的资助  
Your donation will help us to have the 1-1 matching grant from Government.



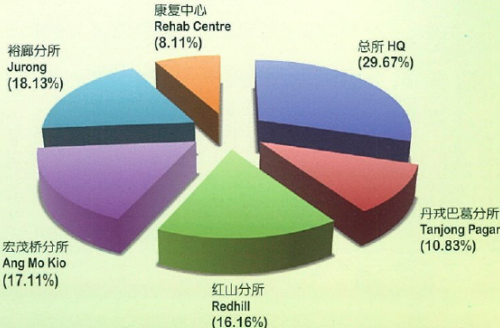
## 收费表 Fee Structure

类别 Type	看诊 Consultation	药费或针灸治疗 Medicine / Acupuncture	
		60岁以下 60 years below	60岁以上 60 years above
普通科 General Consultation	免费 Free	每日\$1 \$1 daily	免费 Free
针灸科 Acupuncture	免费 Free	每次\$1 \$1 per time	免费 Free
肿瘤科 Cancer Treatment	免费 Free	每日\$5 \$5 daily	每日\$3 \$3 daily

## 2013年1月-12月各所收费与免费人次



## 2013年1月-12月各所的施药概况



## 三巴旺分所将于今年中投入服务

为更好地服务我国北部的民众，我们已获得建屋发展局批准在坎贝拉路503A座底层设立第七间分所——三巴旺分所，预计装修费用将耗资80万元。新分所位于交通要道，距离三巴旺地铁站仅150米之遥。目前已在进行装修，如果一切顺利，可望于今年中启用。

## New Clinic at Sembawang to open mid-2014

Located at the void deck of Block 503A Canberra Link had carried out the Sanji and Ground Breaking ceremony on 31st March. Renovation is currently underway and the clinic is slated to open mid-2014.



文 By 北雁 Bei-Yan

# 中医 中药 让我们增强了重生的信心!

## The TCM has enhanced our confidence

与开朗、积极的林亚玉(单身, 67岁)倾谈, 我一时间在她身上根本就找不到她曾经中风的迹象!

据知, 林女士中风之前是名活跃的义工, 经常在联络所为大家服务。2012年7月20日, 她下班回家后, 突感身体虚脱, 费尽力气也站立不起来! 她下意识地自己中风的, 于是立即打电话向姐姐求救。然而, 由于心态严重, 在姐姐到来之前便当机立断, 挣扎地爬着电召救护车, 把自己送去亚力山大医院。结果, 发现脑血管爆裂, 证明她的想法一点也没错。

经过半年的医治, 仍然没有一点起色。当时, 她开始沮丧! 幸好遇着了现代诊所的尤医师, 在后者的协助下, 免费为她针灸。6个月, 病情有了明确的进展, 这才使她不放弃接受医治的念头。但为了不加重尤医师的负担, 她转向佛教施诊所红山分所求助, 并在王玉兰与王友良两位中医师的细心照顾下, 获得“重生”一切行动逐渐恢复自如。

目前, 她仍然每星期到红山分所接受两回针灸治疗。除了感谢中医师, 她也感谢家人和菲籍女佣给予她的护持。同时, 更肯定了中医的功用以及中药和针灸的疗效。

林女士还说: “没有什么病是医治不了的, 就看你是否持有正确的心态。”

Though suffering from stroke, the 67 year old Ms. Lim Yayu (single) remains cheerful and positive.

Before the stroke, she was an active volunteer and frequently helped to serve the public at a Community Centre. It was on July 20, 2012, she suddenly felt uneasy and faced difficulty in standing up! She sensed that she might have a stroke and hence, sought her sister's assistance immediately. However, before the arrival of the sister, she crawled and grabbed a phone and to call for ambulance. To no surprise, she was later diagnosed with stroke by the doctor of Alexandra Hospital.

After six months of treatment at the hospital, Ms. Lim saw no significant progress. She then started to feel hopeless and depressed. Fortunately, she met her close friend Ms. You, an acupuncturist, who later provided her with free treatment. Another six months passed, but this round Ms. Lim realised that her condition has significantly improved. This brought her hopes to live on. She then decided to continue receiving TCM treatment. She wishes to express her sincere thanks to both practitioners Ong Quee Lan and Wong Yew Liong of the Singapore Buddhist Free Clinic for taking good care of her. To Ms. Lim, the Wangs are her life savers.

Though almost fully recovered, Ms. Lim continues to receive acupuncture treatment twice each week at the SBFC. She is grateful to all the practitioners and staff of the clinic. Besides affirming the utility of TCM and therapeutic effect of the Chinese medicine and acupuncture, she is also thankful to her Filipino maid and family members who have given her all the supports physically and mentally.

To Ms. Lim, all sicknesses can be cured provided one holds the right state of mind.

另一位育有3个孩子, 现年63岁的陈增寿, 在太太丁永华的陪同下也接受了访问。病前, 他是从事罗里驾驶工作的。2010年4月中旬, 就在他要出国到北京旅游的前几个小时, 忽然无端晕倒, 并跌进水沟! 幸好被路人发现, 才把他送到中央医院去。结果, 他非但半边身体不能移动, 甚至还认不得人, 也说不语!

据说, 他中风的病因很可能与胆固醇过高有关! 就这样, 他在医院也住了30多天! 出院后, 曾到体障人士协会接受物理治疗, 每周1小时。之后的半年里, 他每星期还得接受两次推拿和一次针灸, 并需定时到中央医院进行体检, 服用薄血药!



2012年6月, 在病情稍为稳定后, 他尝试靠拐杖行走, 并乘搭巴士到佛教施诊所求诊。这期间, 除了薄血药, 他还得服用保胃药、抗忧郁和降低胆固醇的药丸!

他说, 是两位施诊所的王姓中医师(王玉兰与王友良医师)给了他信心! 是他们的用心, 让他病情恢复得特别快! 他现在说话, 已经正常, 且不再含糊! 他坚信是中医、中药给他带来了希望。

Mr. Chen Zengshou, 63, who worked as a lorry driver before, is also a stroke patient. In mid-April 2010, just a few hours before boarding a plane to Beijing for holidays, he suddenly fainted and fell into a drain. Luckily, he was discovered by passers-by and sent to the SGH timely. By then, half of his body became not moveable. Besides, he can't even talk nor recognize the people around him!

It is said that the cause of his stroke relates to high cholesterol! He was then hospitalized for more than 30 days! After discharging from SGH, he received physical therapy at the Society for the Physically Disabled. He also undergone massages and acupuncture treatments after that.

It was June 2012, he then seek medication assistance from the SBFC when his conditions were more stabilized. With the help of crutches, Mr. Chen took a bus to the clinic for treatment regularly. Other than taking the medicine that helps to thin his blood, he is also prescribed for anti-depressants and cholesterol-lowering pills!

He claimed that the practitioners namely Wong Yew Liong, Ong Quee Lan have given him faith and confidence! With their helps, he has recovered quicker than expected! He can now talk normally. He strongly believes that the TCM have made him well and given him hopes. He too, thanks the SBFC for all assistance extended to him.



## 问问中医 ASK THE PHYSICIAN

如何预防中风 文 By 王友良医师 Wong Yew Liong

中风是指脑血管阻塞或破裂引起脑血循环障碍和脑组织功能或结构损害, 常可导致不同程度的残疾, 如肢体瘫痪, 言语不清, 口角歪斜等, 严重时甚至可导致死亡。

容易导致中风的危险因素有高血压, 糖尿病, 高脂血症, 肥胖, 冠心病等。人们不当地的生活方式如不健康的饮食、抽烟、酗酒、少运动等都可导致上述疾病的发生。

人们应多摄入蔬菜、水果、坚果、大豆和含多纤维的谷物, 以及少食红肉, 不抽烟, 少喝酒, 多运动, 保持心理平衡。常按摩内关, 足三里, 涌泉等保健穴位, 对血循环及提高免疫功能也有所帮助。

所以, 人们只要在日常生活中坚持健康的生活方式。同时, 服用有关预防疾病的控制药物, 是可以帮助预防中风的发作。

### Stroke Prevention Guidelines

Stroke is mainly due to blockage or rupture of cerebral blood flow through brain. It may lead to various diseases such as limb hemiplegia, unclear speech and is life threatening too, if serious.

High blood pressure, diabetes, hyperlipidemia, obesity, coronary heart disease etc are major stroke risk factors if left untreated. Besides, improper lifestyle such as unhealthy eating, smoking, drinking (of liquor), not enough exercise too are also the contributing factors.

The following stroke prevention guidelines will help to lower your risks for stroke:

- Consume more vegetables, fruits, beans and less red meat.
- Stop smoking so as to avoid speeding up artery clogging.
- Avoid excessive consumption of alcohol as it usually link to stroke in many aspects.
- Exercise more often and maintain diet low in calories, salt, saturated and trans fats.
- Other than healthy lifestyle, taking related disease control drugs too, is another mean to prevent stroke.



月份	主讲人	讲题
5月	洪金山医师	中医如何治疗肩周炎
6月	冯家阳医师	肝胆病知识与中药保健
8月	TCM Teo Peng Koon	Stroke - Prevention and after care
9月	张炳坤医师	中风的预防与病后调理
10月	林珍珠医师	中医治疗癌症的特色
11月	郭美伶中医师	中医谈如何健康吃素
11月	傅志平医师	推拿的治疗与保健
12月	许慕贞医师	饮食防三高避癌症

请留意联合早报通告。 Please refer to the advertisement of Zaobao.

## 活动预告 Events

售旗日招募义工  
Recruiting Flag day Volunteer  
7-6-2014 (星期六 Saturday)  
上午7am-下午7pm

黄河大合唱  
Yellow River Cantata  
(慈善音乐会 Charity Concert)  
滨海艺术中心音乐厅 Esplanade Concert Hall  
27-6-2014 (星期五 Friday)  
下午7:30pm  
中央售票处 SISTIC: 6348 5555

康乐行  
Healthy Walk 2014  
21-9-2014 (星期日 Sunday)  
上午8am-11am  
碧山公园 Bishan Park

请踊跃支持善举 功德无量

## 最新消息 LATEST NEWS

### SSCS心宁话室

SSCS心宁话室是由新加坡佛教总会和新加坡佛教施诊所联办的心理辅导服务。

#### 我们的服务

心宁话室是一项为大众设立的心理辅导或咨询服务。我们拥有一群合格及正修读辅导硕士学位的辅导团队, 让您在一个安全和受扶持的环境下倾诉您的想法与感受, 并在您关切的话题上协助寻求正向的解决方案, 或探讨不同的方式去应对所处的困境。

#### 服务对象

此项服务是开放给社会大众, 不限任何种族或宗教信仰。

#### 如何获取服务

您可预先致电 6841 3370 预约。无预约之人士将会按先到次序安排。

#### 收费

此项服务是不收费的。

#### 服务时间

星期一至星期六 早上10时至下午3时 (星期日及公共假日 休息)

SSCS is a counselling service jointly operated by the Singapore Buddhist Federation and Singapore Buddhist Free Clinic.

#### What do we do?

At SSCS, we provide a listening ear to individuals with emotional needs in a confidential, non-judgmental and safe platform within a Buddhist-Centric premise. Our Counsellors will empower individuals with coping skills to achieve better emotional and mental well being.

#### Who can access this Counselling Service?

Our Service is open to anyone regardless of your race and religion.

#### How do I access to this Counselling Service?

Call 6841 3370 to make an appointment with us. Walk-in-client is by first come first serve basis.

#### Confidentiality

All information shared during the session is treated as strictly confidential.

#### How much is the service?

No charge. It is free.

#### Service hours

Monday to Saturday: 10am to 3pm  
(Closed on Sunday and Public holiday)

#### 服务地点/ Locate us:

新加坡佛教施诊所  
Singapore Buddhist Free Clinic  
48 Lorong 23 Geylang, Singapore 388376

