

夏季 老年病

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老年人在夏季應注意水分的補充，
戒食生冷食物……
配合適量的運動……

夏天天氣很炎熱，易令老年人「津液外泄」。炎熱的天氣令出汗增加，體內的水分快速流失；老人由於對口渴不敏感，有部分更擔心夜尿問題而不敢喝水，故容易造成體內嚴重缺水。

「津液外泄」會增加中暑的危機。高溫易令體內熱量過高，汗出增多，當體內水和鹽份大量排出而得不到補充，會容易導致中暑。

此外，「津液外泄」亦增加患上心血管疾病的機會，尤以高血壓及腦血管硬化患者為甚。因為體內缺水將會使血液的黏稠度增高，影響血液循環，容易形成小血栓，造成心肌梗塞或阻塞腦血管。

還有，在夏天睡在冰涼的地上、吹風扇過多或冷氣溫度太低，均易令風寒濕邪積於體內，於冬季時令關節炎易於復發。

總而言之，老年人在夏季應注意水分的補充，戒食生冷食物、有適當的起居習慣及避免太長時間在戶外暴曬，配合適量的運動，以度過一個美好又充滿活力的夏日。

The Elderly Need to Maintain Body Fluids in Summer

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The hot weather in summer speeds up the excretion of body fluids, especially through sweating. Excessive sweating increases the body fluid loss. The elderly's insensitivity to the feeling of thirst and minimal intake of fluids before bed time to avoid frequent urination during the night often lead to a dehydration problem.

Loss of body fluids can also increase the risk of sunstroke. The hot summer leads to the increase in accumulation of "heat energy" in the body and thus sweating increases to maintain a normal body temperature. Excessive excretion of body fluids and electrolyte will raise the chance of getting a sunstroke.

Moreover, loss of body fluids also increases the risk of getting cerebral and heart diseases, especially for the hypertension and cerebral vascular sclerosis patients. This is because the loss of body fluids will increase the viscosity of blood and thus affect the blood circulation. As a result, the risk of embolus formation will rise, which will cause cardiac infarction or cerebral vascular thrombosis.

In addition, many summer "cooling" habits, including sleeping on the cold stone floor, overuse of electric fans and air-conditioners will increase the chances of accumulation of "wind, cold and damp evil" in the body. This will raise the chance of recurrence of arthritis in winter.

Therefore, during summer, the elderly should take plenty of water or drinks, avoid taking iced foods and beverages, have good daily habits, avoid long exposure to the sunlight and have enough exercise, so that they can enjoy a wonderful carefree summer.



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