

中醫藥學院通訊

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學院邁向新里程

Move A Big Step Forward

—— 零零五年十月，大學組織了「學術評審團」對學院進行了建院以來首次全面徹底的檢視，來自美國、中國內地、台灣及香港的中醫藥教育及研究專家，對學院的使命與發展策略、組織架構、管理機制、教學課程、研究水準、質量保證、醫療保健服務質素，以及人力資源等進行了全面評審。專家們認為，學院成立短短六年，所取得的成就和發展卻是十分顯著的。一九九九年建院之初，學院的全職員工僅四十多人，現在增至一百六十多人，各類教研人員佔近半；在讀學生由不足四百人，增至一千五百多人，其中博士及碩士研究生佔一百多人；研究經費由二百多萬元增至現在近三千萬元；僅在二零零五年，學院在國際學術期刊發表研究論文近五十篇，在一些研究領域更已形成學術優勢。學院的中醫診所數目以倍數增加，服務人次攀升兩倍，所有成績令專家們肯定學院的努力和發展方向。目前，學院直屬大學、建制完備，已經成為本港最規模完備及具綜合實力的中醫藥學教育及研究機構。

學院展望在二零零九年，也就是建院十周年慶典之時，在教學、研究、醫療保健服務，以及國際知名度等方面更上一層樓。為此，學院將進一步鞏固現有的課程，同時擴大研究生教育，以及開辦國際中醫藥教育及培訓課程，使學院成為國際中醫藥教育機構。在研究方面，學院要盡快提升研究水準，突顯優勢，發表更多高水平研究論文，以及促進研究成果及專利商品化。在醫療保健服務方面，我們要擴大在本港的服務網絡及服務量，同時積極推動與政府及公

立醫院合作，在公共醫療架構內發展中西醫合作的醫療服務模式，以及增加畢業生在公立醫院的就業機會。此外，我們要推動政府修改法例，提升及完善註冊中醫的法律地位，以及促進中醫藥正式納入香港的公共醫療保健架構及醫療保險體系。學院亦將大力拓展與海內外著名教研機構合作，推動學院的國際化進程，逐步成為更具國際影響力的教研機構。

以上各項發展對學院的意義重大，讓我們攜手並肩，共同為學院下階段的策略發展邁進！

Last year, for the first time, our School was visited by the University-formed Academic Consultation Panel (ACP). The Panel, composed of experts from the US, Mainland China, Taiwan and Hong Kong, examined the overall performance of our School. Besides providing valuable suggestions for our future development, its report showed recognition of our efforts and achievements. In 1999 when SCM was founded, we had about 40 full-time staff and less than 400 students. Now, our staff body has increased to over 160 (with nearly 80 academic staff) and there are 1,500 students (with more than 100 postgraduates). We, up to date, have received funding of about HK\$30 million for our research project. 2005 saw our publication of around 50 academic papers in international journals, which brought to our School a competitive status in some research strengths. The same year also found the expansion of our

clinics. With direct governance of the University, our School has become a well-developed educational and research institution on Chinese medicine.

In order to enhance teaching, research and clinical services of our School and accelerate the internationalization of Chinese medicine, we strive to become an international hub on Chinese medicine by further substantiating our academic programmes and developing international programmes by 2009, which will be the 10th anniversary of our School. We will also strengthen our research arm with more quality academic papers and commercialized patents. To boost larger service network, to promote intergrated medical services in hospitals, to enhance recognition of Chinese medicine practices and to integrate Chinese medicine into the local public medical sector are also our priorities.

Let's join hands for a big step forward!



劉良教授 :: Professor Liang Liu

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新年氣象，我祝福中醫藥學院的朋友、同事及同學們身體健康、萬事如意！

隨著第一期《中醫藥學院通訊》的誕生，我感到學院的發展一日千里。在教學方面，我們已向大學提交中醫藥學士及生物醫學理學士（榮譽）雙學位課程的全面課程檢討報告，務求提供更多課間臨床見習及實習中醫專業有關的選修科，並加重中醫經典教學時數及增加學生實習機會，鞏固他們的知識基礎。在不久前教學部成功徵聘兩位助理教授加入我們的隊伍，相信他們將會為學院增添更多活力。

中國人常言：「一年之計在於春。」確實，至今為止學院已有多項重點工作在開展，這包括在一間公立醫院為市民提供中西醫療服務的籌劃、中醫博物館、大型中醫藥國際會議及新診所的開辦。這些活動與設施將會進一步完善學院之教學環境，學院的學術配套更臻完善，同時加強學院的社區保健服務。

今年是大學五十周年校慶，本院希望從多方面作出貢獻，以回饋校方及社會各界人士的支持！

Since the launch of the first issue of the SCM Newsletter, I must say that life has been chaotically busy, nevertheless,



蕭文鸞教授 ::
Professor Wen-luan Wendy Hsiao

On the recruitment front, we have recently recruited two young and vibrant Assistant Professors as faculty members of the Teaching Division.

As the Chinese saying goes, “Plan your day at the crack of dawn, and plan your yearly targets in Spring.” Indeed, the School has lined up a series of exciting projects, including the planning on a hospital for integrated chinese and western medical services, an in-house CM museum, an international conference on Chinese Medicine and Pharmacy, and new clinics. Under the agenda is also the internationalization of Chinese medicine. All these will enhance the academic environment of SCM. In turn it will better serve the community through the health care sector. On the verge of the formal kick-off of the celebrations for the University’s 50th Anniversary, the School strives to contribute its best to honor the strong supports from the University and society.

With an exciting year ahead of us, let’s get prepared to embrace the challenges, joy and excitement that the School and the University have in store!

教研相長 盡善盡美 Strive for Ever-improving Academic Environment

exciting and with a sense of satisfaction when I witnessed the continuous growth of SCM. One of the year-long exercises is the curriculum revisions to the Bachelor of Chinese Medicine and Bachelor of Science (Hons) in Biomedical Science. Now, it has been completed and up for a final approval by the University. With these revisions, we will be able to further strengthen students’ fundamental knowledge base; increase clinical sessions and the teaching of Chinese medical classics; open up more elective subjects related to the Chinese medicine profession; and enrich students’ practical skills by providing more opportunity for internship.

蛋白組學與糖尿病併發症發病原理 Proteomic Study and Pathogenesis of Different Diabetic Complications

糖尿病是最常見的內分泌疾病，其特點是血糖過高、並連帶引起眼睛、腎臟、神經系統及血管等方面的長期併發症，患者的死亡率頗高。隨著全球各地人口老化的趨勢持續，糖尿病患者的數目預計會在未來二十年倍增。糖尿病併發症的病理雖然複雜，但至今已可確定它的成因與身體管道組織機能失調有密切關係。

余博士多年來致力研究不同糖尿病併發症的發病原理，以發展有效的預防及治療良方。他透過管內初生細胞培植系統及糖尿動物體內測試，證實氧化壓力為導致不同併發症的主要原因，對眼睛及大動脈的病變猶為顯著。氧化壓力出現後，會形成管道組織機能失調，而人體不同的組織亦會

啟動不同機制，來抗衡氧化壓力的擴展。這項發現啟發余博士嘗試採用抗氧化劑來減輕糖尿病併發症的嚴重性。最新數據顯示，中草藥如丹參及西洋參的活躍成分人參皂，均有效在糖尿動物身上阻延氧化壓力，亦可防止組織內的管道受到傷害。

Diabetes mellitus (DM) is the most common endocrine disease characterized by an elevated blood glucose level and long-term complications of the eyes, kidneys, nerves and blood vessels, resulting in much morbidity and mortality of diabetic patients. With a projected increase of an aging population in Hong Kong and worldwide, the number of people

suffering from DM will nearly double in the next 20 years. The pathogenesis of diabetic complications is complex but at present they are known to be closely associated with vascular dysfunctions of the tissues.

Dr. Yue has devoted his research effort for many years to the understanding of the pathogenesis of the different diabetic complications, and to developing strategy and intervention in the prevention of these deliberating complications. Using an *in vitro* primary cell culture system and an *in vivo* diabetic rat animal model, Dr. Yue has demonstrated that oxidative stress is a key event in the development of these complications, especially in the eye and large arteries of our body. The onset of oxidative stress is then rapidly followed by vascular damage

以嵌插結合的模式作用於DNA的生物鹼：活性、機理、結構修飾和序列選擇性

Binding Affinity, Mechanism, Structural Modification and Sequence Selectivity of DNA-Intercalating Alkaloids

姜志宏博士於浸大中醫藥學院任教前，曾在長崎大學藥學部執教，1999年至2001年間在美國哈佛醫學院生物化學與分子藥理學系進行博士後研究工作。他是一位天然藥物化學和中藥分析專家。

Before joining our School, Dr Zhi-hong Jiang lectured in Nagasaki University then carried out his postdoctoral research in the Department of Biological Chemistry and Molecular Pharmacology, Harvard Medical School, USA during 1999 - 2001. He is an expert in Natural Products Chemistry and Chemical Analysis of Chinese Materia Medica.



近年來，在以生物大分子（蛋白質、酶、受體及核酸）為靶標的藥物設計研究中，有機小分子化合物與DNA的相互作用的研究十分引人注目。據統計，約有2%的藥物是通過直接作用於DNA分子而發揮療效的（Science, 287, 1960, 2000）。藥物分子與DNA的結合作用可分為共價鍵結合（如嵌插結合，DNA溝區結合）和非共價鍵結合這兩大類。大多數藥物與DNA的作用都屬於非共價鍵結合，而馬兜鈴酸和千里光生物鹼則可與DNA反應而形成共價鍵。我們的研究表明，從中藥分離得到的一些具有細胞毒性和抗腫瘤活性的生物鹼，如小檗鹼，白屈菜紅鹼，血根鹼和兩面針鹼能夠以嵌插結合的模式特異性地作用於double-stranded DNA分子。為了闡明其分子機理，我們運用電噴霧質譜、螢光分析、紫外滴

定、溴乙錠置換等多種光譜分析方法對以這些生物鹼與ds-DNA的嵌插結合進行了深入研究，比較它們與不同序列DNA的結合能力，討論序列選擇性和構效關係，闡明結合模式。此外，還通過有機合成的手段得到了小檗鹼的一系列單修飾衍生物和二聚體化合物，篩選到一些十分強力的DNA嵌插劑。今後這類抗腫瘤生物鹼動物給藥後對染色體DNA的作用和影響將進一步深入開展。

In recent years, small organic molecules have attracted a great deal of interests of medicinal chemists in the drug design targeting biomacromolecules, such as proteins, enzymes, receptors and nucleic acids. It is estimated that more than 2% of existing drugs are targeting DNA directly to exert their therapeutic effects (Science, 287, 1960, 2000). The interactions of drug molecules with DNA comprise covalent bonding (intercalative binding, DNA-groove binding) and noncovalent binding. Most of the interactions between drugs and DNA belong to noncovalent binding, except for aristolochic acids and Senecio alkaloids which form covalent adducts with DNA.

Our studies indicated that some

cytotoxic and anti-cancer alkaloids isolated from Chinese medicinal herbs, such as berberine, chelerythrine, sanguinarine and nitidine can specifically interact with double-stranded DNA through an intercalating mode. In order to clarify their molecular mechanism, we employed a combination of spectrometric techniques, including ESI-MS, Fluorometric analysis, spectrophotometric titration, ethidium displacement etc., to intensively investigate the intercalative binding of these alkaloids to double-stranded DNA sequences. The studies covered, for example, measurement of binding constants to designed oligodeoxynucleotides with different base pairs, discussion of structure-activity relationship and elucidation of their DNA-binding mode. Furthermore, we synthesized a series of mono-modified derivatives and dimeric compounds of berberine in order to develop more effective DNA-binders. Some potent DNA-binding agents were screened out. The *in vivo* studies of the effect and influence of these anti-cancer alkaloids toward chromosomal DNA will be undertaken.

余堅文博士是位生化學專家，專門從事糖尿病研究。最近他主力研究蛋白組學，並重點找出可對糖尿病併發症發病原理產生重要變化的生物標記，而透過分析認證潛能蛋白質，對治療糖尿病併發症將有很大幫助。

Dr. Kin-man Kevin Yue is an expert in biochemistry and specialized in reseach of diabetes. Recently he has embarked on the proteomic study, trying to identify biomarkers which reflect important changes involved in the pathogenesis of diabetic complications. It is envisaged that the analysis and identification of these candidate proteins will shed light on the pathogenesis of the different diabetic complications, and offers potential sites for therapeutic actions in the treatment of the different diabetic complications.



中醫科學性的現代基礎研究

Searching for Scientific Basis for Chinese Medicine

張宏啟博士由臨床醫學轉入神經科學研究十餘年，在澳洲新南威爾士大學獲得外科碩士和生理學博士學位。他自1999年起於浸大中醫藥學院任教，主要從事神經生理、病理及臨床學科方面的教學與研究。

Dr. Hongqi Zhang is a medical graduate (MBBS). After surgical training, he went to Australia and the US to pursue a master's degree in surgery and a PhD degree in neuroscience. He joined HKBU in 1999, and has been mainly involved in teaching and research in neurophysiology, pathology and clinical sciences. He has published many scientific papers related to Chinese medicine.



1. 內臟痛與表裏相關:

中醫學素有外病內治、內病外治的傳統經驗。早在兩千多年前的《黃帝內經 靈樞》就已提出“十二經脈者，內屬於臟腑，外絡於肢節”，“五臟有疾，當取之十二原。……明知其原，睹其應，而知五臟之害矣”的經典學說。中醫學認為是臟腑經過經絡之氣輸注於體表的特定部位。這些經絡穴位既是臟腑疾病在體表的反應點，又是針刺時疏通氣血，調整臟腑功能的激發點。中醫的一些療法如針灸刺激及穴位注射可以產生很好的鎮痛效果，現代醫學研究也表明某些體表刺激可在一定程度上抑制內臟痛感受。但內臟疼痛也常牽涉反射到遠離原發灶的某些體表區域。這些區域可在相關臟器的同一脊髓節段，但有時也會發生在更遠的、似無相關的部位，提示相互作用可發生在更高級的中樞，很難用經典痛覺傳導通路和傳統的牽涉痛的低位中樞聚合投射學說來解釋。近年來的研究表明，儘管脊髓丘腦束 (STT) 仍是公認的軀體痛覺的上行通路，內臟痛覺也經脊髓背索—內側丘系傳導。在此傳導路中，內臟感覺纖維進入脊髓後在中央導水管周圍灰質換元，其第二級神經元經突觸後背索(PSDC) 向上經薄/楔束核再次換元後經內側丘系投射向丘腦腹後外側核 (VPL)。

由於背索—內側丘系是體表精細觸覺和震動覺的已知傳導通路，內臟痛覺與體表觸覺的共用通路為兩者之間的相互影響奠定了其解剖基礎。在此傳導路中，幾乎所有對內臟痛覺有反應的細胞都對皮膚輕觸覺有反應。因此，兩者難免在並行彙整中發生相互作用。在此理論基礎上，張博士在背索—內側丘系系統中對內臟痛覺與觸覺的相互影響進行了一些研究。結果顯示，在對直結腸擴張 (colorectal distention, CRD) 有反應

的VPL和DCN 神經元中，幾乎都對皮膚刺激亦有反應。其皮膚感受野位於對側軀體的後外側、尾部、陰囊、臀部或後肢，約略相等於中醫人體足陽明胃經下段的走行。若先給予皮膚觸覺作為條件刺激，然後給予CRD作為檢驗刺激，觸覺對內臟痛刺激反應的主要效應是抑制性的。這種現象可以從某種程度上解釋一些治療手法如按摩等體表刺激對內臟和深部疼痛有一定抑制作用。與此形成鮮明對比的是，若將刺激順序反轉，內臟痛刺激之後對皮膚觸覺反應多數得到強化，且較持久和明顯，對皮膚感受野刺激的易化作用的持續時間通常相當於整個皮膚刺激過程甚至影響到皮膚刺激後放電若干時間。因此，就相互作用而言，在單細胞水平上內臟傷害性刺激傳入較觸覺傳入似乎更為強勢。且反復的內臟痛性刺激可使其後的對皮膚刺激反應逐步加強，表現為基礎自發放電增多、閾值降低、刺激放電數增加。這種現象可能與內臟病變時皮膚出現敏感點或牽涉痛有關。這些研究成果已陸續發表在國內外雜誌上 (J Neurophysiol, 2002,88(9): 1185-1196. Neurosci Lett. 2003, 336(2):109-112 and 2004, 362:162-5. 中國病理生理雜誌, 2004, 20(3):363-366 and 20(3): 475-480)。本研究 (2001-2005) 受到香港研究基金委員會資助 (HKBU2093/01M)。

2. 癲癇的治療: 迷走神經電刺激術 (VNS) 是獲美國FDA批准、近年來較廣泛應用於癲癇及抑鬱症等多種疾患治療的一種新療法，其抗癲有效率約達50%。但該療法存在一定的風險，手術後可出現多種併發症，且費

用昂貴。目前，機理不明是制約VNS推廣及提高療效的一個重要因素，特別是其治療作用的產生是否為迷走神經所特有、何種神經纖維起主要作用、以及哪些病人適合這一侵入性療法等待進一步澄清。有關VNS所涉及的中樞部位和作用機理也仍存有爭議。目前張博士正在指導博士研究生在這方面展開研究工作，主要比較分析VNS與中醫針灸等其他抗癲療法進行比較，希望能夠進一步改進和推廣該醫療技術提供一些線索。前期工作已發表在最近一期的中國病理生理雜誌 (2005, 21(11): 2282 - 5)。

3. 燒傷中醫治療的研究: 中醫在治療燒傷方面有許多獨到之處，近年來市場上出現多種中成藥配方，其中影響較大的有美寶濕潤燒傷膏 (MEBO)。但臨床療效評價不一。張博士通過指導首屆畢業生專題研究發現此藥在傷口癒合率及細菌抑制方面無明顯優勢。其論文已發表在中藥鑒定理論與實踐 (2003.8) 及 Journal of Burn Care and Rehabilitation 2005, 26:247-251。通過該實驗亦培養了學生的科學態度與研究方法。

4. 含馬兜鈴酸中藥毒性的研究: 馬兜鈴酸存在於多種中藥中，近年來因其毒副作用而引起關注，由於多方面的負面報導而使多種常用中藥被禁。張博士配合中藥專家在這方面進行了研究，認為毒副作用是由於使用失當引起的；其論文已發表在國內外專業期刊上 (中藥材 2003, 26(4): 274-277, 中藥鑒定理論與實踐 2003; 1:282-91; Toxicology 2004, 198:195-201)

5. 治療肺纖維化的研究:

肺纖維化是許多肺疾病的終歸併發症，尤其在SARS爆發之後尤為引起關注。張博士近兩年來指導畢業生專題研究發現中藥在治療肺纖維化方面有獨到之處，其療效明顯優勝於西醫的腎上腺皮質激素治療。此研究將會在今後幾年畢業生專題研究中繼續深入進行。

1. Somatovisceral interactions:

Classical description of central pathways has been that there are segregated routes for visceral and somatic inputs, for pain and tactile processing. Ample evidence in recent studies however calls for a revision of this traditional view. It has been demonstrated that visceral nociceptive inputs may travel in the dorsal column-medial lemniscus system along with skin tactile inputs, and convergence and interactions between the two distinct modalities have been demonstrated en route to the high brain centers. Dr. Zhang's team has demonstrated that in the spinal cord and thalamus, skin inputs may inhibit noxious colorectal inputs; on the other hand pre-existing visceral nociception may cause abnormally high discharge of single neurons in the rat thalamus. These recent findings shine light on mechanisms of central processing of visceral nociception and its associated allodynia and referred pain, as well as for the effects of some traditional therapies such as acupuncture and massage. This research has been supported by Hong Kong Research Grant Council (HKBU2093/01M) from 2001-05, and has led to many publications (J Neurophysiol, 2002,88(9):1185-1196.

Neurosci Lett. 2003, 336(2):109-112 and 2004, 362:162-5. 中國病理生理雜誌, 2004, 20(3):363-366 and 20(3): 475-480).

2. Vagus nerve stimulation vs. acupuncture on epilepsy:

Electrical vagus nerve stimulation (VNS) has been approved by FDA and is widely used in recent years for the treatment of epilepsy and possibly other medical conditions such as depression. The current success rate of VNS for epilepsy is about 50%, but there are complications, potential risks and cost concerns. One of the major limitations for this new therapy is that its antiseizure mechanisms are by no means clear. There are controversies regarding how and where the VNS takes effect on epilepsy in the central nervous system. The poor understanding of VNS has inevitably limited the application and success of the therapy. Dr. Zhang is currently supervising a PhD student to conduct research on VNS for epilepsy vis-à-vis acupuncture in order to stimulate further improvement of this new technology. The initial work has been published on Chin. J. Pathophysiol (2005, 21 (11):2282-5).

3. Chinese Medicine and Burn:

There are many Chinese medicinal agents on the market for the treatment of burn, but some of them are dubious in clinical use and damaging the reputation of traditional Chinese medicine as a whole. Dr. Zhang has supervised students on their honors degree to test the medical efficacy of Moist Exposed Burn Ointment (MEBO), in particular its effect on burn wound healing rate and anti-

infection. The research has demonstrated that MEBO has no medical advantage over the controls statistically either in terms of wound healing rate or infection control. The work has been published on Journal of Burn Care and Rehabilitation 2005, 26:247-251.

4. Research on the toxicity of Chinese medicinal herbs containing Aristolochic acid:

In recent years many reports have blamed on Chinese medicinal herbs containing Aristolochic acid for the complications such as renal failure and cancer. Dr. Zhang has cooperated with other colleagues to study the acute and chronic toxicity of stem of Aristolochia manshuriensis (Guan-muton). It demonstrated that within the normal description dosage, these medicines are safe use. The results have been published (Toxicology 2004, 198:195-201).

5. Research on the treatment of pulmonary fibrosis:

Pulmonary fibrosis (PF) is a devastating complication of many diseases including SARS. From last 2 years, Dr. Zhang has supervised honors project students to test a new Chinese medicine formula DSQRL to treat experimental PF in comparison with prednisone. The results show that the DSQRL treatment achieved a better outcome (p<0.05) than prednisone in terms of histological examination, bronchoalveolar lavage fluid analysis, hydroxyproline assay and complications. The observations support further investigation and clinical trials of this Chinese medicinal formula for the treatment of PF.



禽流感防治行動小組

Action Group on Prevention and Treatment of Avian Flu

成立行動小組

鑑於禽流感日漸在世界各地陸續有爆發的趨勢，學院認為有必要及早進行中醫藥防治禽流感的研究，並本著中醫藥有數千年防治溫病的寶貴經驗，希望能在禽流感未大規模爆發之前，採取相應措施，防患未然。

承蒙孔憲紹博士捐助港幣五百萬元，支持學院開展中醫藥防治禽流感的研究及社會服務工作。為策劃及統籌有關之項目，學院於去年十一月特別成立「香港浸會大學中醫藥學院禽流感防治行動小組」，就實質工作內容進行籌劃、監察及成效檢討，並於十一月二十九日舉行了傳媒茶敘，簡介行動小組的各項工作計劃。

準備就緒

學院於十二月十日舉辦了「中醫藥防治禽流感工作系列啟動儀式暨學術研討會」，正式展開一系列的防治工作，並邀請了中國著名的禽流感病毒研究專家，汕頭大學醫學院李康生教授出席演講，分享他多年的研究成果。李教授除分析二十世紀共爆發四次大型流感的情況外，還集中論述華南地區流感病毒的形成規律及演變趨勢。學院的專家學者，包括院長劉良教授、臨床部主任卞兆祥博士及臨床部高級講師黃賢樟醫師亦分別就不同課題演講。

行動內容

除學術研討會外，行動小組亦舉辦巡迴展覽。首次展覽於十二月十七日假學院大樓地下舉行，同日還安排了中醫義診坊及專題講座，向市民大眾推廣中醫藥防治禽流感的知識。

學院亦編印了「禽流感中醫藥防治通訊」，免費派發予中醫藥業界及廣大市民，輔導他們如何透過中藥提高身體免疫機能，以預防流感。另外亦特設網頁，載有相關訊息及資料，方便市民查閱，網址是 www.clnc.hkbu.edu.hk/aflu。

工作系列還包括中醫藥保健產品、新藥研究及公眾講座等。學院亦作好準備，若禽流感真正爆發的話，將開放電話諮詢熱線及派發中藥保健湯包。

Establishment of the Action Group

In view of the possible outbreak of avian flu in Hong Kong, our School initiated proper precautions measures and started related research in Chinese medicine.

With special thanks to Dr. Hin-shiu Hung, who generously donated HK\$5 million in support of our work on prevention and treatment against avian flu, an action group was formed to coordinate, monitor and review the action plans. The first meeting with the press to introduce the campaign was held on 29 November 2005.

The Launch

A launching ceremony and a series of free seminars were held on 10

December. Prof. Kangsheng Li, an expert in H5N1 virus from the Medical College of Shantou University, shared his views on South China situation. Prof. Liang Liu, the Dean, Dr. Zhaoxiang Bian, Director of Clinical Division and Mr. Xianzhang Wang, Senior Lecturer of Clinical Division, also gave presentations.

The Actions

The action items also included exhibitions, the first of which was held on 17 December at the School, with free consultation services and seminars. A newsletter and website (www.clnc.hkbu.edu.hk/aflu) were initiated especially for publicizing related information. Consultation hotline and Chinese herbal packs will be available upon serious outbreak.



謝志偉博士創辦
國際中醫藥學會
Dr. Chi-wai Daniel Tse
establishes International
Society for Chinese
Medicine

大學榮休校長謝志偉博士對推動中醫藥發展不遺餘力，並一直擔任學院的名譽顧問。最近謝博士於澳門創立國際中醫藥學會，提昇國外人士對中醫藥的認知，並發展論證中醫藥學，鞏固其在現代科學中的地位。學會正籌劃出版英語期刊及專著，並不時舉辦國際學術會議，促進交流。

Dr. Daniel Tse Chi-wai, Emeritus President and Honorary Advisor of our School, is dedicated to developing Chinese medicine. He set up the International Society for Chinese Medicine (ISCM) in Macau with the aim of promoting Chinese Medicine worldwide and develop evidence-based research. ISCM is going to publish English journals and monographs, and organize international conferences to promote exchanges of knowledge on Chinese medicine.



Prof. Fulong Liu "Normal blood circulation is crucial to living creatures - the development of hemorheology"
Institute of Chinese Medicine, China Academy of Traditional Chinese Medicine, Beijing



Dr. Vincent Tam "The Use of Pharmacodynamic Modeling in Antimicrobial Development"
Department of Clinical Sciences & Administration, College of Pharmacy, University of Houston, USA

中醫藥專題講座
Series of Seminars on
Chinese Medicine

Prof. Ming Hu "Flavonoids and Isoflavonoids: Good things come in small quantities?"
Department of Pharmacological and Pharmaceutical Sciences, College of Pharmacy, University of Houston, USA



兩岸四地
中藥質量標準化研討會
Conference on
the Standardization of
Chinese Medicines

為促進中醫藥進一步邁向國際社會，國家自然科學基金委員會化學科學部和生命科學部、京港學術交流中心、香港賽馬會中藥研究院、京港國際培訓中心、香港中華科學與社會協進會、國際華人金融管理學院及本學院於二零零五年十一月二十六至二十七日假本院舉行「兩岸四地中藥質量標準化研討會」，就中藥質量標準化及安全性、有效性的現狀與前瞻等題目進行研討。研討會邀得數十位來自內地、台灣、澳門及本港的知名學者出席演講，互相交流。

In order to enhance international exchange on Chinese medicine, the Departments of Chemical Sciences and Life Science of the National Science Foundation of China, Beijing-Hong Kong Academic Exchange Centre, Hong Kong Jockey Club Institute of Chinese Medicine Limited, Beijing-Hong Kong International Training Centre, China Association (Hong Kong) for Science and Society, Chinese International Financial Management Institute and the School of Chinese Medicine, Hong Kong Baptist University co-organised the "Conference on the Standardization of Chinese Medicine" with strong focus on idea exchange about the standardization, reliability and effectiveness of Chinese medicine. The Conference was attended by academics from four places, including Mainland China, Taiwan, Macau and Hong Kong.



二零零六年世界中醫藥大會 World Congress on Chinese Medicine 2006

為慶祝大學五十周年校慶及促進國際性中醫藥學術研討，學院將於今年十一月二十三至二十五日假九龍香格里拉酒店舉行「二零零六年世界中醫藥大會」，探索中醫藥的發展之路。

是次國際學術會議力求中醫藥國際化，並促進中醫藥在本地、區內甚至是全世界的发展。大會亦希望提供一個平台，讓與會者包括中醫藥業界代表，以及來自本地及海內外的著名學者及專家，分享中醫藥的科研成就及理念，以及探討中醫藥的長遠發展。

學院誠邀學者參與是次會議，並於六月三十日前遞交論文摘要，而大會將於七月三十一日公佈接受通知。

學院現正接受出席登記，有關詳情及表格下載可參閱大會網址：
<http://www.hkbu.edu.hk/~cm2006>

To celebrate the 50th Anniversary of the University and to help chart the course of strategic development of Chinese medicine on an international level, the School will host the "World Congress on Chinese Medicine 2006" at the Kowloon Shangri-La Hotel on 23 – 25



November.

The objectives of the Congress are threefold. First, the Congress seeks to enhance the internationalization of Chinese medicine, fostering development of Chinese medicine in Hong Kong, the region and the world. Second, it aims to enhance modernization of Chinese medicine by providing a platform for sharing the

achievements, approaches and methodologies / techniques in scientific Chinese medicine research. The third objective of the Congress is to promote long-term and strategic development of Chinese medicine through the vision, insight and inspiration of experts and scholars of various disciplines from various countries and regions.

All scholars are cordially invited to submit their abstract by 30 June. Notification of acceptance will be released on 31 July.

For registration and more information about the

Congress, please visit the website:
<http://www.hkbu.edu.hk/~cm2006>

查詢電話Enquiries:
3411-5387 / 3411-5570
傳真Fax:
3411-2902
電郵Email:
cm2006@hkbu.edu.hk



與警方攜手舉辦 【長者防騙義診坊】

“Prevention of Street Deception
for the Elderly”
co-organized with the Hong Kong Police

臨床部與香港警務處東九龍總區防止罪案辦公室於去年八月二十八日(星期日)在九龍灣香港輔警總部合辦「精明行動2005 - 長者防騙義診坊」，以嶄新意念向長者傳遞街頭防騙訊息及灌輸正確的中醫藥知識。是次活動由學院師生主持「辨別真假、善用中藥」講座，並展示部分常用中藥之真、偽及混淆品種，並由臨床部多位中醫師提供義診服務、為



有見立法會討論承認註冊中醫簽發醫生證明的條例草案，學院於去年九月二十三日召集中醫藥業界、學界、勞工界、保險界及立法會李國英及李國麟議員等十多個團體共五十多人出席聯席座談會。會後各代表達成共識，包括註冊中醫有足夠能力履行勞工法例所訂明的醫事職能、及須根據專業守則和假期限制定參考指引、中醫藥管理委

對推動本港中醫藥發展亦有重大意義。

In response to discussions of the Legislative Council about The Certification for Employee Benefits (Chinese Medicine) (Miscellaneous Amendments) Bill 2005, our School held a seminar on 23 September 2005. The seminar

The Clinical Division of our School co-organized with the Regional Crime Prevention Unit (Kowloon East), the Hong Kong Police to hold an innovative campaign called

“Action Smart 2005 – Free Medical Consultation to Prevent Street Deception for the Elderly” on 28 August 2005 at the Auxiliary Police Headquarters in Kowloon Bay. The event aimed at preventing the elderly from being victims of street crimes of deception and promoting Chinese medicine. Seminars on common Chinese herbs and brief description on specimen display were conducted by the faculty members and students of our School. Other services available included free consultations, physical check-ups, blood-pressure measuring and dietary information. The Police also presented a reconstruction of typical crime scenario to raise public awareness.

員會須設有投訴及紀律處分機制，防止註冊中醫濫發病假紙等。院長劉良教授表示，承認中醫簽發醫生證明能令市民受惠，

《2005年為僱員權益作核證 (中醫藥)(雜項修訂)條例草案》座談會 Seminar on The Certification for Employee Benefits (Chinese Medicine) (Miscellaneous Amendments) Bill 2005

was joined by the Hon. Li Kwok-ying and Dr. the Hon. Joseph Lee, the lawmakers, and more than 50 representatives from more than 10 organisations of Chinese Medicine Practitioners (CMPs). They reached consensus on several items, which included capability of all registered CMPs to perform medical

臨床部首次與交通銀行(九龍東)於去年九月二十五日在學院大樓舉辦「交心『寶』健同樂日 - 身心健康全為您」。當日臨床部為約一百八十名銀行客戶提供兩場講座，名為「親子溝通的藝術」及「小兒保健推拿」、中醫義診、骨質密度測試、中藥標本中心參觀等多項活動。交通銀行亦安排大學理學院主持「兒童訪問科學家」講座，並有兒童國術表演及親子攤位遊戲等。

“Bo Bo Family Day” was jointly organized by the Clinical Division and the Bank of Communications (Kowloon East) on 25 September 2005. More than 180 people came and enjoyed the activities such as seminars on “Art of Parent-child Communication” and “Childish Therapeutic Massage”, free Chinese medical consultation, bone density test and visit to our Chinese Medicines Centre. The Bank of Communications arranged activities like interview with scientists, martial arts performance and game fairs.

與交通銀行合辦 【交心『寶』健同樂日-身心健康全為您】 “Bo Bo Family Day”co-organised with the Bank of Communications

學術顧問小組視察

Visit by Academic Consultation Panel

為評核及檢討教學部門的整體運作，大學對各學系進行每六年一次的學術顧問小組視察，全面評估部門各方面的政策、運作及計劃，而對學院的評審活動則於去年十月十二至十四日進行。顧問小組由來自美國、中國內地、台灣和香港的六位專家學者組成，分別與學院各部門的教研人員、行政管理及支援同事、研究生及本科生代表、校友代表、學院顧問委員會及未來畢業生僱主代表等會面，並對學院的使命、發展路向及策略、教學及研究、醫療保健服務、行政及教學管理方面進行全面評估。是次學術顧問視察充份肯定學院過去數年的發展成績，同時也對學院今後的發展策略及工作重點提出寶貴意見。

The University conducts Academic Consultation Panel (ACP) visits every six years for a thorough review on the operation

of all the academic departments. On 12 – 14 October 2005, the ACP, formed by six experts from the US, mainland, Taiwan and Hong Kong, visited our School. The ACP experts met our faculty members, student representatives, alumni, the School Advisory Committee and the employer representatives for a square evaluation on our mission, strategies, teaching & research, provision of health care services and administration & management. It showed recognition of our achievements and highlighted suggestions for our future development.



健康科學（中醫）學士學位課程第五屆畢業典禮

Bachelor of Health Science (Chinese Medicine) Hong Kong Conferring Ceremony 2005

由澳洲皇家墨爾本理工大學及香港浸會大學合辦之健康科學（中醫）學士學位課程第五屆畢業典禮於去年十月十五日假香港君悅酒店舉行。今年共有五十八位畢業同學，出席的師生及親友共三百多人。

院長劉良教授於致辭時表示社會需要新一代中醫藥從業員，以科學的語言及西方國家能理解的方法向全世界介紹及推廣中醫藥，並勉勵畢業生要以

推動香港中醫藥發展以及促進中醫藥國際化為己任。

The 5th conferring ceremony of the Bachelor of Health Science (Chinese Medicine), offered by the Royal Melbourne Institute of Technology (RMIT) University in collaboration with our University, was held at the Grand Hyatt Hong Kong on 15 October 2005. The ceremony was attended by 58 graduates and

over 300 guests.

Prof. Liang Liu, Dean of our School, said that society would need a new generation of Chinese medicine professionals to convey to the world, in a scientific and comprehensible way, what Chinese medicine was all about. Prof. Liu also encouraged the graduates to commit themselves to the development of Chinese medicine in both Hong Kong and overseas.

籌建全港首個中醫博物館

Plan of Hong Kong's First-ever Chinese Medicine Museum in Full Gear

學院已計劃於學院大樓底層建立中醫博物館，期望與現有之中藥標本中心相結合，成為全港首個以中醫為主題之博物館。有關籌備委員會已成立，由學院中醫課程主任趙中振教授擔任主席。另已邀請在國內籌建中醫博物館經驗豐富的專家和中浚教授擔任顧問。和教授對中醫歷史鑽研多年，曾助國內中醫藥大學成立博物館。期望博物館於明年春季建成。

Our School is going to establish Hong Kong's first-ever Chinese Medicine Museum, which, together with our Chinese Medicines Centre, will be the dual establishments at our School for promoting Chinese medicine. Prof.

Zhongzhen Zhao, BPharm Course Director of our School, has been appointed as the chairman of the Steering Committee. Prof. Zhongjun He, an expert in Chinese medicine museum on the mainland, acts as the advisor of the project. It is expected that the project will be completed by spring next year.

舉辦春節聯誼會促進學界與業界交流

SCM Spring Festival dinner promotes student-practitioner interaction

學院於2月19日在聯福樓舉辦春節聯誼會，共有一百八十多人參加。除了學院師生之外，歷屆校友均回校聚舊，同時不少業界及政府機構代表光臨，與大家分享寶貴經驗和勉勵應屆畢業同學。

Our School held the Spring Festival dinner at Renfrew Seafood Restaurant on 19 February. More than 180

participants filled the dining house. Besides our teaching staff and current students, the get-together was joined by the alumni from all cohorts and a number of honourable guests from the Chinese medicine industry and government bodies.



中醫藥學院三位學者榮獲教學人員傑出表現獎

Three SCM faculty members receive President's Award for Outstanding Performance

臨床部主任、教學部副教授卞兆祥博士、教學部副教授姜志宏博士及張宏啟博士，於2月28日獲大學頒發教學人員傑出表現獎，分別表揚他們在服務、研究及教學方面的貢獻，頒獎儀式於大學五十周年校慶感恩暨全年慶祝活動啟動禮進行。

Three faculty members of our School received the President's Award for Outstanding Performance which acknowledges

their contributions in service, scholarly work and teaching respectively on 28 February. They are Dr. Zhaoxiang Bian, Associate Professor and Director of Clinical Division, Dr. Zhi-hong Jiang, Associate Professor, and Dr. Hongqi Zhang, Associate Professor. The awards were presented at the 50th Anniversary Launch Ceremony and Thanksgiving Service of the University.



《百藥圖解》
主編：趙中振教授

本書以簡潔、實用與創新的文字風格，將百多種常用中藥分為18個類別，每種中藥均詳列中文名字、拉丁學名、來源、功效、應用範圍、藥性的四氣五味和性味歸經、常用方、注意事項及趣味資料等，再配合該中藥的原植物及藥材彩圖，提高閱讀興趣，並加深讀者對中藥的認識。



《常見老年病：中西醫診療與調養 (Geriatric Medicine)》
編著：黃賢樟醫師

隨著人口老化，加強防治老年病是社會需要，也是延年益壽的關鍵。本書主要講解中醫老年病學的基本理論，體現常見老年病中西醫結合防治的優勢，並與中醫養生康復、藥膳食療結合起來。闡述方法著眼於臨床療效，為廣大讀者提供常見老年病的多種防治方法和預防保健措施，文字通俗易懂，內容權威、實用。



An Illustrated Chinese Medicinal Formulae (中文譯名：《百方圖解》)
Editor: Prof. Zhongzhen Zhao

"Comprehension and memorization at a glance" is the way the book uses to help you understand Chinese medicinal formulae. Through vivid illustrations, refined wording and contrasting colors, the book aims to highlight the main points of various formulae and to give a clear presentation of the relationships between Chinese Materia Medica and their traditional therapeutic effects. Comparisons are used to facilitate memorization. Moreover, the book involves subjects like the Fundamentals of Chinese Medicine, Chinese Materia Medica and Diagnosis of Chinese Medicine to ensure a thorough understanding of all related areas to facilitate study of Chinese medicinal formulae.



第三屆中醫畢業生聚餐暨謝師宴及 首屆中藥畢業生謝師宴

Graduation Dinner of BCM and BPharm Students

中醫及中藥畢業生分別於去年十一月六日及七日舉行謝師宴。中醫課程不經不覺已誕生第三屆畢業生，而本港首批中藥學學士畢業生亦已投身社會。他們忙碌之餘卻不忘答謝老師們的悉心栽培。兩場晚宴幸獲中國工程院蕭培根院士為座上客，自然生色不少，連同校友

及研究生出席，熱鬧非常。

BCM and BPharm students held graduation dinner respectively on 6 and 7 November 2005. Despite being busy working class, the graduates, including 3rd-cohort BCM students

and 1st-cohort BPharm students, never missed the chance to show their gratitude to the teachers. The two dinner gatherings were also attended by Prof. Peigen Xiao of the Academician of Chinese Academy of Engineering.



Sichun Exchange Tour on Chinese Medicine

巴蜀中醫藥之旅

中醫藥學會於一月二日至七日，在張宏啟博士及鄒家林教授的帶領下，一行三十四人前往四川的成都及峨嵋，展開六日五夜的交流旅程。同學參觀成都中醫藥大學及省內的中醫藥機構，並與當地大學生進行學術交流，令他們對四川中醫藥發展的歷史背景和未來發展路向有一定認識，並更了解當地飲食及藝術文化，獲益良多。

The Chinese Medicine Society forming a team of thirty-four members headed to Chengdu and Emei of Sichun Province for a six-day exchange tour on Chinese medicine on 2 - 7 January. With the advice of Dr. Hongqi Zhang and Prof. Jialin Wu, the students experienced an eye-opening process, including visiting the Chengdu University

of Traditional Chinese Medicine and exchanging ideas with their students. In addition to enhancing their knowledge about the historical background and future development of Chinese medicine in Sichun, the students learnt more about the culture of that place.



中藥學會於二零零六年香港花卉展覽 榮獲最佳設計銅獎

Society of Chinese Materia Medica scoops design award at Hong Kong Flower Show 2006

中藥學會參加二零零六年香港花卉展覽，以「香港中草藥之飲食『聞』化」為主題，介紹中草藥跟日常生活的密切關係，並奪得最佳設計獎（展品組）銅獎。

展覽分為「飲」、「食」、「聞」三區，分別介紹涼茶、湯水用料，食療菜餚用料，以及香料和芳香植物。另為配合大會主題花「石竹」而特設展板，從中藥角度介紹石竹，讓市民認識它的另一面。

The Society of Chinese Materia Medica received a bronze prize in the "Award for Design Excellence (Display Section)" at the

Hong Kong Flower Show 2006.

The booth, divided into three zones, entitled "drink", "eat" and "smell", showcases the close relationships between herbs and our daily lives. The booth also displays Dianthus, the theme flower of the Show, from the perspective of Chinese herbal medicine.



第七屆大型中醫藥展覽 7th Chinese Medicine Exhibition

中醫藥學會第七屆大型中醫藥展覽 - 「天人相應談養生」於三月十七日假荃灣愉景新城第一層天幕大堂舉行，展覽包括中醫藥講座及義診服務，致力推廣養生之道。

為展覽揭開序幕的主禮嘉賓包括衛生署助理署長(中醫藥)陳漢儀醫生、醫院管理局醫療行政主任彭飛舟醫生、余仁生(香港)有限公司董事總經理黃雪英小姐、院長劉良教授及第七屆中醫藥學會主席鄭浩迪同學，而第五屆全港中學中醫藥常識問答比賽決賽的結果亦於三月十八日揭曉，由何明華會督銀禧中學B隊奪標。

The 7th Chinese Medicine

Exhibition, organized by the Chinese Medicine Society, was held at Discovery Park, Tsuen Wan on 17 March. With the aim of promoting health consciousness, the Exhibition offered talks on Chinese medicine. Consultation services were also provided.

Officiating at the ceremony were Dr Hon-ye Constance Chan, Assistant Director (Traditional Chinese Medicine) of the Department of Health, Dr Fei-chau Pang, Executive

Manager of the Hospital Authority's Professional Services & Medical Department, Ms Suet-ying Alice Wong, Managing Director of the Eu Yan Sang (Hong Kong) Limited, Prof. Liang Liu, Dean of our School and Mr Ho-tik Cheng, President of the Chinese Medicine Society. Results of the Chinese medicine quiz for Hong Kong secondary schools came out the next day. The championship went to the Bishop Hall Jubilee School team B.



頸椎病的中藥治療（一）

朱恩中醫師

頸椎病是都市常見病和多發病。由於現代社會生活及工作節奏加快，30歲左右的人已開始發病，40～50歲的人群約有47～58%的人患有不同程度的頸椎病。中醫認為頸椎病屬“痹症”範疇。通常把頸椎病分為：1. 痹証型 2. 氣滯血瘀型 3. 痰瘀交阻型 4. 氣血兩虛型 5. 肝腎不足型。其中以痹証型最為多見，故談一談痹証型的中藥治

療。

起因：為素體虛弱，正氣不足，腠理不密，衛外不固，復因久居濕地，涉水冒雨，氣候劇變，冷熱交錯，汗出當風等，引起風、寒、濕邪乘虛入侵，注於經絡、肌肉、關節，致使氣血不暢，經脈阻塞而成。

症狀：頭、頸、肩、背和四肢疼痛，

竄痛麻木，項背拘急，活動受限，頸部壓痛、竄痛，可觸及條索狀物，上肢沉重、無力、麻木，有肌肉萎縮，手指屈伸不利，指端麻木，不知痛癢。尚有頭部沉重，胸部發悶，納呆等症狀。舌質正常或發暗，脈沉弦或遲。

治療：

宜通絡除痹，祛風散寒。

方藥：

蠲痹湯加減：羌活9克，薑黃9克，桂枝6克，當歸9克，赤芍9克，黃耆15克，防風9克，桑枝9克，丹參20克、炙甘草6克，生薑6克，大棗5枚。每日一劑，水煎服，6劑為一療程。

方解：

防風、羌活疏風除濕；當歸、赤芍、薑黃、丹參活血和營，加桂枝溫熱而上行，透達營衛，溫經通絡；桑枝舒經通絡并引藥上行；生薑、大棗、甘草和中健脾益氣；合黃耆以補氣固表。
【諸藥合用，則具有調營衛、益氣血、通經絡、祛風濕之功。】

注意：陰虛火旺或素體實熱者忌用。

下期續.....

一味神奇的中藥 - 茶葉

董子林中醫師

茶是大家非常熟悉的飲品，飲茶在民間已有專門的茶道、茶文化。很多人在悠閑的生活裏，品茗茶味的幽香和回溢，真是樂在其中。然而，茶既是一種飲料，又是一味藥用價值很高的中藥材。明、李時珍《本草綱目》曰：「濃

煎，吐風熱，痰涎」。可見古代醫學家早已用茶葉治療常見疾病。茶葉味苦，微甘而性涼，能清上焦郁熱，降火除煩，消暑清頭目，解毒止瀉，生津止渴，消食除膩，提神醒睡之效。

根據現代醫學科學研究認為，茶葉能

降低膽固醇，保持人體內酸鹼平衡，淨化血液，促進新陳代謝。其抗氧化劑對心血管病患者很有益處，同時還有防止流行性感冒病原體與人類細胞結合的抗菌效果。

數則用茶葉治療疾病的方法：

1. 用於風熱頭痛鼻塞
荊芥10克、薄荷6克、茶葉10克、葱白2根、兩碗水煎15分鐘、溫服。
2. 感暑熱、頭重、精神疲倦乏力、煩渴、口乾
茶葉15克、三碗水煎泡茶頻飲。
3. 過食煎炸油膩食物致腸胃積滯、腹瀉
茶葉15克、食鹽6克、生薑兩片，加水兩碗，濃煎15分鐘一次服下。
4. 茶葉能加快卡路里消耗體內脂肪，對瘦身減肥也有很大幫助
茶葉15克、炒草決明15克、四碗水煎泡常服。

茶葉雖然有治療疾病的功效，但是亦有其副作用；茶葉含有咖啡因、鞣質，是眾所周知，咖啡因能興奮高級神經中樞，使精神興奮，思想活躍，消除疲勞，有益於工作和學習，過量則會引起失眠、心跳。所以，飲茶要注意以下禁忌：

1. 患有神經衰弱失眠、心跳、心神不安的人不宜飲茶；
2. 患有消化潰瘍病的患者不宜飲茶，因咖啡因能增加胃腺體分泌大量胃酸影響潰瘍面的癒合；
3. 患有缺鐵性貧血的人不宜飲茶，因茶葉中的鞣酸使人體不能吸收食物中的鐵質；
4. 患有習慣性便秘的人不宜飲茶，因茶葉對腸胃黏膜具有收斂作用。

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