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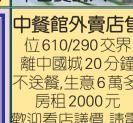












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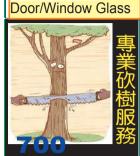


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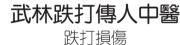
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Inside C2

Sunday, June 19 2022|

# Global markets quake as central banks grow more hawkish

NEW YORK, June 17 (Reuters) - Expectations for how drastically central banks need to tighten monetary policy to fight soaring inflation have taken another leap higher, shaking up global markets and rattling investors.

Among the eye-catching moves from monetary authorities in recent days have been a 75-basis-point increase from the Federal Reserve - the largest U.S. rate rise in nearly three decades - the Swiss National Bank's first hike in 15 years and another 25-basis-point increase by the Bank of England. read more

Investors are bracing for more bold moves. In the United States, Fed funds futures on Friday were pricing in a 44.6% chance that the fed funds rate will reach 3.5% by the end of the year, from the current 1.58% level, according to the CME's FedWatch. That probability was less than 1% a week ago.

Expectations of higher U.S. rates have soared Expectations of higher U.S. rates have soared The increasing hawkishness has fueled wild moves in global markets, as central banks rush to unwind the monetary support measures that have helped propel asset prices higher for years.

Advertisement · Scroll to continue Worries that the Fed's aggressive rate hike path will push the economy into recession have grown in recent days, slamming stocks – which entered bear market territory earlier this week when the S&P 500 extended a decline from its record to more than 20%. The index's 6% decline this week has put it on pace for its worst weekly drop since March 2020. read more

Europe's Stoxx 600 index (.STOXX) is down about 17% this year, while Japan's Nikkei share average (.N225) is off about 10%.

Shifting rate expectations have also sparked big swings in bond and currency markets. The ICE BofAML MOVE Index (.MOVE), which tracks Treasury volatility, stands at its highest level since March 2020, while the Deutsche Bank Currency Volatility Index (.DBCVIX), which measures expectations for gyrations in FX, has also headed higher this year.

Markets have revamped European Central Bank rate hike bets since last week's ECB meeting, with the ECB now expected to deliver a 25-bps hike in July and at least one 50-bps hike by September. Some economists believe that plans to create a new tool to contain bond market stress should allow the central bank more scope to deliver aggressive rate hikes if needed.



Money markets now price in around 272 basis points of hikes by July 2023, putting rates at 2.1% by that date. That compares with a rise to 1.5% by early-2024, priced at the start of June. ECBWATCH

Jobs, growth and inflation fuel hike expectations Jobs, growth and inflation fuel hike expectations In Australia, futures show markets braced for the benchmark cash rate, currently 0.85%, breaching 4% next year against central bank officials' guidance for a peak in rates around 2.5%.

Britain's benchmark rate is now at its highest since January 2009, when borrowing costs were slashed as the global financial crisis raged. It was the fifth time the BoE has raised rates since December when it became the first major central bank to tighten monetary policy following the COVID-19 pandemic

Overall, global central banks have already raised rates 124 times so far this year, compared with 101 increases for all of 2021 and six in 2020, according to data from BofA Global Research.

One notable exception to the trend has been the Bank of Japan, which has stuck with ultra-easy settings and a vow to buy 10-year bonds every day to anchor borrowing costs. read more

Yet speculators who've bet on an ultimate capitulation do not seem particularly deterred. The Japanese yen is sliding, the yield curve is being bent out of shape and the bond market is almost buckling in the tussle between hedge funds and policymakers. read more

A Specialist trader works inside a booth on the floor of the New York Stock Exchange (NYSE) in New York City, U.S., June 16, 2022. REUTERS/Brendan McDermid

Japan keeps yield curve control, but pressure for change is building

Japan keeps yield curve control, but pressure for change is building

Tighter monetary policy is coming on the heels of the worst inflation many countries have seen in decades. U.S. consumer prices, for instance, grew at their fastest pace since 1981 in May. read more

Higher rates, soaring oil prices and market turmoil are all contributing to the tightest financial conditions since 2009, according to a Goldman Sachs index that uses metrics such as exchange rates, equity swings and borrowing costs to compile the most widely used financial conditions indexes.

Tighter financial conditions may translate to businesses and households curtailing plans for spending, saving and investing. A 100-basis-point tightening in conditions cuts growth by one percentage point in the following year, according to Goldman.



星期日 2022年6月19日

Sunday, June 19, 2022

# WEALEE'S GLOBAL NOTES

06/17/2022

# **President Biden Considers Cutting Tariffs On China**

President Biden is weighing whether to cancel some Trump-Era import tariffs on mainland Chinese goods to curb inflation as high as 8.6 %.

Treasury Secretary Larry Summers met with the representative for the National Retail Federation on Tuesday, a group which has been

advocating the elimination of tariffs to reduce the purchasing pressure on consumers.

Rising oil prices and consumer goods in the United States have depleted the income of the lower and middle classes which means a major blow to the midterm election.

According to a survey, if the tariffs on China





were abolished, it will save close to \$800 dollars for every family in the U.S. This is the most effective method available at the present time. The American Chamber of Commerce called on the White House to take the action, but some cabinet members are against it.

Because the stock market has bottomed out continuously, the Federal Reserve in response continues to raise the interest rate. Maybe the recession is not inevitable.

We are urging President Biden to take urgent measures to save the nation.



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Southern News Group Chairman / CEO Chairman of International Trade & Culture Center Republic of Guiana Honorary consul at Houston Texas





















### **Editor's Choice**



Women react as a conscript boards a train at a local railway station during departure for garrisons, in Omsk, Russia, June 17. REUTERS/Alexey Malgavko



A woman reacts as a conscript boards a train during departure for the garrisons, in Omsk, Russia, June 17. REUTERS/Alexey Malgavko



Russian conscripts attend a ceremony before their departure for garrisons, in Omsk, Russia, June 17. REUTERS/Alexey Malgavko



People take cover as an air-raid siren sounds, near an apartment building damaged by recent shelling in Kyiv, February 26. REUTERS/Gleb Garanich



A woman plays with her daughter while waiting with fellow Venezuelan migrants at a bus station for help by Mexican authorities to reach Ciudad Acuna to cross the border to Del Rio, Texas, U.S., at a bus station in Monterrey, Mexico, June 13. REUTERS/Stringer



Peruvian shamans perform a ritual for the Peruvian soccer team to qualify for the Qatar 2022 World Cup, in Lima, Peru, June 10. REUTERS/Sebastian Castaneda



English

Daily News

Company Offices Now Located In Several States Will Be Combined In The Las Colinas Office

#### **Industrial Giant Caterpillar Picks** North Texas For Division Move, **Hundreds Of Job Openings**

Compiled And Edited By John T. Robbins, Southern Daily Editor



Caterpillar is one of the world's largest producers of construction and industrial equipment.

One of the world's largest industrial companies is relocating a major division to Irving that will bring hundreds of jobs. Caternillar Inc. — the international manufacturer. of construction and mining equipment, engines, generators and locomotives — is consolidating workers from its Electric Power Division in Las Colinas. Caterpillar is taking "multiple floors" in the landmark Williams Square high-rise complex on O'Connor Boulevard near Carpenter Freeway.

The company plans to shift functions and hundreds of jobs now in California, Arizona and Indiana to the new location in North Texas.

Jason E. Kaiser — now based in Lafayette, Ind., and vice president of Caterpillar's Electric Power Division — will head the new Texas office

"We are excited to consolidate the Electric Power leadership and support teams together in Irving, Texas," Kaiser said in a statement. "Our new office in Williams Square will play an integral role in supporting Caterpillar's longterm strategic goal to remain a leader in our industry.

"This location is home to a highly skilled workforce and provides global access to our customers and dealers with centralized proximity to D-FW and Love Field airports."



The Caterpillar division manufactures and sells products including generators, switching gear and other equipment to industrial, utility and business clients. The division has previously had major offices in locations including San Diego, Tucson and Lafayette, Ind.

"The capacity of the office will be determined by business needs for the groups based there," Caterpillar's Sara Weitz said in an email. "While members of the Electric Power team are located globally, leadership has previously been based in locations such as Houston, Texas, and Atlanta,

"Employees will locate in the D-FW office from several Caterpillar locations and we also expect to hire some emplovees locally."

Caterpillar is the first big-name business tent to make a move to the iconic Williams Square property since the owners launched a multimillion-dollar makeover of the property. The four-building development was constructed in the 1980s and has more than 1.4 million square feet of offices. The buildings are owned by Apollo Global Real Estate of New York and Vanderbilt Partners of Chicago.



The company has about 120 people in its Irving office at Williams Square in Irving.

The city of Irving is also beginning an \$8 million redo of the public plaza Williams Square with its popular Mustangs of Las Colinas sculpture. The project will add more public gathering space with lawns, trees, landscaping and seating areas. Caterpillar plans to move into the Las Colinas location early next year, said Bill Brokaw, senior vice president of Hillwood Urban, which operates and leases the properties.

Brokaw said the redevelopment of Las Colinas' centerpiece corporate campus helped land the Caterpillar deal. which has been in the works since 2019.



Signage inside the offices of Caterpillar Inc. at Williams Square in Irving.

A big part of it was the amenities and the investment that is being put in with the new mustang plaza and the location," Brokaw said. "This is really a win for the Metroplex and

Caterpillar is still working out the details and size of the office, which is being designed by Dallas architect Corgan. All Brokaw would say is that "it's more than a couple

The office space Caterpillar is taking previously housed operations for Pioneer Natural Resources, which moved

# **BUSINESS**

2022年6月19日

to a new headquarters campus in Las Colinas last year. Williams Square includes a 26-story central tower, two 14-story towers and an adjacent five-story office building. "We are thrilled to welcome Caterpillar to Irving-Las Colinas and look forward to developing a strong relationship that spurs job creation and community investment while providing the Caterpillar team with all that our vibrant community has to offer," Irving Mayor Rick Stopfer said in a statement. "Our diverse economy, access to talent and excellent quality of life will benefit the team moving to the



Brokaw and Karch Schreiner of Hillwood negotiated the Caterpillar lease with Ned Franke and Matt Heidelbaugh of Cushman & Wakefield

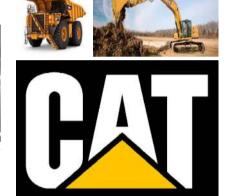
With more than \$41 billion in annual revenues, Caterpillar is one of the world's largest industrial companies. Founded in 1925, the firm has more than 97,000 global employees. In 2017, Caterpillar moved its longtime headquarters from Peoria, Ill., to a new location in suburban Chicago near O'Hare International Airport.

With more than 60% of its business outside the United States, the company said it needed to be close to an international air hub. It's not a headquarters move, but Brokaw said Cateroillar's commitment to Las Colinas is another sign of North Texas' appeal to business.

This is another signal to the country that D-FW is a hub for companies to relocate," Brokaw said. "This is a high-quality, great name tenant and we couldn't be more excited about them choosing Williams Square.

"We know there are a lot more people looking at the re-

Caterpillar's Product Line Includes A Large Selection Of Heavy Duty Equipment









The company has about 120 workers now in an Irving office and Caterpillar spokeswoman Kate Kenny said the size of its local workforce will depend on future business needs. The international manufacturer of construction and mining equipment, engines, generators and locomotives has had a presence in Texas since the 1960s.

"We believe it's in the best strategic interest of the companv to make this move, which supports Caterpillar's strategy for profitable growth as we help our customers build a better, more sustainable world," said chairman and CEO Jim Umpleby in a statement.

Caterpillar, which posted \$51 billion in revenue last year. will become the fifth-largest public company headquartered in North Texas. It will trail only Exxon Mobil, McKesson, AT&T and Energy Transfer. Exxon is moving its Dallas-Fort Worth headquarters to the Houston area next year. The move will make D-FW home to 24 Fortune 500 companies. Ten of those will be in Irving, which bills itself as the "headquarters of headquarters" city. Dallas-based Builders FirstSource recently announced its relocation to Irving. Caterpillar didn't request incentives for the headquarters move. Kenny said.

Beth Bowman, president and CEO of Irving-Las Colinas Chamber of Commerce and Irving Economic Development Partnership, said companies choose Irving and D-FW overall because of their business-friendly environment, favorable tax structure and the people.



Inc. with responsibility for its electric power division, and Jaime Mineart, general manager for retail electric power solutions, spoke with the media in May during a tour of Caterpillar's Williams Square offices in Irving.

"Our focus is to make sure Caterpillar, their entire team within their global headquarters, know that they are coming into a community that wants them and we look forward to integrating them," Bowman said.

Gov. Greg Abbott said the company's relocation is a "testament to the boundless opportunity Texas has to offer." He noted that the move means Texas will be home to 54 Fortune 500 companies.

"Businesses of all sizes and people from all backgrounds can grow and succeed in the Lone Star State because we champion a world-class economic environment fueled by the lowest business operating costs in the nation, a reasonable regulatory environment and a lower cost of living coupled with an exceptional quality of life," Abbott said

Kenny, the company's global media and public affairs manager, cited talent attraction as a key reason for the move.

"We believe being in the Dallas Fort-Worth market will give us the ability to attract new talent and provide additional career opportunities for our current employees to aid in retention," Kenny said. "The Irving location provides global access to our employees, customers and dealers with close proximity to two major airports."

Caterpillar's office in Irving's landmark Williams Square gives employees a mix of downtown Dallas and suburban residential areas and a range of housing price points and high-quality school districts, Kenny said.



In 2017, the company moved its global headquarters from Peoria, Ill., to Deerfield, Ill., taking over the former headquarters of a premium spirits maker. At the time, Catemillar did not receive any incentives from Deerfield or the state, according to the Chicago Tribune. There are 230 employees at the Deerfield office, which Kenny said the company expects to relocate to Irving over time. She said the company will keep its Deerfield office lease to allow for a smoother transition.

Caterpillar employed 107,700 workers globally last year, with 63,400 located outside the United States. Its largest business segments are construction industries, which generated \$22.1 billion last year, and energy and transportation, which brought in \$20.3 billion. It also has a financing arm. Over 62% of the company's sales and revenue come from outside the country and over 4 million Caterpillar products operate around the world. There are 124 Texas jobs currently posted at Caterpillar's career site, with roles in Irving, Seguin, Houston and more locations throughout the state. Last year, the company consolidated workers from its electric power division in Las Colinas.

North Texas is gaining the corporate headquarters of a company "positioned to capitalize on an economic recovery, with infrastructure stimulus augmenting 2023 growth," according to Bloomberg Intelligence industrials analyst Christopher Ciolino. The infrastructure funding could create a \$27 billion to \$38 billion revenue opportunity for construction equipment manufacturers over the next five years

Caterpillar's dealer network includes 44 locations in the U.S. and 116 outside the country. (Courtesy www.dallas-

# Southern Make Today Different



Compiled And Edited By John T. Robbins, Southern Daily Editor

#### HISTORY OF FATHER'S DAY

#### Timeline Of Father's Day History

**A Century Of Celebrating Dads** 

| 1910s                               | 1920s  | 1950s                               | 1960s                                | 1970s                               | 2000s                            |
|-------------------------------------|--|-------------------------------------|--------------------------------------|-------------------------------------|----------------------------------|
| celebrat<br>1910 governo<br>and Civ | Smart Dodd of<br>ion on June 19<br>or of Washingto<br>il War veteran,<br>i his wife. | , her own fathe<br>n state official | r's birthday. Th<br>ly support the e | ne mayor of Spe<br>event. Dodd's fa | okane and the<br>ather, a farmer |

1924 President Calvin Coolidge publicly supports plans for a national Father's Day.

1926 The National Father's Day Committee meets for the first time in New York City.

1956 The observance of Father's Day is recognized by a Joint Resolution of Congress.

1966 President Lyndon Johnson proclaims Father's Day to be an official national holiday.

observed on the third Sunday of June.

1972 President Richard Nixon signs into law a permanent U.S. Father's Day to be

Father's Day is the fifth most popular card-sending holiday, with an estimated \$95 1999 million in card sales. Not just fathers but husbands, grandfathers, uncles, sons, and sons-in-law are among the honorees.

In 2004, there were an estimated 98,000 "stay-at-home" dads. These are married 2004 fathers with children under 15 years old who have remained out of the labor force

for more than one year primarily so they can care for the family while their wives work outside the home.

2011 In 2011, there were 176,000 stay-at-home dads caring for 32,000 children.

# COMMUNITY

Far from a "Hallmark holiday," Father's Day has its origins in medieval Europe, when Catholics dedicated a day to honoring fathers, fatherhood, and all paternal relationships. Fast forward a couple hundred years, and it's now a holiday held all over the world — a testament to how important fathers and father figures are in societies everywhere. However, be careful. The date fluctuates around the world. In Spain, for example, it's held on March 19, while in New Zealand, it's the first Sunday in September. Keep this in mind if you're traveling, or have family living overseas. There are few things more upsetting than a disappointed dad. Father's Day in America has a rich history dating back to the turn of the 20thcentury. But to really understand Father's Day we must go back to the post-civil war reconstruction era of the 1860s and a day that celebrates the other half of the parenting duo, mothers.



#### FATHER'S DAYS AROUND THE WORLD

| Country                   | Honday                                | Occasion                                 | Date               |
|---------------------------|---------------------------------------|--|--------------------|
| • France                  | France Pête des Pères Father's Day    |  | June 16,<br>2019   |
| • Spain                   | Día del<br>Padre∂                     | St. Joseph's Day                         | March 19,<br>2020€ |
| • Mexico                  | Día del<br>Padre∘                     | Father's Day₀                            | June 16,<br>2019€  |
| • Germany                 | Männert<br>ag∘                        | Ascension Day (40th day<br>after Easter) | May 21,<br>2020¢   |
| • Italy                   | italy Auguri<br>Papà St. Joseph's Day |  | March 19,<br>2020¢ |
| • UK¢                     | UK¢ Father's Day¢ Father's Day¢       |  | June 16,<br>2019€  |
| • The<br>Netherlan<br>ds- | Vaderda<br>g <sub>e</sub>             | Father's Day₀                            | June 16,<br>2019   |



The idea of celebrating parents has its roots in one woman: Ann Reeves Jarvis. Shortly after the Civil War, Jarvis sought to soothe the wounds created over four years of bitter conflict in one divided West Virginia town by choosing a day to celebrate mothers of both confederate and Union soldiers. Known as "Mother's Work Days" Jarvis hoped that during the newly installed era of peace and reconciliation that previous enemies could begin to sow unity again by celebrating one thing they all had in common.

BY THE NUMBERS

The Cost Of Keeping Father's Day

\$14 billion – the money spent on Father's Day gifts in America in 2016. 34% – the percentage of Father's Day shoppers who buy their dad a gift online. \$160 – the amount millennials spent on average on Father's Day gifts in 2015. \$17 billion – the spending on Father's Day in 2020.

75% – the percentage of people who cel-

ebrated Father's Day in 2020. 37% - the percentage of dads who say they want gift cards for Father's Day. 87 million – the number of greeting cards sold for Father's Day.

4th – the ranking of Father's Day as the largest card-sending occasion.

**50%** – the percentage of all Father's Day cards that are purchased for fathers the rest are for husbands, grandfathers, sons, brothers, etc.

20% - the percentage of all Father's Day cards bought by wives for their husbands.



#### FATHER'S DAY ACTIVITIES

#### 1. Make him feel appreciated

One of the best ways to celebrate is to let him know how much you appreciate him. In the days or weeks leading up to Father's Day, make note of all he does for the household on a daily basis. Then, on Father's Day, tell him how much you appreciate these small things, and that it doesn't go unnoticed. Even better, take on these chores or activities for the day, and let him rest and bask in the glow of familial appreciation.

#### 2. Have a family day

It may be Father's Day, but often you'll find what fathers want most in the end is time with the whole family. Talk to dad and see how he feels about a family out-

any age, can take part in. This will give him plenty of memories and stories to bring up at later family gatherings, and what could he want more than that?

#### 3. Find a gift with meaning

Sure, a new weed trimmer would make him happy, but there's always room for creativity when giving gifts. A gift with meaning, rather than functionality, may be a welcome change this year. Nostalgic items and homemade projects are always a good idea, but whatever it is, be sure it shows how much you appreciate having dad around, and everything he's taught



#### WHY WE LOVE FATHER'S DAY 1. For better or worse, they make us laugh

Even the most embarrassing dad moments will always make for laugh-outloud stories later on. And someday you'll cherish all those times you rolled your eyes at the jokes he tried to tell the waiter at lunch. Dads make us laugh, even if we don't see it at the time, and that will always be one of their greatest contribu-

#### 2. They're great teachers

Changing tires and fixing lawnmowers are just some of dad's greatest teachings. Dads have been passing along their wisdom for generations, and we can never overlook that. From learning how to work a sickle at the dawn of civilization to showing us how to clean the food gunk out of the kitchen sink, dads have been there through it all to show us the

#### 3. They're forever patient

Dads put up with a lot. From playing prince (or princess) with their kids to taking care of whatever pet the rest of the family brings home, we can count on dad to come to love it eventually, even if he puts up a small fuss initially. And we can't thank them enough for this. (Courtesy https://nationaltoday.com/)



# 出了車禍不要緊,李醫生免費幫你治



有些人怕麻煩不願意看醫生,車 禍之後開始沒感覺,3--4星期之後才

會覺得肩痛、背痛,才想起來去求醫 ;也有人雖然車禍後很快去看醫生 但看了幾次感覺稍好之後,就三天打 魚,兩天曬網。這些對於車禍賠償都 是不利的,對自己身體更是有害。對 於沒有傷筋動骨的小車禍,2--3個月 的推按摩康復治療之後,大多數人都 會感覺好了;對於大小手術治療後的 傷員,1--2年之後,也會慢慢好轉, 這個時候,絕大多數人都會忘記車禍 這檔子事兒,繼續開車。遺憾的是,5 年、10年,甚至20年之後,大多數人 (尤其是老年時期)就開始出現了病 癥。一般是頭部、視力、手腕、肩部 、腰部以及骨骼其它部位等,總是感 覺哪兒不對勁兒,找不到原因。其實 ,這就是車禍後遺癥。腦震蕩是比較 容易查出來的,但軟組織受傷是很難 查出來的,CT、超聲波都不行,最多 是核磁共振 (NMR) 可能會發現一些 問題(醫學檢查稱爲磁共振成像, Magnetic Resonance Imaging, MRI) 。但如果自己記得當年的車禍,發生

的部位,便可很容易聯想起來。

這就提醒車禍傷者,需要及時進行腦部、背部、骨關節和軟組織恢復治療與保養,干萬不要等到10年20年之後才想起來,那就晚了。建議您去找李醫生,他是這方面的專家,他會幫您設計治療方案,保險公司支付您全部的費用,經過精心治療之後,您不會有任何後遺癥。

Texas Spinal Care的李醫生治車禍後遺癥和療椎間盤突出有20多年的經驗,李醫生畢業於加州大學聖荷西分校,行醫多年,信譽卓著。他採用非手術治療,運用推拿、註射、器材和營養相搭配的方法,治療車禍後遺癥和腰椎、頸椎間盤突出非常有效,病人無痛苦、不用專門請假,可以邊工作邊治療,而且整個療程的費用比手術治療時的copay還低。

李醫生診所使用最新技術MRI診斷 治療,病人躺在治療床上,電腦很快 就能診斷出是哪一節椎間盤受損或突 出、有無炎癥、缺水程度等,李醫生 根據電腦診斷的結果針對受損的那一 節椎間盤治療,旣準確又見效快,一 次治療下來疼痛馬上減輕80%。李醫 生專精車禍後的複健,車禍後PI與PIP 都收。請打電話給李醫生免費諮詢。 中文請與queen 陳 聯繫。

Texas Spinal care 電話:713-278-2225 網址:http:txspinalcare.com 診所地址: 9610 westheimer road, Houston, Texas77063

診療時間:毎周一至五全天,周六上



# **髕骨外側壓縮綜合癥?李醫生引進最新設備治療下肢疼痛**

(本報記者黃梅子)步入中年,不少人會發現膝關節靈活不比從前,患有膝關節炎(Osteoarthritis of the knee)的風險也隨著年紀大了而提高。膝關節炎由軟骨及其周圍細胞耗損而引發,屬於相當常見的人體老化疾病之一。膝關節炎病發是由關節細胞耗損程度和修復程度失去平衡而導致



, 癥狀包括關節疼痛、 僵硬和功能減弱。 情況嚴重時,還需要手術治療。

還有一部分患者下肢疼痛是Lateral Patellar Compression Syndrome 髕骨外側壓縮綜合癥。另有些患者是因為頸椎腰椎或坐骨神經引起的下肢疼痛。還有些患者是車禍後遺癥,有些人在車禍過去幾年以後才感覺到身體各種疼痛。

能很大程度地緩解下肢疼痛以及行走 困難。

我們首先來看一看膝關節炎的病 <sup>,</sup>常居潮濕、寒冷環境的人多有癥 狀,與溫度低,引起血運障礙有關。 .是體重因素,肥胖和粗壯體型的 人中發病率較高。第三是年齡因素, 從中年到老年,隨年齡增長,常發生 關節軟骨退行性變,關節多年積累性 勞損是重要因素。第四,營養不良也 有可能致病,關節軟骨內沒有血管, 其營養依靠從關節液中吸取。軟骨的 修復是靠外層的軟骨細胞分裂繁殖和 軟骨細胞分泌基質來完成的,由於營 養和氧供應不足,影響到軟骨細胞的 增殖時,就會導致軟骨基質減少,軟 骨新生不足而變軟弱,極易在負重部 位發生磨損。

髕股關節綜合征占到了所有運動相關的膝關節問題的25-40%,在膝關節功能障礙與運動損傷中十分常見。 髖股疼痛綜合征風險最大的人群是跑步者,騎自行車者,籃球運動員以及 相關跑跳較多的愛好者到運動員,當 然主要還是動作模式問題與過度不正 確使用所引起,病癥發作可能是由於 慢性損傷或者單次急性損傷直接引起 癥狀包括膝關節彌漫性疼痛和局部 髕下疼痛。髕骨周圍和下方、膝蓋前 部、膝蓋骨的內側邊緣經常有壓痛, 髕骨周圍後方發生持續的鈍疼疼痛, 運動後有時會出現腫脹。在上下山坡 、上下樓梯、久坐起身時,髕股關節 位置疼痛往往更嚴重。膝蓋彎曲時可 能伴隨發出哢哢聲「關節噪音」,髕 股關節綜合癥往往伴隨著大腿肌肉 「股四頭肌」的肌張力異常,髕骨周 圍的圓圈性疼痛範圍,久坐後癥狀加 劇,無力疼痛伴有膝關節屈曲減少。

髋骨與股骨組成髋股關節,髋骨關節和我們的脛股關節共組成了我們身體上著名的——膝關節,而我們的 髋股關節形成在髌骨和股骨遠端之間,可謂是在夾縫中成長。治療中最重要的第一步是避免使問題惡化的活動,並且及時休息,光嚷嚷"疼"而不

去治療的人是打算坐輪椅過下半生?

我們的髕骨本身沒有血液和淋巴 液供應,所以一旦損傷恢復會非常的 緩慢,停止進一步的損害是十分必要 的。

李醫生治療下肢疼痛,先用電腦掃描儀掃描足部,幫您定製復健矯正鞋墊,能極大地緩解走路時的疼痛,然後再用下肢牽引治療儀來復健治療,配合使用醫用去痛風濕乳液和營養素,是目前治療下肢疼痛的最佳治療組合。

李醫生還專精車禍後的複健,車 禍後PI與PIP都收。請打電話給李醫生 免費諮詢。中文請與queen 陳 聯繫。

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# 張園立續掌休士頓臺灣商會 協推海外 信保基金助臺商









休士頓臺灣商會6月11日晚間於僑教中心舉辦年會,活動以 「華燈初上」為主題,會長張園立帶頭以上世紀80年代條通文 化的花襯衫及帥氣墨鏡接待來賓,女士也身著旗袍回之以禮,吸 引約120名會員攜眷參加,場面熱鬧有趣。經文處副處長王韋龍 夫婦、中心主任陳奕芳及副主任黃依莉、僑務委員劉秀美及張世 勳、僑務諮詢委員楊朝諄及斯坦福市議員譚秋晴都出席共襄盛舉 ;駐處處長羅復文因有要公,特別請太座前來致意

活動中並安排財團法人海外信用保證基金經理周雅娜自臺灣連線說明臺商更優惠的紓困方案「海外信保基金 COVID-19 紓困方案 4.0 專案 | , 針對前已申請紓困貸款且還款正常,並經金融

機構認定掌握足可還款之訂單,或有相當還款來源者,可再向合作銀行申請增額至40萬美元,保證成數9成,由僑委會補貼全額手續費,以及1年上限3,200美元利息補貼;舊貸展延由僑委會補貼第1年保證手續費及1年上限2,000美元的利息,申請期限至今年6月30日止。陳奕芳特別補充,在地提供服務的銀行為金城銀行、第一銀行休士頓分行及華美銀行,如需更多資訊可上僑委會網站 (https://reurl.cc/XjNE0R

## 本報記者黃麗珊報導









