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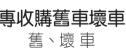
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Inside C2

Sunday, January 16 2022 |

Analysis: With Evergrande debt relief deal, China signals stability trumps austerity



A partially removed company logo of China Evergrande Group is seen on the facade of its headquarters, near a traffic light in Shenzhen, Guangdong province, China January 10, 2022. REUTERS/David Kirton

SHANGHAI, Jan 14 (Reuters)

- If this week's developments at China's most indebted property developer are anything to go by, 2022 might see Beijing soften its attempts to purge the sector and make more allowances for economic stability.

China Evergrande Group (3333. HK), whose rocky financial situation has roiled Chinese property firms and global financial markets over the past year, got a reprieve this week after investors agreed to extend a payment date on a yuan bond. read more

The extension proposal, which a source familiar with the situation said had been implicitly greenlighted by regulators, offered investors a glimpse of what to expect from other property firms scrambling to service their debts.

The sector has been at the fore of Beijing's attack on bloated industries, high debt levels and over-investment as it strives for common prosperity and higher-quality growth.

But no one's quite sure how far the Communist Party is prepared to go to sacrifice the heavy contribution that real estate makes to the economy, or dispel unhealthy investor expectations of state bailouts.

Analysts said regulators seem to favour market-based debt workouts while trying to shore up investor and homebuyer confidence and soften the economic impact at a time of renewed focus on stability. It is a difficult balance.

"The concern seems to be primarily focused on homebuyers, secondarily on workers and contractor counterparties," said Charles Chang, senior director and China Country Lead at S&P Global Ratings. "...the government is demonstrating that it would like the market to function."

"Market discipline will continue to be a theme, but it won't just be for the real estate sector, it will be for other sectors as well. The government's view on this seems to be pretty clear." The stakes are high in a year in which President Xi Jinping is expected to secure an unprecedented third five-year term as president at the 20th Party Congress this fall. read more

In a recent note, JPMorgan analysts flagged the property market slowdown as the biggest threat to economic stability, noting that a 5 percentage point slowdown in investment could directly and indirectly lower GDP growth by as much as 0.7 percentage points.

Analysts surveyed by Reuters this week expect China's economic growth to slow to 5.2% this year.

GROWTH WINNING

The deal between Evergrande's Hengda Real Estate Group and holders of its 4.5 billion yuan (\$707.60 million) bonds allowed the firm to avoid a technical default that could have complicated its restructuring.

The company has been struggling to repay more than \$300 billion in liabilities, including nearly \$20

billion of offshore bonds deemed in cross-default by ratings agencies last month after it missed payments. read more

It is not alone, with Chinese developers facing \$116 billion in maturing debt this year, according to Refinitiv.

Hang Seng property index rebounds even as Evergrande slumps to record

Hang Seng property index rebounds even as Evergrande slumps to record low

Growing stress in the property sector has prompted Beijing to soften its clampdown at the margins, relaxing debt ratio rules dubbed the "three red lines" to ease acquisitions by stateowned developers. read more

"For developments to continue and to limit contagion risks, it is important to avoid a large number of distressed firms. This is why policy support should arrive, be it through increased lending by state banks or through facilitating asset acquisitions by state-owned developers," said Wei-Liang Chang, an FX and credit strategist at DBS Bank in Singapore.

At the same time, forcing some leveraged developers into debt restructurings could reinforce the message of credit discipline for developers and investors, he said.

Michael Pettis, a non-resident senior fellow at the Carnegie—Ts-inghua Center for Global Policy, expressed scepticism that Beijing would make significant progress in addressing property sector debt risks this year, noting that moves such as relaxing the three red lines have simply allowed the shifting of debt burdens to state-owned firms from the more constrained private sector.

"China hasn't really resolved the fundamental issue ... You can't have less debt and the same amount of growth. There's just no way. And because this is a politically important year, my guess is growth is going to win over yet again."



TEALEE'S GLOBAL NOTES

01//15//2022

Welcome The Year Of The Tiger



invasion of the virus.

We are looking forward to the springtime and new happiness all over the sunny earth. We are starting a new journey again, and we wish everyone peace and safety in the year of the Tiger.

Wea H. Lee

Wealee@scdaily.com

Chairman of International District Houston Texas Publisher Southern Daily Wea H. Lee

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

On the occasion of the Spring Festival, we would like to welcome the arrival of the Year of the Tiger to you on behalf of all our colleagues at Southern

After more than two years of Covid-19, the

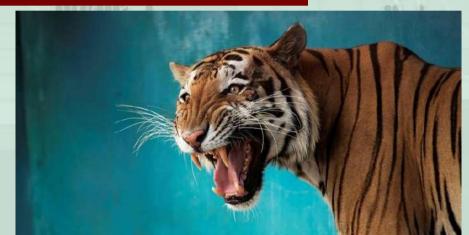
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News Group who

pandemic has isolated us and kept us apart. but our hearts are indeed connected.

This serious disaster is still constantly testing our perseverance and survival. Many medical teams and researchers are standing in front of us and their sacrifices are defeating the

























Editor's Choice



ARP trainees battle the waves while completing training exercises during the last week of a ten-week program to become members of the Taiwan navy's elite Amphibious Reconnaissance and Patrol unit, at Zuoying navy base, Kaohsiung, southern Taiwan,...MORE



Rosane Oliveira cleans an evangelical church after floods hit the area with pouring rains in Raposos, in Minas Gerais state, Brazil January 13. REUTERS/Washington Alves



A migrant woman carrying a child walks at a makeshift migrant camp in Dunkerque near Calais, France, January 13. REUTERS/Yves Herman



Lee Smith



Anwar R, a former Syrian officer of Syrian President Bashar el-Assad's intelligence agency arrives at the higher regional court of Koblenz before the verdict in his trial for crimes against humanity, including torture and killing in Koblenz, Germany,... MORE



People walk on Saltburn pier at sunset in Saltburn-by-the-Sea, Britain January 13. REUTERS/

Hindu pilgrims arrive at the confluence of the river Ganges and the Bay of Bengal, ahead of "Makar Sankranti" festival at Sagar Island, amidst the spread of the coronavirus in the eastern state of West Bengal, India, January 13. REUTERS/Rupak De Chowdhuri

BUSINESS

Omicron Brings A Record Number Of Cases And A Ray Of Hope

More Than One Million Americans Diagnosed Daily Now With COVID

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



People line up to get tested for COVID-19 in Washington, D.C., on Wednesday. More than 1 million positive COVID-19 tests were recorded in the U.S. on Monday, according to data from Johns Hopkins University. (Photo/Eva Hambach/AFP via Getty Images)

The U.S. reported a record 1,082,549 new COVID-19 cases on Monday, according to data from Johns Hopkins University. It's the latest in a series of staggering milestones brought on by the highly transmissible omicron variant, which is sweeping across the U.S. and around the world. The U.S. has broken several of its own COVID-19 records in recent days. Last week, Johns Hopkins reported more than 480,000 new cases in a single day, more than double the number of daily cases reported during the peak of the delta surge. The seven-day average topped 280,000.

For reference: The country was averaging about 70,000 cases a day in early November.

Monday's rise could be due to delays in reporting over the holidays and probably includes tests conducted over the weekend. The 7-day daily average for infections is currently at 480,273 per day. The milestone is more than twice the case count seen anywhere else in the world since the start of the pandemic, according to Bloomberg, which says the highest number outside of the U.S. was when more than 414,00 people were diagnosed on a single day in May during India's delta surge. As public health experts have noted, the numbers we're seeing could also be a undercount. With so many people testing themselves at home, it's hard

to capture the true number of cases, as Centers for Disease Control and Prevention Director Dr. Rochelle Walensky told NPR last week. Experts also caution about putting too much stock solely in case counts and focus instead on metrics like hospitalizations and deaths, which reflect the severity of illness. Those numbers are



Times Square New York City. Experts say the number of hospitalizations is more relevant than overall cases

Still, the number of hospitalizations is noteworthy. Currently, 112,941 Americans are hospitalized with COVID-19, and 26% of ICU beds are occupied by COVID-19 patients. Only two other times during the pandemic have hospitalizations surpassed 100,000 in the U.S. The first time was a year ago — when hospitalizations exceeded 120.000. And the second time was this past summer, when the delta variant hit.

And Johns Hopkins counted 1,688 new deaths on Monday, down from a record 4,442 last January - before COVID-19 vaccines were widely available.

Even with fewer people getting really sick, hospitals are still strained

NPR's Michaeleen Doucleff explained that the perceived lesser severity of omicron — compared with delta — might actually be because it's infecting a large number of vaccinated people, who are less likely to get really sick (even two shots protect people from getting sick enough to be hospitalized by 70%).

She spoke with Dr. Roby Bhattacharyya, an infectious disease doctor at Massachusetts General Hospital, who cited data suggesting that omicron may be just as severe as previous variants in unvaccinated people, while spreading faster which could lead to a sharp increase in hospitalizations.

Dr. Anthony Fauci, the nation's top infectious disease expert, told ABC News' This Week on Sunday that the country is seeing "almost a vertical increase" in cases and that even a rela-

tively lower rate of hospitalizations could strain

already overwhelmed hospitals.



Dr. Anthony Fauci

"We have got to be careful about that, because, even if you have a less of a percentage of severity, when you have multi-multi-multi-fold more people getting infected, the net amount is vou're still going to get a lot of people that are going to be needing hospitalization," Fauci explained. "And that's the reason why we're concerned about stressing and straining the hospital system."

The White House has ordered more doses of Paxlovid, Pfizer's antiviral pill

As the number of COVID-19 cases surges, President Biden said Tuesday that he is doubling the number of antiviral pills his administration has ordered to fight the disease.

Biden said that the number of treatments of the pill, known as Paxlovid, would increase from 10 million to 20 million in the coming months. But the new order will not come in time to treat most of those who are now sick.

Biden stated that the pills have the potential "to be a game-changer" in the fight against

After the pill was authorized by the Food and Drug Administration in late December, the initial allocation of pills was only enough to treat 65,000 people. Biden said more pills would ship to states this week but said it takes months to make the pills because of their complex chem-

Skyrocketing cases are disrupting all kinds of plans and industries

Dr. Natalie Dean, an assistant professor of biostatistics at Emory University, made a similar case on NPR's All Things Considered on Mon-

"The public health impact is made up a lot of different things, and we're most acutely interested in severe disease and death," she said. "But, of course, infections have impacts and we think about the disruption — all the people who are going to need to miss work, including health care professionals and frontline workers. So the numbers have meaning, but it is a different public health impact when someone is mildly ill or doesn't even have symptoms than when someone is severely ill."



el and thrown another wrench into returns to schools and workplaces. The CDC has since altered its guidance to recommend COVID-positive people isolate for five days instead of 10 if they're no longer showing symptoms and is reportedly considering adding a negative test to that recommendation.

The CDC now estimates that 95.4% of coronavirus cases are caused by the omicron variant, based on data for the week ending Saturday.

"Just seeing the transmissibility of delta was remarkable already, but this is just even beyond that," Dean added. "So I think that's something that's hard to wrap our heads around. Just how many people are likely to be infected over the next month is just going to be a lot of disruption, unfortunately.

The update brings cumulative U.S. infections for the entire pandemic to 56,189,547, the most of any country, as of Tuesday afternoon. (Cour-

800,000 Americans Have Now Died Of COVID. Now The U.S. Braces For An Omicron-Fueled Spike



A man wearing a face covering walks past a white flag memorial installation outside Griffith Observatory honoring the nearly 27,000 Los Angeles County residents who have died from COVID-19 on Nov. 18 in Los Angeles, Calif. (Photo/Mario Tama/Getty Images)

The coronavirus has now killed more than 800,000 people in the U.S., just two years after the first COVID-19 cluster was reported in Wuhan, China, and a year after vaccines were

"It's tragic on so many levels," said Dr. Helen Chu, an immunologist and epidemiologist at the University of Washington.

It was Chu's team in Seattle that identified the first case of community spread of COVID-19 in the U.S., as she and her colleagues pivoted from testing nasal swabs for influenza to test for the coronavirus — and raised the alarm about its presence, despite political and bureaucratic obstacles.

With surges fueled by more transmissible variants of the coronavirus, the U.S. hit the tragic new record Tuesday, shortly after surpassing 50 million COVID-19 cases — by far the most in

The skyrocket-

holiday plans,

disrupted trav-

snarled

ing case count Michael Osterholm, director of the Center for Infectious Disease Research and Policy at the University of Minnesota, has accurately predicted some of the most harrowing effects of the pandemic. But even he's been surprised by the impact of coronavirus variants.

"I had a sense [in early 2020] that this was going to be a prolonged and very damaging pandemic," he said. "What I didn't understand at the time, and has surely influenced how I think it's going to keep going, is the role the variants played. I think the variant issue right now continues to be the 210-mile-an-hour curve ball that we don't really yet understand completely."

Variants derailed plans and drove surges The U.S. death rate recently worsened: the



rolling seven-day average for daily COVID-19 deaths has been above 1,000 since Dec. 3, according to the Centers for Disease Control and Prevention. That's far higher than June and early July, when for weeks the rolling average for deaths held below 300. That changed in late summer, when the delta variant took hold, driving new infections

With parts of the U.S. enduring sharp rises in cases and deaths, the worst-hit counties include Maricopa, Ariz., with more than 60,000 new cases and 671 deaths over the past 28 days, according to Johns Hopkins University's COVID-19 dashboard.

Experts now warn that the more transmissible omicron variant could bring a new spike, just as many Americans have been hoping to enjoy a relatively normal holiday season with friends and family. So far, reports of vaccines' effectiveness against omicron is mixed. "Certainly the data is concerning about the

decreased effectiveness of two vaccine doses against omicron," Chu said, "but booster doses seem to overcome that to a degree. And as with all the other surges, it will be the unvaccinated who will become seriously ill, hospitalized, and fill the hospitals past capacity."

Osterholm notes health care systems are urging people to get vaccinated, warning that people who need emergency care could find an overloaded system when they rush to hospitals

"In many places right now in these states with these prolonged surges, we are beyond bending. We're broken, in some of these institutions," he

(Article continues below)



(Article continues from above)

Omicron Brings A Record Number Of Cases And A Ray Of Hope

More Than One Million Americans Diagnosed Daily Now With COVID

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

Returning to his curveball analogy, Osterholm said, a bunch of old people," Osterholm said. "If the variants are 210-mile-an-hour curve balls, omicron is about a 500-mile-an-hour curveball."



One scenario, he said, is that the variant could cause less severe illness overall — but still force many patients to go to hospitals at once, because of high

weeks, we're going to see a real impact from omicron. The question is what will that impact be? And we just don't know yet."

With many people in the the world unable and/or unwilling to be vaccinated, both Chu and Osterholm say more variants will emerge in the future.

Deaths doubled in 2021, despite the arrival of COVID-19, noting how difficult it will be to eradivaccines

Since early 2021, the pandemic's death toll has doubled. Here's a recap of the milestones the U.S. has

400,000 deaths on Jan. 19 500,000 on Feb. 22; 600.000 on June 15:

700,000 on Oct. 1. "It's embarrassing for the country that led on so much of the science around immunology, virology, and vaccinology, to have stumbled in vaccine implementation and rollout to its population," Chu said. "And it's just really terrible to think that so many of those deaths were completely preventable."

The first coronavirus vaccine shot was administered in the U.S. one year ago. As of this week, the CDC says 72% of the U.S. population has had at least one dose of a COVID-19 vaccine, although the amount of people who are fully vaccinated only recently nudged over 60%. Despite the vaccines' arrival, COVID-19 has killed more Americans in 2021 than it did in 2020.

Among older adults, the median age of COVID-19 deaths has "dropped precipitously," Osterholm said, especially when vaccination status is taken into ac-

"One of the things that I find troubling is the fact that people often write off [the death toll] as just, 'This is

Using Minnesota as an example, Osterholm said the median age of unvaccinated people who die from the disease in the state is more than 20 years younger than vaccinated people who die from it.



The unvaccinated are becoming more and more "I think that over the course of the next three to four of a challenge at much younger ages, and we're seeing many more 20-, 30-, 40- and 50-year-olds unvaccinated dying from COVID," he said.

When the pandemic ends, COVID-19 may still

As for when the pandemic might end, many epidemiologists say it could require adapting to cate the disease completely.

"I think we are going to have to get to a point of learning how to coexist with this virus," Chu said. There is a very large focus on vaccines, but continued masking and testing needs to be emphasized to prevent community spread." Chu said. "I would like to see a universal vaccine and mask mandate. and easy and cheap testing to be available. That is what has worked in other countries, and we should

As for how we might build on the lessons of COVID-19 when another pandemic strikes, the focus should be on minimizing harm, Osterholm

"Pandemics are going to happen," he said. 'They're like tornadoes, hurricanes and earthquakes. What we're going to need to do is be able to respond to them, so that we minimize the damage. And that's the key message right now, I think, is what do we do to do that?"

Osterholm points to challenges surrounding vaccines — from how they're delivered to how they're accepted by the public.

"That's a huge issue," he added. (Courtesy npr.org)

Related An Interview With A Medical Expert On Covid America's COVID Situation Could Get Better In 6-8 Weeks



wait in line to receive a COVID-19 test on Tuesday in New York. The U.S. recorded more than 1 million COVID-19 cases on Monday. (Photo/Angela Weiss/AFP via Getty Images)

Things might seem pretty grim on the pandemic front right now. The U.S. is only a few days into the third calendar year of the pandemic and nearly 500,000 new COVID-19 cases are being counted

The country hit another record high on Monday with 1,082,549 infections. So if it's hard to find a glimmer of hope, you're not alone. But Dr. Bob Wachter, Chairman of the Department of Medicine at the University of California, San Francisco, has a bit of hope to share

Wachter took to Twitter last week to share his thoughts and predictions on how the country "could be in good shape, maybe even great shape in six to eight weeks."

He joined NPR's All Things Considered to talk about the current case rates and hospitalization rates and how they might trend, the new antiviral COVID-19 pills and what the omicron variant will likely mean for the unvaccinated population.

Interview with Dr. Bob Wachter, Chairman of the Department of Medicine at the University of California, San Francisco **Interview Highlights**

Could the U.S. really be in "good shape" in terms of the pandemic in six to eight weeks? Yes, I think that's the likeliest outcome. I should always caveat it by the fact that over the past two years, every time things have started looking good, something bad happens. So it's possible that will happen again. There'll be another variant that will

be a curveball. But if that doesn't happen, I think

the likeliest outcome for February and March is



Dr. Bob Wachter, Chairman of the Department of Medicine at the University of California, San Francisco

This virus being so transmissible but now, as we understand it, being milder than the prior variants could turn out to be very good news after a very

What are you seeing in terms of case rates and hospitalization rates, and what might you hope to see there in the coming weeks?

as we've never seen before, and that really is a manifestation of how extraordinarily infectious omicron is. What we're not seeing is the same relationship between cases and hospitalizations. So the average case of omicron has about a 60% lower chance of landing you in the hospital than the aver-

COMMUNITY

age case of delta. Now you might hear that and say that doesn't make sense. Why are the hospitals filling up? And the reason is, even if the average case is less likely to land you in the hospital, if there are twice or three or five times as many cases, then you will have more people laying in the hospital. So the short-term risk — and we're seeing it all over the country - is the hospitals will get filled with patients with omicron

A fair number of doctors and nurses will be out sick with omicron. And so we have a pretty miserable month, even though the average patient has a lower chance of ending up in the hospital than he or she would have had if they had a case of delta. particularly if they're vaccinated. But very importantly, for the people that chose not to be vaccinated — I think a very terrible choice, but who made that choice — there's a pretty good chance they're going to get a case of omicron, which will give them some immunity. And it's those two things combined — the fact that the average case is going to be milder, and more and more people are going to be immune to this virus — that gets us out of this pickle, I think, in February.

Antiviral COVID-19 pills are being rolled out. They're in small quantities so far, but what effect could these have in the coming weeks?

Yeah, it's an important new part of our armamentarium. Up till now, we've really just had monoclonal antibodies to give to people at very high risk who got COVID but were not sick enough yet to be in the hospital. But two new pills have come out. The Pfizer is a much bigger deal than the Merck. The Merck lowers the probability that someone who gets a case of omicron will land in the hospital by 30%, the Pfizer by 90%.



supply. The supply is growing. Within a month or two, there vill be a decent supply. So that is

So, it's in short

You're the chair of medicine at a big hospital there in San Francisco. Can your high-risk patients get these COVID pills? [They're] just starting to be available. We have

them in some of our pharmacies, but we're having to triage them quite severely and be very selective about who gets them, but I think they'll become more and more available over time. It's a pretty tricky chemical compound to produce. So it is taking the company some time to produce them, but the supply should grow steadily over the next couple of months.

How are things looking for the unvaccinated? Where do you see their risks going in the next weeks and months?

If you are unvaccinated and you're not being super careful, by which I mean wearing an N95 mask all

What's happening now is the cases are exploding, the time if you're going indoors, it's almost hard to believe that you will not get this virus. The problem is, people who are unvaccinated are hearing that the average case of omicron is milder. It is milder, but it's particularly milder for people that are vaccinated. For the people that are unvaccinated, the best estimates from the science so far are that maybe it's about 25% less likely to land you in the hospital, and you might say, "That's OK, good, it's milder." But if it's 25% less likely to land you in the hospital and you have a five times greater chance of becoming infected in the next month, that math doesn't land you in a good place. That means that there are going to be more and more unvaccinated people who get omicron. A lot of them will end up in hospitals. A lot of them unfortunately will end up in ICUs, and a fair number of them will be the ones who die over the next four to six weeks as this hurricane sort of rampages through our country.

People are also hearing that the vaccines and boosters aren't worth it. They don't work because everybody we know is getting sick anyway. What do you say about this?

Yes, I can understand how people would feel that, but that's just not right. The vaccines and boosters are miraculous, and they are miraculous because what they do is markedly lower the probability that you will get very sick, go to the hospital, go to the ICU, end up on a ventilator and die.

There's no question that there are more breakthrough cases. This virus is very good at sidestepping some of your immunity, but the kind of case that you're going to have if you've had particularly three shots is so much more likely to be a mild case of a couple of days of cold or flu symptoms than it would be for the unvaccinated person. Those are the ones who are landing in the hospital, landing in the ICU, and ultimately, the deaths that we will have from omicron will be almost entirely in unvaccinated people.



Is there anything that could throw this prediction of hope off?

Sure. Two big questions going forward in terms of how rosy the future might be. One is, how good is the immunity that a case of omicron gives you against another case of either omicron or another variant? I'm sure it'll be fine for a while. But does it last for three months or a year? That will make a difference in terms of whether the risk goes up, let's say, next winter.

And the second, of course, is this great unknown, which is, will there be another variant? And anybody who tells you they can predict that is making it up because nobody I know predicted delta. Nobody I know predicted omicron. And all that means is there could be something even nastier than omicron on the horizon. And that will change the projections. But for now, I think things look pretty good. (Courtesy npr.org)





(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。另有些患者是因爲 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。

總之,不管您是哪種原因引起的下 肢疼,都要引起重視,積極做康復治 療,不管是膝關節炎還是車禍後遺癥 康復治療總是比動手術更保險。康 復治療一定要在醫生的指導下進行, 否則有可能使得病情惡化。Texas Spinal Care 的李醫生引進最新的多功 能下肢牽引治療儀,幫您減輕疼痛, 快速恢復健康!,其組成包括固定裝 置,放松裝置,牽張裝置,能刺激雙 腿內側肌群及穴位,可通經活絡,緩

解肌肉攣縮,激活運動神經元,恢復下肢運動功 能。李醫生還有儀器測試足底,電腦掃描足部定 做康復鞋墊,能很大程度地緩解下肢疼痛以及行

、寒冷環境的人多有癥狀,與溫度低,引起血 運障礙有關。第二是體重因素,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。

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。

髕骨與股骨組成髕股關節, 髕骨關節和我們 的脛股關節共組成了我們身體上著名的-節,而我們的髕股關節形成在髕骨和股骨遠端之 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 "疼"而不去治療的人是打算坐輪椅過下半 嚷嚷

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。請打電話給李醫生冤費諮詢。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: 2600 S Gessner RD, Suite 120,

Houston, TX77063 診療時間:毎周一至五全天,周六上午。

車師姐徐雲33 空調便

誤區 1---- 空調性能不良時才淸洗 空調。

空調濾淸器要定期更換,否則會 產生黴味,因此最好每年的春季過後 更換一次。另外,冷凝器也要定時清 洗,而且要將水箱拆下來,清洗才能 徹底。

誤區2 ——空調出風口方向隨意

有的車主在使用空調時,不註意調整 空調吹風的方向,這不利於發揮空調 的最佳效果。正確的做法應該是,開 冷氣時將出風口向上,開暖氣時將出 風口向下。

誤區3 ——整個冬天都不開空調 -些地區的冬季比較暖和,有的車主 整個冬天都不使用空調。長時間不用 空調會導致其橡膠圈老化,空調內部 各部件上的潤滑油也會變乾,定期啓 動空調能讓各部件接受潤滑油的潤滑 ,維持良好狀態,因此在冬季空調也 最好每週啓動一次。

誤區4——長時間開著空調 有的車主常常在上車後就一直開著空 調,長時間使用空調會使冷凝器壓力 過大[,]這會對製冷系統壓縮機造成損 耗,如果車內溫度已經達到舒適的溫 度,就可以把空調關掉,隔一會兒再

誤區 5 ——夏季進車立即開內循 彋

在炎熱的夏天,很多車主習慣一進車 內就打開空調的內循環,認爲這樣可 以讓車廂內溫度下降得快一點。因爲 車內的溫度比車外溫度高,所以這樣 反而效果不好。剛進入車內的時候, 應該先開窗通風,並開啓外循環,把 熱氣都排出去。等車廂內溫度下降之 後,再換成內循環。

誤區6——長時間開內循環 應該開一會兒內循環,再開一會兒外 循環,讓新鮮空氣進入車廂。不能開 著內循環在車內睡覺, 也是這個道理

誤區7—— 先熄火再關空調 有的車主常常在熄火之後才想起關閉 空調,這對發動機是有害的,因爲這 樣在車輛下次啓動時,發動機會帶著

空調的負荷啓動,這樣的高負荷會損 傷發動機。因此每次停車後應先關閉 空調再熄火,而且也應該在車輛啓動 兩三分鐘後才打開空調。

誤區8——從不使用大風量

有的車主因爲不喜歡空調開到高擋時 發出的噪音,因此很少或從不將空調 開到大風量。空調使用時會吸進很多 灰塵,定期開大風能將空調風道內表 面的浮塵吹出來,這是保持空調清潔 的一種簡單的方法。

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本報記者黃麗珊攝影



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