

TRADITIONAL CHINESE MEDICINE

傳統中醫



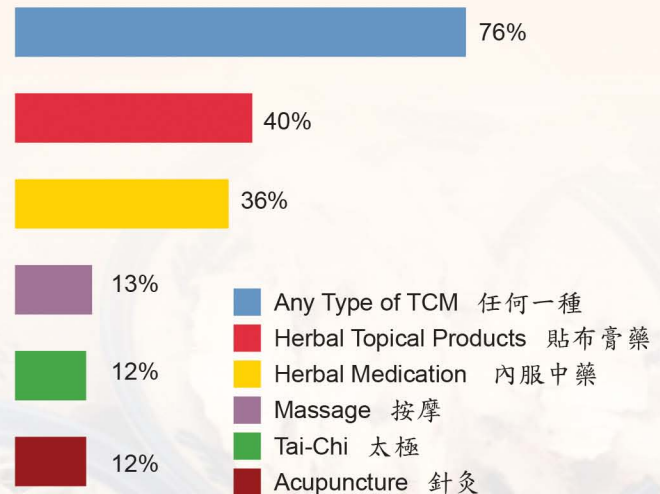
BACKGROUND Chinese health beliefs, acculturation, and health status are deeply related to their use of traditional Chinese medicine (TCM). Chinese believe that health is a state of balance of body, mind and environment. A nation-wide survey suggests 32% of Chinese Americans use TCM. Many Chinese tend to use TCM first to treat a symptom or illness before seeing a doctor. TCM usage is reported to help raise the level of quality of life among the elderly.

STUDY RESULTS About 76% of participants have used TCM in the previous year. Herbal products including topical (40%) and medication (36%) were most commonly used.

背景 個人傳統健康理念，文化適應程度以及健康狀態對中醫使用皆有影響。華人認為健康是身體，心靈以及外部環境的平衡。在美華人32%有使用中藥習慣，許多華人在看西醫前會先用中醫治療。有些研究指出使用中醫有助於提高老人的生活質量。

研究結果 76%的受訪者在去年一年有使用中醫習慣，其中以貼布膏藥（40%）以及內服中藥（36%）最常見。

Use of Traditional Chinese Medicine 使用中醫情況



CONCLUSION TCM is more than 2,500 years old. Our data suggest that even to this day, three in four Chinese older adults use traditional Chinese medicine. Traditional cultural beliefs, high cost of medications, side effects of conventional medicine, may explain the high usage of TCM. Understanding the use of alternative remedies helps identify common health behaviors among Chinese elderly, and health care professionals should inquire the use of TCM in Chinese older adults.

結論 中醫傳統已有超過2,500年的歷史。時至今日，四分之三的華裔老人仍使用傳統中醫。傳統文化理念，昂貴的醫療費用及常規藥物的副作用可能是促使老人使用中醫的原因。瞭解其他輔助性醫療方法有助於理解華裔老人的求醫行為，同時醫護人員也應主動詢問華裔老人使用傳統中醫的情況。