

To promote the improvement of quality and efficiency in traditional Chinese medicine popularization services, the medical volunteer service team of Yangpu District Traditional Chinese Medicine Hospital recently came to the Sunshine Induction Service Center to carry out lectures and free consultations on "Medical Road Protection, Medical Sharing, and Traditional Chinese Medicine Culture Entering the Community, Caring and Assisting Disabled Persons" for the five major associations of disabled people in Yangpu District. Nearly 40 disabled people from 12 streets participated.



At the beginning of the event, Zhang Shufu, the dean and chief physician of Yangpu Traditional Chinese Medicine Hospital, gave us a lecture titled "Traditional Chinese Medicine Prescription Treatment of Common Chronic Diseases". For the five common chronic diseases, namely diabetes, hyperlipidemia, insomnia, hypertension and obesity, President Zhang gave more than ten prescriptions of traditional Chinese medicine, and explained each prescription in detail according to the indications and efficacy, which benefited everyone present.

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After the wonderful lecture, the directors of various departments in the gynecology, rehabilitation, cardiology, orthopedics, and pre treatment departments of the Traditional Chinese Medicine Hospital conducted on-site free consultations for us. From measuring blood pressure and blood sugar to traditional pulse palpation. The doctors used the "four diagnostic methods of observation, listening, inquiry, and cutting" to distinguish symptoms, identify causes, and provide relevant suggestions. Your dampness is quite heavy, so you should pay attention to a light diet in your daily diet, eat less fat, sweet, and greasy foods, and avoid raw, cold, and irritating foods. Based on your description, this is a symptom of spleen deficiency and

night sweating, which can be regulated through diet and appropriate exercise. The scene is lively, and the doctors patiently and carefully answer our questions one after another.

This free clinic is approaching the Dragon Boat Festival, and the medical volunteer service team of the Traditional Chinese Medicine Hospital has also prepared exquisite sachets for disabled friends to restrain themselves. Smelling the fragrance of the sachet, we immediately felt refreshed and refreshed. Fragrant sachets not only dispel mosquitoes and awaken the mind, inherit intangible cultural heritage culture, but also reflect the good atmosphere of integrating disability and health in the whole society.



After the event, friends with disabilities raised their thumbs and sincerely thanked the medical volunteer service team of the Traditional Chinese Medicine Hospital for their care. Next, Yangpu District Traditional Chinese Medicine Hospital will explore providing more

compassionate assistance for the healthy days of disabled people, continuously improving their livelihood and well-being.