

HA tripartite Chinese Medicine Clinics cum Training and Research Centres to Launch Winter Sanjiu Tianjiu Service

The following is issued on behalf of the Hospital Authority:

The Hospital Authority (HA) announced today (December 18) that the Chinese Medicine Clinics cum Training and Research Centres (CMCTRs) at 18 districts will launch their Winter Sanjiu Tianjiu Service starting from this Friday (December 20). This service is a supporting event of the first Hong Kong Chinese Medicine Culture Festival, offering elderly participants a half-price discount to promote awareness of preventive Chinese medicine practices.

The Chief Manager (Chinese Medicine) of the HA, Ms Rowena Wong, stated, "The 18 CMCTRs actively support government initiatives to promote Chinese medicine development by providing diverse services to the public. With the staunch support from all CMCTRs, the continued provision of Winter Sanjiu Tianjiu services helps familiarise the public with preventive treatment concepts in Chinese medicine and embodies the health-preserving principles of traditional Chinese medicine. With reference to past experience, it is estimated that approximately 30 per cent of service recipients are elderly persons aged 65 or above. Through special promotion of the Chinese Medicine Culture Festival, the initiative aims to encourage the elderly to embrace a healthy lifestyle and improve their awareness of disease prevention."

Tianjiu therapy, based on the traditional Chinese medicine theory of preventive treatment, encompasses both summer "Sanfu Tianjiu" and winter "Sanjiu Tianjiu" treatments. Following the Chinese traditional calendar, these therapies are administered on specific dates in summer and winter to maximise their preventive and therapeutic benefits.

The Chief of Service at the United Christian Nethersole Community Health Service – The Chinese University of Hong Kong CMTCR (Tai Po District), Mr Yung Ting-yiu, explained that Tianjiu therapy has a thousand-year history and uses the warming effects of pungent and warm herbs to enhance the body's Yang Qi. This treatment particularly benefits individuals with a weak and cold constitution, respiratory conditions, pain, and gastrointestinal issues and helps reduce and prevent the onset of winter diseases. Additionally, Tianjiu treatment also benefits the elderly by enhancing immunity during the winter influenza season. Before treatment, Chinese medicine practitioners will assess patient suitability and then apply the herbal paste on specific acupoints. Patients with diabetes or sensitive skin, pregnant women, children aged under 2, and those with heat syndrome may not be suitable for Tianjiu treatment and should consult a Chinese medicine practitioner before treatment.

Members of the public who are interested in receiving winter Sanjiu

Tianjiu treatment can contact any of the 18 CMCTRs for service information and appointments. Eligible elderly persons aged 65 or above can enjoy a half-price discount. The winter Sanjiu Tianjiu service will be available until January 18 next year. For details on the service and booking telephone numbers of the 18 CMCTRs, please refer to the annex or visit the HA CMK website (cmk.ha.org.hk/services/notice/dongjiu2024).