

保健知識小冊子
LIST OF HEALTH INFORMATION LEAFLETS

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| Item | No | Title | 題目 | Year Published | Published by | Double Sided | Single Sided |
|------------|-----------|---|------------------------|----------------|---|--------------|--------------|
| 010 | 00 | HEALTHY LIVING | 健康生活 | | | | |
| 010 | 01 | Chinese National Healthy Living Centre | 全國華人保健中心 | 2003 | CNHLC | F | |
| 010 | 02 | Keep Fit | 均衡營養 + 適當運動 | [1997+] | HKCHEU | 1 | 1 |
| 010 | 04 | Healthy Living Formula | 健康生活方式 | 1999 | HKCHEU | 5 | |
| 010 | 05 | Living Habit and Sickness | 生活習慣與疾病 | ~ | HKCHEU | 1 | |
| 010 | 06 | Fit for What?# | 爲什麼要保持身心健康 | ~ | The Flora Project[HK] | | |
| 010 | 07 | Healthy Living and You | 健康飲食與你 | 1999 | HKCHEU | 24 | |
| 011 | 01 | Cholesterol | 膽固醇 | ~ | HKCHEU | 1 | |
| 011 | 02 | Balance Eating | 均衡飲食 | 1984 | HKNA | 1 | |
| 011 | 03 | Calories | 熱量知多少 | [1997+] | HKCHEU | 2 | |
| 011 | 04 | Are you Overweight? | 你是否過胖 ? | ~ | HKCHEU | | 1 |
| 011 | 05 | Healthy Eating | 健康飲食 | 1994 | Camden & Islington Health Promotion Service | 1 | |
| 011 | 06 | Healthy Eating Instruction | 健康飲食金字塔，均衡營養好體魄 | ~ | HKCHEU | | 1 |
| 011 | 07 | Healthy Eating | 適飲適食 | 1985 | Tower Hamlets Health Promotion Service | 1 | |
| 011 | 08 | Healthy Eating – Eat Less Fat | 健康飲食 -- 少吃脂肪 | 1990 | HKCHEU | 1 | |
| 011 | 10 | Points on Dieting | 減肥要點 | ~ | CHIC | 1 | |
| 011 | 11 | Healthy Snack | 健康小食 | ~ | HKCHEU | 1 | |
| 011 | 12 | Healthy Eating Choices | 小心選擇脂肪食物 | [1997+] | HKCHEU | 1 | |
| 011 | 13 | Food Hygiene | 食物衛生條例 1970 | [1999] | Health & Safety Ed.Literature | 1 | |
| 011 | 14 | What ALL Food Handlers Need to Know ... | 所有處理食物人員應知道的事 | ~ | Health & Safety Ed.Literature | 1 | |
| 011 | 15 | Is Healthy Food Really Healthy? | 健康產品真的健康嗎 ? | 1999 | HKCHEU | 2 | |
| 011 | 16 | Healthy Lunch Box | 有營有款健康午餐餐盒 | [2002] | HKCHEU | 1 | |
| 011 | 17 | Guide to Food Labelling*# | | 2002 | British heart Foundation | | |
| 011 | 18 | Enjoy Healthy Eating* | | 1995 | HEA | | |
| 011 | 19 | So you want to lose weight for good*# | | 2000 | British heart Foundation | | |
| 011 | 20 | Cut the Saturated Fat from Your Diet*# | | 2000 | British heart Foundation | | |
| 011 | 21 | Healthy Eating for Busy People | 都市人飲食手記 | [2003] | HKCHEU | 2 | |
| 011 | 22 | Eat Smart! Follow the Food Pyramid! | 識飲識食識選擇 -- 健康飲食金字塔 | 2003 | DOH(HK) | 2 | |
| 011 | 23 | Healthy High Fibre Diet* | | [2004] | HKCHEU | 1 | |
| 012 | 01 | Exercise and Fitness | 運動與健康 | [1997+] | HKCHEU | 1 | |
| 012 | 02 | Preventions of Injury during Exercise | 預防運動創傷 | ~ | HKCHEU | 3 | |
| 012 | 03 | Daily Exercise for All - Children | 日日運動身體好，男女老幼做得到 -- 兒童 | [2002] | HKCHEU | 1 | |
| 012 | 04 | Daily Exercise for All– Working People | 日日運動身體好，男女老幼做得到 -- 上班族 | [2002] | HKCHEU | 1 | |
| 012 | 05 | Daily Exercise – Adult | 日日運動身體好，男女老幼做得到 -- 成人 | [2002] | HKCHEU | 1 | |
| 012 | 06 | Active for Life | 保持身體活動 | ~ | HEA | 1 | |
| 012 | 07 | Self-Relaxation | 自我鬆弛法 | ~ | HKCHEU | 1 | |
| 012 | 08 | Knowledge about Exercise | 運動知多少? | [1997+] | HKCHEU | 1 | |

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| 012 | 09 | Taoist Tai Chi for Health and Relaxation | 道家太極拳社 | ~ | Taoist Tai Chi Society | 1 | |
| 012 | 10 | Exercise for Life*# | | | British heart Foundation | | |
| 012 | 11 | Lift? Who Cares?Take the Stairs | 日日出街搭電梯今日不如行樓梯 | 2003 | DOH(HK) | 2 | |
| 012 | 12 | Get off Your Seat and onto Your Feet | 日日都係坐係度今日不如行快步 | 2003 | DOH(HK) | 2 | |
| 013 | 01 | Scabies | 疥瘡 | ~ | CHIC | 1 | |
| 013 | 02 | Scabies | 疥瘡易傳染，防治最緊要 | ~ | HKCHEU | 1 | |
| 013 | 03 | Beat the Head-Lice | 預防頭蝨 | ~ | HKCHEU | 1 | |
| 013 | 04 | Head-Lice – Prevention and Cure | 頭蝨 -- 防止及治療 | 2000 | DOH(HK) | 1 | |
| 013 | 05 | Using Head-Lice Wash | 頭虱藥水使用方法 | 1997 | HKCHEU | 1 | |
| 013 | 06 | Guidelines for Good Handwashing | 正確洗手方法指引 | [2003] | HKCHEU | 2 | |
| 013 | 07 | Cholera | 預防霍亂注意衛生 | [1997+] | DOH(HK) | 1 | |
| 014 | 01 | A Wise Choice- Give up Smoking | 明智的抉擇 | [1997+] | HKCHEU | 1 | |
| 014 | 02 | Smoking seriously damages your Health | 吸煙會嚴重危害健康 | [1997+] | HKCHEU | 1 | |
| 014 | 03 | The Best Health Advice from your Doctor | 為你健康著想，請接受醫生的忠告 | ~ | HKCHEU | 2 | |
| 014 | 04 | The Hazards of Passive Smoking | 二手煙 -- 禍害知多少 | [1997+] | HKCHEU | 1 | |
| 014 | 05 | Plan for Giving up Smoking | 戒煙計劃 | [1997+] | HKCHEU | 1 | |
| 014 | 06 | Guide for Doctors to help Patients giving up Smoking # | 醫生幫助戒煙指南 | | | 1 | |
| 014 | 07 | Why not stop Smoking? | 為何不戒煙？ | [2000] | S.Birmingham Community Health Trust | 1 | |
| 014 | 08 | Never Give Up - Why not stop Smoking? | 永不放棄 | 2002 | CNHLIC | F | |
| 014 | 09 | Wise Choice – A Guide for giving up Smoking | 明智之舉 -- 戒煙指南 | ~ | HKCHEU | 5 | |
| 014 | 10 | A Guide for Teenagers to give up Smoking | 健康時尚青少年，拒絕吸煙最聰明 | ~ | HKCHEU | 1 | |
| 014 | 11 | Smoking: Giving up for Life# | 吸煙-- 戒煙惜命 | ~ | NHS | F | |
| 014 | 12 | Cigarette can take your Life | 香煙是地獄的勾魂者 | ~ | No Smoking Day | 1 | |
| 014 | 13 | A Guide for giving up Smoking | 如何戒煙 | ~ | HKCHEU | 4 | |
| 014 | 14 | Give up Smoking | 戒煙 | ~ | E.London & City Health Promotion | 2 | |
| 014 | 15 | Smoking Kills# | 吸煙致命 | 1999 | DOH | | |
| 014 | 16 | Smoking and Women | 吸煙與女士 | [2002] | DOH(HK) | 1 | |
| 014 | 17 | Smoking and Men | 吸煙與男士 | [2002] | DOH(HK) | 1 | |
| 014 | 18 | Smoking and Youth | 吸煙與青少年 | [2002] | DOH(HK) | 1 | |
| 014 | 19 | Life Becomes Happier & Healthier without Secondhand Smoke! | 唔要二手煙，人都健康的！ | [2003] | HKCHEU | 1 | |
| 014 | 20 | Smoking and Your Heart*# | | 2001 | British heart Foundation | | |
| 015 | 01 | Alcohol and You – Is it worth Risking your Life for Alcohol? | 酒與你 -- 你值得為酒而犧牲嗎？ | ~ | Central Manchester Health Promotion Unit | 2 | |
| 015 | 02 | Sensible Drinking | 精明眼看杯中物 | 2002 | DOH(HK) | | |
| 015 | 03 | Alcoholism | 酗酒 | 2003 | DOH(HK) | | |
| 016 | 01 | Drug Abuse – Cough Syrup | 濫用咳藥與有機溶劑 | ~ | HKCHEU | 2 | |
| 019 | 01 | 24-Hour Health Education Hotline | 衛生署二十四小時健康教育熱線 | [2003] | HKCHEU | 1 | |
| 020 | 00 | FAMILY HEALTH | 家庭健康 | | | | |
| 021 | 02 | A Guide to Family Planning | 家庭計劃指導手冊 | 1988 | HA(Bloomsbury) | 1 | |
| 021 | 03 | Contraception | 節育法 -- 性交後的緊急避孕法 | ~ | Department of Health & Social Security | 2 | |
| 021 | 04 | Methods of Contraception | 避孕方法任你選擇 | ~ | HKCHEU | 1 | |
| 021 | 05 | Methods of Contraception | 避孕常識你要識 | ~ | HKCHEU | 1 | |
| 022 | 01 | A Guide to Home Safety for Babies and Children | 家居安全守則 | ~ | CHIC | 1 | |
| 022 | 02 | Prevention of Family Accident | 愛護幼童，慎防意外 | ~ | HKCHEU | 1 | |

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| 022 | 03 | Protect your Home from Fire | 家居防火安全 | ~ | HKCHEU | 2 | |
| 022 | 04 | A Fire Survival Guide | 失火逃生指南 | ~ | HKCHEU | 2 | |
| 022 | 05 | Falling Factors | 預防跌傷 | ~ | HKCHEU | 1 | |
| 022 | 06 | Falls | 跌倒 | ~ | HA (London & Hackney) | 1 | |
| 022 | 07 | Love Your Child, Prevent Injuries 0-1 Year Old | 愛護兒童慎防意外 -- 初生至一歲 | ~ | DOH(HK) | 1 | |
| 022 | 08 | Love Your Child, Prevent Injuries 1-3 Years Old | 愛護兒童慎防意外 -- 一歲至三歲 | ~ | DOH(HK) | 1 | |
| 022 | 09 | Home Safety | 家居安全 | [2003] | DOH | 1 | |
| 022 | 10 | Love Your Child, Prevent Injuries 3-5 Years | 愛護兒童慎防意外 -- 三歲至五歲 | [2004] | DOH(HK) | 2 | |
| 023 | 01 | Wound Management | 傷口的護理 | ~ | HKCHEU | 1 | |
| 023 | 02 | Burn and Scalding | 燒傷及燙傷 | ~ | HKCHEU | 1 | |
| 023 | 03 | First Aid | 急救手冊 | ~ | HKCHEU | 4 | |
| 024 | 01 | Fever | 發燒的問題 | ~ | HKCHEU | 1 | |
| 024 | 02 | Headache | 頭痛 | [1997+] | HKCHEU | 1 | |
| 025 | 01 | Medicines at Home | 家居常用藥物 | ~ | HKCHEU | 1 | |
| 025 | 02 | How to use Antibiotics? | 使用抗生素須知 | ~ | HKCHEU | 1 | |
| 025 | 03 | How to use Drug safely? | 安全使用藥物 | ~ | HKCHEU | 1 | |
| 025 | 04 | Over Dosage - Antibiotics | 抗菌素 -- 不要過量用我! | 1999 | NHS | 1 | |
| 025 | 05 | Antibiotics | 抗生素 | [2003] | HKCHEU | 2 | |
| 025 | 06 | Medication - Painkillers and Anti-inflammatory Drugs | 消炎止痛藥 | 1997 | DOH(HK) | 1 | |
| 025 | 07 | Medication - General Guidelines | 漱口藥水 | 1997 | DOH(HK) | 1 | |
| 025 | 08 | Using Mouth Rinse | 使用藥物常識 | 1998 | DOH(HK) | 1 | |
| 026 | 01 | Better Care, Higher Standard | 長期照料憲章 | 2000 | DOH | F | |
| 026 | 02 | Tell Your Doctor Your Illness# | 向你的醫生訴說病況 | ~ | ~ | | |
| 026 | 03 | Moving Home...Moving Doctor | 搬了家 ... 會有換醫生的必要 | ~ | HEA | F | |
| 026 | 04 | To Make a Suggestion or Complaint about Health Care | 對甘頓和伊斯靈頓的國民保健服務提出意見和作出投訴須知 | 1999 | Camden Council | F | |
| 026 | 05 | The NHS Reforms and You* | | 1990 | NHS | F | |
| 026 | 06 | The Patient's Charter | 病人憲章與你 | 1996 | NHS | F | |
| 026 | 07 | Your Relation with Doctor | 你與一位醫生的聯繫 | ~ | HA (Kensington & Chelsea, Westminster) | F | |
| 026 | 08 | How to Register with a Doctor ? | 怎樣向醫生登記 ? | 1998 | HA(East London) | F | |
| 026 | 09 | How to use GP Services in Camden and Islington? | 如何在甘頓和依士靈頓區使用家庭醫生服務 ? | 1998 | HA(Camden & Islington) | F | |
| 026 | 10 | Instruction of collecting Phlegm Samples | 收集痰液樣本指引 | ~ | HKCHEU | 1 | |
| 026 | 11 | Instruction of collecting Feces Samples | 收集糞便樣本指引 | ~ | HKCHEU | 1 | |
| 026 | 12 | Instruction of collecting Urine Samples | 收集尿液樣本指引 | ~ | HKCHEU | 1 | |
| 026 | 13 | Physiotherapy | 物理治療 | ~ | CHIC | 1 | |
| 026 | 14 | A Guide before Operation | 手術前指導 | ~ | CHIC | 1 | |
| 026 | 15 | Care of the Dying (Palliative Care) | 國民醫療服務 -- 對臨終人提供的護理 | ~ | NHS (Kensington & Chelsea, Westminster) | F | |
| 026 | 16 | Signposts – National Information | 打一個電話，就可得到社區的支持服務 | ~ | National Information Forum | F | |
| 026 | 17 | Ealing Patients Right | 伊靈區病人權利憲章 | ~ | Ealing Health Council | F | |
| 026 | 18 | Primary Care Group | 初級保健小組 | ~ | NHS | F | |
| 026 | 19 | Complaints - Listening...Acting...Improving | 投訴 -- 聆聽...行動...改善 | 1996 | NHS | F | |
| 026 | 20 | Your Guide to Local Health Services* | | 2002 | Westminster Primary Care Trust | F | |
| 026 | 21 | NHS and You | 國民保健服務指引 | 2001 | NHS | F | |
| 026 | 22 | How to Get the Best from Your Doctor?# | 如何從你的醫生得到最好的服務 | 2003 | British Liver Trust | | |
| 026 | 23 | Westminster Rehabilitation Service* | | 2004 | Westminster Primary Care Trust | F | |
| 026 | 24 | Patient Advice and Liaison Service PALS*# | 病人諮詢與聯絡服務部(PALS) | 2004 | Camden Primary Care Trust | | |

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| 027 | 01 | Victim Support Scheme | 家庭暴力援助指引與資料 | 1995 | Camden Council | 4 | |
| 027 | 02 | Victim Support Scheme | 家庭暴力，不要默默忍受 | ~ | N. Westminster Victim Support | F | |
| 027 | 03 | Are you experiencing physical or emotional violence from a man you know? | 你是否正遭受著一個你所認識的人所帶來的精神或肉體上的折磨？ | ~ | Westminster Domestic Violence Forum | 10 | |
| 027 | 04 | Domestic Violence Outreach | 家庭暴力的外出及援助服務 | 2003 | CIAC | 1 | |
| 030 | 00 | WOMEN'S HEALTH | 婦女健康 | | | | |
| 030 | 01 | Cancer Control for Women | 國立婦女癌症控制運動 | ~ | WNCCC | 2 | |
| 030 | 02 | Women Nationwide Cancer Control Campaign | 為所有的女性 -- 健康檢查 | 1996 | WNCCC | | 4 |
| 030 | 04 | Sexual Health for Women* | | 1999 | HEA | | |
| 030 | 05 | Sexual Health Booklet for Chinese Women | 女士性健康手冊 | ~ | LCHRC | For Sale | |
| 030 | 06 | Exercise for Women | 婦女健體指南 | [2003] | HKCHEU | 2 | |
| 031 | 01 | Breast Self-Examination ensures early detection of Breast Cancer | 自我檢查早期乳癌 | ~ | HKCHEU | 1 | |
| 031 | 02 | Breast | 乳部 | 1996 | NHS | F | |
| 031 | 03 | What is Breast Screening? | 甚麼是乳房檢查 | 1991 | NHS | F | |
| 031 | 04 | Information about Examination of Breasts | 乳部檢查資料 | ~ | Elizabeth Garrett Anderson Screening Service | 1 | |
| 031 | 05 | Be Breast Aware | 留意你的乳房 | 1998 | NHS | F | |
| 031 | 06 | Understanding of Breast | 乳 -- 你的認識 | 2001 | HKCHEU | 4 | |
| 031 | 07 | NHS Breast Screening | 國民保健服務 -- 乳部檢驗 | 1991 | HEA | F | |
| 031 | 08 | Self-Examination of Breast Cancer | 自我檢查乳房 | 1990 | HKUHS | 1 | |
| 031 | 09 | Breast Screening# | 乳部檢查 | 1996 | N.Thames Breast Prog. Q.A.Reference Centre | | |
| 031 | 10 | Breast Awareness | 乳房的認識 | 1997 | NHS | F | |
| 031 | 11 | Reducing your Risk of Breast Cancer | 預防乳癌 | 2003 | DOH(HK) | 1 | |
| 031 | 12 | Breast Cancer | 乳癌 | 2003 | HK Anti-Cancer Society | | 5 |
| 031 | 13 | Breast Screening - The Facts | 胸部透視資料 | 2001 | NHS | F | |
| 032 | 01 | The Smear Test | 子宮頸液塗片檢查 | 2000 | NHS | F | |
| 032 | 03 | What is a Cervical Smear Test? | 甚麼是子宮頸液鏡片檢驗？ | ~ | Parkside Health Authroity | 2 | |
| 032 | 04 | NHS Cervical Screening | 子宮頸細胞塗片檢查 | ~ | HEA | F | |
| 032 | 05 | NHS Cervical Screening | 子宮頸篩檢陰道鏡檢查 | ~ | HEA | F | |
| 032 | 06 | Cervical Screening | 認識子宮頸細胞檢驗 | ~ | HKUHS | 1 | |
| 032 | 07 | Cervical Screening -The Facts | 子宮頸檢查資料 | 2001 | NHS | F | |
| 032 | 08 | Cervical Cancer | 子宮頸癌 | 2004 | HK Anti-Cancer Society | | |
| 032 | 09 | Ovarian Cancer | 卵巢癌 | 2003 | HK Anti-Cancer Society | | |
| 033 | 01 | Period Pain | 經痛 | ~ | CHIC | 1 | |
| 034 | 01 | What is Menopause?* | | 1990 | HKUHS | | |
| 034 | 02 | Menopause | 更年期揭秘 | [1997+] | HKCHEU | 1 | |
| 034 | 03 | Dealing with Menopause | 女性更年期 | 2003 | DOH(HK) | 1 | |
| 035 | 01 | Women Emotional Health | 婦女心理健康之不一樣的心情 | 2002 | HKCHEU | 2 | |
| 036 | 01 | Who can I turn to for Pregnancy Advice? | 我可向誰求助？ 英國華人指導服務 | ~ | BPAS | 1 | |
| 036 | 02 | Getting Fit for Pregnancy# | 為懷孕準備良好的健康狀態 | 1989 | Maternity Alliance | | |
| 036 | 04 | Nutrition Guide during Pregnancy and Breast Feeding | 懷孕期與哺乳的營養常識 | 1995 | HKCHEU | 2 | |
| 036 | 05 | Antenatal Exercise | 產前運動 | 2003 | HKCHEU | 2 | |
| 036 | 06 | Postnatal Exercise | 產後運動 | ~ | HKCHEU | 1 | |
| 036 | 07 | Post-Partum Depression and other Related Emotional Changes | 認識產後情緒的轉變 | ~ | HKCHEU | 1 | |
| 036 | 08 | Understanding Postnatal Depression # | 了解產後抑鬱症 | 2003 | Chinese Mental Health Association | | |
| 036 | 10 | Rubella and German Measles | 懷孕前必讀手冊 | ~ | HEA | 1 | |
| 036 | 12 | While You are Pregnant | 當你懷孕時 | 1997 | DOH | F | |
| 036 | 13 | Antenatal Care for Your and Your Baby | 為你和你的胎兒做產前護理 | ~ | HA (South Birmingham) | 2 | |

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| 036 | 14 | Blood Tests during Pregnancy | 在懷孕期間接受的血液檢驗 | 1999 | HA (East London &The City) | F | |
| 036 | 15 | How to Get the Best from Maternity Service | 如何取得最好的產科服務 | 1997 | HA | F | |
| 036 | 16 | Caring for your Teeth & Gums during Pregnancy | 懷孕期間護齒常識 | ~ | Oral Health & Ethnicity Unit, University of Leeds | 1 | |
| 039 | 01 | Prevention of Anaemia, Prevention of Osteoporosis | 妳懂得預防嗎? 缺鐵性貧血/質疏鬆症 | ~ | HKUHS | 1 | |
| 040 | 00 | CHILD CARE | 兒童護理 | | | | |
| 040 | 01 | Developmental Warning Signs | 父母心事細如塵，兒女成長觀察勤 | ~ | HKCHEU | 1 | |
| 040 | 02 | When your Child is Sick | 家長資料傳單 -- 當孩子有病時 | ~ | Action for Sick Children | 2 | |
| 040 | 03 | Assessment for Children Care (Age under 8) | 關於對西敏市八歲以下兒童的服務，進行第一次審查 | ~ | City of Westminster | F | |
| 040 | 04 | Child Care Handbook# | 育嬰手冊 | ~ | Nestle | | |
| 041 | 02 | Beast Feeding – Your Choice | 母乳餵養，你的選擇 | 1997 | HA (East London &The City) | F | |
| 041 | 03 | Technique in Breast Feeding | 餵哺母乳的技巧 | ~ | HKCHEU | 1 | |
| 041 | 04 | Breast Feeding | 餵哺母乳益處多，在職母親促兒康 | ~ | HKCHEU | 10 | |
| 041 | 05 | Breast Feeding (0- 6 months) | 嬰幼兒的飲食（初生至六個月） 母乳餵哺 | [2002] | HKCHEU | 1 | |
| 041 | 06 | Working Mothers and Breastfeeding | 在職母親與母乳餵哺 | [2003] | Family Health Service DOH | 2 | |
| 042 | 01 | Milk Feeding (0- 6 months) | 嬰幼兒的飲食（初生至六個月） 奶瓶餵養 | [2002] | HKCHEU | 2 | |
| 042 | 02 | A Food Guide for Babies (0-1 yr) | 嬰兒飲食（0 – 1 歲） | ~ | HKCHEU | 1 | |
| 042 | 03 | Neonatal Jaundice | 切勿忽視新生嬰兒黃疸 | ~ | HKCHEU | 1 | |
| 042 | 04 | Reducing the risk of Cot Death | 減少兒 童猝死症的危險 | 1997 | DOH | F | |
| 042 | 05 | Prevention of Cot | 慎防嬰孩窒息 | ~ | HKUHS | 1 | |
| 042 | 06 | Congenital Thyroid Malfunction | 先天性夾狀腺功能不足 | ~ | HKUHS | 1 | |
| 042 | 07 | Feeding Babies and Young Children (6 months- 2 yrs) Weaning | 嬰幼兒的飲食（六個月至兩歲） 引進固體食物過渡期 | [2003] | DOH(HK) | 2 | |
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| 043 | 03 | Inoculation protects their Future Children | 及早預防德國麻疹，保護她們下一代 | ~ | HKCHEU | 1 | |
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| 043 | 13 | Immunisation | 童年免疫注射指導 -- 包括對腦膜炎認識的輔導 | 1996 | HEA | F | |
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| 050 | 01 | A Complete Guide to Adolescence and Health | 健康青少年寶貴的資源 | ~ | HKCHEU | 8 | |
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