

TSH Charity Activities Sharing Love to Hualien



TSH Biopharm (8432) is celebrating its tenth anniversary this year. On April 12, TSH Biopharm charity activities share love to Hualien Fukang Care Center for Education awareness and Baduanjin activity. Correct medication concepts and Baduanjin can complement each other and work together to improve older adults' health with chronic diseases. Well-being and quality of life!

Fukang was built in 2004. The care recipients are elderly caregivers, patients with chronic diseases, discharged nursing homes, stroke patients, etc., based on honesty, to jointly create a "happy, warm and harmonious" big family.

TSH Biopharm pays attention to the elderly and patients with chronic diseases for many years. It contributes to improving the quality of life of patients whose medical needs have not been met. This time, we hope to bring benefits to the elderly and patients with chronic diseases.



The top ten causes of death for Chinese people are cancer. However, if cardiovascular diseases are integrated, the number of deaths caused by cardiovascular diseases is comparable to cancer. Therefore, the prevention of cardiovascular diseases is necessary. The so-called three highs refer to high blood pressure, high blood lipids, and high blood sugar, which are closely related to cardiovascular diseases and need to be controlled to reduce the occurrence of cardiovascular diseases. Here, through the advocacy of the three-high control, through diet, exercise, and other life behaviors to improve and prevent, it is also called to follow the doctor's prescription to use drugs to coordinate treatment and transmit correct health and education knowledge.



They are leading Baduanjin on the spot to activate the muscles and bones. Because the movements are soothing, the body's burden is small, and it is also quite suitable for the elderly. Simultaneously, according to the integrated literature research, traditional Chinese exercises such as Baduanjin and Qigong have improved the physical function, depression, and quality of life of patients with heart failure, cardiovascular disease, and chronic diseases.

We believe that today, under the Health Education awareness and Baduanjin, everyone will be able to improve the correct concept of medicine and at the same time provide auxiliary methods to enhance the quality of life.

News report:

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- <https://reurl.cc/MZoGmX>
- <https://game.setn.com/game666content.php?newsid=924103>
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- <https://reurl.cc/v5x8bA>
- <http://61.222.185.194/?FID=10&CID=556434>
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