

健康風險可以預防

關鍵在你的選擇

從現在開始管理/
三大風險

代謝症候群，不是沒症狀就沒事

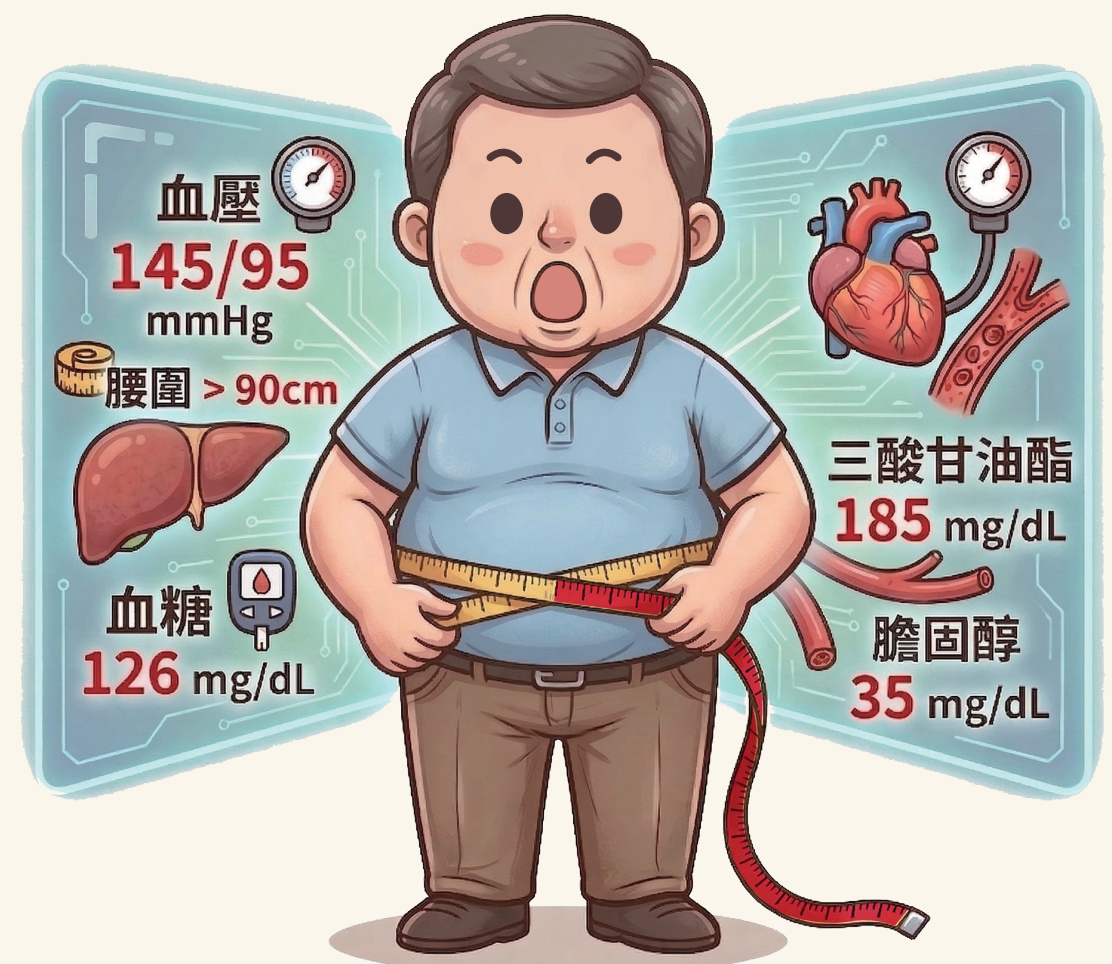
Metabolic Syndrome: No Symptoms Doesn't Mean No Risk

代謝症候群常在無明顯不適時存在，卻會增加中風、糖尿病與心臟病等慢性病風險

Metabolic syndrome often exists without obvious symptoms, but it increases the risk of chronic diseases such as stroke, diabetes, and heart disease.

從生活開始，把健康顧好

Start with your daily lifestyle and take good care of your health.



失智照護，你不用一個人扛

Dementia Care: You Don't Have to Face It Alone

照護路上資源多，為您分擔辛勞
共照專業諮詢、據點認知促進、長照多元照護

There are many resources available along the caregiving journey to help ease your burden. Professional consultation, cognitive support programs, and diverse long-term care services are here for you.

資源早認識，照顧不迷失

Learn about resources early, so caregiving won't feel overwhelming.

檳榔致癌，併用菸酒風險更高

Betel Nut Causes Cancer Even More So with Tobacco and Alcohol

菸檳酒行為致口腔癌機率是常人123倍，
每2年定期接受3分鐘免費口腔黏膜檢查，降低癌症死亡風險

Smoking, chewing betel nut, and drinking alcohol can increase the risk of oral cancer by up to 123 times compared to the general population. Receive a free 3-minute oral mucosal screening every 2 years to reduce the risk of cancer-related death.

拒檳+篩檢，健康Level UP

Say no to betel nut + get screened, level up your health!



掃描瞭解
完整資源
(QR Code)



桃園市代謝症候群
防治專區



預防保健
「口腔黏膜檢查」
篩檢資訊及篩檢院所



勇敢拒檳、戒檳，
重啟健康人生！



什麼是失智症？

早發現、早介入、早改變，你的選擇就是家人的保障