SECTION A: CLAIMANT INFORMATION	
Insured's First Name: We'i	Last Name: X U
□ Male □ Female Date of Birth: 05 14 195	9 Policy #: 0PT 126553
Address in Canada	
Street Address: 36 Shemer Dr	
City/Town: THORNHILL	Postal Code: L4J9A6
Telephone: (905) 709 6019	Email: toby-bian@ smail.com
Country of Origin: China	Date of Arrival in Canada: 03 13 2012
Name and Address of Family Physician in Country of Origin	Name: N/A
Street Address: N/A	<u> </u>
City/Town: N/A	Postal Code: Telephone: ()
Name and Address of Family Physician in Canada	Name: Dr. Harrin
Street Address: 4190 Finch Ave E. Suffe 309	
City/Town: Scarborough	Postal Code: MIS 477 Telephone: (416) 335-3308
Do you have other insurance coverage including Canadian government h	ealth insurance? 🗖 Yes 🕠 No
Do you have insurance coverage through your spouse? 🗖 Yes 💯 No	
If 'Yes', please provide name and address of other insurance company/c	overage:
Name:	1
Street Address: ω / A	
City/Town:	Postal Code: Telephone: ()
SECTION B: MEDICAL INFORMATION	
Brief description of sickness or injury: Shoulder Path.	slower can not move too much
bilet description of sickless of injury.	STOWER (WAYOUT THE DITTE THE MEN
Date symptoms or injury first appeared: 102 2012	Date you first saw physician for this condition: 10 29 2012
Have you ever been treated for this or a similar condition before? $\ \square$ Yes	5 No
If 'Yes', give all dates of treatment and list all medication taken BEFORE	the effective date of the current policy:
Date: M.M./D.D./YYYYY Medication:	
Date: M.M./D.D./YYYYY Medication:	N/A.
With Mark Color 1 William - Alberta Mark Color Color	
SECTION C: EXPENSES CLAIMED	
Name of Provider Diagnosis	Date of Service Amount Billed Amount Paid
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1. Dr. Tin Mediam Vis	0 202102 1202
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3. THERARY REHAB CENTER TREATMEN	NJ NO 02-24 2012 \$300 \$300
SECTION D: AUTHORIZATION AND CERTIFICATION	
TIC is committed to protecting the privacy, confidentiality and security of the personal information of providing you with the requested insurance services. For a copy of TIC's privacy policy, ple-	
I authorize any doctor, hospital or facility providing medical or health related services, and a	ny other insurer to release and exchange with TIC or its representatives, any information
that is required to process this claim. I assign to TIC any benefits payable from any other sou payment directly to TIC. I also authorize any third party providing me with assistance in this of	
adjudication of my claim with TIC. I confirm I am authorized to act on behalf of my dependant	
I certify that the information provided in connection with this claim is complete, true and acc	0 1 13
Full Name of Patient/Insured (please print): We' Xu	Date: Dec 5 20/2
l authorize payment of this claim to (print name):	Li
	1. 0
Signature of Insured (if minor, signature of parent or legal guardian):	a yme
Signature of policy holder of other insurance in Section A (if applicable):	

rivacy Release Form - Third Party

permission for VAN BLAN
THIRD PARTY

Coordinators Ltd. (TIC). my claim #_ including medical records, related to the adjudication of to have access to any and all relevant claims information, __ with TIC Travel Insurance

understanding the claim adjudication and its results. for the purpose of this person assisting me in between TIC and the third party named above solely I understand that this information will be shared

Signed this 23 day of 2001

286

SIGNATURE OF INSURED PERSON

Xu Wei

NAME OF INSURED PERSON (PLEASE PRINT)

IIO claims & travel assistance

5T004MF-0508

TIC Travel Insurance Coordinators

Eastern Claims Toll free 1800 869 6747 Eastern Claims Fax + 416 340 7152

Privacy Release Form - Third Party

my claim #______CLAIM NUMBER permission for including medical records, related to the adjudication of to have access to any and all relevant claims information, INSURED PERSON __ with TIC Travel Insurance THIRD PARTY ., give

understanding the claim adjudication and its results. between TIC and the third party named above solely for the purpose of this person assisting me in I understand that this information will be shared Coordinators Ltd. (TIC).

Signed this 23 day of 200 MONTH

SIGNATURE OF INSURED PERSON

NAME OF INSURED PERSON (PLEASE PRINT)

明 C.傅 貼 士 ---- _{局週炎/五十局} (Frozen Shoulder) 上

文: 傅卓明 (MINGCFU@HOTMAIL.COM)

黃太有天起床後發現右扃疼痛,她懷疑因為昨天去超市買菜比平時買得更多及更重而弄傷了扃膊。黃太於是減少活動右扃,多加休息。可是過了幾個星期,右肩的症狀不但沒有好轉,反而活動幅度漸受限制。黃太發現洗澡後難以將右手抬高去整理頭髮,也難以將右手伸後穿上內衣,晚上睡覺時更不能往右側卧壓到右肩,因為這些動作都會引起右肩劇痛。黃太很是害怕,於是去看醫生,醫生診斷黃太患上肩週炎,需要服藥及接受物理治療。美國波士頓有研究統計每一百人之中有約二至三人會同時患上此一疾病,可見肩週炎其實是非常普遍的。有見及此,傅卓明物理治療師會連續兩週於本欄內介紹肩週炎的成因、症狀及防治方法。

局週炎(Frozen Shoulder / Adhesive Capsulitis) 又稱五十局或雪局,其正式學名為「粘連性關節囊炎」。醫學上局週炎可歸納為四個發病的誘因:

- - 2. 內分泌疾病患者(Endocrine Disorders) : 據統計糖尿病(Diabetes) 及甲狀腺 (Thyroid) 疾病患者的局週炎發病率較同一年齡及性別人仕大幅提高。

 - 4. 其它系統疾病:心臟病、帕金遜症(Parkinson's Disease) 患者等由於日常較少活動肩膊均容易造成肩週炎。

局週炎的常見症狀包括肩關節疼痛、僵硬及病發關節局部失去活動能力。患者會發現病發肩膊無法正常活動,嚴重影響日常生活起居,睡覺時也會由於疼痛而無法側睡。較嚴重患者更會感覺手臂乏力,神經線由於在肩膊受壓導致痛楚或痲痺感覺向手指方向放射,手心冒出冷汗。如不設法治理,可能會引致全條手臂肌肉痙攣抽搐,完全失卻正常手臂功能,患上例如 Reflex Sympathetic Dystrophy (簡稱 RSD)等更嚴重疾病。因應局週炎的症狀,醫學界普遍將其劃分為三個階段:

- 1. 痛楚期 / 急凍期——通常指病發初期(約六至十二週之間) **局膊感到非常疼痛** 又無法如常活動。
 - 2. 冰封期——通常指急凍期後的四至六個月期間痛楚減輕,但肩膊更感僵硬。
- 3. 解凍期/恢復期一一當患者肩膊逐漸恢復活動能力,痛楚及僵硬感便會隨之減輕,最後完全恢復活動能力。通常解凍期約需時六個月至兩年之間,有些人甚至永遠無法完全回復活動能力。

下週本欄會繼續探討周週炎的防治方法。

明 C. 傅 贴 士 ---- _{局週炎/五十局} (Frozen Shoulder) 下

文:傅卓明 (MINGCFU@HOTMAIL.COM)

上週傅卓明物理治療師已於本欄介紹局週炎的成因及症狀,今期本欄會深入探討局週炎的防治方法。有些病人可能會長期停滯於其中一個前述的局週炎階段而沒有進展。治療局週炎的關鍵便在於提早完結痛楚及冰封期,加速恢復期的進度及關節自由活動能力的完整度。

- 1. 藥物治療——醫生會因應病人的局週炎症狀及身體狀況處方消炎止痛藥及肌肉 鬆弛藥幫助控制及舒緩病情。因為局週炎病人普遍都會有一種「越痛越不敢 動,越不動關節活動越受限制所以更痛」的惡性循環。藥物治療便是針對這方 面的主要治療方法。
- 2. 物理治療——註冊物理治療師經過診斷後會因應局週炎的不同階段使用熱敷(或 冰敷)、超聲波、電療、激光、針灸、手力治療(或手力復位)、按摩及肩膊伸展 運動等作為適當的治療。其中熱/冰敷、電療、激光及針灸的主要作用為消炎、 止痛及鬆弛患病關節,舒緩局週炎引致的症狀。手力治療、手力復位、按摩及 肩膊伸展運動則主要幫助患者恢復活動能力。
- 3. 關節內注射一一對於較嚴重的局週炎患者,專科醫生會使用類固醇 (CORTISONE)作關節內注射,以期達到消炎及鎮痛效果。患者注射後必需配合 適當的物理治療以恢復關節的活動能力。
- 4. 外科鬆動術——如上述所有方法都無法治療病患,患者可能會被轉介至外科醫生進行外科鬆動術(MANIPULATION UNDER ANAESTHESIA)。患者首先會接受痲醉,然後外科醫生會將患者的肩膊粘連部份拉鬆。由於不用開刀,因此不會造成傷口及結痂。
- 5. 微 創 手 術 一 一 除 外 科 鬆 動 術 外 , 如 有 必 要 , 外 科 醫 生 亦 會 以 微 創 (ARTHROSCOPIC)方法治療 局 週 炎 。 微 創 手 術 主 要 目 的 是 透 過 鑽 開 小 孔 再 以 微 型 鉗 刀 將 粘 連 部 份 切 開 (SURGICAL CAPSULAR RELEASE) 。 患 者 接 受 微 創 手 術 後 一 般 都 會 獲 外 科 醫 生 轉 介 至 物 理 治療 以 深 化 微 創 手 術 的 治療 效 果 。

其實讀者不難留意上述所有治療方法旨在為患者恢復肩膊的活動能力。讀者應緊記前 述局週炎「越痛越不動,越不動關節活動越受限制所以更痛」的道理。所以傅卓明物 理治療師忠告廣大讀者為預防局週炎,平日應定時把雙肩向全部不同方向伸展。日常 運動如太極、瑜伽、游泳等均能達致同一效果。如果不幸患上局週炎,應及早接受醫 生及物理治療師的診治,以免病情日漸加深。

傅卓明物理治療師查詢電話 416-332-1168



SIMONIAN PHARMACY LTD. #1170 9306 BATHURST STREET VAUGHAN, ON L6A 4N9 CANADA Phone: 289-304-8722 Healthwatch **C** Pharma Track[®]

Patient:

WEI XU

Prescriber: Brand Name: DR. ALAN ZHENG LIU YIN TEVA-NAPROXEN 375MG

Chemical Name: NAPROXEN 375MG

Date: 2012/11/29 Tx: 18052525 DIN: 00627097

Common uses

This medication is a nonsteroidal anti-inflammatory drug (NSAID). Typically, it is used for pain or for inflammation. It may also be used for the relief of osteoarthritis, as well as for other uses. Its effects can be felt within 1 hour.

How to use this medication

This medication is typically used twice a day. However, your doctor or pharmacist may have suggested a different schedule that is more appropriate for you. Depending on the treated condition, it may be used regularly or only as needed. Follow the instructions provided by your doctor or pharmacist.

Important: Follow the instructions on the label. Do not use more of this product, or more often, than prescribed. This medication may irritate the stomach, and should be taken with food. It is best to avoid coffee, spicy food or alcohol.

As with most medications, this product should be stored at room temperature. Store it in a secure location where it will not be exposed to excessive heat, moisture or direct sunlight. Keep it out of reach of young children.

Possible side effects

In addition to its desired action, this medication may cause some side effects, notably:

- it may cause heartburn;
- it may cause headaches;
- it may cause nausea or, rarely, vomiting;
- it may cause dizziness -- use caution when getting up from a lying or sitting position;
- it may make your skin more sensitive to the sun or sun lamps -- wear sunscreen and avoid exposure to sunlight as much as possible.

Each person may react differently to a treatment. If you think this medication may be causing side effects (including those described here, or others), talk to your doctor or pharmacist.

Additional information

This medication may interact with another medication or supplement that you are taking. Although many interactions are minor, some may cause severe problems. Fortunately, many interactions may be dealt with by a dosage adjustment or a change in medication schedule. Check with your pharmacist before using this medication in combination with any other medications (including non-prescription products), vitamins or natural products.

General information

It is important to tell the health professionals you consult:

- if you have a history of any other medical condition, whether you smoke and for women, if you are pregnant or breast-feeding;
- if you have allergies to any medications or any other allergies (e.g. to food, latex, etc.);
- all medications you are taking, prescription and non-prescription, including vitamins and natural products and supplements.

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BOUNTY PAPER TWLS	В	4.99 SALE
AVEENO DIAPER CRM	В	6.99 SALE
AVEENO DIAPER CRM	В	6.99 SALE
WEBBER CALC LIQ	В	13.99

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MASTERCARD: 78.98

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Current Points Balance	18700
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#102 - 4190 Finch Avenue East, Scarborough, Ontario M1S 4T7 Tel: 416-332-1168 Fax: 416-332-8863

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Referring Physician

P T REHAB CENTER

專業 物理治療康復中心

4190 Finch Avenue East, Suite #102, Scarborough, Ont. M1S 4T7
(N.W. CORNER OF FINCH AND MIDLAND)
Tel: (416) 332-1168 Fax: (416) 332-8863

Directing Physiotherapist:

Chapman Fu 傅卓明

Registered Physiotherapist (Ontario, H.K.) Cert. MDT (McKenzle Institute International) Member of CPA, and C.S.C.M.A.

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