



CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

A non-profit community health center established in 1971 to ensure that Asian Americans in New York City have access to quality health care.

We Are Your Medical Home

The Charles B. Wang Community Health Center has been serving Asian American families for more than 38 years. Our goal is to help you to maintain good health. We are your Medical Home – a central place for you and your family to receive health care that meets your needs. As your Medical Home, we provide high quality primary care, accessible and affordable services, timely referrals to specialists, and other services.

As your Medical Home, we want you and your family to be healthy and to stay healthy!

Our services are:

☞ ACCESSIBLE

We are open 7 days a week with same day appointments when you are sick and need to see a doctor without delay. If you need medical advice after-hours, an on-call physician is available to answer questions by telephone. If you don't have health insurance, we offer reduced fees based on your income. No patient will be denied services solely based on ability to pay.

☞ COMPREHENSIVE

We provide primary care for you and your family, including Internal Medicine, Women's Health, Obstetrics/Gynecology, Pediatrics & Adolescent Care, Mental Health, Dentistry, Social Work and Health Education. Our healthcare staff will help you find the right specialist in the community or in local hospitals when needed.

☞ COMPASSIONATE

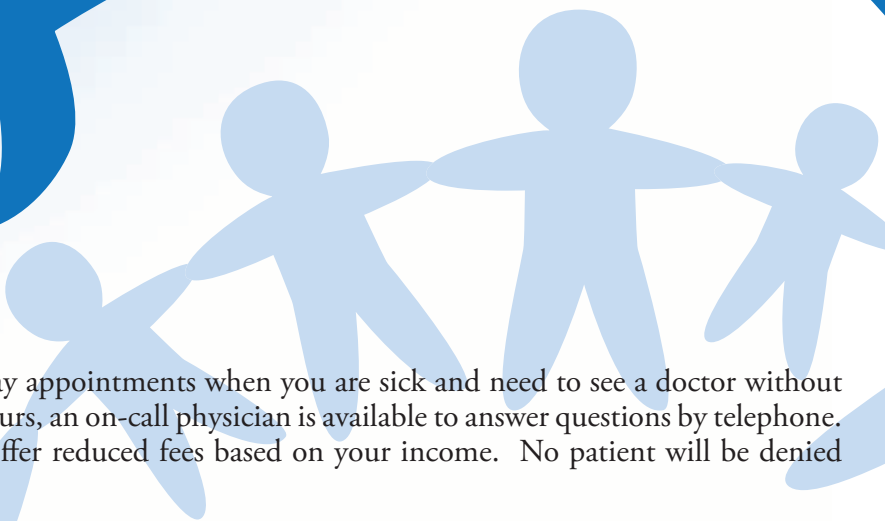
We care about you and your family! We understand your needs and will work with you and your family to determine your best treatment plan. We will take responsibility for making sure that your medical needs are met, and also help you with your non-medical needs.

☞ HIGH QUALITY

Our healthcare staff work closely as a team to provide you with high quality health care. We follow the best available medical practice. All of our providers and professional staff are well-trained, and licensed by the State of New York.

您的醫療之家
我們關心您

We Are Your Medical Home
We Care About You



Preventive Health Has Benefits for You

An Interview with Dr. Ginger Wen-Hsuan Wey



Dr. Wen-Hsuan Wey is a board-certified internal medicine doctor at the Charles B. Wang Community Health Center. Dr. Wey received her medical degree from the University of Medicine & Dentistry of New Jersey. She was a resident physician at St. Vincent's Medical Center.

What is preventive health?

Preventive health is basic healthcare practices that everyone can do to maintain their health. This helps prevent health problems from occurring. A car needs regular maintenance to continue to function. So does the human body. If you don't maintain your health, your body may not function the way it should.

What steps can someone take to practice preventive health?

Preventive health practices can be daily activities such as:

- Exercising
- Eating healthy meals
- Taking care of your teeth, such as brushing and flossing

Routine self-exams are also good health practices:

- Testicular exams for young men
- Breast exams for older women

It is also yearly physical exams with your doctor for:

- Vaccination shots
- Disease and cancer screenings

What are the benefits of preventive health practices?

Preventive health practices give your body the best chance for not developing disease. Someone with a poor diet can become overweight, which can lead to many health problems. Eating healthier and exercising can help to fight off health problems. Also, caring for your teeth every day improves oral hygiene, which then prevents tooth decay. This may help prevent the need for painful and expensive dental procedures. By preventing health problems, you can save yourself unnecessary time and cost to treat conditions that could have been avoided.

With simple preventive health steps, quality of life can be improved not just for you but also for those around you. For example, a flu shot not only helps you from getting the flu but also prevents you from spreading the flu to your family, friends or coworkers. By practicing preventive health, you and those around you have a higher chance of avoiding health problems and unnecessary treatment.

Can all health problems be prevented?

No, not all health problems can be prevented. But if you detect the health problem early, you may be able to prevent it from getting worse. For example, getting screened for cancer at your annual doctor's visit can help detect cancer early. Then you can be treated before the cancer gets worse. Usually, if detected and treated early, treatment has a better chance of success. Preventive health can help improve your quality of life so you can live a longer and healthier life.

How can a doctor help with preventive health?

A person cannot maintain good health alone. Regular yearly visits to a doctor are important.

A doctor can:

- Give you vaccination shots, like flu shot or tetanus shot. Certain illnesses in children can be prevented if they receive all their vaccinations.
- Screen you for different diseases that affect many Asians, like hepatitis B
- Screen you for different cancers through a PAP smear or digital rectal exam, or refer you for a mammogram or colonoscopy.
- Educate you on how to watch out for cancers you may be at risk for. For example, if you have a family history of colon cancer, you may have a higher chance of developing that cancer.
- Help you recognize risk factors for diseases. For example, if you have high cholesterol, a doctor will let you know that it may increase your chance of getting heart disease.
- Help direct you in your lifestyle changes, such as how to develop healthy eating and exercise habits.

The Charles B. Wang Community Health Center offers preventive health educational workshops and screenings. For more information, call the Health Education Department at (212) 966-0461.

Stay Healthy. Get a Check Up. Make an appointment! Call or visit us at:

268 Canal St., New York, NY 10013
Internal Medicine 212-379-6996
Women's Health 212-966-0228

125 Walker St., New York, NY 10013
Pediatrics 212-226-3888
Dental 212-226-9339

136-26 37th Ave., Flushing, NY 11354
Internal Medicine, OB/GYN 718-886-1200
Pediatrics 718-886-1222

預防治療做得好，遠離疾病機會高

訪問魏文璇醫生



魏文璇醫生是王嘉廉社區醫療中心的內科醫生，持有內科專科特考文憑。她畢業於新澤西州醫科和牙科大學，曾在聖雲仙醫院任住院醫生。

什麼是預防治療？

預防治療是通過一些基本的醫療保健措施來達到防病保

健的目的，人人都可以實行。人體就像汽車一樣，需要定期保養才能保持正常運作。沒有適當保養，你的身體就不能正常運作，那麼健康問題就出現了。

如何實行預防治療？

你可以通過以下的日常活動來保持身體健康，例如：

- 堅持運動
- 吃得健康
- 刷牙及使用牙線等來保護牙齒

定期自我檢查也是保健好方法：

- 年輕男性作睪丸檢查
- 較年長的婦女作乳房檢查

同時，每年由醫生作體檢，接受：

- 疫苗注射
- 疾病及癌症篩檢

預防治療有什麼好處？

預防治療做得好，能降低患病的機會。不良的飲食會導致超重，引發許多疾病。選擇較健康飲食及每日堅持運動可幫助對抗疾病。另外，每天護理牙齒，可以改善口腔衛生，從而預防蛀牙。這樣可避免又痛又貴的牙科治療。俗語有云：“預防勝於治療”。預防治療的好處是既省錢又省時的最佳保健方法。

預防治療措施簡單有效，受益的不僅是你，還有你周圍的親朋。比如你打了流感預防針，不僅你自己可以預防流感，還避免了你把流感傳染給周圍的人的機會。這樣，預防治療讓你的家人、朋友和同事都能避免感染疾病及不必要的治療。

是否所有疾病都可以預防？

有些疾病不一定預防得了。但是，及時發現就可以防止進一步惡化。比如，在每年體檢時，做癌症篩檢有助於及早發現癌症，病人就可以在癌症惡化前得到治療。一般來說，早期發現，及早治療，治愈的機會就大。預防治療可以提高生活質量，使你更長壽、更健康。

醫生可以提供哪些預防醫療服務？

光靠個人的力量是不足夠保持身體健康的。因此，由醫生作年度體檢非常重要。

醫生可以：

- 提供疫苗注射，例如：流感疫苗注射或破傷風注射。兒童按照適當的年齡注射疫苗，可助預防某些疾病。
- 作各種疾病的篩檢，特別是影響亞洲人的疾病，例如：乙型肝炎。
- 作各種癌症篩檢，例如：子宮頸抹片檢查、直腸指檢、乳房X光檢查及大腸鏡檢查等等。
- 指導你如何注意風險較高的癌症。例如：如果你的家庭有大腸癌的家族史，你的風險就更高。
- 幫助你認識疾病的風險因素。例如：如果你的膽固醇高，醫生會告訴你，高膽固醇可能會增加心臟病的風險。
- 指導你改變生活方式，比如，如何養成健康飲食和運動的習慣。

王嘉廉社區醫療中心舉辦預防保健教育講座並提供健康篩檢。詳情請致電健康教育部，電話號碼(212) 966-0461。

健康乃是無價寶，定期體檢身體好。

請與本中心預約做體檢。

華埠堅尼路268號，
郵政號碼10013

內科部 電話 212-379-6996
婦女健康部 電話 212-966-0228

華埠獲加街125號，
郵政號碼10013

兒科部 電話 212-226-3888
牙科部 電話 212-226-9339

法拉盛37大道136-26號，
郵政號碼11354

內科，婦產科部 電話 718-886-1200
兒科部 電話 718-886-1222



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王嘉廉社區醫療中心成立於1971年，是一所非牟利的健康醫療機構，致力於為紐約的美國亞裔提供優質的醫療保健服務。

您的醫療之家

王嘉廉社區醫療中心為亞裔居民服務超過38年。我們的目標是致力幫助您及您的家庭保持身體健康。我們是您的醫療之家，為您和您的家人提供所需要的醫療服務。作為您的醫療之家，我們竭誠為您提供高質量、方便以及低廉的基本醫療護理和及時的專科轉介服務。

作為您的醫療之家，我們衷心地希望您和您的家人身體健康，身心愉快。

我們的服務包括：

方便週到

我們每週開診七天，並提供當天急診預約服務。我們設有二十四小時緊急電話服務，值班醫生在休診以後通過電話為您提供醫療諮詢。如果您沒有醫療保險，我們會按照您的收入提供優惠低廉的收費。您不會因沒有能力支付診金而被拒絕看診。

多元化

我們為您及您的家人提供全面性的基本醫療服務，包括內科、婦女健康、婦科、產科、小兒科、青少年健康、心理健康、牙科、社工和健康教育。而且，我們的醫護人員會根據您的需要，為您轉介到區內適合您的專科醫生或當地醫院。

關懷備至

我們關心您和您的家人！我們了解你們的需要，與您共同制定最適合的治療方案，確保您的醫療需求都得到完善的安排。另外，對醫療以外的需求我們也樂於提供幫助。

專業優質

我們的醫生和醫護專業人員組成密切合作的團隊，遵照最佳的醫療指引，共同為您提供優質的醫療服務。所有的醫護專業人員都受過良好的訓練，並持有紐約州的專業執照。

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