



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.

Back To School Health



Whether your children are starting nursery school, pre-k, or kindergarten or your children are going to college, now is the time to schedule their physical check up. Annual physical check ups allow you to make sure that your child is healthy and ready to start the new school year.

What to Bring to a Check Up:

- Any school forms that need to be filled out
- Your child's immunization card
- Your child's insurance card
- Your child's current medications (all bottles, pumps, creams, or ointments)
- Your child's medical records (if he or she is a new patient)

What to Expect during a Check Up:

Routine Exams

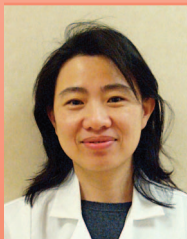
Check ups cover your child's overall health and development. The doctor checks your child's heart, lungs, blood pressure, throat, hearing, and vision. The doctor will also measure your child's height and weight to make sure he or she is not overweight, obese, or underweight.

Vaccines

The doctor will make sure that your child has all of the shots he or she needs to help prevent diseases. Children must have all of their shots before starting any public or private school.

To find out which shots your child should have, ask your child's doctor for an immunization schedule. You can also call the Health Education Department at (212) 966-0461 or visit the health center's Web site (http://www.cbwchc.org/project/brochures/brochures_ped.html#immunization) for an immunization schedule.

To schedule a check up, call (212) 226-3888 (Chinatown) or (718) 886-1222 (Flushing).



~Jingjing Ao, MD

Dr. Ao is a Board-certified pediatrician at the Charles B. Wang Community Health Center. She received her medical degree from Sun Yat-Sen University of Medical Sciences in Guangzhou, China and completed her residency at The Brooklyn Hospital Center.

Join Us For Good Health Day!

Join us for our annual Good Health Day health fair! Activities include:

- Free screenings for cholesterol, blood sugar, blood pressure, and more
- Health activity booths on oral health, diabetes, heart disease, pediatrics, women's health, and teen programs
- Face painting, clowns, aerobics, music, and cultural performances

Chinatown Good Health Day

Sara D. Roosevelt Park
Wednesday, August 4
10am-3pm

Flushing Good Health Day

136-26 37th Avenue,
Parking Lot
Saturday, August 7
10am-3pm

Stay healthy.
Get a check up.
Make an appointment!

Bubble Tea And Other Summer Sweets

The summer heat often calls for summer sweets like bubble tea and ice cream. While refreshing, these sweet drinks and desserts can pack a lot of sugar, fat, and, ultimately, calories. Try these tips for healthier ways to stay cool and enjoy the summer.



Bubble Tea

The smallest portion size of bubble tea usually comes in a 16-ounce cup and has about 360 calories.

Bubbles or pearls are made from tapioca, a starch made from cassava, a tropical root crop. Tapioca bubbles provide carbohydrates but few other nutrients.

Tips for Better Health

- Ask for a smaller size, if available. Choose tea flavors with less sugar and skip the bubbles once in a while.
- Make your own healthier drink. Mix 100% fruit juice with seltzer water.
- Thirsty? Water is the best thirst quencher.



Glutinous Rice Balls

Tangyuan, or glutinous rice balls, are a popular dessert. However, just four of these little glutinous rice balls can have 300 calories.

Tips for Better Health

- Save these treats for the holidays, or share a bowl with a friend.
- For a warm dessert with a little more nutrition and less sugar, try sweet beancurd with no more than 1 teaspoon of syrup.



Mango Pudding

Ingredients: Sugar, mango, cream or coconut milk, gelatin. Mangoes are rich in vitamin A; however, mango pudding can have as many as 200 calories because the cream or coconut milk is high in fat.

Tips for Better Health

- Make your own mango pudding using evaporated milk instead of cream for a pudding lower in fat.
- Use mango to make a fruit salad with fresh seasonal fruit.



Ice Cream

Ice cream is a fun snack, but it can have a lot of sugar and fat. Choose one small scoop instead of two. Add fresh fruit instead of chocolate sauce as a topping.

Tips for Better Health

- Try sorbet or low-fat frozen yogurt.
- Make your own fruit popsicles by freezing 100% juice in ice cube trays.
- Freeze seedless green grapes for a quick and refreshing snack.

How To Prepare For A Doctor's Visit

When you come prepared for a doctor's visit, you will receive better care. Follow these tips to help you get the most out of your appointment:

Make a List of Questions or Concerns

Write a list of questions for your doctor, so you won't forget to ask them during your visit. Be prepared to tell your doctor about any changes in your health. If you have any pain, where does it hurt? When did it start? How severe is the pain?

Ask a Friend or Family Member to Go with You

Consider bringing a friend or family member for support. Friends and family can help you ask questions and better understand your health condition.

Pack Your Medications and Vitamins

Place all of the medications you are currently taking (including any vitamins, medicines from other doctors, and herbal or traditional remedies) in a bag, and take them with you. Bring your medications in their original bottles. This allows your doctor to see all of the medications you take.

Bring a Notebook and Pen

If you take notes during your appointment, you'll be more likely to remember information later.

Bring Important Documents

Bring your insurance card (if you have one), immunization card, and appointment card. Be prepared to update your address or phone number at the reception desk, so we can contact you if needed.

If this is your first visit with a new doctor, bring your medical records of your health history. This can help prevent you from repeating tests or vaccinations. Bring any documents, such as emergency contact information, that you may need to fill out forms.



Get Active. Get Healthy.

There are plenty of reasons to exercise. Exercise allows us to stay healthy, learn new skills, and meet new friends. It also helps prevent obesity and may help kids do better in school. A report from the New York City Department of Health and Mental Hygiene showed that fit students scored higher on academic tests and that healthy, active kids are able to learn better.

To help Chinatown youth and their families get physically active, the Charles B. Wang Community Health Center is participating in Chinatown JUMP (Joining Urban Partners for More Physical Activity). Chinatown JUMP is a five-year program funded by the New York State Department of Health, Division of Chronic Disease Prevention and Adult Health, Healthy Heart Program. The program promotes exercise among Chinatown youth and their families who are at risk for obesity and poor heart health.

How Can You Get Active?

Visit Your Nearest Park with Friends and Family

Go to parks such as Columbus Park, Flushing Meadows Corona Park, or Brooklyn Bridge Park. You can play sports like soccer, basketball, or handball, or simply go for a walk. Either way, you can spend time together and improve everyone's health at the same time.

Exercise at New York City Recreation Centers

Go to centers like the Alfred E. Smith Recreation Center (80 Catherine Street) or Tony Dapolito Recreation Center (3 Clarkson Street) for free on the first Monday of every month. These centers also offer free Shape Up NYC fitness classes. For more information on the recreation centers and fitness classes, visit <http://www.nycgovparks.org/befitnyc/>, and look for BeFitNYC Free First Mondays and Shape Up NYC.



~Eda Chao, MD

Dr. Chao is a Board-certified pediatrician at the Charles B. Wang Community Health Center. She received her medical degree from University of California, San Diego and completed her residency at Columbia Presbyterian Medical Center.

Keep Your Teeth And Gums Healthy!



Healthy teeth and gums are important for your overall health. Without proper care, you may develop cavities or painful gum infections. Dental problems can affect the way you eat, talk, and look.

You can prevent problems, avoid costly dental treatments, and avoid tooth loss if you:

- Brush your teeth at least twice a day to prevent cavities.
- Floss between your teeth to prevent gum infections.
- Avoid foods that contain a lot of sugar, which helps plaque grow.
- Avoid tobacco, which can cause oral cancer and gum disease. Gum disease may be linked to heart disease and stroke.
- Visit the dentist every six months. The dentist can clean your teeth and make sure they are healthy.



~Gain Lu, DDS

Dr. Lu is a Board-certified dentist and the assistant dental director at the Charles B. Wang Community Health Center. She received her dentistry degree from New York University College of Dentistry and completed her training at Yale New Haven Hospital.



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王嘉廉社區醫療中心

General Info Line (212) 226-8339
Website www.cbwchc.org

268 Canal Street, New York, NY 10013
Internal Medicine (212) 379-6998
Women's Health (212) 966-0228

125 Walker Street, 2/F, New York, NY 10013
Pediatrics & Adolescent Health (212) 226-3888
Teen Resource Center (TRC) (212) 226-8866 ext. 5209
Dental (212) 226-9339

136-26 37th Avenue, Flushing, NY 11354
Internal Medicine / OB/GYN (718) 886-1200
Pediatrics (718) 886-1222

Health Education Department (212) 966-0461

Social Work Department
Chinatown (212) 226-1661
Flushing (718) 886-1212



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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。

開學前身體檢查， 應注意的事項



無論您的孩子是要上托兒所、學前班、幼稚園或上大學，現在是為他們安排身體檢查的時間。年度體檢能夠幫你確定孩子的健康，以便開展新學年的學習與生活。

體檢需要攜帶的文件：

- 所有必須填報的學校表格
- 孩子的疫苗注射卡
- 孩子的醫療保險卡
- 孩子目前所用的藥物（所有藥瓶、藥泵、軟霜、或藥膏）
- 孩子的病歷（如果他／她是新來看診的孩子）

體檢包括：

例行檢查

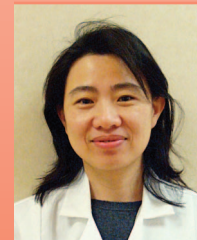
體檢範圍包括孩子的整體身體健康和個人發展狀況。醫生會檢查孩子的心臟、肺部、血壓、喉嚨、聽力和視力。醫生也會量度孩子的高度和體重，確定他／她沒有過重、肥胖或過輕。

疫苗

醫生會確定孩子已經接種了全部必要的疫苗，幫助他們預防疾病。無論是公立或私立學校，學生都必須接種所有規定的疫苗才能開始上學。

你可以向子女的醫生索取一份疫苗時間表，瞭解孩子還需要接種什麼疫苗。您也可以致電王嘉廉社區健康中心健康教育部：(212)966-0461 或瀏覽其網站：http://www.cbwchc.org/project/brochures/brochures_ped.html#immunization 瞭解詳情。

預約體檢請致電：(212) 226-3888（華埠），(718) 886-1222（法拉盛）



~教晶晶醫生

教醫生擁有兒科特考文憑，是王嘉廉社區醫療中心的兒科醫生。她畢業於中國廣州中山醫科大學，在布碌崙中心醫院完成住院醫生培訓。

歡迎參加 我們的 健康日 活動！

歡迎參加我們的
年度健康日活動！
活動包括：

- 免費膽固醇、血糖、血壓及其它疾病的篩檢

- 健康活動攤位，包括：口腔健康、糖尿病、心臟病、兒科、婦女健康及青少年活動

- 畫臉、小丑、有氧健身操、音樂及文藝表演

華埠健康日

華埠羅斯福公園
8月4日（星期三）
上午10點至下午3點

法拉盛健康日

37大道136-26號，
停車場
8月7日（星期六）
上午10點至下午3點

健康乃是無價寶，
定期體檢身體好。
請預約做定期
身體檢查！

珍珠奶茶和其他夏日甜食

炎炎夏日，很多人都會來一杯珍珠奶茶或冰淇淋等夏日甜食。這些甜味飲料和甜點雖然消暑解渴，但是它們可能含有大量的糖份和脂肪，而且卡路里含量極高。不過，只要你遵照以下建議，便能在夏天既享受清涼又保持健康。



珍珠奶茶

市面上出售的珍珠奶茶最小杯裝一般是16安士，大約含有360卡路里。

珍珠是由來自熱帶地區的莊稼—木薯根部磨成澱粉製做的。木薯除了提供碳水化合物，沒有多少其他營養。

更健康的建議：

- 如果可以的話，應該購買小杯裝，並選擇少糖的茶味飲料，而且偶爾不要珍珠。

- 自製健康飲料，只要把100%果汁混合碳酸水(seltzer water)就完成。

- 實在口渴難忍？水就是最好的解渴良方。



湯圓

湯圓是十分流行的甜點，但是四粒這樣小小的糯米球可含有高達300個卡路里。

更健康的建議：

- 只在節慶假日品嚐，並且與朋友分享一碗。

- 如果你想要一份營養更多而糖份更少的熱甜點，甜豆腐加不超過一茶匙的糖漿也是很好的選擇。



芒果布丁

成份：糖、芒果、奶油或椰子奶、凝膠。芒果雖然含有豐富維他命A，但是奶油或椰子奶則有大量脂肪，因此芒果布丁可含有高達200個卡路里。

更健康的建議：

- 自製芒果布丁，使用淡奶代替奶油以達到減少脂肪的效果。

- 使用新鮮時令水果，配合芒果製作一份水果沙拉。



冰淇淋

冰淇淋雖然是一種令人開懷的甜點，但是卻含有大量糖份與脂肪。你可以選擇一小份冰淇淋而不是兩份，再用新鮮水果取代巧克力醬作為調料。

更健康的建議：

- 改吃雪芭或低脂肪酸奶凍。

- 往製冰盒子注入100%果汁自製水果冰棒。

- 把無籽提子冷凍就會變成一種既容易製作又十分清爽的小食。

看醫生之前 做好準備

如果你在看醫生前做好準備，可獲得更好的照顧。你只要按照以下建議，可幫助你看診時順利達到你所需：

列出你關心的問題

列出所有你想向醫生諮詢的問題，你在看診的時候就不會忘掉。事先做好準備，告訴醫生你的健康有任何改變。如果你出現任何疼痛，痛在哪裡？什麼時候開始？疼痛有多嚴重？

請朋友或家人跟你一起看診

你可考慮請朋友或家人與你一同去看診，給你支持。朋友和家人能夠幫你一起提出問題，讓你更瞭解自己的健康情況。

攜帶你的藥物和維他命

把你目前正在服用的所有藥物（包括任何維他命、其他醫生開的藥物、還有草藥或傳統藥方）放在一個袋子內，一同帶去看醫生。藥物必須放在原來的瓶子內，讓醫生瞭解目前你正在服用的所有藥物。

攜帶一本筆記簿和一支筆

如果你在看醫生的時候做筆記，這可讓你記得有關的資料。

攜帶重要的文件

攜帶你的醫療保險卡（如果你有醫療保險卡）、注射疫苗卡和覆診卡。向接待處工作人員更新您的住址或電話號碼等個人資料，以便醫生與你聯絡。

如果你是第一次看醫生，請帶同你的病歷。這樣可避免重複一些已測試或重新接種疫苗。你也需要提供緊急聯絡人的資料，用於填報一些表格。

保持活躍，健康常駐



我們有足夠的理由來做運動。運動能讓我們保持健康，學習新的技能，認識新的朋友。運動也有助於預防肥胖症，幫助孩子在學校上表現得更好。紐約市健康與心理衛生局的一份報告指出體格好的學生學習成績也好，身體健康，愛做運動的孩子學習也更好。

為了幫助華埠社區的青少年及家人獲得體力活動的機會，王嘉廉社區醫療中心參與了華埠J.U.M.P.!健康心臟計劃。(J.U.M.P.!表示：加入城市伙伴，做更多的體力活動)。華埠J.U.M.P.!計劃是由紐約州衛生局健康心臟計劃資助的一個為期5年的計劃。該計劃為華埠社區內有患肥胖症及心臟健康問題的青少年及家人倡導體力活動。

你應如何保持活躍？

與家人及朋友到你家附近的公園做運動

你可以去公園做運動，例如：哥倫布公園、法拉盛草原可樂娜公園或者布碌崙大橋公園。你們可以做體育運動，例如：足球、籃球或手球，也可只是步行。不論哪種運動方式，你們都可以一起花時間做運動，一起改善每個人的健康。

在紐約市康體中心做運動

每個月的第一個星期一，你可去一些康體中心，例如：Alfred E. Smith Recreation Center(Catherine街80號)或Tony Dapolito Recreation Center(Clarkson街3號)免費做運動。這些康體中心也提供免費的“紐約市健身課程”。需要諮詢更多有關這些康體中心及健身課程的資訊，請瀏覽<http://www.nycgovparks.org/befitnyc/>，查找有關“BeFitNYC每月第一個星期一—免費活動”及“紐約市健身課程”的內容。



~趙文祺醫生

趙醫生擁有兒科專科特考文憑，是王嘉廉社區醫療中心的兒科醫生。她畢業於加州大學圣迭戈分校，在哥倫比亞長老會醫療中心完成住院醫生培訓。

保護你的 牙齒和 牙齦健康！



健康的牙齒和牙齦對你的身體健康極其重要。缺乏適當護理，你便可能會出現蛀牙或承受牙齦發炎之苦。牙齒疾病甚至會影響進食、說話與容貌。

如果你遵從以下步驟，就能夠避免問題發生和省下昂貴的牙科治療費用：

- 每天最少刷牙兩次可以預防蛀牙。

- 使用牙線清潔牙縫可以防止牙齦發炎。

- 避免進食含有大量糖份的食物，它們會導致牙菌膜滋生。

- 避免抽煙，煙草能導致口腔癌和其他牙齦疾病，牙齦疾病又與心臟病和中風有關。

- 每六個月看一次牙醫，牙醫會幫你洗牙，確保牙齒健康。



~盧琪琪牙醫博士

盧牙醫擁有牙科特考文憑，是王嘉廉社區醫療中心的牙科部副主任。她畢業於紐約大學口腔醫學院，在耶魯大學紐黑文醫院完成住院醫生培訓。



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諮詢熱線 (212) 226-8339
網址 www.cbwchc.org

268 Canal Street, New York, NY 10013
內科部 (212) 379-6998
婦女健康部 (212) 966-0228

125 Walker Street, 2/F, New York, NY 10013
兒科及青少年部 (212) 226-3888
青少年資源中心 (212) 226-8866 內線 5209
牙科部 (212) 226-9339

136-26 37th Avenue, Flushing, NY 11354
內科部 / 婦產科部 (718) 886-1200
兒科部 (718) 886-1222

健康教育部 (212) 966-0461

社工部
華埠 (212) 226-1661
法拉盛 (718) 886-1212