



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.



Protect You And Your Family From The Flu

The flu is a virus that causes fever, cough, sore throat, muscle aches, chills, and fatigue. The virus spreads through the droplets from an infected person's coughs and sneezes.

1. How can I protect myself and my family from the flu?

Get the flu vaccine as soon as the vaccine is available. Everyone 6 months of age and older should get a flu vaccine. It is especially important for:

- Health care workers
- Pregnant women (past the third month of pregnancy)
- People 50 years of age and older
- Children, especially for ages 6 months to 5 years old
- Residents of nursing homes
- People with certain chronic medical conditions, such as diabetes and asthma, lung disease, and heart disease
- People who live with those at high risk for complications from the flu
- Caregivers of children less than 6 months of age

If you are ill, wait until you recover before getting the flu vaccine.

2. Should I get the flu shot or nasal spray?

There are two types of flu vaccines: flu shot and the nasal spray. The flu shot has killed viruses, so you cannot get the flu from it. The nasal spray has live, weakened flu viruses that do not cause the flu.

Flu Shot - The flu shot is safe for most people 6 months of age and older. Do not get the flu shot if you ever had a severe allergic reaction to eggs or to a previous flu shot, or if you have a history of Guillain-Barre Syndrome, or if you are moderately to severely ill that day.

Nasal Spray - The nasal spray is safe for healthy people 2 to 49 years of age who are not pregnant. Do not get the nasal spray if you are pregnant.

3. What are the risks of getting the flu shot?

Some people may have side effects like mild fever, aches, soreness, redness, or swelling where the shot was given. Talk to your doctor if you have any concerns about the vaccine.

4. Why do I need to get the flu shot every year?

You need the flu shot yearly because influenza viruses always change. Each year scientists try to make the vaccines with the viruses that are most likely to cause the flu that year. This year's seasonal flu vaccine will also include the H1N1 vaccine.

5. What are some other ways to help prevent the spread of the flu?

- Don't get too close to people who are sick.
- Wash your hands often with soap and water.
- If soap and water are not available, use hand sanitizing wipes or hand sanitizer.
- Get plenty of sleep, drink plenty of fluids, eat nutritious food, and be physically active to stay healthy.
- Cover your mouth and nose when you cough or sneeze. Use a tissue or the inside of your elbow.
- Stay home from work or school when you are sick.

~This article was written by Dr. Tsz-Yin Yeung, internist.

Welcome Tsz-Yin Yeung, MD and Tracy Lee, CNM

Please welcome Tsz-Yin Yeung, MD and Tracy Lee, CNM, former providers of St. Vincent's Hospital who have recently joined our health center.



Dr. Yeung specializes in family medicine in the Internal Medicine Department. He received his medical degree from Stony Brook University and completed his training at Overlook Hospital. Dr. Yeung is board certified by the American Board of Family Medicine.



Ms. Lee is a certified nurse midwife in the Women's Health Department. She received her graduate degree in midwifery at Stony Brook University and completed her training at Coney Island Hospital. Ms. Lee is board certified by the American Midwifery Certification Board.



Ten Ways To Communicate Effectively With Your Child

Communicating with your child is not always easy. If you ever feel that your child does not talk or listen to you, here are some ideas to help strengthen your parent-child communication.

- 1 Make sure you speak the same language.** If you don't speak English, teach your child the language you speak. You can't communicate with each other effectively if you don't speak the same language.
- 2 Set a good example.** Your child learns how to behave by observing and imitating your behavior. If you prefer watching TV over talking to your child, or you shout and scream when you are upset, your child is likely to treat you the same way.
- 3 Spend time with your child.** Staying connected helps improve communication. Spend at least 15 minutes with your child every day. Play a board game together, talk to each other during dinner, or read a bedtime story together.
- 4 When talking to your child, move close to him or her and try to maintain the same eye level.** This will make your child feel less intimidated and more comfortable to talk to you.
- 5 Listen carefully.** Show interest by giving feedback and maintaining eye contact. Your child will feel that he or she is being heard and will be more willing to talk to you.
- 6 Be clear and specific.** Children are more likely to behave if they know what is approved by their parents and what is not. Praise your child by saying, "That's great! You're learning to tie your own shoes" instead of, "You're a good girl!" Never tell your child that he or she is bad. Instead, tell your child which behaviors you disapprove of (e.g., "Stop throwing food.").
- 7 Ask questions.** Ask about your child's day, or seek your child's input about what to have for dinner or where to go for a family outing. Show respect for your child's feelings, and share your opinion if appropriate. If you talk to your child about day-to-day events, your child will be more likely to seek your advice on more serious issues.
- 8 Use praise to encourage good behaviors.** Many parents worry that too much praise will spoil their children. Praise actually strengthens your child's good behaviors, but you have to do it promptly and often. Tell your child you are happy with his or her behavior. This helps your child develop good self-esteem and will make your child more likely to share what is going on in his or her life.
- 9 Welcome mistakes as a learning opportunity.** Avoid criticizing every mistake your child makes; it will only drive your child away from you. Use mistakes to explain what is wrong and why. Encourage your child to learn from the mistake.
- 10 Use "I" statements.** Use "I" statements to express your feelings about your child's behavior (e.g., "I felt hurt when you shouted at me." "I am disappointed because you promised you would clean up your room, but you didn't."). Children need to understand that their behaviors affect others and that other people have feelings too.

Effective communication is an on-going process. You may not see results right away, but don't give up. Successful communication takes consistency and patience. If you need help, talk to your doctor or social worker.

Healthier Chinese Soups

Soups are a tasty and nutritious addition to meals. Soups can provide carbohydrates (from fruit and starchy vegetables), protein (from meat), and fiber (from vegetables). Follow these tips to make healthier soups:

Add less salt. Too much salt in your diet can increase blood pressure. Instead, allow the natural flavors of the ingredients flavor the soup.

Cut the fat. Cut the fat off meat before adding meat to the soup. After the soup has cooked, skim the fat that has risen to the top of the soup with a spoon.

Watch the carbs. People with diabetes should be aware of the carbohydrate content of soups. Starchy vegetables, such as corn, potatoes, taro, pumpkin, and mountain yams, will add carbs to your diet. Dessert soups, such as red bean, green bean, yam or papaya soups, will have a lot of carbs even before sugar is added to the soup.

Most of the nutrition in the soup—including protein, carbs, and fiber—is in the ingredients. One study shows that there is 40 times more protein in the meat than the broth of pork chop soup. Soup broth also has 5 times less calcium than milk. So to get the most nutrition, eat the tasty ingredients of your soup!



Recipe: Chicken Soup With Radish and Carrots

INGREDIENTS

- 2 skinless chicken breasts
- 3 large Chinese radishes
- 3 large carrots
- 3-4 large dried dates (optional)
- 2-3 liters of water

DIRECTIONS

1. Blanch chicken in a pot of hot water.
2. Start boiling the 2-3 liters of water for the soup.
3. Wash all the vegetables. Peel and cut the carrots and Chinese radishes into large cubes.
4. Add all the ingredients into the boiling water.
5. Boil for 30 minutes, and then simmer for another 1-2 hours.

Nutrition Facts

Serving Size 1 cup
(of soup and ingredients)

Amount Per Serving		%Daily Value*
Calories 42	Calories from Fat 10	
		Total Fat 1.1g
		Saturated Fat 0.3g
		Trans Fat 0g
		Cholesterol 23mg
		Sodium 103mg
		Total Carbohydrate 7g
		Dietary Fiber 2.7g
		Sugars 2.3g
		Protein 9g
Vitamin A 75%	Vitamin C 19%	
Calcium 4%	Iron 4%	

*Percent Daily Value is based on a 2,000 calorie diet.

What Is Primary Care?

Primary care is the health care you receive when you go for basic check ups, screenings, or treatments. This type of routine health care includes internal medicine, OB/GYN, and pediatric visits to treat common health issues and chronic illnesses. Primary care focuses on preventing health problems before they become more severe.

Who Provides Primary Care?

- Primary care physicians (internists, pediatricians, family practice doctors, obstetricians/gynecologists)
- Nurses practitioners
- Physician assistants

Primary health care providers are the first providers to examine you and treat any health concerns. If you have a more specific health problem, primary care providers can refer you to a specialist. Specialists are providers who have been trained in a specific area of medicine, such as cardiologists, allergists, dermatologists, and radiologists.

Where Can You Go For Primary Care?

You can receive primary care from private doctors, hospital outpatient clinics, or community health care centers.

Private doctors - Private doctors own their practices where they provide primary care.

Hospital outpatient clinics - Both public and private hospitals offer primary care in their outpatient clinics. Public hospitals, like Bellevue Hospital Center and Gouverneur Healthcare Services, are owned by the government and receive government funding. Private hospitals can be nonprofit organizations or for-profit companies, such as New York Downtown Hospital and New York-Presbyterian Hospital, that are privately funded and not owned by the government.

Community health centers - These health centers are usually run by nonprofit organizations and provide comprehensive primary care. They are open to everyone and do not deny services solely based on inability to pay. Community health centers include facilities like the Charles B. Wang Community Health Center (CBWCHC). CBWCHC provides primary care services in internal medicine, OB/GYN, pediatrics, and some specialties services in Chinatown and Flushing. CBWCHC accepts most government and private health insurance plans. If you are uninsured, CBWCHC charges fees based on your income.

STAY HEALTHY.
GET A CHECK UP.
MAKE AN
APPOINTMENT!



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

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。



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

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

健康乃是無價寶，
定期體檢身體好。
請與本中心預約
做定期身體檢查！

保護你及你的家人免受流感感染

流感是一種病毒，它會引起發燒、咳嗽、喉嚨痛、肌肉疼痛、冷顫，以及疲勞。病毒的傳播是通過接觸感染了流感的人在咳嗽及打噴嚏時噴出的飛沫而感染的。

1. 如何保護我和家人免受流感感染呢？

凡年齡為6個月及以上的人士都應盡早接種疫苗。流感疫苗對下述人士尤其重要：

- 醫務人員
- 孕婦(懷孕三個月或以上)
- 50歲及以上的人士
- 居住在養老院的人士
- 患有慢性疾病的人士，例如糖尿病、哮喘、肺病及心臟病
- 與患流感併發症的高危人士一同居住的人士
- 照顧年齡小於6個月的嬰兒的人士

如果你正患病，應等病癒以後再接種流感疫苗。

2. 我應該打疫苗針或使用鼻噴劑？

目前有兩種流感疫苗，分別是流感針和鼻噴劑。流感針內含已被殺死的病毒，所以你會因此染上流感；鼻噴劑則含有被弱化的活病毒，同樣不會引起流感。

流感針 - 流感針對於大多數年滿6個月及以上人士是十分安全的。但是，如果你曾經對雞蛋或之前的一種流感疫苗有嚴重過敏反應，又或者患有格林巴利綜合症 (Guillan-Barre Syndrome)，或者你在接種疫苗當天患有中度至重度的疾病，便不要接種流感疫苗。

鼻噴劑 - 鼻噴劑對於年齡為2至49歲的健康人士都是十分安全的，孕婦除外。如果你已懷孕，則不應使用鼻噴劑。

3. 接種流感針有什麼風險？

一些人在打了針之後會有一些副作用，例如輕微的發燒、疼痛、流感針注射部位出現疼痛、紅疹或腫脹。如果你對疫苗有任何擔憂，可向你的醫生查詢。

4. 為什麼我需要每年打疫苗針？

你需要每年注射疫苗針，因為流行性感冒病毒時常變種。每年科學家們都根據那一年最有可能引發流感的病毒而嘗試研製疫苗，今年的季節性流感疫苗也包括H1N1疫苗。

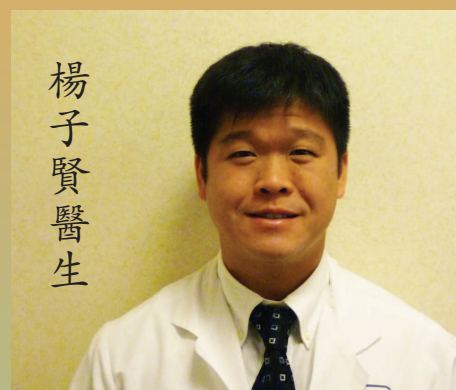
5. 還有什麼其他方法可以預防流感傳播？

- 不要與患病的人士過於接近。
- 經常用清水和肥皂洗手。
- 如果沒有肥皂及水洗手，可用消毒紙或消毒殺菌液抹手。
- 保持充足睡眠、飲用充足的水份、進食富含營養的食物，並且多做體力活動以保持健康。
- 當你咳嗽或打噴嚏時請用紙巾或者是用手肘內側掩住嘴巴和鼻子。
- 當你生病時請留在家中，不要去工作或者上學。

-文章由楊子賢內科部的家庭科醫生撰寫

歡迎 楊子賢醫生 及李俶平助產士

我們歡迎楊子賢醫生及李俶平助產士(原聖雲仙醫院醫務人員)加入本醫療中心的醫療團隊。



楊子賢醫生

楊子賢醫生是內科部的家庭科醫生。他畢業於石溪大學并獲得醫學學位，畢業後在Overlook醫院完成培訓。楊醫生擁有美國家庭醫學委員會認可的特考文憑。



李俶平助產士

李俶平女士是婦女健康部的註冊助產士。她畢業於石溪大學并獲得助產學學位，畢業後在康尼島醫院完成培訓。李俶平女士擁有美國助產學委員會認可的特考文憑。

11樓-11樓
電話：212-226-8339



與孩子有效溝通 的十個方法

與孩子溝通並非是一件易事。如果你曾經感到孩子不願與你交談或者聽你的說話，以下的建議可以幫助你加增強與孩子之間的溝通。

1 確保你們說同一種語言：如果你不說英語，就要教孩子說你的語言。倘若你們使用不同的語言，便無法達到有效的溝通。

2 樹立良好榜樣：孩子通過觀察和模仿你的行為來學習良好行為。如果你喜歡一邊看電視一邊和孩子談話，或者你在生氣的時候慣於大聲吼叫，那麼孩子也很可能會用同樣方式對待你。

3 花時間與孩子相處：保持聯繫能夠增進溝通。每天至少花15分鐘與你的孩子在一起。你們可以一起玩棋盤遊戲、晚飯時互相聊天，或者睡前一起讀故事書。

4 當你與孩子交談時必須靠近他或她，並且保持同樣的視線水平：這會使孩子與你交談時感覺少一點拘束，多一點自在。

5 耐心傾聽。通過眼神的回應表示你對他的話題有興趣：你的孩子會覺得他或她的話被尊重，並且會更加願意與你交談。

6 態度必須明確具體：孩子們如果知道什麼事是父母所允許的及不允許的，他們就會更容易表現良好行為。要這樣表揚孩子：「太棒了！你正在學著自己綁鞋帶。」而不是說：「你真是一個好孩子！」絕不要罵他／她是個壞孩子，相反，告訴孩子哪種行為是你不允許的(例如：「不准再丟食物！」)

7 提問題：問問孩子一天的經歷，或者問孩子關於晚餐吃什麼或者對家庭郊遊的目的地的想法。對孩子的感覺要表現尊重，並且適當地分享你的看法。如果你習慣和孩子談論日常事務，他們會更加願意就一些比較嚴肅的問題徵求你的意見。

8 使用表揚來鼓勵良好的行為：許多父母擔心過多的表揚會寵壞孩子。實際上，表揚能夠鞏固孩子的良好行為，但是你必須及時、並經常地這麼做。告訴孩子你對他或她的行為感到很高興，這能夠幫助孩子建立自信心，並且使他們更願意和你分享生活中所發生的事。

9 把錯誤視為一個學習的機會：避免批評孩子所犯的每一個錯誤，不然，那只會逼使孩子遠離你。利用錯誤來向他們解釋什麼是錯的及其原因，並鼓勵他們從錯誤中學習。

10 用“我”來進行陳述：用“我”作為陳述方式來表達你對孩子行為的感受(例如：“當你對著我大聲吼叫時候我感到很受傷害。”“我覺得很失望，因為你答應過我會打掃房間的，但是你卻沒有。”)孩子們需要明白他們的行為會影響到他人，而且別人也是會有同樣的感受。

有效的溝通是一項持續性的工作，你也許不能立刻見到效果，但是千萬不要放棄。成功的溝通需要恆心和耐心，如果你需要幫助，可與你的醫生或社工討論。

健康中餐湯水

湯水既是美味又富含營養的膳食。湯水含有碳水化合物(來自水果及澱粉類蔬菜)、蛋白質(來自肉類)及纖維(來自蔬菜)。請遵循下述建議製做健康的湯水：

少放鹽：如果你的飲食中鹽份過多，會令血壓升高，因此，製做湯水時用湯料本身的味道即可。

少用脂肪(肥肉)：把肉放進湯水煮之前，應先將肉上的肥肉去除。湯水煮好後，應用湯匙把湯水表面浮著的油脂層去除。

注意碳水化合物的份量：患有糖尿病的人士應注意湯水中碳水化合物所含的份量。澱粉類蔬菜，例如：玉米、馬鈴薯(土豆)、芋頭、南瓜及山薯，會增加飲食中的碳水化合物份量。甜的糖水，例如：紅豆、綠豆、番薯或木瓜湯，這類湯水在加糖之前的碳水化合物含量已經很高了。

湯水內的主要營養成份，包括蛋白質、碳水化合物及纖維，都包含在湯料當中。研究顯示肉類本身如豬肉排含有的蛋白質多於豬肉排湯的40倍，而豬肉排湯含有的鈣質比牛奶少5倍。因此如果你想攝取湯水所含有的主要營養成份，你應進食湯水中那些美味湯料。



食譜 蘿蔔及 胡蘿蔔雞湯

材料
2塊去皮雞胸肉
3個大青蘿蔔
3個大胡蘿蔔
3至4顆乾棗(隨意)
2至3公升清水

做法

1. 將雞肉放進鍋中，用熱水煮一下然後盛起放在一邊待用。
2. 將2至3升做湯水的清水煮沸。
3. 將所有用於煲湯的蔬菜清洗乾淨，將胡蘿蔔及蘿蔔削皮并切成較大的塊狀。
4. 將所有湯料包括雞胸肉一起放入煮沸的清水中。
5. 滾大約30分鐘，再用微火慢慢煮1至2小時。

營養成份表

食用份量 1杯
(包括湯水及湯料)

每份食品營養含量
卡路里 42 來自脂肪的卡路里 10
%每日飲食份量百分比*

總脂肪 1.1克	2%
飽和脂肪 0.3克	2%
反型脂肪 0克	
膽固醇 23毫克	8%
鈉 103毫克	4%
總碳水化合物 7克	2%
飲食纖維 2.7克	11%
糖 1克	
蛋白質 5克	
維生素A 75%	維生素C 19%
鈣 4%	鐵 4%

*每日飲食量百分比是按照每日進食2000卡路里的份量計算。

什麼是基本醫療服務？

基本醫療服務是指當你在做常規身體檢查、篩檢或治療時所獲得的醫療服務。這種常規醫療服務檢查包括內科、婦產科、及小兒科的醫療服務。以及治療一些常見疾病及慢性疾病。基本醫療服務的重點是預防疾病。

誰提供基本醫療服務？

- 基本醫療服務醫生(內科醫生、小兒科醫生、家庭科醫生以及婦產科醫生)
- 家庭護理醫師
- 醫生助理

提供基本醫療服務的醫務人員是第一個向你提供身體檢查和治療任何健康問題的人。如果你有較複雜的健康問題，為你提供基本醫療服務的醫務人員便會把你轉介到專科醫生。專科醫生曾在專門的醫學方面受過專業的訓練，例如心臟科醫生、過敏症專科醫生、皮膚科醫生及放射線專科醫生等。

你可以從何處獲得基本醫療服務？

你可以從私人醫生、醫院門診部或社區醫療中心獲得基本醫療服務。

私人醫生 - 私立醫生在自己的診所內提供基本醫療服務。

醫院門診部 - 無論公立醫院或私人醫院的門診部都會提供基本醫療服務。公立醫院如表維醫院和高雲尼醫院，都是由政府擁有及提供經費。私立醫院可以是非牟利機構或牟利公司，例如紐約下城醫院和紐約長老會醫院，它們都是由私人出資，并非政府所擁有。

社區醫療中心 - 這些醫療中心通常是由非牟利機構經營，並且提供全面的基本醫療服務。它們向所有人士提供醫療服務，病人不會因為無力支付費用而被拒絕服務。社區醫療中心包括王嘉廉社區醫療中心。王嘉廉社區醫療中心在紐約華埠與法拉盛提供內科、婦產科、小兒科、以及一些專科醫療服務，並接受大多數政府和私人健康保險計劃。如果你沒有醫療保險，王嘉廉社區醫療中心將按照你的收入而提供優惠低廉的收費。