



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.

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) 226-2044

Dental

(212) 226-9339

136-26 37th Avenue
Flushing, NY 11354

Internal Medicine

(718) 886-1200

OB/GYN

(718) 886-1287

Pediatrics

(718) 886-1222

Health Education Department
(212) 966-0461

Social Work Department
Manhattan

(212) 226-1661

Flushing

(718) 886-1212

Join us! Your generosity can help us provide quality health services to our community. To support us, send a check to Charles B. Wang Community Health Center, 268 Canal Street, New York, NY 10013 or visit www.cbwchc.org. Donations are deductible to the extent allowed by law.

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

Follow Us



Protect Your Heart from the Cold



You may know that cold weather can increase your chances of catching the cold or flu, but did you know that the cold can also put a strain on your heart? When it gets cold outside, your heart has to work much harder to keep your body warm. Low temperatures can increase your heart rate, blood pressure, and even your risk of a heart attack or stroke. Keep your heart healthy during the winter by maintaining a healthy lifestyle while taking the proper precautions.

Stay indoors during storms.

Don't walk to the senior center or exercise in the park when it snows or gets too cold. Ask for help with chores, such as shoveling or buying groceries. Don't do it alone!

Continue to exercise, but not in the cold.

Regular exercise is important to a healthy heart, but exercising out in the cold can be dangerous. Do stretches and indoor exercises for about 30 minutes each day to stay healthy.

Check the weather forecast to plan ahead.

If you know the weather will get worse later in the week, stock up on groceries so you don't have to go out during bad conditions.

Stay warm and dry at all times.

Wear plenty of layers when you go outside. Put on a hat and thermal socks to keep your head and feet warm. Change out of wet clothing right away to prevent your body from losing heat.

Eat healthy.

Regularly consume hot meals and drinks to keep your body warm, but don't eat more than usual. Portion control can help you keep a healthy diet and a healthy heart.

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Protect Your Teeth with Dental Sealants

Cavities can be painful and expensive, but luckily, they are preventable. Dental sealants are one of the best ways to protect your teeth.

Sealants are plastic coatings painted on the surfaces of the back teeth, or molars, where tooth decay most commonly occurs. The foods we eat often get trapped in the small grooves of the molars and attract bacteria that cause cavities. Dental sealants seal out germs and food particles to provide extra protection for the teeth.

Both children and adults can get dental sealants. However, it is best to get them during the childhood or teenage years, when the molars are coming out. Applying sealants is a simple and pain-free process! The dentist paints on a layer of coating which hardens to become the sealant. Once hardened, the sealant will last about 3 to 5 years.

Dental sealants offer extra protection against tooth decay, but they do not replace your normal dental care routine. To keep teeth healthy and cavity-free, children and adults should continue to:

- Brush twice a day.
- Floss every day.
- Consume less sugary foods and drinks.
- Visit the dentist every 6 months.

Parents often wait until their children are older before bringing them to get dental care. However, early dental check-ups can prevent cavities and other serious tooth problems and help you save money in the long run.

To learn more about dental sealants and how you or your child can get them, make an appointment with our Dental Department today!

Dental Department
125 Walker Street, 2/F
New York, NY 10013
(212) 226-9339



Open Enrollment Begins

November 15, 2014



If you have not already enrolled for a health insurance plan, you and your family can join one today. Between November 15, 2014 and February 15, 2015, you can enroll in a Qualified Health Plan through The NY State of Health – The Official Health Plan Marketplace to sign up for health insurance.

You must buy your insurance through this marketplace if you want to qualify for subsidies. Note that if you qualify for Medicaid, Child Health Plus or the Special Enrollment Period, you can sign up anytime during the year at The NY State of Health website: <https://nystateofhealth.ny.gov/>. You will need an email account to sign up.

If you need help with enrollment, please call the Health Center at:

**(212) 226-8339 (Manhattan) or
(718) 886-7355 (Flushing)**
for a one-on-one consultation session.

We have bilingual certified assistants who are trained to help you choose a health plan that meets your needs, and figure out if you qualify for subsidies.

Click Your Way to Good Health

Follow Us!

Visit our brand new bilingual website at www.cbwchc.org to:

- Learn more about our providers and patient-centered services.
- Download educational materials to learn how to care for your and your family's health.
- Stay up-to-date about workshops, events, and opportunities at the Health Center.

Don't forget to follow us on Facebook, Twitter and Instagram! We will bring you news and discussions that matter most to your health.

The screenshot shows the website header with the logo and name: CHARLES B. WANG COMMUNITY HEALTH CENTER 王嘉廉社區醫療中心. Navigation links include About Us, Our Services, Health Resources, News & Events, Support Us, and a Donate Now button. A main banner features a group of healthcare professionals with the text 'WE ARE YOUR MEDICAL HOME' and 'Your care team works together for you to be healthy and stay healthy.' A mouse cursor is pointing at a 'Contact Us' link in the footer.

Our Mission

Our mission is to eliminate disparities in health, improve health status, and expand access to the medically underserved with a focus on Asian Americans.

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Patients

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