

Charles B. Wang Community Health Center

Charles B. Wang Community Health Center is a non-profit, community based health care facility established in 1971 to ensure that Asian-Americans in New York City have access to quality health care.



Health Center Locations:

**268 Canal Street
New York, NY 10013**

OB/GYN: (212) 966-0228
Internal Med: (212) 379-6998
(212) 379-6933

Services:

Internal Medicine, Women's Health, Obstetrics, Gynecology, Cancer Screening, and Specialty Care.

**125 Walker Street
New York, NY 10013**

Pediatrics: (212) 226-3888
Dental: (212) 226-9339

Services:

Pediatrics, Pediatric Cardiology, Adolescent Care, Allergy, Dental Care, Eye Care, and WIC.

**136-26 37th Avenue
Flushing, NY 11354**

Internal Med: (718) 886-1200
Pediatrics: (718) 886-1222

Services:

Internal Medicine, Pediatrics, Obstetrics, Gynecology, Allergy, Urology, Acupuncture, and Outreach & Screening.

Services Available at All 3 Locations:

Mental Health, Social Work, Health Education, and Child Health Plus and Family Health Plus Enrollment.

What is Teeth Bleaching & Teeth Whitening?



You see it advertised everywhere... magazines, newspapers, TV, etc. Everyone wants whiter teeth. But how does one achieve that bright white smile?

Well, it is important to know your whitening options. First, there is in-office bleaching. This must be done at your dentist's office and takes between 1-2 hours depending upon the level of whiteness you want achieved. Your dentist will apply a chemical to your teeth, which may or may not require an intense light to activate. Then the chemical is removed and you leave with your brand new smile.

The second option is a take home bleaching tray. Your dentist will take an impression of your teeth so that a custom fit tray can be made. Then you will be given a kit that includes your trays and bleaching gel. The gel is placed in the tray and then worn for 30-60 minutes a day for two weeks to two months depending on the severity of staining.

There are also whitening strips available at your dentist's office. They are thin plastic strips that have been coated with the bleaching gel. This is another take home method of bleaching. The white strips from your dentist's office have a higher concentration of peroxide than the over-the-counter products, making them more effective in a shorter period of time. The strips are placed such that it covers the 6 front teeth and worn for a total of 60 minutes a day for 2-3 weeks.

Finally, there are over the counter products that you can find in your local pharmacy or supermarket. These include paint-on-gels, whitening toothpastes, and whitening strips. It should be noted that these products have lower concentrations of peroxide, which means it takes more uses and a longer period of time to achieve white teeth.

Bleaching is not for everyone. It is effective for teeth that have been stained by tea, coffee, colas, and red wine. It is also effective on teeth stained by smoking. In some cases, medications like tetracycline and overdoses of fluoride can also stain teeth. However, these stains can't always be removed by whitening because they are intrinsic and deep in the structure of the teeth. Teeth that have become dark after history of trauma also have the same difficulties. Keep in mind that bleaching will not whiten existing dental work.

If you are interested in having whiter teeth, but aren't sure if it is right for you, please call us at 212-226-9339 to make an appointment for a consultation.

Gain Lu, D.D.S.

Dental Department

Visit our website @ www.cbwchc.org



**Message from
Jane Eng,
Executive Director**

For more than 30 years, our health center has been striving to provide the very best medical care to the community. Three words describe our services: Comprehensive, Quality, and Affordable. Let me explain what I mean.

Comprehensive We offer primary and specialty care for the entire family. Our services include internal medicine, women's health, pediatrics, dental, mental health, and specialties such as cardiology, allergy, and endocrinology. In addition to medical care, our health education department also offers many special programs to help our community members prevent diseases and improve overall health and wellness. We conduct health education workshops, radio programs, health fairs, and other activities to reach thousands of people in Chinatown. Our social work department also helps families solve problems that might affect their health, such as signing up for government benefit programs or counseling to cope with personal or family issues.

Quality All of our doctors are licensed by the State of New York and most are certified in their specialties through national testing. They teach at leading hospitals and medical schools in the city. As a federally recognized health center, our quality of care is monitored by the Federal Bureau of Primary Health Care. Our doctors also review each other's patient charts to make sure that when we treat patients, we are following the most up-to-date treatment guidelines issued by the government or by national medical associations. Our health care quality consistently exceeds state and federal standards.

Affordable We offer a sliding fee scale for uninsured patients who qualify for reduced fees. Many of the special services that we provide to the community, such as health education, social work, and help in signing up for government programs, are offered free-of-charge. We are able to provide low cost and special services because we raise money from individuals and businesses in the community to support us. We never allow finances to be a barrier to care.

Running a high quality health care facility that treats patients with respect and dignity requires a lot of hard work. It is also very rewarding for all of our staff because we can see the positive results in our community.

Childhood Obesity

Obesity in adults and children is reaching epidemic levels in the United States. Ten percent of American children 2 to 5 years-old, and 15% of children 6 to 19 years-old are overweight. This prevalence has nearly tripled for adolescents in the past 2 decades. Now, up to 10% of China's 290 million children are overweight or obese, and the expectation is that the percentage will double in a decade.

Overweight children are more likely to become overweight

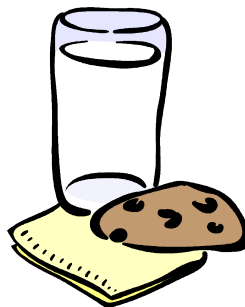
Overweight teens have an 80% chance of becoming obese adults. Other consequences of childhood obesity are type 2 diabetes, cholesterol abnormalities, cardiovascular disease, and poor self-esteem and depression because of social discrimination.

Risk factors for obesity include genetic factors, lifestyle factors, and parental influence. Children with an overweight parent are more likely to be overweight. Babies who are breastfed are **less** likely to become overweight. Therefore, mothers should try to exclusively breastfeed for the first 6 months. Children who watch excessive amounts of television, and have lower levels of physical activity are more likely to become obese. Parents can determine what food and beverages are available to young child, and be role models for good eating and exercise habits.

Here are a few tips:

Avoid over-consumption of fruit juice, sweetened beverages

Avoid over-consumption of fruit juice, sweetened beverages, and soft drinks, because it leads to increased calories and less calcium intake. Juice should not be started in infants before 6 months old. Pure juice should be limited to 6 ounces per day for ages 1 to 6 years-old, and 12 ounces per day for children older than 6 years-old. Sugar-sweetened fruit drinks should never be given to kids. Children over 2 should drink lower fat (1% or skim) milk.



Healthy Diet

One way to make a healthier diet is to increase the number

and variety of vegetables eaten.

More than one vegetable dish may be served at meals. Vegetables may also be served for snacks. Parents should continue to offer kids a certain vegetable, even if they initially didn't like it. Only low-fat snacks should be kept in the house. Snacking directly out of the bag should be avoided, and a single serving should be provided by parents. A daily meal schedule should be adhered to (3 balanced meals and 1 to 2 healthy snacks per day). Try to cut down on fast food.



Offer a variety of healthy foods and allow kids to choose

Children should not be forced to eat when full. Appropriate limits should be set for portion size and helpings. Parents should offer a variety of healthy foods and allow kids to choose. Avoid using food as a reward for good behavior. Eat meals at the table together as a family, with the television off.

Active Lifestyle

Parents have a strong influence as to whether their kids have an active lifestyle. Families can do activities such as walking, riding bikes, swimming, skating, and playing sports together. Playing outdoors should be encouraged since it is more active than play indoors. Incorporating more physical activity into daily life may include walking briskly to the store, using the stairs when possible, taking daily trips to the park, and walking the dog.

Limit TV watching Time

Total time of TV and computer games should be limited to 1 to 2 hours per day. Children younger than 2 years of age should be discouraged from watching TV. Instead, reading and singing should be encouraged. For older kids, the television should not be placed in their bedrooms.

In general, let your children know they are loved no matter what their weight. Try to improve your family's eating and exercise habits, and be a good role model for your kids by eating healthy food and being physically active.

Ann-Marie Wong, M.D.
Pediatrics Team

Flu Season...

Influenza (flu) is a contagious respiratory disease caused by a virus. It usually strikes in the fall and winter. Symptoms include rapid onset fever accompanied by chills, weakness, loss of appetite, and aching of the head and body. It can be a very serious illness in the elderly and people with chronic medical conditions.

Influenza can be prevented by receiving a current influenza vaccine each fall. Yearly vaccination prevents most cases of flu, and may decrease the severity of the illness in those who do get the flu. The vaccine is extremely safe and most people have no reaction to it. Sometimes people experience redness and swelling at the site of injection. Rarely, one may experience cold like symptoms for a few days.

All people with high risks from the flu and its complications should get vaccinated. It is recommended for all people above age 65; people with significant chronic and lung disease, such as asthma, emphysema, chronic bronchitis, tuberculosis, and cystic fibrosis; people who have heart disease, diabetes or other chronic metabolic disorders, anemia, or a disease or treatment that suppress immunity.

Wei Yan Tan M.D.
Internal Medicine Team

FLU SHOT Announcement



The best way to prevent the "flu" is to get vaccinated with the flu vaccine; and the best time to get a flu vaccine is between October and November. The Charles B. Wang Community Health Center will offer flu vaccination for community residents at the **268 Canal Street** site on:

- **October 23, 2004 (9am to 1pm):**
Free for people over 65 years of age

For further information, please call the Health Education Department at **(212) 966-0461**.

Susan Seto-Yee, RN., MPA
Clinical Director

Survivors Educating Survivors

Last year (June 1, 03 to May 31, 04), the Women's Health Department was awarded the Lance Armstrong Foundation Grant to develop a culturally competent educational program for Chinese cancer survivors, "Survivors Educating Survivors".

The program aimed to improve the overall quality of life for Chinese-American cancer survivors by promoting a positive and healthy lifestyle.

We are extremely proud of its "Survivors Educating Survivors" program for meeting and exceeding its projected goals.

- The program provided services for 65 Asian American cancer survivors
- Recruited and trained 2 cancer survivors to promote and encourage other cancer survivors to live a positive and healthy life style
- Conducted 7 educational workshops on cancer care, resources, social support networks, and survivorship issues
- Held 5 groups activities such as sharing experiences in fighting cancer and participating in Making Strides Against Breast Cancer, a fundraising walk organized by the American Cancer Society
- Developed an educational pamphlet "Cancer Care". 1,000 copies were distributed to health center patients and community residents
- Published articles in local Chinese newspapers about cancer prevention and to promote program activities for cancer survivors and their families to increase the community awareness
- Invited guest speaker from Memorial Sloan-Kettering Cancer Center to conduct an in-service training to staff on cancer and clinical trials



Feedback was extremely positive from participants in "Survivor's Educating Survivors" and they truly appreciated the efforts of the health center and the Lance Armstrong Foundation.

Women's Health Department

Tree of Life Campaign

The purpose of the "Tree of Life" campaign is to expand our health center's facilities so that we can provide more care to the community and improve the quality of services.

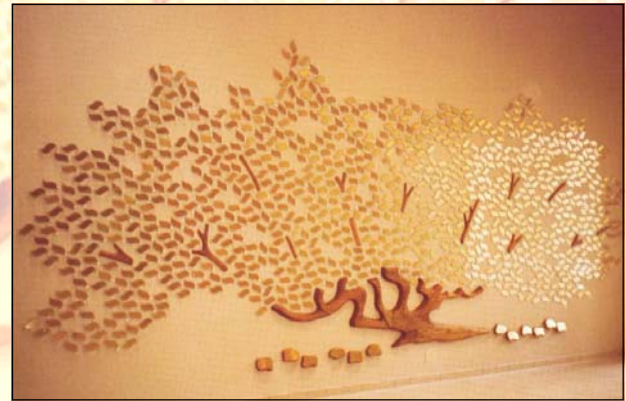
Many services that we offer to the community, such as health education and social work, are not funded by the government or by insurance payments. We depend on large and small donations from the community to support our work. For the past 30 years, our health center has been able to expand services because of the generosity of many patients, community members and businesses in Chinatown. We are extremely grateful that you support us even when the economy in Chinatown is not doing well and so many people do not have enough work. We hope that we can count on you again. Donations in any amount - \$5, \$25, \$100 - will be greatly appreciated. Contributions to our health center are tax deductible.

Donors who are able to contribute \$250 or more will be recognized on our "tree of life". The "tree of life" is a wall sculpture that will be installed in the second floor waiting area facing Canal Street. Donors will be able to have their own names or names of family members engraved on leaves and rocks that comprise the "tree of life". Recognition will be based on the following giving levels:

- \$250 Small Leaf \$2,500 Small Rock
- \$500 Large Leaf \$5,000 Large Rock

The tree of life will be installed in the next few months. Participating in the tree of life campaign is an excellent way to help us improve services, and to honor your family with a permanent memorial. If you are interested in supporting this campaign, please contact Regina Lee, Director of Development, 268 Canal Street, 6th floor, 212-379-6988.

Regina Lee, ESQ
Director of Development



~ Good Health Day ~

08/04/2004 at Chinatown & 08/07/2004 at Flushing



2004 Health Fair & Outreach Activities Info : (212) 966-0461

Date & Time	Activities	Location
10/23/04 Saturday 10:30am - 12:30pm	ADHD Workshop	125 Walker Street, 2nd Floor
10/24/04 Sunday 10:30am - 12:00pm	Asthma Workshop	125 Walker Street, 2nd Floor
10/24/04 Sunday 12:00pm - 04:00pm	Neighborhood Day	P.S. 124 40 Division Street
11/19/04 Friday 11:30am - 12:15pm	Hepatitis B Workshop	48 Allen Street, 1st Floor

Newsletter Committee

Amanda Wong Chuk Ngan Jennifer Lee Junbo Yuan K.C. Wong Maggie Wong Manna Chian Sarah Yip

Visit our website @ www.cbwchc.org