



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.

## New Mammogram Guidelines:

An interview with  
Rebecca K. F. Sze, FNP, MSN, MPA



For years, the United States Preventive Services Task Force encouraged women to go for mammograms every one to two years starting at age 40. However, the task force recently set new breast cancer screening guidelines:

- Women should go for mammograms every two years between the ages of 50 and 74.

- Doctors should not teach women to perform breast self-examinations (BSE).

While the new guidelines apply to most women, they do not apply to high-risk women, such as those with a family history of breast cancer.

The new guidelines created great controversy and sparked a lot of anger and confusion among women. We interviewed Rebecca Sze, a family nurse practitioner and director of the Women's Health Department at the Charles B. Wang Community Health Center (CBWCHC), to find out her thoughts on the issue and her recommendations for the community.

### What do you think of the new breast cancer screening guidelines?

There is still a lot of controversy around the issue, and I am waiting to see more data and evidence from both sides. From my own experiences with patients, regular breast self-examination (BSE) is very important because it gives women an opportunity to check their breasts periodically. It can be done more often than clinical breast exams (CBE) and mammograms. Many of our breast cancer patients actually found the lumps in their breasts during a BSE.

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



### Which guidelines will the Women's Health Department follow?

The department will follow American Cancer Society, Susan G. Komen Breast Cancer Foundation, and the Avon Foundation, which all chose to continue following the old guidelines. We will still recommend regular BSE and CBE between the ages of 20 and 30 and annual mammograms starting at age 40. All women should also go for annual gynecological check ups.

### Will the new recommendation change insurance coverage for breast cancer screenings?

I don't expect any immediate changes for insurance coverage.

### What can women do to reduce their risk of getting breast cancer?

They should live a healthy lifestyle to reduce their risk of breast cancer and help maintain good overall health. This includes exercising regularly, maintaining a healthy body weight, and limiting alcohol intake. I encourage all women to follow the screening guidelines I mentioned before, which help detect cancer early and treat it with greater success.

To find out about health screenings and other services provided by the Women's Health Department, please call (212) 966-0228.

## How to Choose a Primary Care Provider

A primary care provider (PCP) is your regular doctor. PCPs can be family practitioners, pediatricians, OB/GYNs, or internists. They provide routine check ups and treat common medical problems. They also give referrals for specialists and help coordinate health care among all the doctors you see. Because a PCP is your main health care provider, it is important to choose one with whom you are comfortable.

### 1. Ask yourself some key questions

- What are your specific health needs?
- Are you looking for a doctor who is board certified? (Not all doctors are board certified, but board certified doctors have passed a series of tests and complete ongoing training to maintain a high standard of care.)
- In what language would you prefer to speak with your PCP?
- Are you more comfortable with a male or female provider?
- What office hours and locations are most convenient?

### 2. Ask for recommendations

- Friends and family can suggest doctors and provide honest opinions from their own experiences.
- Previous providers, pharmacists, or dentists can also offer advice.
- Many managed care plans have Web sites, directories, or customer service staff to help patients choose a PCP.

### 3. Consider your health insurance status

- Call the doctor to ask if he or she accepts your health plan. You can also ask a managed care representative if the doctor is in your health plan.
- If you don't have health insurance, call 311 to find a doctor at a community health center. (You can request an interpreter when you call 311.) Community health centers offer fees based on income and won't turn away patients based on ability to pay or immigration status.

### 4. Do your research

- Call the New York State Education Department Office of Professions at (518) 474-3817 ext. 570 to find out about a doctor's license status and education.
- Review doctor profiles in English or Chinese at [www.nydoctorprofile.com](http://www.nydoctorprofile.com).

### 5. Call the doctor's office

- Make sure he or she accepts new patients.
- Is the office staff helpful and friendly?
- Do they return your calls promptly?

Relationships between PCPs and patients are important. If you cannot speak openly with your doctor, or you do not feel that your doctor gives good advice, try visiting another one.



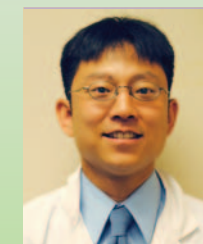
## Help Prevent Allergies. Avoid Allergens.

Spring flowers are beautiful, but pollen from trees, flowers, and other plants can cause allergies. Allergies are a reaction of your immune system. They cause sneezing, runny noses, scratchy throats, and itchy, watery eyes. Allergies can even trigger asthma. Besides pollen, allergies are often caused by allergens like dust mites, mold, and pet dander. While there is no easy cure for allergies, you can decrease your chances of having allergies by avoiding allergens. You can avoid allergens if you:

- Keep your home clean and dry.
- Use a vacuum with a HEPA filter or double bags to trap dust, pollen, and other allergens.
- Fix water leaks to avoid mold, and remove any mildew.
- Stay indoors between 5:00am and 10:00am when pollen counts are highest.
- Wash your hair before going to bed since pollen can get caught in your hair when you are outside.
- Use dust-proof mattress and pillow covers. Wash bed sheets and pillow cases frequently.
- Always wash your hands, face, and arms after playing with your pet to remove its dander from your skin.

If you do have allergies, check with your doctor to choose the best medicine for you.

~David Ko, MD



Dr. Ko is a board-certified pediatrician at the Charles B. Wang Community Health Center. He received his medical degree from Stony Brook University School of Medicine and completed his residency at Schneider Children's Hospital.

## Go Green Celebrate Earth Day on April 22.

Go green for Earth Day and all year long to create a healthier environment for you and your family:

- Use glass bottles and reusable bags to use less plastic.
- Recycle. Place paper and cardboard in clear bags or green recycling bins. Place metal, plastic, and glass in clear bags or blue recycling bins.
- Replace light bulbs with compact fluorescent bulbs that use less energy.

## Cut Back on Salt Without Cutting Back on Taste

It was once said, "Without salt, there is no end to blandness." Salt helps add taste and preserve foods. However, there is such a thing as eating too much salt. Eating too much salt (or sodium) can raise blood pressure. High blood pressure can lead to heart disease, stroke, or kidney disease. Doctors recommend that we eat less than 2,300 milligrams of sodium a day, an amount found in 1 teaspoon of salt.

### Unfortunately, salt is "hidden" in many foods. These foods are high in salt:

- Canned soups, meats, and vegetables
- Convenience and fast foods (like instant noodles, salty snacks, baked goods)
- Condiments (like soy sauce, chili paste, pickled vegetables)
- Luncheon meats and sausage
- Foods with monosodium glutamate (MSG) added

### Try these tips to cut back on salt without cutting back on taste:

- Buy fresh meats, fruits, and vegetables instead of foods high in salt.
- Instead of using salt or salty condiments, use herbs and vegetables. Garlic, ginger, cilantro, five spice, and pepper add delicious flavors to food.
- Read nutrition labels on packaged foods to find foods lower in sodium. When available, buy foods that are labeled as "low-sodium" or "no salt added."
- Rinse canned meats and vegetables in water before cooking or eating.

## Taking Antibiotics? Take Precaution.

Antibiotics can help us get better when we are sick, but they don't work against all germs. Antibiotics only work against bacteria and do not help if you have a virus.

ANTIBIOTICS CAN HELP  
Strep Throat  
Some Ear Infections  
Wound and Skin Infections  
Some Sinus Infections

ANTIBIOTICS CANNOT HELP  
Colds  
Mild Flu  
Bronchitis  
Most Sore Throats

You do not need to take antibiotics every time you get sick. If you use them when you don't need to, it can be harmful. The more often you use antibiotics, the more likely germs will become resistant to the drugs. This means that in the future, the drugs won't work anymore, and you will need stronger drugs to fight an illness.

### The next time you take antibiotics, follow these tips to stay safe:

- Take antibiotics only if your doctor tells you to do so.
- If your doctor prescribes antibiotics, take them exactly the way you were told.
- Even if you feel better, finish all the doses your doctor prescribed. If you don't, some of the germs may still be alive. This can make you sick again.
- Don't take someone else's medicine or give your medicine to someone else.

~Y-Uyen Le Nguyen, MD



Dr. Nguyen is an internist at the Charles B. Wang Community Health Center. She is board-certified in internal medicine. She received her medical degree from New York University School of Medicine and completed her residency at the Mount Sinai Medical Center.

### Nutrition Facts

Serving Size 2 oz (56g)  
Servings Per Container 2

Amount Per Serving		%Daily Value*
Calories 240	Calories from Fat 60	
<b>Total Fat</b> 7g		11%
Saturated Fat 3g		15%
Trans Fat 3g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 1040mg		43%
<b>Total Carbohydrate</b> 38g		13%
Dietary Fiber 2g		8%
Sugars 1g		
<b>Protein</b> 5g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 6%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or depending on your calorie needs:

This nutrition facts label shows the nutrient content of instant noodles. The amount of salt (or sodium) found in one serving of these instant noodles is circled in red.

## Become a Project YEA-AAH! Advisory Committee Member

The Charles B. Wang Community Health Center is looking for 1 to 2 parents to become Advisory Committee members for Project YEA-AAH! (Youth Empowerment for Asian-American Adolescent Health). Project YEA-AAH! is a teen program that seeks to reduce unintended teen pregnancy through education and youth development activities for Asian American and immigrant teens.

### Responsibilities of an Advisory Committee Member:

- Attend three Project YEA-AAH! Committee meetings in 2010 (every 3 months)
- Attend at least one biannual retreat
- Review Project YEA-AAH! programs
- Discuss ways to address issues related to teen involvement and community outreach
- Provide guidance and feedback from the parent perspective

If you are interested in this opportunity, please call Erica Christie at (212)226-8866, ext.305.



## 新的乳癌篩檢指南 採訪施蔡健芬 家庭護理醫師



多年來，美國預防服務專門小組鼓勵40歲以上的婦女每一至兩年做一次乳房X光檢查。然而，該專門小組最近公佈了一套新的乳癌篩檢指南：

- 年齡在50到74歲之間的婦女應該每兩年接受一次乳房X光檢查。
- 醫生不應該指導婦女進行乳房自我檢查。

雖然新指南適用於大多數婦女，但它並不適用於高乳癌風險的婦女，例如那些有乳癌家族病史的婦女。

新的指南引起了很大爭議，並在婦女中引起了很多不滿和困惑。為此，我們採訪了王嘉廉社區醫療中心婦女健康部主任、家庭護理醫師施蔡健芬女士，以了解她對此問題的看法及給我們的建議。

你對新的乳癌篩檢指南有什麼看法？圍繞這個問題目前仍然有很多爭議，我期待看到爭論雙方提供更多的數據和證據。從我自己從醫的經驗來說，定期做乳房自我檢查是非常重要的，因為婦女有機會定期檢查自己的乳房。事實上自我檢查比臨床乳房檢查和乳房X光檢查來得更頻繁。我們醫療中心有許多乳癌患者都是在做自我乳房檢查時發現腫塊的。

**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，你可到下列任何一間醫療中心就診

華埠堅尼路268號，郵政號碼10013  
內科部 212-379-6996 • 婦女健康部 212-966-0228

華埠獲加街125號，郵政號碼10013  
兒科部212-226-3888 • 牙科部212-226-9339

法拉盛37大道136-26號，郵政號碼11354  
內科，婦產科部 718-886-1200 • 兒科部 718-886-1222



### 王嘉廉社區醫療中心婦女健康部將遵循哪一項乳癌篩檢指南？

我們婦女健康部將和美國防癌協會、蘇珊科曼乳腺癌基金會和雅芳基金會都會保持一致，選擇採取舊的指南。我們會繼續建議年齡在20歲到30歲之間的婦女定期做自我乳房檢查和接受臨床乳房檢查，另外從40歲開始，每年接受乳房X光檢查。所有婦女都應該每年到醫生那裡做一次婦科檢查。

### 新的指南會影響醫療保險支付乳癌篩檢費用嗎？

我認為短期內在醫療保險支付方面不會有什麼改變。

### 女性如何才能降低患乳癌的風險？

健康的生活方式不僅可以降低女性患乳癌的風險，並有助於保持身心健康。這包括運動，保持健康的體重，盡量少飲酒。我也鼓勵所有婦女遵循我前面提到的乳癌篩檢指南，才能及早發現癌症，這樣，治療的成功率會更高。

要了解婦女健康部提供的健康篩檢及其它服務，請致電(212) 966-0228。

## 如何選擇主診醫生

主診醫生是為你提供基本及常規醫療服務的醫生。主診醫生可以是家庭醫師、兒科醫生、婦產科醫生或內科醫生。他們為病人定期體檢和治療常見的疾病，他們還會幫助病人聯係及轉介到所需的專科醫療服務。由於主診醫生是你主要的醫務人員，所以選擇一個合適的主診醫生是很重要的。

### 1. 請認真想一想下列一些問題

- 你對你的健康有什麼特別的需求？
- 你是否需要一個持有特考文憑的醫生？（並非所有的醫生都持有特考文憑，持有特考文憑的醫生需通過了一系列的考試和訓練，確保優質的醫療服務水平。）
- 你喜歡你的主診醫生以哪種語言與你溝通？
- 你喜歡男醫生，還是女醫生看病？
- 診所的看診時間和地點對你是否方便？

### 2. 尋求推薦

- 家人和朋友可以向你推薦醫生，憑著他們個人的經驗，可向你提供可靠的意見。
- 以前的醫生、藥劑師、或牙醫也可以提供建議。
- 許多管理醫療保健計劃的網站、手冊或客戶服務人員也會協助病人選擇主診醫生。

### 3. 考慮你醫療保險的狀況

- 致電醫生，詢問他／她是否接受你的醫療保險計劃。你也可以向管理醫療保健計劃的代表查問你的醫生是否接受你的醫療保險。
- 如果你沒有醫療保險，可致電311(如有需要可要求翻譯協助)在社區醫療中心中選擇一位醫生。社區醫療中心會按照你的收入提供擬定你的費用。你不會因為沒有身份或沒能力支付診金而被拒絕看診。

### 4. 親自查詢

- 致電(518) 474-3817內線570，諮詢紐約州專業教育署查詢醫生的牌照情況和教育背景。
- 到www.nydoctorprofile.com網站以英語或中文查閱醫生的資料。

### 5. 致電醫生辦公室查詢

- 瞭解該醫生是否接收新病人。
- 職員是否友善和樂於助人？
- 他們有否及時回覆你的來電？

主診醫生和病人的關係是很重要的。如果你無法坦誠地與你的醫生溝通，或者你認為你的醫生沒有給你提供好的建議，可考慮轉換另一位醫生。



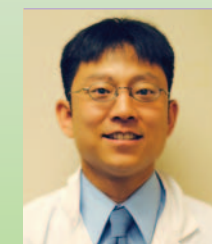
## 避免接觸過敏原 可預防過敏

春天的花卉是非常美麗的，但是這些花草樹木的花粉卻可能會導致過敏。過敏是你體內的免疫系統產生的反應。這些反應會導致打噴嚏、流鼻涕、喉嚨沙啞、發癢以及流眼淚等症狀。過敏甚至還會誘發哮喘。除了花粉，其它過敏原如塵蟎、黴菌，和寵物皮膚也往往會引起過敏。雖然過敏很難治愈，但是你可以透過避免接觸過敏原，降低患過敏的機會。以下方法可讓你避免接觸過敏原：

- 保持你的家居清潔及乾燥。
- 使用配置HEPA過濾器或雙層吸塵袋的吸塵器來吸灰塵、花粉及其它過敏原。
- 修補漏水的地方，避免產生霉菌，並清除任何發霉的物品。
- 早上5點至10點之間避免外出，因為這段時間戶外的花粉數量最多。
- 上床睡覺前應洗頭，因為你在戶外時，花粉會沾在你的頭髮上。
- 應使用防塵的床墊或枕頭套。並經常清洗床單及枕套。
- 與寵物玩耍後一定要清洗手、臉、和手臂，以將殘留在你皮膚上的動物皮屑清除乾淨。

如果你患有過敏症，請諮詢你的醫生，看哪種藥物對你最合適。

~柯哲偉醫生



柯哲偉醫生是王嘉廉社區醫療中心的兒科醫生，擁有兒科特考文憑。他畢業於石溪大學醫學院，在施奈德兒童醫院完成住院醫生培訓。

## 綠色環保

4月22日是世界地球日，讓我們一齊響應綠色環保運動。並在今後的每一天付諸行動，為你和你家人創建一個更健康的生活環境。你可以：

- 使用玻璃瓶和循環再用的袋，減少使用塑膠。
- 循環回收。把用過的紙張和卡紙放進透明袋或綠色的回收筒裡。而金屬塑膠和玻璃的物品則放進透明袋或藍色的回收筒裡。
- 改用節能的燈泡。

## 食鹽用得少、味道不會少

俗語說：“加了鹽，其味無窮”。鹽雖然可以提升食物的味道及保存食物。但攝入過多的鹽(鈉)也會令血壓升高。血壓升高會導致心臟病、中風或腎病。醫生建議我們每日食用少於2,300毫克的鈉，即相等於一茶匙份量的鹽。

但是，鹽會“隱藏”在許多日常食物中，以下是高鹽份的食品：

- 罐裝湯、肉和蔬菜
- 即食食品和快餐(如方便麵、醃製的小食、烘焙的食品)
- 調味佐料(醬油、辣椒醬、醃製蔬菜)
- 午餐肉和香腸
- 加添味精的食物

嘗試以下的方法既可減少用鹽，又能享受到食物的美味：

- 購買新鮮的肉類、水果和蔬菜取代高鹽的食物。
- 以香草和蔬菜如薑、蒜、芫茜、五香粉和胡椒來增加食物的味道，取代鹽或醃製的調味佐料。
- 閱讀食品包裝上的營養標籤，盡量選用低鈉或無鹽的食品。
- 在烹調及食用罐裝肉和蔬菜前，以清水沖淡食物中的鹽份。

## 小心服用 抗生素藥物

每當我們生病時，服用抗生素會令病情好一點，但是抗生素並不能對付所有的病菌。它只能用於治療細菌引起的疾病，對於由病毒引起的疾病卻沒有效用。

你不能每次生病時都服用抗生素。如果你在不需服用抗生素的時候使用了抗生素，可能對你的身體有害。你使用抗生素越頻繁，病菌就越有可能產生抗藥性。這意味著今後你生病的時候，藥物可能降低效力，你可能需要更強的藥物來治療。

所以下次你服用抗生素時，請遵循下列的建議，以確保你的身體健康：

- 只有在醫生認為你需要服用抗生素時才使用。
- 如果你的醫生給你處方抗生素，應遵照指示服藥。
- 即使你感覺病情好多了，也應按照指示服完所有的藥。如果你不這樣做，有些病菌就有可能沒有完全被殺死而使你再次患病。
- 不要服用他人的藥物，也不要把你的藥物給他人服用。

~阮綺雲醫生



阮綺雲醫生是王嘉廉社區醫療中心的內科醫生，有內科特考文憑。她畢業於紐約大學醫學院，在西奈山醫療中心完成住院醫生培訓。

Nutrition Facts/營養成份表	
Serving Size/食用份量 2 oz (56g)	
Servings Per Container/本包裝含有 2份	
Amount Per Serving/每份食品營養含量	
Calories/卡路里 240	
Calories from Fat/來自脂肪的卡路里 60	
%Daily Value*/%每日飲食份量百分比*	
Total Fat/總脂肪 7g	11%
Saturated Fat/飽和脂肪 3g	15%
Trans Fat/反型脂肪 3g	
Cholesterol/膽固醇 0mg	0%
<b>Sodium/鈉 1040mg</b>	<b>43%</b>
Total Carbohydrate/總碳水化合物 38g	13%
Dietary Fiber/飲食纖維 2g	8%
Sugars/糖 1g	
Protein/蛋白質 5g	
Vitamin A/維生素A 0%	Vitamin C/維生素C 0%
Calcium/鈣 2%	Iron/鐵 6%

\*每日百分比值是根據2000卡路里的飲食計算得出。根據你的熱量需求，你的每日攝入量可能會高於或低於這個數值。

這食品包裝上的營養標籤資料顯示此方便麵的營養成份。用紅綫圈出了此方便麵內每份食用份量所含的鹽(鈉)份量。

## 參與亞裔青少年健康倡導計劃"YEA-AAH!", 成為我們的顧問委員會成員

王嘉廉社區醫療中心現正招募1至2位家長成為我們顧問委員會的成員，參與亞裔青少年健康倡導計劃"YEA-AAH!", "YEA-AAH!"計劃致力於透過為亞裔及青少年新移民提供各類健康教育，以及與青少年發展相關的活動，從而減低青少年意外懷孕的風險。

顧問委員會成員的職責：

- 在2010年，參加3次"YEA-AAH!"計劃委員會會議(每3個月1次)
- 至少參加1次(每年有2次的)退修營活動
- 評審"YEA-AAH!"計劃所舉辦的活動
- 討論解決與青少年相關問題的辦法以及社區外展活動
- 以家長的觀點，為社區的青少年提供指導，也為我們舉辦的活動提供意見。

有意參加者，請致電王嘉廉社區醫療中心兒科部青少年資源中心Erica Christie 電話:(212)226-8866, 分機305。

