



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.



Fight Against Hepatitis B With The Charles B. Wang Community Health Center

Hepatitis B is a liver disease caused by the hepatitis B virus. Hepatitis B infection can cause liver scarring, liver damage, and even liver cancer. Although hepatitis B can spread through unprotected sex with someone who has hepatitis B, in Asians, most people who have chronic infection got it from their mother during birth. The virus can also spread through contact with infected blood or objects with infected blood or bodily fluids. It does not spread through sneezing, coughing, sharing food or towels, kissing, hugging, saliva, sweat, tears, urine, or stool.

Hepatitis B is common in Asians. In fact, 1 in 10 is infected with chronic (long-term) hepatitis B. However, infection can be treated and even prevented. At the Charles B. Wang Community Health Center, staff combat hepatitis B through screening and vaccination, comprehensive care to treat and manage infection, and advocacy efforts to raise awareness of the disease. Join the health center in fighting against hepatitis B.

Detect and Prevent Hepatitis B through Testing and Vaccination

Detect hepatitis B early, before the infection damages your liver, or prevent it with a vaccine. Make an appointment with your health center doctor to get tested for hepatitis B. If you do not have the virus and are not immune, get the vaccine to prevent infection. If you have hepatitis B and are pregnant, make sure your baby receives a series of three shots, starting at birth, to prevent your baby from becoming infected.

Treat and Manage Hepatitis B with Regular Care

If you have hepatitis B, protect your liver and your overall health with regular doctor visits and treatment. The health center offers comprehensive care for hepatitis B, including check-ups, diagnostic tests, treatment, care management, and referrals to specialists. The health center also hosts health education workshops, so you can learn how to manage hepatitis B. If you do not have health insurance, you can still receive care. At the health center, some uninsured patients with hepatitis B are enrolled in the Hepatitis B Care Program, which provides affordable care and help in signing up for programs that give low-cost drugs to hepatitis B patients.

Raise Awareness of Hepatitis B

Improve the health of loved ones by raising awareness of hepatitis B. Encourage friends and family to get tested and vaccinated, and make sure that loved ones with hepatitis B receive regular care to stay healthy.

At the health center, raising awareness among community members and government officials is an important part of fighting hepatitis B. This past year, the health center took part in World Hepatitis Day. The health center's assistant director of medical affairs, Dr. Su Wang, participated in the White House's World Hepatitis Day Briefing and the U.S. Department of Health and Human Services (HHS) press conference on the National Hepatitis B Action Plan. By spreading the word about hepatitis B, the health center helps prevent the spread of hepatitis B.

To learn more about the health center's hepatitis B programs, please call (212) 226-8339.

CHARLES B. WANG COMMUNITY HEALTH CENTER
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 (718) 886-1200

OB/GYN (718) 886-1287

Pediatrics (718) 886-1222

Health Education Department (212) 966-0461

Social Work Department

Chinatown (212) 226-1661

Flushing (718) 886-1212

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

Prevent Tooth Decay For Your Overall Health

Keeping your teeth healthy isn't just important for having a great smile. Taking care of your teeth helps you maintain good dental health and prevent tooth decay. Tooth decay, also known as cavities, occurs when bacteria in your mouth make acid that eats away at your teeth. Eventually, this can leave small holes in your teeth. If left untreated, tooth decay can cause pain, infection, and tooth loss. Plus, there is evidence that poor dental health puts you at greater risk of heart disease, stroke, and lung disease. Protect your health and avoid costly dental treatments by developing good dental hygiene habits and getting dental sealants.

Develop Good Dental Hygiene Habits

- Brush your teeth twice a day to remove plaque (a film of bacteria) and food pieces between teeth that can cause cavities.
- Floss every day to remove plaque and food pieces between teeth and the gum line.
- Eat a balanced diet and limit sugary snacks and drinks.
- Visit the dentist every six months to clean your teeth and to make sure they are healthy.

Get Dental Sealants To Prevent Tooth Decay

Dental sealants prevent cavities by keeping food and bacteria out of the grooves of your back teeth (molars). Sealants are thin plastic coatings that cover the chewing surfaces of your molars. They are clear, white, or slightly tinted and are usually not seen when you talk or smile. Children, teens, and adults can get sealants, but it is best to get them as soon as your permanent molars come in (usually between 6- and 12-years-old). Sealants last up to 5 to 10 years. During routine visits, the dentist will check your sealants and reapply them if needed. Even if you have sealants, you can get cavities, so you still need to take good care of your teeth.

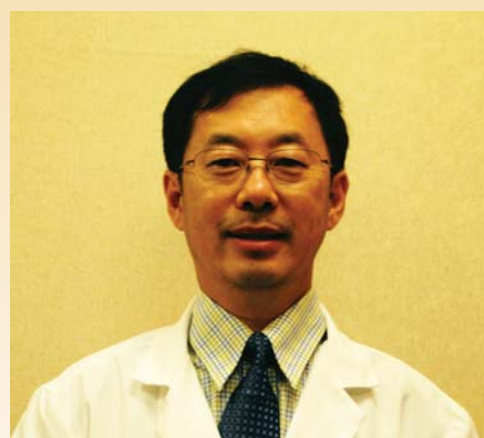


Welcome Dr. Duchu Wu And Dr. Jingbo Zhao

The Charles B. Wang Community Health Center is proud to welcome two new doctors, Dr. Duchu Wu and Dr. Jingbo Zhao, to the Internal Medicine Department. Dr. Wu received his medical degree from Fujian Medical University in Fujian, China and completed his training at the Mount Sinai School of Medicine. He is eligible for board certification. Dr. Zhao received his medical degree at Harbin Medical University in Harbin City, China and completed his training at New York Downtown Hospital. He is board-certified by the American Board of Internal Medicine.



Dr. Duchu Wu



Dr. Jingbo Zhao

Prevent Lead Poisoning



Lead is a toxic metal that can make you sick. It is mostly found in lead-based paint that was used in many homes until it was banned in 1978. Lead is also in old lead pipes and some imported products such as herbal remedies, spices, pottery, and cosmetics. Even the paint and plastic parts of imported jewelry, toys, and other products for children can contain lead.

Lead poisoning causes decreased growth, speech problems, developmental delays, and seizures. It can also damage your nervous system, kidneys, and hearing. Although lead affects adults, children are at greater risk of lead poisoning. In 2009, Asian children had some of the highest rates of lead poisoning among children in New York City.

Protect Your Children From Lead Poisoning

- Make sure your home does not have any peeling or cracked paint.
- Clean your home often, and use a wet sponge to remove any lead dust. Even small amounts of lead can be harmful.
- Keep children away from window sills and painted surfaces.
- Have your children wash their hands often.
- Run cold water for a minute before using it if you have older plumbing.
- Wash your children's toys often.
- Make sure that young children do not put toys, jewelry, or other products in their mouths. These products can also be choking hazards.
- Warn your children about the dangers of lead.
- Have your children tested for lead poisoning, especially if they are under the age of 6.
- Avoid using imported glazed ceramic pottery to prepare hot or acidic foods or drinks since they are more likely to leach lead.

If your child has headaches, fatigue, loss of appetite, stomach pain, vomiting, and problems learning, see your doctor. These may be signs of lead poisoning. For more information about lead poisoning and how to avoid unsafe products, call 311 and ask for the lead prevention program.

Learn More about Lead Poisoning

Join the Charles B. Wang Community Health Center for lead poisoning prevention activities during National Lead Poisoning Prevention Week from October 23 to 29.

Date	Time	Location
Monday, 10/24	10am to 12pm 2pm to 4pm	125 Walker Street, 2nd Floor New York, NY 10013
Tuesday, 10/25	1pm to 4pm	136-26 37th Avenue, 4th Floor Flushing, NY 11354

For more information, please call the health center's Health Education Department at (212) 966-0461.

Get The Flu Shot



The flu is a virus that causes fever, runny or stuffy nose, aches, and coughing. The flu is especially dangerous to the elderly and young children. Protect yourself and your family by getting the flu vaccine, which is available now.

Everyone aged 6 months and older should get an annual vaccine, except for people who have had a bad reaction to past vaccines and people who are allergic to eggs. Even though the vaccine doesn't always prevent the flu, it can help lessen the effects of the virus.

SEE YOUR DOCTOR TO GET THE FLU VACCINE.

The vaccine will be available as a shot (for people aged 6 months and older) or nasal spray (for people aged 2-49).

Donate To The Charles B. Wang Community Health Center

Help the health center continue providing quality health care by making a tax-deductible donation. Please send your check to:

**Charles B. Wang Community
Health Center
268 Canal Street, 6th Floor
New York, NY 10013**

All donations are appreciated. No donation is too small.



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。

與王嘉廉社區醫療中心 共同對抗乙型肝炎

乙型肝炎是一種由乙型肝炎病毒引起的肝病。乙型肝炎病毒會引起肝硬化、肝損害、甚至肝癌。雖然乙型肝炎可以透過與乙型肝炎患者進行不安全性行為而傳播，但是在亞裔人群中，很多感染此慢性病是通過母親在生產時傳播給嬰兒。病毒也可以是透過接觸血液感染、或沾到感染的血液或體液的物體而傳播。打噴嚏、咳嗽、分享食物、共用毛巾、接吻、擁抱、唾液、汗水、眼淚、尿液或糞便均不會傳播乙型肝炎病毒。

乙型肝炎在亞裔人群當中十分常見。事實上，每10人當中就有1位患有慢性（長期）乙型肝炎。但是，感染了乙型肝炎是可以治療的，甚至是可以預防的。在王嘉廉社區醫療中心，醫療人員通過篩檢和接種疫苗、綜合性醫療服務治療及感染性疾病管理，並且提高民眾對這種疾病的警覺來對抗乙型肝炎。請與本醫療中心攜手努力，共同對抗乙型肝炎。

通過測試和接種疫苗來發現及預防乙型肝炎

在乙型肝炎病毒仍未損害你的肝臟之前，與你的醫療中心醫生預約做乙型肝炎檢查，及早發現或接種預防疫苗。如果你沒有感染乙型肝炎病毒及沒有抗體，就應接種疫苗以預防感染。如果你患有乙型肝炎並且懷孕，請確保你的寶寶出生後，即開始一共接受3次注射，以防止寶寶被感染。

定期治療和護理乙型肝炎

如果你患有乙型肝炎，你需要定期看醫生並接受治療，以保護你的肝臟和身體健康。本醫療中心為乙型肝炎患者提供的綜合性醫療服務包括檢查、診斷測試、治療、個案管理和轉介專科醫生。本醫療中心也會舉辦健康教育講座，使你能夠學會如何護理乙型肝炎。如果你沒有醫療保險，你也可接受醫療服務。在王嘉廉社區醫療中心，沒有醫療保險的乙型肝炎患者可以參加乙型肝炎關懷計劃——這項計劃提供可負擔的醫療服務費用，並幫助乙型肝炎患者參加其它提供抵收費的藥物計劃。

提高對乙型肝炎的警覺性

提高對乙型肝炎的認識可增強你摯愛的身體健康。鼓勵朋友及家人做乙型肝炎測試和接種疫苗，並且確保患有乙型肝炎的摯愛親人接受定期檢查，保持身體健康。

在王嘉廉醫療社區中心，提高社區民眾和政府官員對抗乙型肝炎知識的認識是極其重要的。在過去一年，本醫療中心參與了世界肝炎日活動。本醫療中心的醫療事務部副主任汪思涵醫生出席了白宮世界肝炎日簡報和美國衛生部關於全國乙型肝炎行動計劃的新聞發佈會。本醫療中心希望通過傳播乙型肝炎的訊息，幫助預防乙型肝炎的擴散。

如欲瞭解王嘉廉社區醫療中心的乙型肝炎計劃詳情，請致電(212) 226-8339。

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 (718) 886-1200
婦產科部 (718) 886-1287
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！

預防蛀牙有助身心健康

保持牙齒健康的重要性不僅是讓你擁有一個美麗的笑容。良好的牙齒護理可以幫助你保持牙齒健康和預防蛀牙。牙齒變壞即是蛀牙，造成蛀牙是因為口腔內的細菌形成酸性物質後就會侵蝕你的牙齒。最後，將你的牙齒蛀成小洞。如果不接受治療，蛀牙就會引起疼痛、感染和牙齒脫落。同時，越來越多的證明顯示牙齒健康狀況越差，你患上心臟病、中風和肺病的風險就越高。養成良好的牙齒衛生習慣和使用牙齒封閉劑，有助保護你的健康和避免高昂的牙科治療費用。

養成良好的牙齒衛生習慣

- 每日刷牙兩次，清除牙縫之間可以造成蛀牙的牙菌斑（一層細菌薄膜）和食物殘渣。
- 每日使用牙線剔除牙縫與牙齦線之間的牙菌斑和食物殘渣。
- 均衡飲食，少吃含糖食物和飲品。
- 每六個月看一次牙醫，牙醫會幫你洗牙及確保牙齒健康。

使用牙齒封閉劑幫助預防蛀牙

使用牙齒封閉劑可避免食物殘渣和細菌藏在後牙槽（白齒）中，有助預防蛀牙。可清除後牙槽（白齒）中的食物殘渣和細菌，有助預防蛀牙。封閉劑是塗抹於白齒咬合面上的一層塑膠薄膜（一般給6-12歲的孩子）。它們是透明的、白色的或稍微帶點顏色的，。當你說話或微笑一般都是看不見的。兒童、青少年以及成人均可使用封閉劑，但是最佳使用時間是在恆齒長出的時候。封閉劑可有效5至10年。在定期檢查時，牙醫會檢查你的封閉劑，如果有必要便會幫你重新塗抹。但是，即使用了封閉劑你還是有可能會有蛀牙，因此，你仍然需要好好護理你的牙齒。

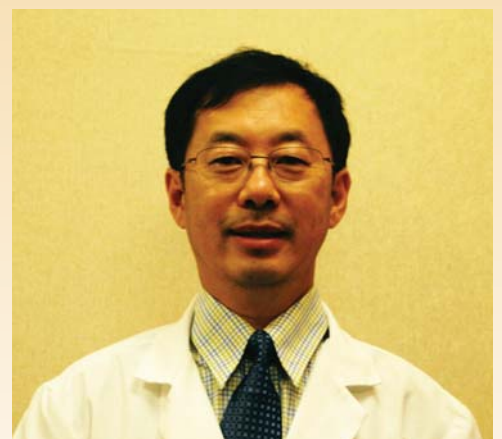


歡迎吳篤初醫生 及趙景波醫生

王嘉廉社區醫療中心歡迎吳篤初醫生及趙景波醫生加入本中心內科部。吳篤初醫生畢業於中國福建省福建醫科大學，並獲得醫學學位，他在紐約市西奈山醫院完成住院醫生實習培訓，並合乎特考文憑資格。趙景波醫生畢業於中國哈爾濱市哈爾濱醫科大學，並獲得醫學學位，他在紐約下城醫院完成住院醫生實習培訓，擁有美國內科醫學特考文憑。



吳篤初醫生



趙景波醫生

預防鉛中毒



鉛是一種可使你生病的有毒金屬。它主要存在於很多家庭廣泛使用的含鉛漆料中，直到1978年才被禁止。在老式鉛管和一些進口的產品中也存在鉛，例如中草藥、調味料、陶瓷和化妝品等。甚至某些進口珠寶、玩具和其他兒童產品的油漆和塑膠部位都可能含鉛。

鉛中毒可造成成長減慢、語言障礙、發展遲緩和癲癇。它還會損害你的神經系統、腎臟和聽力。雖然鉛可影響成人，但是兒童中鉛毒的風險更大。在2009年，亞裔兒童是紐約市所有兒童中鉛毒率最高的群體之一。

保護你的孩子避免鉛中毒：

- 確保你的家中沒有任何脫落或破裂的油漆。
- 住家要勤打掃，並且使用濕海綿清除任何鉛塵。即使是很少量的鉛也是有害的。
- 保持孩子遠離窗台和上了油漆的表層。
- 讓孩子勤洗手。
- 如果你使用老舊水管，在用水前先放掉1分鐘的冷水。
- 經常清洗孩子的玩具。
- 確保幼童不會將玩具、珠寶或其他產品放進嘴巴里。這些產品還是可造成窒息的危險。
- 警告孩子關於鉛的危險性。
- 帶孩子去做鉛中毒測試，尤其是6歲以下的兒童。
- 避免使用進口釉面陶製品烹調熱或酸性的食物或飲品，因為這更容易釋出鉛。

如果你的孩子出現頭疼、疲勞、食慾下降、胃疼、嘔吐和學習有障礙等症狀，應立即去看醫生。這些可能是鉛中毒或其他疾病的徵兆。如欲瞭解更多有關鉛中毒的訊息或如何防止不安全產品，請致電311及查詢預防鉛中毒的相關資料。

瞭解更多鉛中毒的相關訊息

在10月23日至29日是全國預防鉛中毒周，歡迎參加王嘉廉社區醫療中心舉辦的預防鉛中毒活動。

日期	地點
十月二十四日(星期一) 早上十時至中午十二時 下午二時至四時	華埠獲加街125號二樓
十月二十五日(星期二) 下午一時至四時	法拉盛37大道136-26, 四樓

如欲瞭解相關活動的更多訊息，請致電本醫療中心健康教育部，電話：(212) 966-0461。

接受流感疫苗



流感是一種會引致發燒、流鼻涕或鼻塞、疼痛和咳嗽的病毒。年長者及小孩染上了流感會特別危險。現在已有流感疫苗，保護你自己及家人，請盡早接受流感疫苗。

凡年齡為6個月及以上的人士都應每年接種疫苗，但過去曾經對疫苗產生不良反應和對雞蛋過敏的人士除外。雖然疫苗並不能完全預防流感，但是它能夠減輕病毒的影響。

約見你的醫生接受流感疫苗。
疫苗分為2種，分別是流感針
(適合年滿6個月及以上人士)
和鼻腔噴霧劑(適合2至
29歲人士)。

請捐款給 王嘉廉社區醫療中心

幫助我們繼續提供優質的醫療服務。
您的捐款可用於減稅。捐款支票請
寄到：

王嘉廉社區醫療中心
紐約堅尼路268號6樓，
郵區10013

捐款無論多少，我們都深表感謝。