



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.

Issue 29, Spring 2011

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www.cbwchc.org

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New York, NY 10013**
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Women's Health
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**125 Walker Street, 2/F
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Pediatrics & Adolescent Health
(212) 226-3888
Teen Resource Center (TRC)
(212) 226-8866 ext. 5209
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**136-26 37th Avenue
Flushing, NY 11354**
Internal Medicine
(718) 886-1200
OB/GYN
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Pediatrics
(718) 886-1222

**Health Education
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(212) 966-0461

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SMOKING PUTS EVERYONE'S HEALTH AT RISK Avoid Secondhand Smoke

Amy took her medicine as prescribed and used her peak flow meter every day to keep track of her asthma. Even though she followed her doctor's orders, she still had really bad asthma. Later, the doctor found out that it was because her grandpa smoked at home and refused to smoke outside. Grandpa did not realize that Amy's asthma was not getting better because he was exposing her to secondhand smoke.

Secondhand smoke is any smoke from a lighted cigarette, pipe, or cigar and smoke exhaled by a smoker. It can make you sick, and it has more than 250 chemicals that can cause cancer. If you breathe in smoke from someone else's cigarette, pipe, or cigar, you take in all the toxins that smokers do. The more secondhand smoke you are exposed to, the more harmful chemicals you will have in your body.

Secondhand smoke is dangerous for everyone, especially pregnant women, children, seniors, and people with heart or breathing problems. When pregnant women smoke or are exposed to secondhand smoke, their babies are more

likely to have lower birth weight and have weaker lungs. They are also more likely to die from sudden infant death syndrome (SIDS). Children who are around smokers are more likely to have asthma, ear infections, bronchitis, and pneumonia. Second hand smoke will also delay the child from getting over their colds or infections faster. Those who already have asthma have more frequent and severe asthma attacks when exposed to secondhand smoke. Secondhand smoke can also lead to lung cancer, colds, and heart disease.

(Continued on the next page of this newsletter...)



**Mei Wong,
DO**

Dr. Wong is a Board-certified pediatrician at the Charles B. Wang Community Health Center. She received her medical

degree from University of Osteopathic Medicine and Science and completed her residency at Long Island College Hospital.

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

Avoid Secondhand Smoke

(Continued from the previous page of this newsletter...)

You can be exposed to secondhand smoke indoors or outdoors. You can also be exposed to smoke from a smoker's clothes or being in close contact with a smoker. To protect you and your family from secondhand smoke:

- Make your home and car smoke-free. Do not allow anyone to smoke inside your home or car.
- Ask smokers to smoke outside. Opening windows or using fans or air conditioners will not prevent exposure to secondhand smoke.
- Quit smoking to protect your family's health. Quitting also reduces your child's chances of becoming a smoker. Ask your doctor for ways to help you or your family member to quit smoking.

For more information on how to quit smoking:

- Call 311 or visit nyc.gov/health/smokefree.com for more information.
- Call the Asian Smokers' Quitline at 1-800-838-8917 (Chinese). The Asian Smokers' Quitline offers free counseling, information about nicotine patches, and referrals to local programs and clinics.



Charles B. Wang Community Health Center Celebrates Its 40th Anniversary



In 2011, the Charles B. Wang Community Health Center celebrates its 40th anniversary. The health center began in 1971 when a group of volunteers organized

a street fair to provide screenings and health education to the Asian American community. By the end of the year, the volunteers established a free health clinic, then known as the Chinatown Health Clinic. The clinic was staffed initially by volunteer doctors, nurses, social workers, and students. In 1979, it received recognition as a federally qualified health center and employed full and part-time professional staff. Over the years, the clinic continued to expand and relocated several times. In 1999, the Chinatown Health Clinic was renamed the Charles B. Wang Community Health Center.

Today, the Charles B. Wang Community Health Center is a leading health care provider for the Asian American community with four sites in Chinatown and Flushing. In honor of its 40th anniversary, the health center is publishing a book on its history entitled *From Street Fair to Medical Home*, which will be available in May 2011.

FOUR WAYS TO TAKE MEDICINE SAFELY

Be a Partner with Your Health Care Team

Make sure your health care team knows all the medicines, vitamins, herbal remedies, and dietary supplements you are taking. Also, tell them if you are allergic to any medicine, you are pregnant, or you have any other medical condition.

Get the Facts about Your Medicine

Make sure you understand what the medicine is for and how long you should take it. Ask questions about every new medicine, such as how to take it, how often to take it, what the side effects are, and what to do if you miss a dose. Take notes if you can't remember all the information. Read and save the drug information that is often stapled to the bag from the pharmacy.

Stay with Your Treatment Plan

It's often helpful to set daily routines to take medicine, such as taking it before eating meals or going to bed. Keep medicine where you'll see it. If you still have trouble following the instructions, use pill boxes that you can fill for a whole week of medicine, which are sold in most pharmacies. Never share prescription medicine with others. It's especially important to take antibiotics exactly as directed.

Keep a Record of Your Medicine

Use the same pharmacy to buy all of your medicines, so your prescription records will all be in one place. Keep a list of all the medicines, vitamins, and dietary supplements you take. Your doctor or pharmacy can help you print out a list to keep with you or at home.



TALK TO YOUR PEDIATRICIAN ABOUT CHILD DEVELOPMENT

Your child's development is just as important as your child's physical growth. From an early age, children gain the skills they need to speak, move, and think. These skills help children learn and develop throughout their lives. If children do not develop properly, they are at greater risk for health problems and may have trouble learning. However, you can seek help for any development delays your child may have.

LEARN ABOUT CHILD DEVELOPMENT: What should children be able to do?



- AT 3 MONTHS** — Most babies can respond to their mother's voice, coo, and wiggle their arms and legs.
- AT 6 MONTHS** — Most babies can reach for objects, imitate sounds, and roll over.
- AT 12 MONTHS** — Most babies can sit, crawl, and say at least one word.
- AT 18 MONTHS** — Most children can say at least six words, follow simple directions, and walk without help.
- AT 2 YEARS** — Most children can say two-to-three-word sentences, feed themselves with a spoon, and recognize familiar pictures.
- AT 3 YEARS** — Most children can play with other children and repeat rhymes. They can also say sentences using "I," "you," and "me," and say their name, age, and sex.

What can parents do to help their children develop properly?

- Talk and play with your child. Children learn better from people than from watching TV.
- Read and sing with your child. This helps your child learn new words and topics.
- Let children have free play. Free play allows children to learn new skills, gain knowledge, and express themselves.
- Take your child for regular check ups. Regular check ups help monitor your child's development and keep your child healthy.

How can you tell if your child has a development delay?

Your pediatrician can check your child for development delays during regular doctor visits. If your child has a development delay, there are free services to help your child. The earlier you seek help, the better your child's chances are to lead a healthy and successful life.

The health center's Family Resource Center (FRC) in the Pediatrics Department offers services, resources, and workshops for parents and caregivers to support healthy parenting, child development, and school readiness.

UPCOMING WORKSHOPS

FOR MORE INFORMATION OR TO REGISTER, PLEASE CALL:

Flushing: Cherry Ching, 718.886.1212 x 1226 Chinatown: Kelly Eng, 212. 226.8866 x 5301

| TOPIC | Flushing, Queens 136-26 37th Avenue, 2nd Fl. Flushing, NY 11354 | Chinatown, Manhattan 125 Walker Street, 2nd Fl. New York, NY 10013 |
|---|---|--|
| Promoting Daily Routine & Self-Care in Young Children | Saturday, April 9 (1:30pm - 3pm) | Saturday, April 30 (10:30am - 12pm) |
| Importance of Early Literacy & Reading Aloud | Saturday, May 14 (1:30pm - 3pm) | Saturday, May 21 (10:30am - 12pm) |
| Strategies to Manage Your Child's Difficult Behaviors | Saturday, June 25 (1:30pm - 3pm) | Saturday, June 18 (10am - 11:30am) |



**Chunpang
Tony Shen, MD**

Dr. Shen is a Board-certified pediatrician at the Charles B. Wang Community Health Center. He received his medical degree from State University of New

York at Brooklyn Downstate and completed his residency at Albert Einstein College of Medicine-Children's Hospital at Montefiore.



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。



吸煙危害所有人健康： 避免吸入二手煙

阿美為了治療哮喘病，每天按照醫生的囑咐吃藥和使用「肺峰流量計」。即使她遵從醫生指示，但是她的哮喘病情仍然十分嚴重。後來，醫生發現其真正原因乃是因為她的爺爺每日在家中抽煙，並且拒絕在室外抽煙。爺爺並沒有意識到阿美的哮喘病一直沒有好轉的原因正是因為他一直在讓孫女兒吸入二手煙。

從點燃的香煙、雪茄或煙斗中釋放出、或者吸煙者吐出的煙霧都是二手煙。它除了會讓人生病，還含有超過250多種會致癌的化學成分。如果你吸入他人在吸香煙、煙斗或雪茄時吐出的煙霧，那麼你同時也在吸入和吸煙者相同的毒素。當你吸入的二手煙越多，體內有害的化學成分也就越多。

二手煙會危害所有人的身體健康，尤其是孕婦、小孩、老人、以及有心臟或呼吸問題的人群。若孕婦吸煙或吸入二手煙，他們

的嬰孩很有可能會出現出生體重偏低以及肺部功能衰弱等症狀。他們也有較大可能死於嬰兒猝死綜合症(SIDS)。常在吸煙者身邊的孩子更易患上哮喘病、耳朵感染、支氣管炎和肺炎。二手煙同樣會延緩兒童感冒或感染的治癒時間。那些已患有哮喘病的人倘若再接觸二手煙，哮喘發作也會更加頻繁和嚴重。二手煙還會導致肺癌、感冒和心臟病。

(請轉下頁...)



黃美鳳醫生
黃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。她畢業於骨科及醫科大學，在長島大學醫院完成培訓。

二零一一年 春 第二十九期

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(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！

吸煙危害所有人健康

(續上頁...)

無論是室內或室外，你都有可能被動地吸入二手煙。你也可能會從吸煙者的衣服上或因為與吸煙者緊密接觸而吸入二手煙。為了保護你和家人免受二手煙的侵害，你應做到：

- 家裡和車內嚴禁吸煙。禁止任何人在家裡和車內吸煙。
- 要求吸煙者到室外吸煙。打開窗戶或用排風扇或空調是無法防止吸入二手煙的。
- 戒煙能保護家人的健康。戒煙還能減低你的子女成為吸煙者的機會。向醫生諮詢能幫助你或家人戒煙的方法。

關於如何戒煙的更多資訊：

- 致電 311 或瀏覽 nyc.gov/health/smokefree.com 網站以獲得更多資訊。
- 撥打亞裔吸煙者戒煙熱線 (Asian Smokers' Quitline) 1-800-838-8917 (中文)。亞裔吸煙者戒煙熱線提供免費的諮詢服務、有關尼古丁貼劑的相關資訊、以及轉介到其他醫療計劃和診所。



慶祝王嘉廉社區醫療中心成立40周年



2011年，王嘉廉社區醫療中心將慶祝其成立40周年。本醫療中心於1971年成立，最初是由幾位義工組織起來舉辦“健康日”活動，為亞裔社區

民眾提供篩檢及健康教育服務。當年年底，這些義工成立了一個提供免費醫療服務的健康診所，稱為“華埠健康診所”。診所最初的員工是由義工、醫生、護士、社工及學生組成。1979年，華埠健康診所獲得聯邦政府認可資格，並開始雇用全職及兼職的醫療專業人士。經過多年的發展，華埠健康診所不斷擴大，並多次更換地點。1999年，「華埠健康診所」改名為「王嘉廉社區醫療中心」。

今天，王嘉廉社區醫療中心為亞裔社區民眾提供各類專業、優質的醫療服務。並在華埠及法拉盛地區設有四個地點。為了慶祝本中心成立40周年，本中心特地印製了一本名為“從健康日到醫療之家”的書籍介紹其歷史，此書將於2011年5月面世。

安全服用藥物的四種方法 與醫務人員合作

確保醫務人員知道你現在所服用的任何藥物、維他命、草藥以及營養補充劑。此外，如果你對某種藥物過敏，正在懷孕或有任何其它醫療情況，都應告知醫務人員。

瞭解你服用的藥物的情況

瞭解你應服用什麼藥物，以及服用多長時間。每服用一種新的藥物前都應向醫生問清楚以下問題：如何服用？多久服用一次？有哪些副作用？如果我錯過服藥，我該怎樣做？如果你無法把這些全部記住，你可記錄下來。細心閱讀及保存藥物的藥品說明，一般藥劑師會將這些藥品說明貼在裝藥物的袋子內。



制定你的治療計劃

固定每日服用藥物的時間是有幫助的，例如：在進食正餐前或在睡覺前服用藥物。把藥物存放在你能看見的地方。如果你遵循這些指示時仍然有困難，你可以用藥盒盛裝整個星期的藥物，這些藥盒在大部分藥房都有出售。千萬不要與他人分享你的處方藥物。按照醫生的囑咐服用抗生素是非常重要的。

記錄你服用的藥物

在同一家藥房購買你服用的所有藥物，這樣你的處方藥物記錄就會保存在同一間藥房。你可用表格記錄你服用的藥物、維他命、營養補充物等。你的醫生或藥房可以幫助你打印這份表格，這樣，你就能把這份表格隨身攜帶或保存在家裡。

告訴兒科醫生孩子的發展情況

孩子的發展與其身體成長是同樣重要的。兒童從很小開始，便會學習說話、動作以及思考等的技能。這些技能將幫助孩子們在一生中不斷學習與發展。假如孩子發展不正常，他們很大機會會有健康問題及可能會在學習方面有困難。如果你的孩子有任何發展遲緩的問題，你可尋求幫助。

學習有關兒童發展的知識 孩子成長的不同階段能夠做哪些事情？

- 3 個月時** — 大多數嬰兒能夠對母親說話時的聲音以及母親在哄嬰兒時發出的輕微的聲音做出反應，並會扭動他們的小胳膊和小腿。
- 6 個月時** — 大多數嬰兒能夠伸手去拿東西、模仿聽到的聲音、並且能夠自己翻身。
- 12 個月時** — 大多數嬰兒可以獨立坐起、爬行、以及說至少一個單詞。
- 18 個月時** — 大多數孩子能夠說至少6個單詞、能夠聽從簡單指令、以及在不需要人協助下獨立行走。
- 2 歲時** — 大多數孩子能夠說由2到3個單詞組成的句子、能夠自己用匙子進食、以及辨認出熟悉的圖片。
- 3 歲時** — 大多數孩子能夠與其他孩子一同玩耍，以及重複所聽到的韻律。他們還可以用「我」、「你」和「我的」來完成句子，並且能夠說出他們的姓名、年齡和性別。



家長能夠做些甚麼幫助孩子正常發展？

- 和孩子一同說話和玩耍。相比看電視而言，孩子在與他人的互動中可以更好地學習。
- 和孩子一同閱讀和唱歌。這有助於孩子學習新的詞匯和話題。
- 讓孩子自由玩耍。自由玩耍可以使孩子學習新的技能、知識以及表達自己。
- 帶孩子做定期檢查。定期檢查有助監察孩子的發展，並保持孩子健康。

如何知道你的孩子是否有發展遲緩問題？

兒科醫生會在定期身體檢查時檢查孩子是否有發展遲緩問題。如果證實你的孩子有發展遲緩，目前有一些免費的服務可以幫助他們。盡早尋求幫助，你的孩子就越有機會享有健康與成功的人生。

王嘉廉社區醫療中心兒科部的家庭資源中心(FRC)為父母及照顧者提供支援服務、資源及講座，以促進健康的家長教育、兒童發展及為入學前做準備。

即將舉辦的講座

查詢或報名，請致電：

法拉盛：程子凌 Cherry Ching, 718.886.1212 分機1226
華埠：伍凱利 Kelly Eng, 212. 226.8866 分機 5301

| 講座內容 | 法拉盛37大道 136-26號2樓 | 華埠獲加街125號2樓 |
|------------------|--------------------------|------------------------------|
| 培養幼兒的日常生活習慣及自理能力 | 4月9日(星期六) 下午1時30分至3時 | 4月30日(星期六) 上午10時30分至中午12時 |
| 早期識字及朗讀的重要性 | 5月14日(星期六) 下午1時30分至3時 | 5月21日(星期六) 上午10時30分至中午12時 |
| 處理孩子不良行為的策略 | 6月25日(星期六) 下午1時30分至3時 | 6月18日(星期六) 上午10時至上午11時30分 |



沈駿邦醫生

沈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。他畢業於紐約州立大學布碌崙

下州分校醫學院，在Montefiore艾伯特愛因斯坦醫學院兒童醫院完成培訓。