



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.



## Take Control Of Your Diabetes With The Charles B. Wang Community Health Center

*Diabetes occurs when the body does not make enough insulin or cannot properly use insulin. Insulin is important because it changes the sugar that you get from food into energy that your body needs. Diabetes is a life-long disease that can lead to blindness, heart disease, kidney failure, or amputations, but it can be controlled. At the Charles B. Wang Community Health Center, the Diabetes Care Team helps you to control your diabetes with doctors, registered dietitians, certified diabetes educators, and care coordinators. Find out more about the Diabetes Care Team and comprehensive diabetes services at the Charles B. Wang Community Health Center.*

### **Care From NCQA-Certified Doctors**

The health center's doctors provide the highest level diabetes care. In May 2009, the health center's internal medicine doctors were awarded three-year recognition from the National Committee for Quality Assurance and the American Diabetes Association. During regular check-ups, your doctor helps monitor your blood sugar level and prescribe treatment or medicine as needed. Working with your doctor, you will learn to lead a healthy life and control your diabetes.

### **Education and Support From Diabetes Educators And Dietitians**

Certified diabetes educators and registered dietitians work closely with your doctor to provide extra support for you through the Diabetes Self-Management Education Program. The program includes individual visits, group sessions, and workshops, so you and your family can learn more about diabetes and how to manage it. Diabetes educators and dietitians cover topics such as coping with diabetes, preventing diabetes complications, medication management, healthy eating, staying physically active, and monitoring blood sugar. In 2008, the Diabetes Self-Management Education Program received American Diabetes Association certification.

### **Assistance From Care Coordinators**

Care coordinators help you meet your treatment goals by arranging and coordinating your care. They help you make appointments, work with your doctor, diabetes educator, and dietitian to track lab tests, and make sure that you receive the right care.

### **A Patient's Compliment**

"I have been a health center patient for more than 10 years. My father had diabetes, so I was always anxious about my own health and often told Dr. Wei Yan Tan about my symptoms and worries. Just last year, I was diagnosed with diabetes. In the beginning, I was upset, but I wanted to learn how to deal with it. So when I saw a flyer for diabetes workshops at the health center, I asked about them right away. I attended the workshops and learned about A1C levels, diet, and how to control my carbohydrate and sugar intake. I also had appointments with diabetes educator Abby Toa and nutritionist Daniel Wong. Now, my A1C has dropped from 7 to 6. I feel very proud. I now realize that the most important part of managing my diabetes is to understand how to deal with the disease instead of not knowing and not caring about it."

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**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!

# Get Active With Chinatown JUMP

The health center's Chinatown JUMP (Joining Urban Partners for More Physical Activity) program in the Pediatrics Department has been creating low-cost/free activities in Chinatown, so you and your family can have more fun and get more exercise. The program, funded by the New York State Department of Health, Healthy Heart Program has partnered with Chinatown public schools and Sports and Arts in Schools Foundation to bring you afterschool sports clinics and the New York City Parks and Recreation Department/Alfred E. Smith Recreation Center to offer free physical activities including dance and table tennis programs starting this July for the community.

## *Here's what participants have been saying about their experiences with Chinatown JUMP:*

- "I like the afterschool sports clinic because it's convenient. I just wait an extra hour after school to pick my daughter up. I don't have to bring her to other locations for physical activity."
- "I think this program [iMOVE, a 10-minute physical activity program incorporated into the academic afterschool program] is a great idea because it allows children to move their bodies after a long day of school work."

Physical activity helps you control weight, strengthen bones and muscles, improve your mood, and stay healthy.

To find out more about Chinatown JUMP and upcoming activities, please call Eunice Chen, program coordinator of Chinatown JUMP, at (212) 226-8866.



# Make HIV Testing Part Of Your Routine Health Care



New York State law now requires HIV testing to be offered to everyone between the ages of 13 and 64 whenever they see a doctor. HIV testing is still voluntary, but the new law makes it easier for you to get tested. By finding out your HIV status, you can take steps to protect your health and the health of others. Learn more about HIV and HIV testing below:

## **What is HIV? How does it spread?**

HIV is a virus that causes AIDS. It destroys cells that fight infections, so people with HIV/AIDS have trouble fighting off germs. HIV can spread through unprotected sex (vaginal, anal, or oral sex) or contaminated needles. HIV-infected pregnant women can also pass the virus to their infants during pregnancy or delivery, or while breast feeding.

## **Why do I need to be tested for HIV?**

Get tested and know your HIV status, so you can take care of your health. If you have HIV, there are treatments to help you stay healthy. You can also take measures to prevent spreading HIV to others. If you do not have HIV, you can take steps to reduce your risk of getting HIV.

## **Where can I get tested for HIV?**

The health center provides free or low-cost HIV testing as well as HIV education, consulting, and referral services. For more details, talk to your doctor.

## **How do I give consent for HIV testing?**

HIV testing requires your consent or the consent of someone authorized by you. You can give consent for HIV testing by signing a general medical consent form. The consent will be in effect until it expires or until you revoke it. Even so, you need to be informed each time an HIV test will be done. For rapid HIV tests, you can just tell your health care provider. If you are under the age of 18, you do not need your parents' consent to be tested.

## **How often will I be tested?**

Your doctor may offer HIV testing as part of regular check-ups or well child visits in the same way that you would have routine blood work done. He or she should offer the test at least once if you are between the ages of 13 and 64, or if you are at risk for HIV infection.

## **What if I don't want to be tested?**

If you do not wish to be tested, sign the opt-out portion of the consent form. You will not be tested if you don't want to be tested.

# Add Fruits And Vegetables To Your Child's Diet



Fruits and vegetables help your child grow and stay healthy. While many children can be choosy about food, especially vegetables, parents should keep introducing their children to a variety of vegetables and fruits. With time, even the pickiest eaters will find vegetables they like. Try these tips:

## 1. Add fruits and vegetables to foods your kids already enjoy.

- Add chopped or diced broccoli to fried rice, Chinese greens to stir-fried noodles, or peas and carrots to macaroni soup.

## 2. Offer easy-to-eat fruits and veggies.

- Keep baby carrots, pre-cut cucumber, and a low-fat dip in the fridge for a snack.
- Keep a bowl of apples and bananas on the dining room table.

## 3. Freeze grapes or 100% orange juice for a refreshing summer treat.

## 4. Let your children help choose and prepare food; they are more likely to eat their own creation.

## 5. Don't give up. It can take 10 or more tries for a child to accept a new food.

Reinforce the health benefits of fruits and vegetables by enjoying fruits and vegetables during mealtimes with your children. If you are concerned about your child's nutrition, talk to your doctor or dietitian. The health center's dietitian, Daniel Wong, RD, CDN, CDE, can work with you to make sure your child gets the nutrition he or she needs.

# Join Us For Good Health Day!

Come to our annual Good Health Day health fair for:

- Free screenings for cholesterol, blood sugar, blood pressure, and more
- Health activities on oral health, diabetes, heart disease, pediatrics, women's health, and teen programs
- Face painting, clowns, aerobics, music, and cultural performances

## Chinatown Good Health Day

Sara D. Roosevelt Park  
Wednesday, August 3  
10am-3pm

## Flushing Good Health Day

136-26 37th Avenue,  
Parking Lot  
Saturday, August 6  
10am-3pm



CHARLES B. WANG  
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王嘉廉社區醫療中心

OPEN 7 DAYS A WEEK  
PRIMARY CARE  
BOARD-CERTIFIED PHYSICIANS  
HELPFUL, FRIENDLY STAFF  
ACCESSIBLE

## CERTIFIED PROGRAMS

- American Diabetes Association Education Certificate for Diabetes Self-Management Education (2009)
- 3-Year Recognition from the NCQA Diabetes Physician Recognition Program (May 2009)
- NCQA Level III Patient-Centered Medical Home (2010)



您的醫療之家  
我們關心您

We Are Your Medical Home  
We Care About You



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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。



## 王嘉廉社區醫療中心與你共同努力控制糖尿病

糖尿病的起因是當身體無法製造足夠的胰島素或不能有效地使用胰島素。胰島素的重要性是它的作用能改變血糖水平，你透過食物攝取的糖份來轉化成身體需要的能量。糖尿病是一種慢性疾病，能夠導致失明、心臟病、腎衰竭或截肢，但是糖尿病是能夠控制的。王嘉廉社區醫療中心的糖尿病關懷小組，由醫生、註冊營養師、註冊糖尿病教育員以及個案專員組成，能夠幫助你控制你的糖尿病。如想瞭解更多有關糖尿病關懷小組以及糖尿病的綜合服務的相關資訊，請向王嘉廉社區醫療中心查詢。

**由美國國家優質保證委員會認可的醫生為你提供醫療服務**  
本醫療中心的醫生能為你提供最優質的糖尿病護理服務。2009年5月，本中心的內科醫生獲得美國國家優質保證委員會以及美國糖尿病協會的3年認證。在你接受定期檢查時，你的醫生會監測你的血糖水平，如有需要會給你提供處方藥物或治療。請與你的醫生一起來控制你的糖尿病，這樣你才可以擁有更健康的生活。

**糖尿病教育員以及營養師為你提供健康教育及支援服務**  
註冊糖尿病教育員以及註冊營養師會與你的醫生緊密合作，為你提供糖尿病自我管理教育計劃。該計劃包括個人諮詢、小組討論會以及健康教育講座，以便你及你的家人能夠學習更多糖尿病的相關知識以及如何管治糖尿病。糖尿病教育員以及營養師會為你提供健康教育講座，內容包括如何面對糖尿病、預防糖尿病的併發症、藥物管理、健康飲食、堅持體力活動以及監測血糖等。在2008年時，本醫療中心的糖尿病自我管理教育計劃獲得美國糖尿病協會的認證。

### 個案專員關心你

個案專員幫助你安排護理服務，以達到治療的目的。他們會幫助你安排預約時間、幫助你與你的醫生、糖尿病教育員以及營養師跟進你的化驗報告，並確保你得到合適的護理服務。

### 病人的評價

“我在醫療中心就診已經超過10年了。我的父親患有糖尿病，所以我一直很擔心我自己的健康，我也常常告訴譚維彥醫生我的症狀及擔憂。去年，我被診斷出患上了糖尿病。開始的時候，我感到很難過，但是我想學習如何面對這種病。所以我在醫療中心看到有關糖尿病講座的宣傳單後就立即諮詢了相關問題。我參加了講座並學習什麼是糖化血紅蛋白水平，飲食以及如何控制我的碳水化合物和糖份的攝取等知識。我也約見了糖尿病教育員陶柳欣及營養師王漢強。現在，我的糖化血紅蛋白從7降到了6，我感到很自豪。現在我認識到管治我的糖尿病最重要的部分是瞭解如何應對這種疾病，而不是不聞不問。”

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諮詢熱線 (212) 226-8339  
網址 [www.cbwchc.org](http://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！

## 參加華埠JUMP計劃 做更多的體力活動

本醫療中心兒科部在華埠JUMP計劃中 (J.U.M.P.代表：加入城市伙伴，做更多的體力活動) 設立了多種低收費/免費活動在華埠社區內。歡迎你及你的家人來參加這些活動，一起做些有益的運動。本計劃是由紐約州衛生部和健康心臟計劃贊助，並與華埠公立學校以及學校體育及藝術基金會一起合作，為你提供各種課後體育活動計劃。本計劃還與紐約市公園以及娛樂管理局/Alfred E. Smith公園康體中心合作為民眾提供免費的體力活動計劃，包括今年7月份開始為社區民眾舉辦的舞蹈及乒乓球活動計劃。

### 以下是已參加華埠JUMP計劃的民眾提供的經驗及意見：

- “我喜歡課後體育活動，因為非常方便。我只需在放學後多等一個小時就可接我的女兒回家。我不用帶她去其它地方做運動。”
- “我覺得這個計劃 [iMOVE計劃，是一個10分鐘的體力活動計劃，這項活動是課後活動計劃的一部分] 非常好，因為兒童在學校學習了一整天後，也能夠有機會活動一下。”

體力活動能夠幫助你控制體重、增強骨骼及肌肉、調節你的情緒、改善你的健康。

如想瞭解更多有關華埠JUMP計劃的詳情及其它即將開展的活動，請致電華埠JUMP計劃統籌員Eunice Chen，電話：(212) 226-8866。



## 把愛滋病病毒檢查作為 定期體檢的一部分



根據紐約州現有的法律，年齡在13歲至64歲的人士無論何時看醫生，醫生需要為你提供愛滋病病毒檢查，但做愛滋病病毒檢查是自願性的。在這新的法律制度下，任何人獲得檢查的機會都會更加容易。在瞭解你的愛滋病病毒狀況後，你就可以採取必要的措施來保護你以及他人的健康。更多有關愛滋病病毒及愛滋病病毒檢查的知識如下：

### 什麼是愛滋病病毒？它是如何傳播的？

愛滋病病毒會導致愛滋病。它會破壞人體內對抗感染的細胞，因此感染了愛滋病病毒的人無法有效地對抗病菌。愛滋病病毒能夠通過沒有保護的性行為(陰道性交、肛交或口交)或被感染的針頭傳播。感染了愛滋病病毒的孕婦也會在懷孕或分娩時，或母乳餵養時把病毒傳播給嬰兒。

### 為什麼我需要做愛滋病病毒的檢查？

接受愛滋病病毒的檢查，可以讓你瞭解自己的愛滋病病毒狀況，並讓你可以照顧好自己的身體。如果你感染了愛滋病病毒，你可以接受治療，幫助你維持你的健康。你也可以採取措施避免將愛滋病病毒傳播給他人。如果你沒有感染愛滋病病毒，你也可以採取措施降低感染愛滋病病毒的風險。

### 我可以在哪裏接受愛滋病病毒的檢查？

本醫療中心提供免費或低收費的愛滋病病毒檢查以及愛滋病病毒相關健康教育，諮詢及轉介服務。如想瞭解更多詳情，請諮詢你的醫生。

### 如何接受愛滋病病毒檢查？

愛滋病病毒檢查需要你的同意或者你授權的代理人的同意。你可以簽署一份醫療同意書表明你同意接受愛滋病病毒檢查。除非同意書到期或你取消該同意書，該同意書將一直有效。對於快速愛滋病病毒檢查，你只需告知為你提供醫療服務的醫務人員。如果你年齡未滿18歲，你無需父母的同意也可接受檢查。

### 我應多久接受一次檢查？

你的醫生可能在你做常規檢查時為你提供愛滋病病毒檢查，或者在兒童接受常規體檢抽血檢查的同時檢查愛滋病病毒。如果你的年齡在13歲至64歲之間或者你有感染愛滋病病毒的風險，你應至少接受一次愛滋病病毒檢查。

### 如果我不想做檢查，會怎樣？

如果你不想做檢查，你可在同意書上不接受檢查的部分簽名即可。如果沒有你的同意，我們是不能給你做這項檢查。

# 在孩子的飲食中添加水果及蔬菜



蔬菜水果能夠幫助小孩成長發育並維持健康。但是許多孩子偏挑食，特別不願意吃蔬菜，因此父母應不斷給孩子嘗試不同種類的蔬菜水果。這樣經過一段時間後，即使是最挑食的孩子也會找到他們喜歡吃的蔬菜。你可以嘗試下述的建議：

1. 在孩子喜歡的食物中添加蔬菜及水果。
  - 嘗試在炒飯中加些切碎或切成片的花椰菜，在炒麵中加些白菜、或者在通心粉湯內加些豌豆及胡蘿卜。
2. 給孩子一些容易吃的蔬菜及水果。
  - 在冰箱裏放一些小胡蘿卜、切好的黃瓜、低脂酸奶奶醬給孩子當點心。
  - 在餐桌上放一碗蘋果及香蕉。
3. 在夏日，用冰凍葡萄或100%純果汁給孩子當小點心。
4. 讓孩子幫你選擇和準備食物，他們會比較喜歡吃自己做的食物。
5. 不要恢心。你可能需要嘗試10次甚至更多才能讓孩子接受一種新食物。

讓孩子在正餐時多吃蔬菜水果，可加強孩子對有益健康的蔬菜水果的認識。如果你對孩子的營養有顧慮，應諮詢你的醫生或營養師。本中心的註冊營養師王漢強能夠與你合作，確保你的孩子攝取到他或她所需要的營養。

# 參加我們的健康日！

歡迎你參加我們一年一度的「健康日」活動，健康日活動內容：

- 免費的膽固醇、血糖、血壓以及其它多種健康篩檢
- 多種健康活動，包括口腔健康、糖尿病、心臟病、兒科、婦女健康以及青少年活動計劃等
- 臉部彩繪、小丑表演、有氧健身操、音樂及文藝表演

## 華埠健康日

羅斯福公園  
8月3日(星期三)  
上午10時至下午3時

## 法拉盛健康日

37大道136-26號停車場  
8月6日(星期六)  
上午10時至下午3時



CHARLES B. WANG  
COMMUNITY HEALTH CENTER  
王嘉廉社區醫療中心

每週開診七天  
基本醫療服務  
醫生擁有特考文憑  
樂於助人，友善的工作人員  
方便周到

## 獲得認證的服務計劃

- 美國糖尿病協會認證的糖尿病自我管理教育計劃(2009年)
- 獲得美國國家優質保證委員會糖尿病醫生認證計劃中獲得了3年的認證(2009年5月)
- 美國國家優質保證委員會第三級以病人為中心的醫療之家(2010年)



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