

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**

Women's Health:
(212) 966-0228

Services:
Obstetrics, Gynecology, and
Cancer Screening

Internal Medicine:
(212) 379-6998
(212) 379-6933

Services:
Internal Medicine, Cardiology

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

Pediatrics: (212) 226-3888

Services:
Pediatrics, Pediatric Cardiology
and Adolescent Care

Dental: (212) 226-9339

Other Services:
Allergy, Eye Care, and WIC.

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

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

Services:
Internal Medicine, Pediatrics,
Obstetrics, Gynecology, Allergy,
Urology.

Services Available at all 3 Locations:

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

Alzheimer's disease: How will it affect you or your loved one?

Dementia is a common term used to describe significant decline in two or more areas of *cognitive functioning. A person with dementia is often diagnosed with memory impairment, language disturbance, inability to organize, and disorientation of time. Alzheimer's disease is the most common cause of dementia, which affects an estimated 4 million of people in the United States.

People who are diagnosed with Alzheimer's disease are usually in their 60s; few are diagnosed as early as their 30s. This disease is characterized by gradual symptoms that continuously progress overtime. On average, patients will live for 8 to 10 years after initial symptoms appear.

Family history and age are key factors that help determine the likelihood of a person developing Alzheimer's disease. The risk of developing Alzheimer's disease increases when there is a family history of developing the disease at a younger age.

The progression of Alzheimer's disease is described as follows:

Mild impairment :

Disorientation with date and time; difficulties in naming; problems with recent recalling; decreased in insight; withdrawal in social interaction; display irritability; change in mood; problems with managing finances.

Moderate impairment :

Disorientation with date and places; difficulties in comprehension & new learning; impaired calculating skills; delusional, agitated, aggressive; restless, anxious, depressed; problem with dressing & grooming.

Severe impairment :

Unable to speak coherently; remote memory is gone; unable to copy or write; no longer grooming or dressing; incontinent.

Since the initial symptoms of Alzheimer's disease are very similar to normal age-related cognitive losses, people often overlook and thus delay the treatment process. Nonetheless, Alzheimer's disease and aging are not the same. If you or your loved one are found having symptoms of Alzheimer's disease, please speak with your doctor.

Early diagnosis and treatment can benefit most patients. Reversal of the progressive cognitive decline in patients who have Alzheimer's disease is not currently possible. However, medicine and psychosocial treatments have been proven to slow down the progression of such disease.

Jim Li, DO
Internal Medicine, Flushing Center

*note: cognitive function-the ways of knowing and thinking: includes the processes of perceiving, imagining, remembering, reasoning, and judging.



Message from:

Jane Eng,

Chief Executive Officer

Dear Friends:

During the past year, our staff has worked very hard to improve services in the community. I am proud to tell you about some of our accomplishments in 2005.

We expanded services for people who cannot afford health care. Through funds from the American Red Cross, we provided free health care services for more than 700 people who did not have health insurance. We also tested more than 300 school age children for asthma. Our doctors are now treating children with positive test results.

We are adding more examination rooms at our Canal Street site. This growth will make it easier for you and your family to see your doctor without long waits. We have been able to add more space because of the generous donations made by many people and businesses in the community.

We are also setting up electronic health records to replace our paper files. With this new method, our doctors will be able to see your health records at any time. Our doctors can also better track your health conditions from visit to visit. This change will improve the quality of care that we provide to you.

We celebrated the 30th anniversary of Project AHEAD, a program that trains young people to become involved in community services. Project AHEAD has trained more than 400 students since 1975. Many of them are now working as doctors, dentists and social workers in the community.

Our health center has been working in the community for more than 30 years. We want to provide high quality health care for everyone who needs the services. Please let us know what we can do to better serve you.

Thank you for your support.

Metabolic Syndrome and You

Do you know that your risk of having a heart-related disease increases if you have metabolic syndrome? Metabolic syndrome is characterized by a group of metabolic risk factors that include abdominal obesity, high triglycerides, low HDL “good” cholesterol, high blood pressure, and high fasting glucose. In other words, you are at risk of having a heart attack if you are diabetic, overweight, have high blood pressure, or high cholesterol.

In the summer of 2005, the health center conducted a Metabolic Syndrome Screening* study to examine the prevalence of metabolic syndrome and the cardiovascular risk factors among Chinese Americans. In this study, we examined the following variables: fasting glucose, blood pressure, body mass index (BMI) measurements, waist circumference, and a demographic health indicators survey. From the initial data of 670 participants, we found that 20% of the high blood pressure participants were not under

treatment and similarly, 20% of the known diabetic participants were not under treatment.

From the 670 demographic health indicators surveyed, the results indicated that 40% of the participants claimed that they did not exercise, 49% of them were overweight (BMI 23-27), and 14% were obese (BMI>27).

Based on this initial data, we believe there are high numbers of Chinese in NYC who are at high risk of developing heart diseases. If you have high blood pressure, high cholesterol, diabetes, or are overweight, please consult with your doctor on which treatment plan is appropriate for you.

Alan Tso, MD

Director of Medical Education & Clinical Affairs

*This study was sponsored by Chinese American Medical Society (CAMS), Chinese American Independent Practice Association (CAIPA) and Pfizer Pharmaceutical.

How is Anxiety Disorder diagnosed?

Anxiety disorder is characterized by chronic and excessive fear or worry. It is estimated that approximately one out of every 10 people in the USA suffers from this problem, with women more likely to be diagnosed than men. Recent studies show that chronic anxiety disorder may increase the risk of heart-related disease and can get progressively worse. If you have three or more of the following symptoms repeatedly for at least six months and if these feelings cause distress or impair your work, social, or personal functioning, you should seek professional help immediately.

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|---|---|
| <ul style="list-style-type: none"> ● Feeling restless and edgy ● Easily tired ● Trouble concentrating ● Irritable ● Increased muscle tension | <ul style="list-style-type: none"> ● Trouble with sleeping ● Excessive fear or worry about several events or activities ● Bodily pain and headaches ● Heart palpitation ● Chest discomfort |
|---|---|

People who are diagnosed with Anxiety disorder generally can return to live a normal life when they have been treated with both medications and counseling. Most patients should expect relief from their symptoms in a relatively short period of time. If you have any questions or have been suffering from symptoms mentioned, talk to your doctor and seek a clinical consultation.

Mental Health Team

What is an Early Intervention Program ?

Do you suspect your two year old child might have developmental delay but you are not sure? Early Intervention Program (EIP) could be an option for you. EIP is a state-funded program addressing the developmental needs of children who are three years of age or younger and are residing in New York State. It offers a variety of services to the child, including speech therapy, special education, and physical therapy along with other services regardless of family legal status and income level.

You must be the child's parent or guardian to apply for EIP. You may contact an Early Intervention Official (EIO) at 1(800) 522-5006 or 1(800) 577-2229 for a self-referral. You also can speak with your child's doctor or teachers. They can make a referral for you when there is a concern with your child's development needs.

Upon receiving the referral, the EIO will assign you a service coordinator and send an evaluation team consisting of a social worker, special education teacher, and/or other specialists to your home or a location you choose to conduct a comprehensive assessment.

If your child is eligible for the EIP, you will be invited to attend the Individualized Family Service Plan (IFSP) meeting by the EIO to discuss your child's service needs and to develop a written IFSP. You can request a translator if you do not speak or understand English. All materials can be prepared in your language. You will have to sign the IFSP plan to give permission to the EIO to start the services. You do not need to sign the service plan if you do not agree on it. Always let the EIO know your opinion and feel free to ask for help in settling any differences. All information about your child and your family will be kept confidential.

At the health center, our doctors and social workers can offer assistance to refer your child in an EIP. If you have any concerns with your child's development, please feel free to speak with your child's doctor or contact the Social Work Department at (212) 226-1661 for more information.

Manna Chan, LCSW
Social Work Manager



“Making Smart Food Choices and Maintaining an Active Life Style”— Eat Well for Your Heart

In June of 2005, the health center and the Chinese American Healthy Heart Coalition launched the “Eat Well for Your Heart” campaign to educate the Chinese community on the importance of healthy eating and regular physical activity.

One of the major components of the campaign is partnering with local eateries in Chinatown and Flushing to provide healthier food options for the community. Five eateries have joined the campaign this year* and each of them has created a delicious heart healthy dish, which was analyzed and approved by a certified dietary nutritionist. The healthy dishes have low fat, low cholesterol, low sodium, and high fiber nutrition labels that correspond to the latest nutritional guidelines released by the U.S. government.

The guidelines encourage people to eat more fruits and vegetables, whole grains, low fat products, and to consume less food that are high in fat, salt, sugar, and cholesterol. The guidelines also emphasize that in order to maintain a healthy weight, adults should exercise 30 to 60 minutes daily.

Living a healthy lifestyle requires making smart food choices and maintaining an active lifestyle. This is the key message that the “Eat Well for Your Heart” campaign wants to promote in the community. If you are interested in learning more about this campaign, please visit our website at www.cbwchc.org or contact the Health Education Department at (212) 966-0461.

Health Education Department

*Five eateries: Chan Noodle Restaurant, Golden Carriage Bakery, Gourmand Restaurant, Maxin Café, and Sweet-N-Tart Restaurant.

Flushing Center: Comprehensive Care and New Service Hours

In order to meet the increased service demands of our patients and community residents, the Flushing Charles B. Wang Community Health Center has extended its service hours to Sundays now. Our new operating hours are:

Monday thru Saturday from 9:00am to 6:00pm, except Wednesday & Sunday from 10:00am to 6:00pm

The Flushing center has been providing comprehensive health services in Internal Medicine, Pediatrics, Obstetrics & Gynecology, Urology, Allergy, Mental Health, and Social Services since 1997.

In addition to providing quality health care services, the center also focuses on providing social service programs that help improve the quality of life for the patients—

1. Free pregnancy testing and assistance in applying Prenatal Care Assistance Program (PCAP):

The center offers free pregnancy testing for the women regardless of their immigration status. For the mothers-to-be, the center also offers assistance to help them apply for PCAP. Under this program coverage, the mothers-

to-be will receive free prenatal and postnatal care services at the health center.

2. Facilitated Enrollment Program:

The facilitated enrollment program is funded by the New York State Department of Health to help qualified uninsured individuals apply for government sponsored health insurance plans, making health care services accessible and affordable for all patients. If you are uninsured and qualified, our facilitated enroller will be very happy to help you obtain government sponsored health insurances. For eligibility and questions, please call (718) 886-1212 (Chinese) and (718) 886-7355 (Korean).

The Flushing Charles B. Wang Community Health Center is located at 136-26 37th Avenue, in the heart of Downtown Flushing. It is easily accessible by the #7 subway line and many bus lines. For appointments in Internal Medicine, OB/GYN and other specialty services, please call (718) 886-1200. For Pediatric appointments, please call (718) 886-1222.

Flushing Center

Notice Board

Medicare Prescription Drug Coverage Update:

Medicare now offers insurance coverage to help people pay for their prescription drugs. This new program is known as Medicare Part D. Since this is a new program, there are some things you need to know right away.

If you have Traditional Medicare plan only:

- Everyone on Medicare can get drug coverage starting January 1, 2006.
- You need to enroll in one of the Medicare approved drug plans to get coverage.
- The enrollment period starts from November 15, 2005 to May 15, 2006. If you sign up after the enrollment period, you will have to pay a late enrollment penalty.
- You need to pay a monthly drug premium (\$37 in 2005) and/or drug deductible (\$250 in 2005), and a co-pay for your medications. The cost varies and depending on which drug plan you chose.
- If you are low income, you can get “**Extra Help**” from Medicare. Medicare will pay for most of your drug costs. Contact the Social Security Office for information.
- Once you are enrolled in a drug plan, you should receive a Medicare prescription card from your drug plan. You can use this card to get your medications from the pharmacists.

If you are in Medicare Advantage Plan (e.g. Medicare HMO Oxford; HIP; United Health Care):

- Your plan will cover your prescription cost. You don't need to sign up for another Medicare drug plan.
- You may need to pay a monthly drug premium and/or drug deductible, and a co-pay for your medications. The cost is determined by your plan.

If you have Medicare and Medicaid:

- Your drug coverage will be provided by Medicare, NOT Medicaid, starting from January 1, 2006.
- Medicare will assign you to a Medicare drug plan so your drug coverage will not be interrupted. You won't need to do anything unless you are not satisfied with the plan.
- Your Medicaid still covers your other medical service. DO NOT throw you Medicaid card away even you have a Medicare prescription drug coverage card.
- You don't have to pay the monthly premium and deductible but you have to pay \$1 or \$3 co-pay for your medications.
- You will receive a Medicare prescription drug card from your drug plan. You have to use your Medicare prescription drug card to get your medications from the pharmacists.

What should you do now?

- Go to your pharmacist to get a list of the medications you are taking.
- Show your prescription coverage card to your pharmacist to see if your drug plan is accepted. If not, go to another pharmacist. If yes, ask if your drug plan covers all of your medications.
- If your plan does not cover your medications, you can ask your pharmacist for help.
- Remember, you are allowed to change to another drug plan that you think is better for you. Changing your drug plan will not affect your other medical service.
- If you are happy with your drug plan, stay with it.

Important numbers: Call 311, 1(800) 582-4218 NAPCA (National Asian Pacific Center) or (212) 431-7800 Chinese American Planning Council for information. Call 1(800) MEDICARE 1(800) 633-4227 for information about Medicare “Extra Help”

Newsletter Committee

Davis Chan, Manna Chan, Lena Fung, Christine Lin, Wei-Jing Shi, Eva Tse and Sarah Yip

Special Thanks: Junbo Yuan & Chuk Ngan

Visit our website @ www.cbwchc.org