



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.

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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



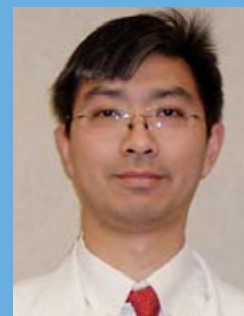
PREVENT OSTEOPOROSIS: Keep Your Bones Strong and Healthy

Osteoporosis is a disease that makes bones soft and weak. This can cause bone fractures, back pain, and even deformity. Asians are at higher risk for osteoporosis because they often have thinner bones to start with and do not always get enough calcium, a mineral that helps build strong bones.

Although osteoporosis mostly develops in the elderly and women after menopause, it can affect all ages and genders. Everyone needs to have plenty of calcium and vitamin D in his or her diet to help prevent osteoporosis. In fact, the teen years are the most important time to build strong bones.

How Can You Help Prevent Osteoporosis?

- Eat a balanced diet with plenty of calcium and vitamin D, which helps your body absorb calcium. Try dairy products that are rich in calcium, such as milk, yogurt, and cheese.
- Eat more bok choy, broccoli, soybeans (tofu, soy milk), spinach, or fish, which are also rich in calcium.
- Try calcium-fortified foods and beverages, such as calcium-fortified cereal or orange juice. These foods and beverages have added calcium.
- Talk to your doctor about osteoporosis. Find out what you can do to maintain strong, healthy bones. Ask your doctor if you need a bone density test or any special medications for osteoporosis.
- Avoid drinking soda, which can weaken your bones.
- Exercise to build strong bones and improve your overall health.
- Get out in the sun for fifteen minutes a day during the summer. This helps the body make more vitamin D naturally. Just be sure to wear sun screen with an SPF of 15 or higher.



Jim Li, DO

Dr. Li is a Board certified family physician at the Charles B. Wang Community Health Center. He received his medical degree from New York College of Osteopathic Medicine and completed his residency at Long Beach Medical Center.

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

MAKE A HEALTHIER LUNCHBOX

Lunch is a time to take a break from a hectic day and enjoy some hot food. However, it's easy to forget how many calories are in our daily lunchbox. Follow the plate method to help you control your portions:

- Make vegetables half your plate. Bring some steamed green vegetables from home, or ask for a side of vegetables to add to your meal. Vegetables are high in fiber to keep you feeling full.
- Go whole grain. Ask for brown rice. Limit your rice servings to 1/4 of your plate.
- Choose lean protein. Enjoy protein-rich foods with less fat, such as chicken (without the skin), fish, and tofu. Aim for a portion no more than a quarter of your plate.
- Skip the soda. A can of soda can have 18 teaspoons of sugar! Instead, enjoy a refreshing glass of water, low-fat milk, or soymilk.
- Choose nature's candy. Enjoy a piece of fruit for dessert or a mid-afternoon snack.

Making small changes can improve your health: Reduce your portions of meat and rice, and add more vegetables to create a more nutritious lunch.



FREE CANCER SCREENINGS Available At The Women's Health Department

The Charles B. Wang Community Health Center's Women's Health Department offers gynecological care, family planning, prenatal and postnatal care, screening, and education. For qualified patients, the department also provides free breast, cervical, and colorectal cancer screening services.

For information about these free services in Chinatown, please call Ms. Hui Ping Wang at (212) 966-0228, ext. 2105. For information about free cancer screenings in Flushing, please contact Ms. Nancy Chen at (718) 886-1287, ext. 1409.

HOW TO PREPARE FOR A WINTER STORM

Winter storms can cause power outages and prevent you from traveling outside. Prepare yourself and your family for any storms that may come your way.

- Stay informed. Listen to the radio or television for weather reports and emergency information.
- Create an emergency supply kit. Keep canned or dried foods, water, a battery-powered or hand-crank radio, extra flashlights, warm clothing, blankets, and batteries handy in case you cannot travel from home. Remember to have rock salt, sand, and snow shovels to help you handle the snow.
- Prepare your home. Keep your home well insulated. Weather stripping around your doors and windowsills helps keep warm air inside.
- Make a family emergency plan. Make sure all your family members know how you will contact one another, how you will get back together, and what you will do in case of an emergency.
- Don't stay out too long in cold weather. If you have to work outside, dress warmly and work slowly. The elderly and those with heart disease or high blood pressure should limit hard work outdoors, such as shoveling. Also, keep infants and young children indoors when the weather gets bad.

PREVENT FALLS DURING THE WINTER

During the winter, snow and ice can make it easier for you to fall and get injured. Follow these tips to prevent falls when walking outside:

1. Wear shoes that have good grip and do not have high heels.
2. Walk on sidewalks and cleared paths to avoid slick, icy surfaces.
3. Watch out for black ice that may be hard to see at night.
4. Leave yourself plenty of time to travel. Running on wet surfaces makes you more likely to fall.
5. If you have a cane, be sure to bring it with you.

PUBLIC HEALTH INSURANCE OPTIONS

You and your family may be eligible for free or low-cost public health insurance programs from the federal or New York State government. These public health insurance programs include Medicare, Medicaid, Family Health Plus, and Child Health Plus. The programs have different eligibility requirements based on income, resources, immigration status, and other factors.

Medicare:

Medicare is a federal medical insurance program offered to people aged 65 or older.

Eligibility for Medicare:

- You or your spouse have worked for at least 40 quarters and paid social security tax.
- You are 65 years or older.
- You are a citizen or permanent resident of the United States.

If you aren't 65 yet, you may still qualify for coverage if you have a disability or permanent kidney failure and need dialysis or a transplant.

What services does Medicare cover?

Medicare benefits include three parts:

Part A (Hospital Insurance)

- Helps cover inpatient care in hospitals.
- Helps cover short-term skilled nursing facility, short-term home health care, and hospice care.

Part B (Medical Insurance)

- Helps cover doctors' visits, medical services, or supplies that are needed to diagnose or treat your medical condition and short-term home health care.

Part D (Medicare Prescription Drug Coverage)

- Helps cover, or lower, the cost of prescription drugs

You may need to pay the premium and deductible for each Medicare benefit. The amount varies depending on your income level and/or the number of quarters you worked and paid taxes. If you are low-income, you may also be eligible for Medicaid. Medicaid will help you pay your premium, deductible, and drug costs.

Contact your local social security office or go to the Medicare Web site: www.medicare.gov to learn about your eligibility for Medicare benefits.



Medicaid:

Medicaid provides comprehensive medical coverage for low-income New York State residents. Eligibility depends on your income. You must be a citizen or permanent resident of the United States to qualify for the program, except if you are pregnant*.

** Medicaid extends medical coverage to undocumented pregnant women who live in New York State. It will cover the prenatal and post-partum care that pregnant women receive in New York State.*

What services does Medicaid cover?

It covers doctor visits, dental care, hospital care, long-term home care, mental health care, prescription drugs, medical equipment and supplies, and transportation to a hospital or medical facility. You may have to pay a small amount of co-pay for these services.

Family Health Plus (FHP) and Child Health Plus (CHP):

FHP provides health insurance for eligible New York residents aged 19 to 64 who earn too much income to qualify for Medicaid. You must be a citizen or permanent resident of the United States to qualify for the program.

CHP provides health insurance for eligible children up to age 19 in families that earn too much income to qualify for Medicaid and FHP. Children do not need legal status to be eligible for CHP but must be residents of New York State.

What services do FHP and CHP cover?

FHP covers doctor visits, hospital care, prescription drug coverage, eye care, dental care, and referral to specialist if needed. FHP is free, but you may have to pay co-pay for medical services.

The benefit CHP covers is similar to FHP. Depending on your income, CHP is free, or you may have to pay a small amount of monthly premium.

For more information about FHP and CHP, you can go to the Healthy NY Web site: www.healthy.com.

If you have government or commercial health insurance, be sure to use your health benefits and go for routine check ups. Even if you do not qualify for these government programs, you can receive reduced-cost health care based on your income at our health center.

For more information on public health insurance option, please contact our Social Work Department at (212) 226-1661.



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。

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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



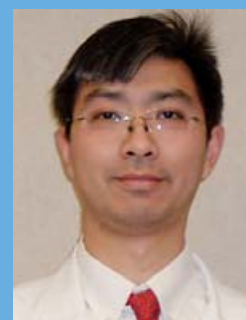
預防骨質疏鬆症：保持骨骼強健

骨質疏鬆症是一種導致骨骼柔軟脆弱的疾病。這種病可能導致骨折，背疼甚至殘疾。亞洲人由於骨質較其他種族更薄，並且無法攝取足夠的能夠使骨骼強壯的鈣質，而更容易患骨質疏鬆症。

雖然骨質疏鬆症多見於老人和更年期後婦女，但是骨質疏鬆症可影響任何年齡及性別的人士。因此，所有人都需要在膳食裡補充大量的鈣質和維生素D來預防骨質疏鬆症。實際上，青少年時期是生長強健骨骼的最佳時間。大多數女性的骨骼的建造時期是在18歲，而男性的則是在20歲。

如何能預防骨質疏鬆症呢？

- 進食富含鈣質及維他命D的均衡飲食，均衡飲食有助於你的身體攝取鈣質。你可嘗試進食富含鈣質的奶製品，例如：牛奶，酸奶及奶酪。
- 多食用白菜，花椰菜，豆製品（豆腐，豆奶），菠菜或同樣富含鈣質的魚。
- 食用添加鈣質的食物和飲料，例如：加鈣麥片或橙汁。這些食物和飲料都添加了鈣質。
- 諮詢醫生有關骨質疏鬆的問題。找出可以令骨骼保持強健及健康的方法。諮詢醫生，看你是否需要做骨密度檢查或任何治療骨質疏鬆的藥物。
- 避免喝汽水，它會弱化骨骼。
- 運動能強健骨骼並改善整個身體素質。
- 在夏季，每天應到戶外曬15分鐘的太陽。這有助於你的身體製造更多的天然維生素D。但是，不要忘記使用SPF 15或以上指數的防曬用品。



李友震醫生

李醫生是王嘉廉社區醫療中心的內科醫生，擁有家庭科特考文憑。他畢業於紐約骨科醫學院，在長灘醫療中心完成培訓。

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！

做一份健康的午餐

午餐是在繁忙的一天中稍作休息，並享受一些熱的食物的時間。然而，我們很容易忽略每天吃的午餐裡有多少卡路里。你可以按照下述“劃碟法”來控制自己的飲食份量。

- 蔬菜份量佔餐碟的一半。你可以從家裡帶一些清蒸的綠色蔬菜，也可以在用餐時多加一些蔬菜。蔬菜富含纖維素，並能讓你更有飽感。
- 選擇全穀類食物。多吃糙米。把米飯的份量限制為餐碟的四分之一。
- 選擇低脂蛋白。多吃高蛋白，低脂肪的食物，例如：雞肉（去皮雞肉），魚及豆腐。這些食物的份量應不超過餐碟的四分之一。
- 不要喝汽水。一罐汽水含有18個茶匙的糖份！改喝一杯清水，低脂牛奶或豆奶。
- 選擇天然的甜食。用水果當作餐後甜點或午後小吃。

作些小小的改變就能改善你的健康。減少吃肉及米飯的份量，多吃蔬菜，就能讓你的午餐更有營養。



婦女健康部 提供的免費 癌症篩檢服務

王嘉廉社區醫療中心婦女健康部提供婦科，家庭計劃，產前及產後護理，篩檢及健康教育服務。婦女健康部更為合乎資格者提供免費的乳房，子宮頸及結直腸癌篩檢服務。

諮詢更多有關華埠的免費服務的詳情，請聯絡王慧平，電話 (212) 966-0228 分機 105。諮詢法拉盛免費癌症篩檢服務的詳情，請聯絡 Ms. Nancy Chen, 電話(718) 886-1287 分機1409。

為冬季風暴做好準備

冬季風暴可能會導致停電和阻止你外出。你和你的家人應做好預防措施，以應付可能出現的風暴。

- 留意傳媒資訊。收聽電台或電視台的天氣報告和緊急信息。
- 準備一個緊急用品包。配有罐裝食品或乾糧（乾製食品），水，用電池或手搖發電的收音機，手電筒，禦寒衣物，毛毯和電池，以備你不能出門的時候使用。記得備有石鹽，沙子，雪鏟，以幫助你應付大雪。
- 為你的家居做好準備。保持你的家居有良好的隔熱性能。在你的門，窗邊上加上密封條有助於將暖空氣留在屋裡。
- 制定一個家庭應急計劃。確保所有的家庭成員都知道如何互相聯繫，如何重聚，以及在緊急情況下應該怎麼做。
- 在寒冷天氣裡不要在室外停留太久。如果你要外出工作，記得穿著暖和，慢慢地工作。老年人和患有心臟病或高血壓的人應盡量不要在室外做事，如鏟雪。此外，當天氣變壞時應讓嬰兒和兒童留在室內。

冬季預防跌倒

在冬季，雪和冰很容易讓人跌倒並受傷。下面一些建議能幫助你預防在戶外行走時跌倒：

1. 穿著能夠防滑，沒有高跟的鞋。
2. 在行人道和已清掃過的路面行走，避免在光滑，結冰的路面上行走。
3. 當心路面上的薄冰，夜間可能很難看清它們。
4. 外出旅行時，給自己留有充裕的時間。在濕滑的路面上跑動容易跌倒。
5. 如果你有拐杖，應確保隨身攜帶。

政府醫療保險計劃簡介

你和你的家人可能有資格申請聯邦或紐約州政府提供的免費或低收費的政府醫療保險計劃。這些政府醫療保險計劃包括“聯邦醫療保險計劃”(Medicare 俗稱:紅藍咭)，“醫療補助計劃”(Medicaid 俗稱:白咭)，“家庭健保計劃”(Family Health Plus)，及“兒童健保計劃”(Child Health Plus)。每一項計劃都有不同的申請資格，視乎收入，資產，移民身分和其他因素而定。

聯邦醫療保險計劃 (Medicare 紅藍咭)

Medicare 是一項聯邦醫療保險計劃，專為65歲或以上的長者而設立。

聯邦醫療保險計劃的申請資格:

- 你或你的配偶已經工作最少40個季度，並繳納社會安全稅。
- 你已經65歲或以上。
- 你是美國公民或永久居民(綠卡)。

如果你不足65歲，但有殘障或患永久性腎衰竭及需要洗腎或換腎，也可能符合資格。

聯邦醫療保險計劃(紅藍咭) 有哪些福利?

聯邦醫療保險計劃福利包括三部分:

A 部分 (住院保險)

- 支付住院醫療護理服務的費用。
- 支付短期療養院的費用，短期家居護理及善終護理的費用。

B 部分 (醫療保險)

- 支付醫生看診，診斷或醫治疾病時所需要之醫療服務或用品的費用，還有短期居家護理的費用。

D 部分 (聯邦醫療保險處方藥物計劃)

- 支付或減低處方藥的費用。

你可能需要對聯邦醫療保險計劃(紅藍咭)的每一項福利支付保險費及自付額(deductible)，收費數目視乎你的收入水平，及/或有付稅的工作季度的數目。如果您屬於低收入，可能同時符合資格申請醫療補助(Medicaid, 白咭)。醫療補助(Medicaid, 白咭)可以幫你支付保險費，自付額及藥費。

請聯絡附近的社會安全局辦公室或瀏覽聯邦醫療保險計劃(紅藍咭)網站: www.medicare.gov，瞭解你是否符合資格申請聯邦醫療保險計劃(紅藍咭)的福利。



醫療補助計劃 (Medicaid 白咭)

醫療補助計劃向紐約州居民提供全面性醫療保障。申請資格視乎你的收入而定，你必須是美國公民或永久居民(綠卡)方符合資格申請這項計劃，孕婦除外*。

*醫療補助計劃的福利擴大至住在紐約州的沒有身份的孕婦提供醫療保障，支付孕婦產前及產後在紐約州內的醫護服務。

醫療補助有哪些福利?

醫療補助支付醫生看診，牙齒護理，住院，長期家居護理，精神健康護理，處方藥，醫療器材及用品，還有來往醫院或醫療設施的交通開支。你可能需要支付小額的共付費(Co-pay)以獲得這些服務。

家庭健保計劃及兒童健保計劃

家庭健保計劃是專為19歲至64歲，收入高於醫療補助的符合資格的紐約州居民所提供的健康保險。你必須是美國公民或永久居民(綠卡)方符合資格參與此計劃。

兒童健保計劃是專為19歲以下，家庭收入高於醫療補助及家庭健保計劃的合資格兒童所提供的健康保險。兒童無須具有合法身份，但必須是紐約州居民方符合資格參與此計劃。

家庭健保計劃及兒童健保計劃有哪些福利?

家庭健保計劃支付醫生看診，住院，處方藥，眼睛護理，牙齒護理，以及在有需要的時候轉介到專科醫生。家庭健保計劃完全免費，但是你可能需要支付共付費以獲得醫療服務。

兒童健保計劃的保障類似於家庭健保計劃。視乎你的收入，兒童健保計劃可能免費或者你需要支付小額保險月費。

查詢更多關於家庭健保計劃及兒童健保計劃的資訊，請瀏覽Healthy NY網站: www.healthny.com。

如果你參加了政府醫療保險，應享用你的醫療福利並做例行身體檢查。即使你不符合資格參加這些計劃，你也可到王嘉廉社區醫療中心看診，我們是根據你的收入為你提供低收費的醫療服務。

請聯繫我們的社工部查詢更多關於政府醫療保險的資訊，電話: (212) 226-1661