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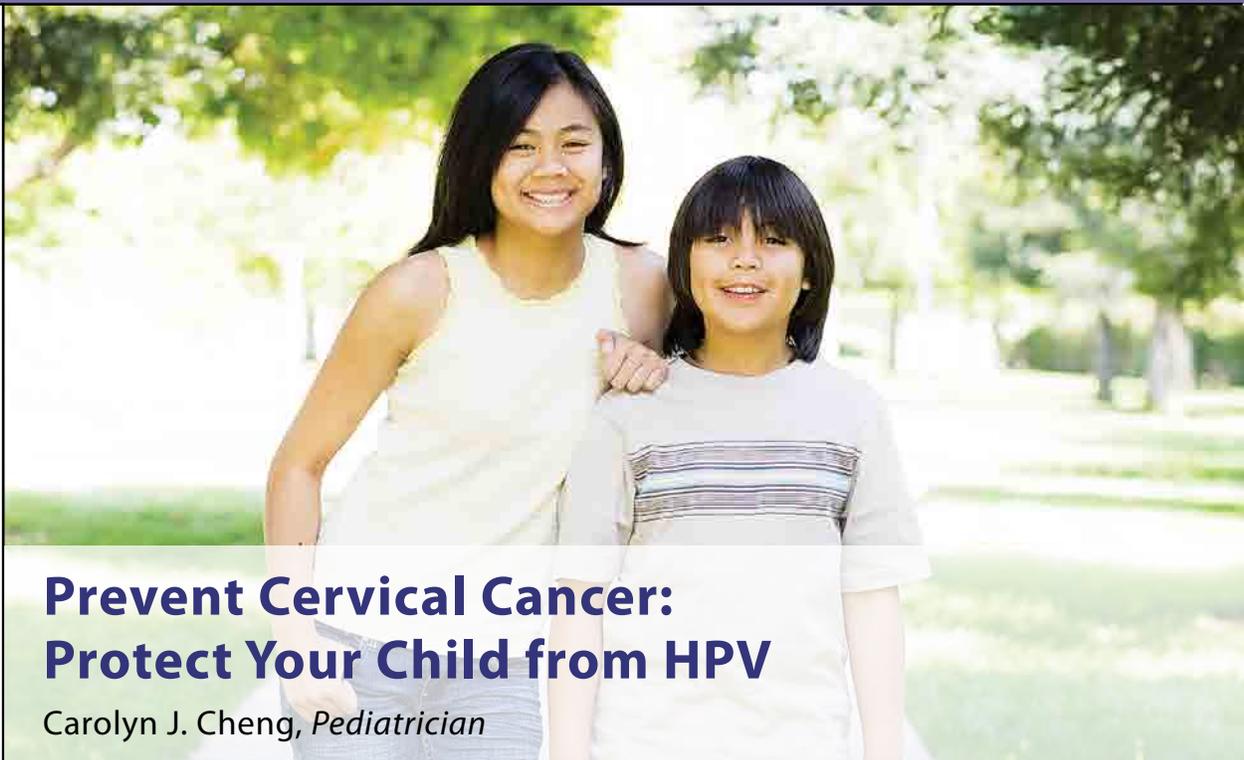
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Social Work Department
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(718) 886-1212

Join us! Your generosity can help us provide quality health services to our community. To support us, send a check to Chinatown Health Clinic Foundation, 268 Canal Street, New York, NY 10013 or visit www.chinatownhealth.org. Donations are deductible to the extent allowed by law.

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



Prevent Cervical Cancer: Protect Your Child from HPV

Carolyn J. Cheng, *Pediatrician*

Human Papilloma Virus (HPV) is the most common sexually transmitted infection among both women and men. There are many different types of HPV. While some are harmless, others can lead to cancer in the cervix or other areas, genital warts, or infection of the mouth and throat. HPV is the most common cause of cervical cancer.

How Do I Get HPV?

HPV is spread during vaginal, oral, or anal sex with an infected partner. Often, there are no symptoms, so you may not even know if you are infected.

Can I Prevent HPV and Cervical Cancer?

Yes! HPV can be prevented with a vaccine, Gardasil. Gardasil protects against the types of HPV that are most likely to lead to cervical cancer and genital warts. Gardasil has been tested to be safe and effective with no serious side effects. Gardasil is recommended for all girls and boys ages 11 or 12. It may be given starting at age 9. It is given as a series of three injections over six months. Even if you were

not vaccinated as a child, you can still receive the vaccine until age 26.

Why Do Children Need This When They Are So Young?

HPV vaccines work best when they are given to girls and boys before they start having sex. This gives them more time to build up protection from HPV infection.

Should Men Also Get Vaccinated?

Yes! Men are also at risk for HPV infection and can be vaccinated with Gardasil. Men should also receive three doses of the vaccine at a young age or until the age of 26.

Be Safe, Get the HPV Vaccine Today.

Talk to your doctor or your child's doctor for more information about the vaccine.

Information from the Centers for Disease Control and Prevention Web site. Learn more at <http://www.cdc.gov/hpv/vaccine.html>.



Care For Your Baby While You Are Pregnant

Every mother wants the best for her child. Even before the child is born, most expecting moms know to eat healthy foods, avoid drinking and smoking, and get regular check ups. Yet, many women do not start seeing a doctor until later in their pregnancy.

Having a healthy baby begins even before you get pregnant. This means seeing your doctor as soon as you know that you are pregnant, and no later than in the first three months of your pregnancy.

Why Do I Need to See a Doctor So Early?

The first three months of pregnancy are a critical time for your doctor to spot any health problems that you or your baby may have. When your doctor finds a problem early, he or she can treat the problem earlier.

Dr. Kin Kong, our senior OB/GYN physician, tells us a story about one of his patients: "She did not see a doctor until she was five months pregnant. I found out she had high blood pressure, which made her baby smaller than normal. If her blood pressure remained high, she might have delivered her baby too early. Thankfully, we got her blood pressure under control, and the baby was fine. But the baby could have been healthier if the mother saw us earlier."

How Often Should I See My Doctor?

Most experts suggest that expecting moms see a doctor:

- About once a month from weeks 4 to 28
- Twice a month from weeks 28 to 36
- Weekly for weeks 36 to birth

If you are older than 35 or your pregnancy is high risk, you should see your doctor more often.

I Can't Afford to See the Doctor So Often

For those who qualify, New York State's Medicaid for Pregnant Women can help cover the costs of your medical care during pregnancy and up to two months after delivery. This care includes routine check-ups, lab work, and access to specialists and hospital care during pregnancy and delivery. Our social workers can help uninsured or low-income women apply for this program, regardless of your immigration status. For women who are not eligible for this program, we offer a sliding fee scale for many of these services. The fees are based on your family income and family size.

At the Charles B. Wang Community Health Center, our team of health care professionals can help you and your family get ready for your newborn. These professionals include doctors, nurse midwives, nurses, registered dietitians, social workers, health educators, and case managers. Call (212) 966-0228 (Manhattan) or (718) 886-1287 (Queens) to set up an appointment today.

Fight the Flu

Winter makes us think of hot tea on snowy days and holiday celebrations. For many, winter can also mean colds, coughs, sore throats, or worse – fever, chills, and fatigue. Fortunately, you can do something about this. Be sure to get the flu vaccine this year.

All People Over the Age of 6 Months Should Get the Flu Vaccine.

Some people should make an extra effort to get the vaccine:

- People with conditions like asthma, diabetes or chronic lung disease
- Pregnant women
- Children younger than 5 years and older than six months
- Seniors older than 65
- Caregivers of any of the above
- Health care personnel

Talk to your doctor if you have an egg allergy or a history of Guillain-Barré Syndrome (GBS). For the best protection, everyone over the age of six months should get the flu vaccine every year.

Make an appointment with your doctor today to get your flu shot!

Learn more at www.cdc.gov/flu.



Stay Healthy at Home with Managed Long Term Care

Manna Chan, LCSW
Director of Social Work

Jing Qin is a 68-year-old woman with osteoporosis and diabetes. She has trouble walking up stairs and cooking healthy meals. Her doctor has prescribed seven different medicines each day but she does not always remember to take them. She lives with her daughter who works during the day. Jing Qin is often alone in the house.

Jing Qin is one of many people in New York City who can enroll in a Managed Long Term Care (MLTC) plan to get help at home. MLTC offers services and support for people who have Medicaid, or have both Medicaid and Medicare, and who are chronically ill or disabled and wish to stay in their homes for as long as possible.

MLTC Can Help You Stay Healthy at Home

MLTC offers:

- Visiting nurse service
- Home health aide services, such as bathing and dressing
- Health services such as physical therapy, eye, ear, foot, or dental care
- Transportation to medical appointments and meals delivered to your home
- Personal emergency response systems
- Durable medical equipment and supplies
- Adult Day Health Care and Social Day Care

Talk to Your Doctor or Social Worker If You Can Receive MLTC

Learning about available health services can be confusing. Those with a chronic illness (such as stroke, dementia, or kidney disease) or disability that affects their activities of daily living may be eligible. Talk to your doctor or social worker to find out if you qualify. To get MLTC, you must:

- Live in New York City
- Be 21 years of age or older
- Need home care, adult day health care, or other long-term care for more than 120 days
- Have Medicaid or be eligible for Medicaid

If you only have or are only eligible for Medicare, you do not qualify for MLTC. You may still qualify for short-term home care services if there is a medical need.

If you have both Medicare and Medicaid and need long-term care services for more than 120 days, then you are required to enroll in MLTC.

Ask your social worker if you can benefit from MLTC services or have any questions. You can make an appointment to see our social workers by calling (212) 226-1661 (Manhattan) or (718) 886-1212 (Queens).



5 Ways to Help Your Baby Learn

Angela Chan, MD
Pediatrician

In the first five years of life, children learn a range of skills from walking to talking. During these early years before your child begins school, you are your child's first teacher. By guiding and teaching your baby, you will prepare your child for success in learning and in school:

1. Respond to Your Baby's Needs

When your baby is upset, respond to the baby's needs. Your baby will learn to trust and depend on you, and you can build a stronger emotional bond with him or her. Respond by singing, swaddling, or feeding your baby.

2. Talk to Your Baby

Sounds are the foundation of speech and language. While TV makes a lot of sound, your TV does not interact with your baby. Talk, read, and sing to your baby. This will help you build an emotional connection with your baby even before he or she starts talking.

3. Create a Daily Routine

Keep your baby's environment safe and comfortable by following a daily routine for activities like eating and bathing.

4. Provide a Warm and Loving Environment

Encourage your newborn with smiles, soothing sounds, and gentle touches. Babies who feel safe and secure learn better.

5. Take Care of Yourself, Not Just Your Baby

Being a parent can be overwhelming. Don't be afraid to ask for help when you need it from your family, friends, or resources in the community.

