



A non-profit community health center established in 1971 to ensure that Asian Americans in New York City have access to quality health care.

**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) 226-2044  
**Dental**  
(212) 226-9339

**136-26 37<sup>th</sup> 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**  
**Manhattan**  
(212) 226-1661  
**Flushing**  
(718) 886-1212

Join us! Your generosity can help us provide quality health services to our community. To support us, send a check to Charles B. Wang Community Health Center, 268 Canal Street, New York, NY 10013 or visit [www.cbwchc.org](http://www.cbwchc.org). Donations are deductible to the extent allowed by law.

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

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# You Can Quit Smoking

**Smoking hurts your health.** It not only harms your lungs and heart, but also your eyes, bones, and even your stomach. When you smoke, you put yourself at risk of serious health problems like cancer, heart disease, and stroke. You also put your loved ones in danger. Over time, the toxic fumes left in the air can cause cancer and asthma for those around you. Protect your health and your family by quitting today.

Quitting can be hard, but your health will improve the moment you stop. Just one day without smoking can lower your blood pressure and your risk for heart attack. You will breathe easier, have more energy, and live longer.

No matter how old you are or how long you've smoked, quitting now is a big step towards better health for you and your loved ones. Here are some tips:

- **Decide why you want to quit.** Some people quit to improve their health, save money, or protect their family's health. Remind yourself every day why you're quitting.
- **Pick a date to quit so you can commit.** Avoid a day that may be stressful and when you may feel tempted to smoke.

- **Come up with ways to cope.** You may feel irritable, tired, or anxious when you stop smoking. Cope with these feelings by chewing gum or talking to a friend. Avoid people or places that might tempt you to smoke.
- **Don't be afraid to ask for help.** Seek support from your family, friends, and quitlines. Talk with a counselor or provider about medication options. At the Health Center, we can help you quit or cut back on smoking.

These resources offer free nicotine patches and counseling:

- **Asian Smokers' Quitline**  
1-800-838-8917 (Chinese)  
1-800-556-5564 (Korean)  
1-800-778-8440 (Vietnamese)
- **Asian Americans for Equality**  
(212) 979-8988 (Chinese)
- **NY State Smokers' Quitline**  
1-866-697-8487 (English)
- **Charles B. Wang Community Health Center**  
(212) 379-6998 (English, Chinese)

# Tips for Packing Healthier Lunches



Like breakfast, lunch nourishes your body and mind. A healthy lunch gives you energy so that you can do your best at school or work. Whether you are making lunch for yourself or for your child, try these tips for packing a healthy meal:

- 1 Prepare ahead of time.** Shop for packable lunch items like whole wheat bread, cucumbers, baby carrots, apples, unsalted nuts, and peanut butter. Choose foods low in fat, sugar, and sodium. When you cook dinner, make more so you can pack the extra food for lunch.
- 2 Avoid packing a heavy meal.** Eating too much can make you feel tired later in the day. Control your portions—pack your lunch in a smaller container. Make half of your meal vegetables, and the other half equal parts rice and lean meat or fish. Eating more fruits and vegetables helps you feel fuller with fewer calories.
- 3 Bring water instead of juice.** People often confuse thirst for hunger. Drink enough water to satisfy that feeling and avoid overeating. Instead of sugary drinks, add fresh fruit or mint to your water or make your own soda by mixing seltzer water with fruit juice.
- 4 Store foods at a safe temperature.** Food will spoil when not stored properly. Lunches with meat, cheese, and eggs should be in the fridge until lunchtime. If there is no fridge, pack a frozen gel pouch or water bottle to keep your food cold. Keep warm lunches like sandwiches, noodles, or congee in a thermos or in the fridge and reheat later. Fruits, vegetables, bread, peanut butter, and jam can stay at room temperature.

## Flu Season is Here! Get Your Flu Shot Today

**Cooler weather is coming back**, and so is the flu. Now is the time to get your flu vaccine before flu season starts (from December till February). The flu virus changes every year, so the shot you got last year may not protect you this year.

Everyone 6 months of age and older should get the vaccine, especially:

- Children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women
- Anyone with a weak immune system

Get your shot early—protect yourself from the flu and avoid spreading it to your family and friends. Make an appointment with us to get your flu shot today.



# Meet Our New Nurse Practitioners

At the Health Center, we believe that high-quality care begins with our staff. To better serve the needs of our patients, we welcome four experienced nurse practitioners to our medical team.

A nurse practitioner (NP) has more advanced education and clinical training than a registered nurse. NPs are licensed by New York State to diagnose, treat and manage common and chronic illnesses, and prescribe medicine. They can serve as a patient's regular provider.

NPs focus on guiding patients to make smarter health and lifestyle choices. Sharon Kei Yan MacArthur, NP, enjoys helping patients prevent serious health issues.

“ When I worked at a hospital I often saw people with diabetes or high blood pressure that led to heart failure. These are all diseases that could have been prevented. ”

— Sharon Kei Yan MacArthur, NP



The Health Center welcomes (left to right): NPs Lo Wa Yu, Hui Qin Zhou, Sharon Kei Yan MacArthur, and Jin Chan Lu.

**Schedule an appointment with them today!**

## Internal Medicine

(212) 379-6998

268 Canal Street

New York, NY 10013

# Open Enrollment Starts November 1, 2015

**Renewing your health insurance?** Do so from November 16, 2015 to December 15, 2015.

## Need insurance? Enroll for 2016.

Sign up from November 1, 2015 to January 31, 2016 through the NY State of Health. To enroll, you must live in New York State, be a U.S. citizen or lawfully present non-citizen, and be under the age of 65.



## A New Health Plan for New Yorkers

This year, you may be eligible for a NEW, lower premium or no-cost and no-deductible plan called the **Essential Plan**.

**What is it?** A new health plan that costs less and offers basic benefits like doctor visits, prescription drugs, and inpatient and outpatient care.

**Who can buy it?** Lower-income people who don't qualify for Medicaid or Child Health Plus. Check if you qualify:

Household size	Most you can make
1	\$23,540
2	\$31,860
3	\$40,180
4	\$48,500

**When can I enroll?** November 2015, for coverage starting in January 2016.

**Need help?** Call the Health Center at (212) 226-8339 (Manhattan) or (718) 886-7355 (Flushing).