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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](http://www.chinatownhealth.org). Donations are deductible to the extent allowed by law.

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



## Medication Dos and Don'ts

Taking medicine is an important part of keeping yourself healthy. However, keeping track of medicine can require a lot of time and attention. It can be hard to remember what each medicine is for, when you should take it, and how you should take it. When in doubt, always talk to your doctor. Here are a few simple strategies that you can use to help you and your family members manage your medicines wisely.

### Dos

- ✓ DO understand what each of your medicines is for and how to take them.
- ✓ DO use a calendar or pill box to keep track of your medicine.
- ✓ DO finish the entire course of medicine as instructed, even if you feel better before it is done.
- ✓ DO tell your doctor if you are taking other medications, supplements, or herbs.
- ✓ DO keep the safety caps on pill bottles to prevent kids from taking the medicine.

### Don'ts

- × DON'T save or reuse antibiotics.
- × DON'T share prescribed medicine with other people.
- × DON'T change your medicine dose or schedule without telling your doctor.
- × DON'T take expired medicine.
- × DON'T crush or break pills unless your doctor or pharmacist tells you to do so.

If you think that you have made a mistake with your medicine, **call your doctor or the NYC Poison Control Center at 1-800-222-1222 right away.** For an emergency, such as when someone faints, has trouble breathing, or has seizures, **call 911 immediately.**

## What Does a “Patient-Centered Medical Home” Mean to Me?

When I come through the doors of the Charles B. Wang Community Health Center, it makes me happy to see the warm faces of the staff that I have gotten to know so well with over the last few years.

When my doctor told me that I have diabetes, I felt so scared and helpless. How would this disease affect my family and me? Could I no longer eat or live the same way anymore? It was a very stressful time because my family and I knew very little about diabetes.

My doctors and nurses took the time to really explain my health to me. They even taught me step-by-step to test the sugar in my blood. This helped me get over my fear of blood. Then a dietician gave me advice about what foods are good for me to eat, and how to manage my portions. I was so happy to learn that I can still eat most of the foods I love.

My doctor also advised me to join a diabetes support group to meet other patients with the same condition. In the group, I can talk to other diabetic patients and we learn from each other. I am happy to be part of the group because it helps me to know that I am not alone.

Today I still live with diabetes, but I am no longer afraid of it. The Health Center has taught me how to keep it under control and all the staff are always available to support me. The staff’s unconditional care has touched me deeply. Not only are they compassionate, but they demonstrate a high level of skill and professionalism. I meet with them every three months knowing that I have become a familiar face to them.

Becoming a patient at the Health Center has been one of the best choices I have made for my health.

*Adapted from an actual patient letter.*



**Congratulations on recertifying as a Level 3 Patient-Centered Medical Home!**

The Health Center has been awarded recognition by the National Committee for Quality Assurance as a Level 3 Patient-Centered Medical Home (PCMH)—the highest level of recognition—since 2010. Patient-centered medical care means patients come first. You will be served by a team of health professionals who will work together to tailor their care to your needs. Your healthcare team will treat you with respect and compassion, and help you achieve your highest level of health.



# What Do You Know About Shingles?

## Learn about Shingles

Believe it or not, shingles is chicken pox coming back to cause illness a second time. Everyone who has had chicken pox still has the virus hiding in their bodies. When weak, tired, or ill, the virus can break out and travel along the nerve to the skin. Shingles commonly occurs after age 50 and goes on to affect one of every three people in America. Shingles causes a painful rash that can last anywhere from a few days to weeks. Some people still have severe pain even after the rash goes away.

## Is a rash the first sign of shingles?

A rash with water blisters is how shingles looks, but it is often not the first symptom. Shingles usually begins with a burning pain on one part of the body. This feeling can last from a day to a few weeks before the rash shows up. If you feel any type of unusual body pain, get checked by your doctor right away. By catching shingles early, you can take medicine to heal faster and even prevent it from spreading.

## What can I do to prevent shingles?

While shingles cannot be fully prevented, you can get the shingles vaccine to greatly lower your risk. If you are age 60 or older, ask your provider about getting this shot. Insurance generally helps to pay for the vaccine.

## If I have shingles, should I avoid everyone so that no one gets it from me?

Shingles itself cannot be passed from person to person. However, close contact with the rash can cause chickenpox in someone who has never had chickenpox before. If you have shingles, avoid getting close to pregnant women and babies. Only touching the rash can cause chickenpox, so wash your hands often and do not touch the blisters. Once the rash heals, you are no longer infectious.

## Pediatrics Department Updates

This year, the Health Center's Pediatrics Department has many exciting new and ongoing services and programs for its patients. Whether you are looking for quality medical services, teen programs, or special needs assistance for your child, there is support for you.

### New physicians and specialists

- Dr. Cecilia Mak, Pediatrician
- Dr. Debra H. Pan, Pediatric Gastroenterologist
- Dr. Angela Chan, Developmental-Behavioral Pediatrician

### Children with special needs

The Pediatrics Department provides support for children with special needs and their parents so that the children get the extra attention they need to learn, grow, and thrive.

- **Parent Advisory Group:** This group of parents comes together once a month to discuss special needs or other topics with our healthcare professionals. The Health Center uses the feedback to continually improve its services. Speak to your child's pediatrician if you are interested in joining.
- **Care Management:** Care management by care managers, nurses, and social workers help you coordinate services with families, health specialists, schools, and community resources.



### Teen Resource Center (TRC)

The TRC provides information and support to Asian American youth through health education, programs and activities, and referrals. Teens can come in to speak with trained and friendly Teen Health Educators for advice on a range of adolescent topics, including sexual health, issues at school, parent-teen communication, and more. Visit [trc.cbwchc.org](http://trc.cbwchc.org) to learn more about what the TRC is up to and ways to get involved!

**Visit the Pediatrics Department and make an appointment today!**