



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 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**  
**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. Donations are deductible to the extent allowed by law.

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

Follow Us



## You Can Prevent Colorectal Cancer

Colorectal cancer can be uncomfortable to think about, but if found early, it is one of the most preventable and treatable forms of cancer.

This type of cancer affects your colon or rectum, where waste is stored until it leaves the body. The cancer usually begins when the cells in your colon or rectum change and form into a mass called a *polyp*. Polyps usually do not cause symptoms, but they can become cancerous if they are not found and removed early. Fortunately, you can take steps to lower your risk of colorectal cancer.

### Both Men and Women Should Get Screened Early

Do NOT wait until symptoms show before seeing a doctor—it may be too late! To protect yourself, get screened regularly starting at **age 50**, even if you do not have a family history of colorectal cancer. You may need earlier screening if you or a family member has had polyps or colorectal cancer.

### Stay Healthy to Lower Your Risk

- Don't smoke. For free help quitting, call 311 or the Asian Smokers' Quitline at 1-800-838-8917.
- Limit alcohol intake. Have no more than one (for women) or two (for men) drinks a day.
- Eat a diet that has more fiber and less fat.
- Exercise at least 30 minutes a day.

**Talk to your doctor to see what type of screening test is best for you:**

- **Fecal Immunochemical Test (FIT):** (Every year) Your stool samples are checked for hidden blood. Blood in the stool may mean polyps or cancer, and more testing may be needed.
- **Colonoscopy:** (Every 10 years) A thin tube with a camera at the end is used to examine the rectum and colon. Any polyps present will be removed during the test.



# Learn to Communicate with Your Child

The parent's role as a guardian, coach, and friend is critical in helping youth develop skills to make informed decisions throughout their lives. However, the cultural gap between Asian American parents and their children can make it hard for them to understand each other and talk about how they really feel. Sometimes it feels like silence in the family is the only way to keep the parent-teen relationship peaceful—but not close.

Come to our monthly workshops to learn from professionals ways to show your love to your children and nurture them into responsible young adults.

## Upcoming Workshops

### How to Communicate with Your Child at an Early Age

Sunday, May 3rd, 10:30am-12:00pm

125 Walker Street, 2/F, New York, NY 10013

Amanda Wong, LCSW, Social Work Supervisor

### Parent-Teen Communication

Saturday, May 30th, 10:30am-12:00pm

168 Centre Street, 3/F, New York, NY 10013

Deborah Dong, LCSW, Mental Health Department

Call the Health Education Department at **(212) 966-0461** or visit [www.cbwchc.org/workshops.asp](http://www.cbwchc.org/workshops.asp) for more information.



# Use Antibiotics with Care

Many people believe that antibiotics can cure all types of illnesses. For your safety and health, it is important that you only take medications prescribed by your doctor.

Antibiotics are good for treating illnesses caused by bacteria, such as strep throat, urine infections, pneumonia and tuberculosis. On the other hand, antibiotics cannot treat illnesses caused by viruses, such as the common cold. Some viral conditions, like the flu or shingles, can be treated with anti-viral medicines.

If you don't use antibiotics the right way, you can do more harm than good to your body. Antibiotics can get rid of both bad and good bacteria. Removing good bacteria can put your body at risk for diarrhea or infections. Using antibiotics when you don't need them can also cause them to not work when you really need them later on.



## How to Use Antibiotics

Follow the instructions given by your doctor or your pharmacist when you take your medicine. Take your medicine correctly to help you heal properly and prevent harmful side effects.

### Here's how:

- Never use someone else's antibiotics or old antibiotics lying around. Leftover antibiotics are not a complete dose. Each person and each sickness need a different type and dose of medicine.
- Follow the instructions and stick to the exact length of your medication. Stopping too soon or taking antibiotics longer than prescribed can make bad bacteria even stronger.
- If you are pregnant, nursing, or taking birth control pills, consult with your doctor before taking antibiotics.
- If you are also taking Chinese herbal medicine, please talk to your doctor about this. Some herbal medicines may interfere with your treatment or even cause you harm.

**Remember, if you are not sure, get checked by the doctor. Your doctor will give you the best advice on how to take care of your illness.**



## Breast Health: What is Dense Breast Tissue?

**M**rs. Lin is a 45-year-old woman who gets her mammogram every year as recommended. This year, she didn't get the usual "normal" result. Instead, she was told that her breast tissue is "dense" and that she needs further testing. She became worried. "What does this mean?" she thought. "Why do I need more tests? Do I have breast cancer?"

For women ages 40 and above, regular mammograms are key to finding and preventing breast cancer. However, dense breasts may make it harder for your doctor to see if there are any cancer cells on your mammograms. Breasts are dense if they do not have much fatty tissue. Dense breast tissue is very common, especially among Asian women.

Don't be nervous if you find that you have dense breasts. It is not abnormal and it does not have to

mean that you have breast cancer. In New York State, doctors who interpret your mammograms are required to let you know if you have dense breasts. If you do have dense breasts, your doctor may ask you to get an extra screening test, such as an ultrasound or MRI. Talk with your doctor about any other risk factors you may have. Your doctor is there to support you and make sure that you are informed about your health.

Get screened regularly to detect cancer as early as possible. Recommended screenings include regular:

- breast self-exams.
- breast exams by your doctor.
- mammograms.

The Health Center can connect you to low-cost or free mammograms and clinical breast exams if you are eligible.

**Contact our Women's Health Department to learn more.**

### **Manhattan**

**268 Canal Street, 1/F  
(212) 966-0228**

### **Flushing**

**136-26 37th Avenue, 2/F  
(718) 886-1287**

**Visit us at:  
[www.cbwchc.org](http://www.cbwchc.org)**