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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. Donations are deductible to the extent allowed by law.

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

Getting Enough Sleep

Sleeping Dos and Don'ts

Sleeping well is important for all the things you do while you are awake. Not enough sleep can weaken your immune system, your memory, cause moodiness and even weight gain. When you don't sleep well—you don't feel well. There are things you can do during the day and night to help you get a good night's sleep.

Go to bed and wake up the same time every day. Having a routine will help your body recognize when it is time to sleep. Napping can make you feel too awake to sleep at night—so avoid them. When you feel sleepy, keep yourself busy until it is time for bed.

Exercise. It should be no surprise that being active will help you to be tired at night. Exercising for just 20 to 30 minutes a day will help. You do not have to go the gym and do a heavy work-out! Taking a walk, practicing yoga, dancing, or even stretching are all active and will help you sleep at night.

Reduce stressful thoughts at night. It is difficult to sleep if you are worried about something. If thinking about stressful things keeps you awake, keep a pen and paper by your bed so you can write out all that you need to do. This way your mind and body can rest.

Avoid eating and drinking before bedtime. Eating and drinking shortly before bed may cause you to have to use the bathroom as you are trying to sleep. It takes energy to digest food, which may keep you awake. On the other hand, being hungry can also prevent you from sleeping. Try not to eat within three hours of bedtime. If you find that you are hungry, eat a very light snack.

Drink less caffeine. Too much caffeine may keep you up at night. Limit caffeine—such as coffee, tea, cola and energy drinks—to one or two cups. It is best to only drink caffeinated drinks in the morning.

Try to keep the bedroom a sleep-only zone. When you go to your bedroom, your body should know that this is a place that is not only relaxing, but the place for sleeping. If you work in your room, you may start to associate stress with your bed. If you enjoy reading or watching television to wind down before bed, try to do that in a room other than where you sleep. That way, your mind thinks that this is the place to let go of the day and go to sleep.

If you have trouble with sleeping at night for a long period of time, talk to your doctor. Your doctor will help you to understand why you have trouble sleeping.

Eating Smart

Bad fats and Good fats

Fat is one of the essential nutrients our bodies need. It is good for your skin, for energy, and helps your body to absorb and use nutrients. It is okay to have fat in our diet. Of course, having too much fat can lead to excessive weight gain, and chronic diseases such as heart disease, hypertension and diabetes. Instead of cutting out fat completely from your diet, you can replace bad fats with good fats.



BAD FATS

There are two types of fat that are not good for your health. They are called saturated fats and trans fats. These fats raise bad cholesterol (known as LDL) and increase risk for heart disease. They should be limited in your diet and replaced with good fats.

- Saturated fats are mostly found in food produced by animals. These foods include **meat, eggs and dairy**. They are also found in oils such as **coconut oil, palm oil, and lard**.
- Trans fats are mostly found in processed food. Trans fats not only raises your bad cholesterol (LDL), but it also may lower good cholesterol (known as HDL). They are meant to lengthen the shelf life of products and enhance the flavor of the food. They are found in foods like **margarine and vegetable spreads, packaged food, baked goods, frozen meals, fast food, and 'junk food', like candy and chips**.

Remember, eating better is about eating in moderation, not cutting certain types of foods out of your diet completely. Try using oils like olive oils and peanut oil. When snacking, try nuts instead of chips and cookies. Replace beef steak or pork ribs in your meals with lean beef, lean pork or fatty fish, such as salmon. When eating fatty foods, choose your fats smartly!



GOOD FATS

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The good fats that you should include in your diet are named unsaturated fats. Good fats include monounsaturated fats and polyunsaturated fats. These fats are not only better for you than bad fats, but they also can help to lower your cholesterol or triglyceride.

- Monounsaturated fats include **nuts, seeds, avocados, olive oil, canola oil and peanut oil**.
- Polyunsaturated fats include **flaxseeds, walnuts and oils made from sesame, soybean, sunflower-seed and corn**. Omega-3 fatty acids are polyunsaturated fats, and are actually good for your heart and recommended. Omega-3's are also found in fatty fish, such as **salmon, mackerel, herring and trout**.

Healthy Summer Recipe: Using Good Fats in Your Diet

ASIAN-STYLE STEAMED SALMON

Prep Time: 15 minutes | Cook Time: 10 minutes | Yields: 4 servings | Serving Size: 3 oz salmon, ¼ C broth



INGREDIENTS:

- 1 C low-sodium chicken broth
- ½ C shiitake mushroom caps, rinsed and sliced (or substitute dried shiitake mushrooms)
- 2 Tbsp fresh ginger, minced (or 2 tsp ground)
- ¼ C scallions (green onions), rinsed and chopped
- 1 Tbsp lite soy sauce
- 1 Tbsp sesame oil (optional)
- 12 oz salmon fillet, cut into 4 portions (3 oz each)

DIRECTIONS:

- 1 Combine chicken broth, mushroom caps, ginger, scallions, soy sauce, and sesame oil (optional) in a large, shallow sauté pan. Bring to a boil over high heat, then lower heat and simmer for 2–3 minutes.
- 2 Add salmon fillets, and cover with a tight-fitting lid. Cook gently over low heat for 4–5 minutes or until the salmon flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 °F).
- 3 Serve one piece of salmon with ¼ cup of broth.

NUTRITION FACTS:

Amount Per Serving

Calories 175
Total Fat 9g
Saturated Fat 2g
Cholesterol 48mg
Sodium 208mg
Total Fiber 1g
Protein 19g
Carbohydrates 4g
Potassium 487mg

Come Out for Good Health Day

It is time for our annual Good Health Day! Every year, the Charles B. Wang Community Health Center, along with healthcare and community organizations from across New York City, come together to provide a day of fun, health education, social service assistance, and health screening for you and every member of your family.

This summer, Good Health Day will take place on **Wednesday, August 7 from 10am to 3pm at Sara D. Roosevelt Park located between Chrystie Street and Forsyth Street** in Lower Manhattan, New York and **Saturday, August 10 from 10am to 3pm in Queens, New York located at 136-26 37th Ave parking lot, Flushing.**

There will be music, dancing, games and health screenings, and a lot to learn about being the healthiest you. We hope to see you and your family there.



Meet Dr. Shimin Cao

Dr. Shimin Cao is the assistant section chief of internal medicine at our Flushing site. Dr. Cao is board certified by the American Board of Internal Medicine, and has been practicing for over 9 years. He attended Sun Yat-Sen University of Medical Sciences, and his residency took place at St. Luke's Hospital in Chesterfield, Missouri. He is fluent in both English and Mandarin.



Patient Corner

Dear Dr. Pong,

I wanted to let you know how much I love and appreciate the Charles B. Wang Community Health Center and how well it's run. Everyone there has always been very helpful from the receptionist to the nursing staff to the doctors. It's truly a gift for the community's health care needs.

Keep up the amazing work!

*Patient of The Charles B. Wang
Community Health Center*

"The Health Center has been a leader in providing affordable, compassionate, quality health care and education for Asian Americans for over 40 years. Many Asian Americans are underserved due to language and culture barriers, and my background allows me to serve them better. It is an honor to join this great Health Center as it continues to provide exceptional care for those in need."