



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
(212) 966-0461

Social Work
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



Sun Safety and Vitamin D

Dr. David Ko, *Pediatrician*

The warm summer sun can feel good against your skin, especially after the long winter. Sunlight can benefit your health by boosting your mood, improving sleep, and increasing your body's supply of vitamin D. However, too much sun can be harmful in the long run. The sun releases ultraviolet (UV) rays that cause tanning, burning, and other skin damage. Repeated and unprotected sun exposure can be harmful to your eyes and skin and can increase your risk for skin cancer and cataracts. That's why it is important to take safety precautions when having fun in the sun.



Here are a few tips for protecting yourself and young children:

- Avoid direct sun during peak hours (10am to 4pm).
- Wear sunscreen with an SPF of 30 or above. Apply 15-30 minutes before going outside and every 2 hours afterward. Don't forget the ears, hands, feet, and behind the neck!
- Wear hats, sunglasses, and light-colored clothing to cover up exposed skin.
- Limit your baby's exposure to the sun as much as possible. Babies under the age of 6 months have thin skin that burns easily.

While you take steps toward sun protection, also make sure that you and your children are getting vitamin D from other sources. Vitamin D strengthens bones and may protect from diabetes, heart disease, and certain cancers. To prevent the harmful effects of the sun while still getting enough vitamin D, eat foods high in vitamin D such as:

- Fatty fishes and fish oil (cod liver oil, salmon, mackerel, tuna). Young children and pregnant women should consult with a doctor or nutritionist before eating large amounts of fish.
- Milk, yogurt, and orange juice that are labeled with vitamin D.

Since it is hard to get enough vitamin D from diet alone, you may also need to take a supplement. Talk with your doctor about getting a vitamin D blood test to see whether a vitamin supplement may be right for you. Take steps to protect your body—both inside and out.

A Healthy Pregnancy Begins with Early Prenatal Care

Congratulations on your pregnancy! As you prepare for the newest addition to your family, we want to make sure that you have a healthy pregnancy and delivery. Prenatal care visits help guide you through your pregnancy to give your baby a joyful welcome into the world.

To give your baby a healthy start, begin seeing your doctor as soon as your pregnancy is confirmed. Pregnant women can develop high blood sugar levels and high blood pressure, but not to worry. These conditions are very common and manageable, and your healthcare team is well-equipped to handle them. Here at the Health Center, you will have a team of doctors, nurses, nutritionists, health educators, social workers, and care managers at your service. They will work together to monitor your health and support you at every step of your pregnancy, from conception to birth and beyond.

Visit your doctor on a regular basis to make sure you and your baby are staying healthy.

Use this as a guideline for when to see your doctor:

Timeline for Doctor's Visits

WEEKS 1 - 26

(First trimester to the end of second trimester)

- Every 4 weeks or as needed

WEEKS 27 - 36

(Third trimester)

- Every 2 weeks or as needed

WEEK 36 UNTIL DELIVERY

- Every week or as needed

AFTER DELIVERY

(Postpartum)

- 1 to 2 weeks after a C-section to check the wound and 4 to 6 weeks after delivery (C-section or natural birth)

If you are older than 35 or your pregnancy is high-risk, you may have to see your doctor more frequently. Your doctor will give you a schedule of your visits. Don't miss any of your prenatal care visits—they are all important!

In just nine months, you will be carrying your bundle of joy back home in your arms. Until then, we want to help you have a happy and healthy pregnancy to give your baby the best start to life. Make an appointment with one of our Women's Health providers today: **(212) 966-0228 (Manhattan)** or **(718) 886-1287 (Flushing)**.

Read more about pregnancy, newborn care, and other health topics by going online to find our clinically-reviewed materials at: <http://www.cbwchc.org/hematerials.asp>.



Introducing Our New Chinese Facebook Page

Connect with us on our Chinese Facebook page to:

- Learn more about the Health Center's activities
- Stay up-to-date about community events and workshops
- Share important health information and resources with your friends and family

Find us on Facebook by searching
“王嘉廉社區醫療中心”
for our Chinese page and
“Charles B. Wang
Community Health Center”
for our English page.



Join Us for Good Health Day 2015!

- Free health screenings
- Educational health activities for children and adults
- More fun activities including games, face painting, aerobics, and performances
- Prizes and raffles

Good Health Day Flushing

Saturday, August 1st, 2015
10am to 3pm
136-26 37th Avenue, Parking Lot
Flushing, NY

Good Health Day Chinatown

Wednesday, August 5th, 2015
10am to 3pm
Sara D. Roosevelt Park (Grand & Chrystie Street)
Manhattan, NY