



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



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# DON'T WAIT. VACCINATE!

## KEEP YOUR CHILD HEALTHY

Your child can get vaccines during any doctor visit, such as annual health exam, physical for sports, or follow-up appointment.

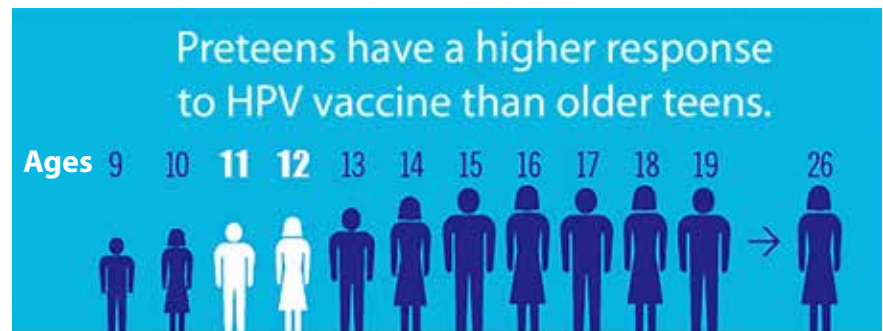
**Check with your doctor** that your child has received all the shots that they need. They may have to catch up on vaccines if they have not received any when they were younger.

“ I got my son and daughter vaccinated, you should too. ”

– Mother of CBWCHC patients

## QUICK FACTS ABOUT HUMAN PAPILLOMAVIRUS (HPV)

An important vaccine to protect your child against certain cancers and infections is the human papillomavirus (HPV) vaccine.



Preteens need three vaccines at 11 or 12. They protect against whooping cough, cancers caused by HPV, and meningitis.



To learn more about immunizations, please call our Pediatrics Department in Manhattan or Flushing.

# A COLORFUL MEAL IS A NUTRITIOUS MEAL

**Colorful fruits and vegetables not only look beautiful—they're nutritious too!** When you eat fresh foods of different colors, you are getting a variety of nutrients that are good for your body.

**Fruits and vegetables contain plant-based nutrients** that give foods their unique color and health benefits. Filling your plate with the colors of the rainbow ensures that you get a tasty and balanced meal.

### Make your meal:

- ½ fruits and vegetables
- ¼ lean meat
- ¼ healthy grains

**Eating with colors is a simple way to make healthy meals fun.** You can get kids to try new foods by having them pick out fruits and vegetables based on colors. They can also follow our color guide and recipe to pack their lunch and snack box. Be creative and eat the rainbow!

## A COLOR GUIDE TO YOUR HEALTH

Red	Tomato, Cherries, Watermelon	✓ Heart
Orange	Carrot, Orange, Pumpkin	✓ Vision
Yellow	Corn, Bell Pepper, Lemon	✓ Bone
Green	Broccoli, Avocado, Peas	✓ Immune system
Purple	Grape, Eggplant, Grapes	✓ Blood vessels
White	Bread, Rice, Beans	✓ Digestion
White	Pear, Cauliflower, Garlic, Mushroom	White foods such as mushroom, cauliflower, garlic, and pear may not be as colorful, but they also provide essential nutrients to keep our bodies healthy.

## MAKE A RAINBOW BENTO BOX

**1 Put 1 cup or 3 ounces of whole grains**  
Try white or brown rice, whole wheat noodles, or whole wheat bread

**2 Add 2-3 cups of vegetables**  
Try red, green, orange, or yellow vegetables

**3 Add 5-6 ounces of protein or lean meat**  
Try white meat, salmon, tofu or beans

**4 Pack 1 cup of fruit**  
Try red, purple, blue, green, orange, or yellow fruits



### Tips:

- Use romaine lettuce or silicone cups as dividers
- Get creative with colors and shapes





# WE OFFER FAMILY PLANNING SERVICES

Family planning isn't just about having kids. It is also about getting the information and services that you need to support your sexual health and well-being. Are you unsure about the screenings you need or the best birth control option for you? Talk to your provider to learn more.

**The Health Center is here to help. We offer a range of services for patients of all ages and genders:**

- ✓ Sexually transmitted infections (STI) testing, counseling, and treatment
- ✓ Physical exams: testicular, GYN, breast
- ✓ Birth control and emergency contraception
- ✓ Safer-sex education
- ✓ Vaccines to prevent cancer
- ✓ Pregnancy tests

## SOME BIRTH CONTROL OPTIONS

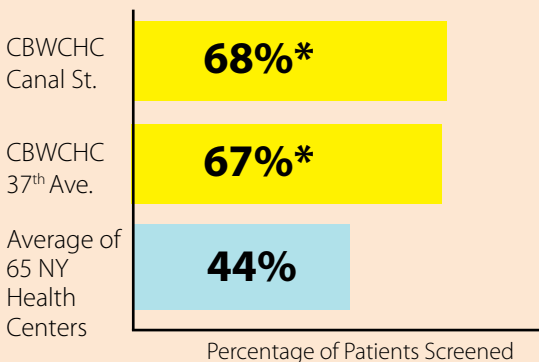
Implant*	IUD* (Intrauterine Device)	Pill	Condom
			
← Most Effective		Least Effective →	
<p>How to use it:</p> <ul style="list-style-type: none"> <li>- Placed by health care provider</li> <li>- Lasts up to 3 years</li> </ul> <p><b>*Long-Acting Reversible Contraception (LARC)</b></p>	<p>How to use it:</p> <ul style="list-style-type: none"> <li>- Placed by health care provider</li> <li>- Lasts up to 3-10 years</li> </ul>	<p>How to use it:</p> <ul style="list-style-type: none"> <li>- Take at the same time each day</li> </ul>	<p>How to use it:</p> <ul style="list-style-type: none"> <li>- Use correctly every time during sex</li> </ul>

Condoms should always be used to protect against most STIs.

## SCREENING SAVES LIVES

Colorectal cancer screenings can find polyps, so they can be removed before they turn into cancer.

### Colorectal Cancer Screening Rates (2015)



**Colorectal cancer** is the 2<sup>nd</sup> leading cause of cancer-related deaths in the U.S.

**Starting at age 50**, you should receive regular screenings.

**Do not wait** until you have symptoms to see your doctor for a colorectal cancer test.

**Call (212) 379-6996** for more information about screenings.



### New Flushing Site Is OPEN!

137-43 45<sup>th</sup> Avenue,  
Flushing, NY 11355

Internal Medicine,  
Pediatrics, GYN

Call for Appointment:  
(929) 362-3006

**STAY HEALTHY.  
GET A CHECKUP.  
MAKE AN  
APPOINTMENT!**

General Info Line  
(212) 226-8339

Website  
[www.cbwchc.org](http://www.cbwchc.org)

268 Canal Street  
New York, NY 10013  
Internal Medicine  
(212) 379-6998  
OB/GYN  
(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

137-43 45<sup>th</sup> Avenue  
Flushing, NY 11355  
Internal Medicine, Pediatrics  
& GYN  
(929) 362-3006

Health Education Department  
(212) 966-0461

Social Work Department  
Manhattan  
(212) 226-1661  
37<sup>th</sup> Ave, Flushing  
(718) 886-1212  
45<sup>th</sup> Ave, Flushing  
(929) 362-3006

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.

\*Percentage of eligible patients who got appropriate screening