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New York, NY 10013  
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**Women's Health**  
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**Pediatrics & Adolescent Health**  
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**Teen Resource Center (TRC)**  
(212) 226-2044  
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**136-26 37th Avenue**  
Flushing, NY 11354  
**Internal Medicine**  
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**OB/GYN**  
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(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 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!**



## Winter Skin Care

The cold, dry winter air combined with high indoor heat can be very harsh on the skin. Children have sensitive skin that can dry easily, which leads to itching, irritation, and even infection. Help take care of your and your child's skin to prevent eczema and other dry skin conditions.

**Stay moisturized.** Water, soaps, and heaters can strip the skin's natural moisture. Moisturizers and creams, on the other hand, can keep moisture in. Follow these tips to prevent skin from drying out.

- Take shorter baths or showers.
- Avoid bathing with hot water and harsh soaps.
- Use a humidifier to add moisture to the air inside.
- Apply moisturizer, petroleum jelly, cream, or ointment on the skin at least once a day. Do so right after bathing and before going out into the cold.
- Use lip balm or petroleum jelly on the lips, especially when they feel dry and before going out. Don't peel chapped skin—let it come off naturally.

**Apply sunscreen.** Even though the sun does not feel as warm during the winter, its rays are still strong. Skin can burn just as easily in the cold as in the summer heat. Put on sunscreen 30 minutes before going out to play, especially on uncovered areas like the face.

These skin care treatments are especially important if you or your child has eczema or dry skin already. Talk to your doctor or a dermatologist if you are concerned about skin problems. With the proper care, you can help keep your and your child's skin soft and smooth.

*The Charles B. Wang Community Health Center wishes  
you and your family a safe and happy winter!*

## Meet

### Dr. Margaret Lee Wou

Pediatrician, Flushing site



Dr. Margaret Lee Wou is an American Board certified pediatrician. She earned her medical degree

at New York Medical College and completed her residency at Long Island Jewish Medical Center Steven and Alexandra Cohen Children's Medical Center of New York (formerly Schneider Children's Hospital). Dr. Wou has been practicing pediatric medicine for 11 years.

“*Much of pediatrics involves preventive care and education, which is what drew me initially to this field. The Health Center helps do that by providing educational and social services in a culturally sensitive way. The level of care provided here is unparalleled.*”

—Dr. Margaret Lee Wou

## Patient Corner

“I want to thank social workers Dr. Teddy Chen and Ms. Manna Chan, they were very helpful to my son. They helped me and my child through a very difficult time. I really appreciate the assistance from the Mental Health Department. Thank you.”

—Patient of  
The Charles B. Wang  
Community Health Center

## Winter Safety

*Tips for a safe and active winter*

Dr. Carolyn Jean-An Chang, Pediatrician

Just because it is cold outside does not mean you and your family have to stay indoors. Here are some tips to stay safe and snug while being active during the wintertime.

### Stay Active

Don't let the winter cold stop you from staying active. Continue getting at least 30 minutes of exercise a day for five days a week. Go out and get fresh air from time to time to keep from getting sick. There are many fun indoor and outdoor activities in the city to help you and your family stay active during the winter—here are just a few ideas.

#### Indoor activities

- Work out or play sports at a community fitness center.
- Spend the day at a museum.
- Follow workout videos or do push-ups and crunches on your own.

#### Outdoor activities

- Build snowmen
- Ice skate
- Sled at a city park
- Take walks around your neighborhood

### Stay Warm

Keep your child's body warm so he or she doesn't catch a cold, frostbite, or hypothermia.

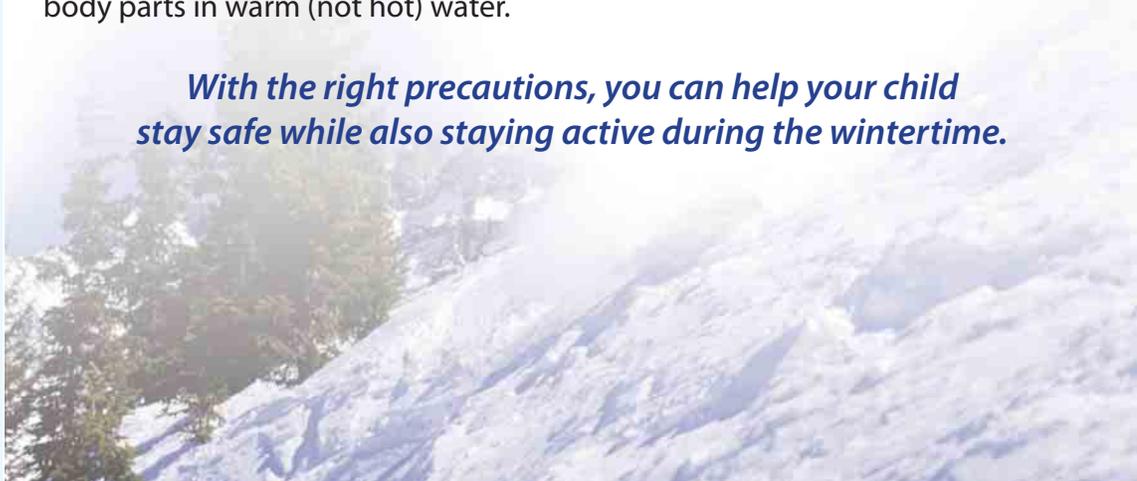
Bundle up! Make sure your child is dressed in several layers when going outside.

- Keep an extra pair of mittens in the pockets.
- Avoid cotton clothing—it is not warm and soaks up cold water.
- Wear wool or polyester on the inside and waterproof pants and jackets on top.

Don't spend too much time outside at once. Take breaks from time to time to come inside for warm drinks or food.

Replace all wet clothing with dry ones after coming inside. Soak cold or numb body parts in warm (not hot) water.

*With the right precautions, you can help your child stay safe while also staying active during the wintertime.*



## The Affordable Care Act: Dealing with Fraud

Under the Affordable Care Act, you can enroll for health insurance through the New York State of Health, the Official Health Plan Marketplace. Get health insurance today to ensure that you and your loved ones stay healthy. The current enrollment period ends **March 31, 2014**.

The Affordable Care Act is meant to make health insurance more accessible—don't let fraud get in the way of that. Get assistance through certified navigators or counselors in reliable organizations like our Health Center. The Health Center has bilingual staff certified by New York State to help you choose the best plan for you, and to help you enroll safely.

Here are some tips to avoid fraud when enrolling for health insurance through the NY State of Health.

- Aside from the Health Center's services, you can sign up for health insurance, find in-person assistance, and have your questions answered by going directly to the official NY State of Health website at [nystateofhealth.ny.gov](http://nystateofhealth.ny.gov) or by calling their Customer Service Help Line at (855) 355-5777. Translators who speak your language are available.
- Do not reveal your personal information unless you are sure that you are working through the official Marketplace or with a state-approved certified navigator or counselor. Certification can be verified at [nystateofhealth.ny.gov](http://nystateofhealth.ny.gov) or by calling (855) 355-5777.
- Do not pay for help in choosing a health plan! Certified navigators or counselors cannot charge money for services, and there are no fees to sign up for health insurance through the Marketplace.
- Do not buy a Marketplace plan if you already have Medicare. It is illegal for someone to try to sell you a health plan if you have Medicare. There are no Medicare plans within the Marketplace.
- If you suspect fraud, call the New York State Attorney General's Health Care Helpline at (800) 428-9071.

**Make an appointment for secure and trained assistance today.  
Call the Health Center at  
(212) 226-8339 (Manhattan) or (718) 886-7355 (Flushing)**

## Our Patient Portal: Now in Chinese

Our patient portal—a secure website for patients of the Charles B. Wang Community Health Center—is now available in Chinese. You can now have more control over your own health information, even if you cannot read or speak English.

Access your health information anytime, anywhere, just by logging on to your own private page on the portal. With just a few clicks on your computer, you can:

- View your medical records and test results.
- Request appointments, referrals and prescription refills.
- Send messages to your provider (English portal only).

While medical charts and results are posted in English, you can access them through the Chinese portal and keep copies for your own record.

All you need is an email address and Internet access to use the portal. Log on to your account at:



**Take control of your health. Talk to a Patient Service Representative to help you sign up for the patient portal!**

The Health Center is holding education sessions to help you learn how to use the portal. To register for a session, contact the Health Education Department at (212) 966-0461.