



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

137-43 45th Avenue
Flushing, NY 11355
Family Medicine
(IM, Peds & GYN)
(929) 362-3006

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 CHECKUP.
MAKE AN
APPOINTMENT!**

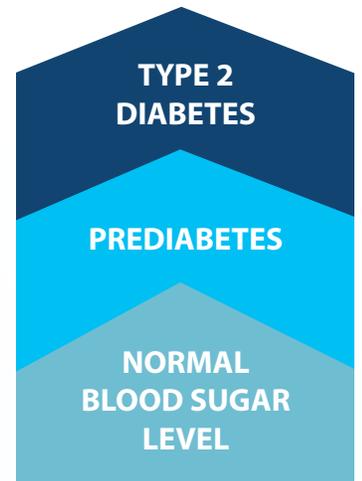
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Get Screened for Prediabetes

At his checkup, 40-year-old Mr. Lu is surprised to learn that he is at risk for prediabetes. Prediabetes happens when your blood sugar level is higher than normal, but not high enough to be diabetes. It may turn into diabetes if not treated. Mr. Lu tells his doctor that he is active since he's a waiter. He has noticed some weight gain, but Mr. Lu is not and has never been overweight. So why is he at risk?

Many Asian Americans like Mr. Lu can have prediabetes without being overweight. New health guidelines state that Asian Americans with a BMI (body mass index) of 23 or greater are at risk for getting diabetes and should get a checkup. BMI is a number that helps you know if you are in the healthy range for your height and weight. How much fat you have around your waist, how often you exercise, what you eat, and having a family member with diabetes also affect your risk of prediabetes.



The good news is that you can prevent prediabetes. Small changes in your life can make all the difference. To start, practice these healthy habits regularly:

- **Choose healthier foods.**
Eat fewer packaged foods that are high in fat, salt, and sugar, and control portion sizes. Drink more water and avoid sweetened drinks.
- **Be active for at least one hour each day.**
You can break this down to short walks, stretches, and a light jog at different times of the day.
- **De-stress and rest well.**
Find ways to relax during stressful times and get enough sleep to help keep a healthy weight.
- **Meet with your doctor.**
Your doctor will keep you informed about your health and work with you to get the care you need.

Make an appointment with our Internal Medicine (IM) Department today and get screened for prediabetes.



Tips for an Active and Healthy Winter

As the days get colder and shorter, it can be easy to kick back on the couch. Whether you go outdoors or stay inside, try to fit physical activity into your schedule. Here are some ideas for the whole family:

Play outside with your kids.

Make snow angels, play Frisbee, or have a snowball fight. Be sure to dress in layers and cover your fingers, ears, and head.

Watch TV actively.

Instead of sitting, try stretching, standing on one leg, or doing leg squats with your back against a wall. For a low-impact exercise, switch between sitting down and standing up from a sturdy chair.

Turn chores into a workout.

Use wide movements when cleaning the shower or wiping furniture. If you can, take the stairs when carrying laundry or groceries. Give yourself a time limit and put on fast music.

Be creative with your exercise.

Follow a workout video online. Create a stack of cards with an exercise on each one, take turns choosing a card, and do that exercise. It can be as easy as taking the stairs instead of the elevator at the subway station.

Snacks like buns and cake taste good, but are often fatty and sugary. Have a whole wheat mini bagel, hard-boiled egg, fruit, or yogurt instead. Want to get creative? Try this:

Teddy Bear Toast



Spread peanut butter on a slice of whole wheat toast. Top it with slices of banana for the ears and snout. Use raisins or blueberries for the eyes and nose.

Staying active and eating well can improve your mood and boost your immune system, especially during winter. No matter the season, try to stay active and eat healthy.

Our New Flushing Site Is Now Open!



137-43 45th Avenue
Flushing, NY 11355
(929) 362-3006



**Welcome Dr. Thein to our
new Flushing location!**

Family Medicine

- Internal Medicine
- Pediatrics
- GYN

We Are on WeChat!

Stay up-to-date on important health information
and community news.

Add us today

**WeChat ID:
CBWCHC268**

(Chinese only)



Quitting Smoking Is Hard, but You Can Do It!

Quick Tips to Quit

- Don't smoke at home.
- Get rid of all cigarettes, lighters, and ashtrays.
- Drink water or chew gum to ease cravings.



The Health Center can help patients quit or cut
back on smoking. See us for free nicotine patches
and counseling:

**Charles B. Wang Community Health Center
Internal Medicine**

(212) 379-6998 (Manhattan)

You can also get free patches and help from:

- **Asian Americans for Equality**
(212) 979-8988 (Chinese)
- **Asian Smokers' Quitline**
1-800-838-8917 (Chinese)
1-800-556-5564 (Korean)
1-800-778-8440 (Vietnamese)
- **NY State Smokers' Quitline**
1-866-697-8487 (English)