

# Dr. Jian Zhang named to Modern Healthcare's 50 Most Influential Clinical Executives 2024

## Congratulations



Modern Healthcare's 50 Most Influential Clinical Executives 2024

Chinese Hospital is proud to announce that its CEO, Dr. Jian Zhang was recognized by Modern Healthcare as one of the 50 Most Influential Clinical Executives for 2024. The profiles of all the honorees are featured in the June 10, 2024, issue of MH magazine and online at [ModernHealthcare.com/50Most](https://ModernHealthcare.com/50Most).

This program honors licensed clinicians in executive roles who are deemed by their peers and the senior editors of Modern Healthcare to be paving the way to better health through their executive responsibility, leadership qualities, innovation, community service and achievements inside and outside of their respective organizations.

"Our 2024 honorees work in all corners of the industry and at organizations and companies of all sizes," said Mary Ellen Podmolik, editor-in-chief at Modern Healthcare. "Yet one thing they share is a commitment to improving their organizations inside and out. They are leading workforce strategies, expanding access to care and improving the bottom line. At the same time, our 50 Most Influential Clinical Executives also are finding time to be part of their communities, a critical part of understanding the patient's needs and redefining healthcare."

Dr. Jian Zhang has served as CEO of Chinese Hospital since 2017, spearheading numerous initiatives to enhance patient care, expand services, and promote community health. Under her leadership, the hospital has achieved remarkable success and garnered multiple honors. Her exceptional leadership and guidance during the COVID-19 pandemic led to successful initiatives in testing,

vaccination, and education, significantly safeguarding Chinatown and earning national recognition.

“I am truly honored to be named among Modern Healthcare’s 50 Most Influential Clinical Executives,” said Dr. Jian Zhang. “This award is a reflection of the dedicated efforts of our team at Chinese Hospital and our unwavering commitment to providing exceptional care. We will continue to innovate and expand our services to meet the evolving needs of our community and ensure that every patient receives the quality care they deserve.”

Established in 1899, Chinese Hospital has grown from its origins as the Tung Wah Dispensary into a beacon of medical excellence and culturally competent care. For 125 years, it has remained a pillar of hope and care in San Francisco’s Chinatown, offering linguistically and culturally sensitive healthcare services.

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## Essential Sun Safety for Children



Children are sensitive to sun exposure due to their smaller frames and thinner skin.

Thinking of sun protection in three ways will help your child understand the need to be sun ready. Shelter, sunscreen and sleep.

1. Stay inside or under shade between 10 am to 4 pm when the sun is directly above is one important way to protect your child from the sun. Yet, many times staying indoor at that time is not possible. Nor is it easy to find enough shade outdoors to provide enough protection. Keep in mind, sunlight can bounce off the ground and reflect back onto a child.
2. Using broad spectrum sunscreen on the face, ears and neck along with wearing a hat will protect the head from sun exposure. Applying sunscreen before leaving the house and again every 2 hours will keep the protection in place. Labels to look for include "UVA/UVB" and SPF 30 and above.
3. Sleep and hydration. What does sleep have to do with sun exposure? A child who has enough sleep will be able to make important decisions such as when to get out of the sun, when to reapply sunscreen and when they have had too much sun so they know to seek help from an adult. They will also remember to drink water throughout the day to remain hydrated. A child who is even slightly dehydrated will make a child more vulnerable to sun exposure and increases the risk of heat related illnesses.

Talk to your child's pediatrician about strategies to keeping summer sun and heat safe. Also, ask your doctor if your child is due for a well child visit or routine immunizations.

Schedule an appointment with our pediatrician today by calling 1-628-228-2828.

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## **Essential Summer Health Tasks for Parents**



After a long year of studying and learning, summer vacation stretches out in front of us like a reward for all of our hard work. Before leaving for family vacations and starting summer programs, it is important to focus on some essential summer health tasks.

### **Check in with your School and Pediatrician**

Be proactive about school forms that need a doctor's signature. Scheduling school form visits early in the summer can prevent stress before school starts in the fall. Talk to your students, search school websites, or email the school office to find out what is required for the new school year. Know the due date and how to get the form in person or downloaded from the school website. Bring the paper form to the doctor's office for the most efficient outcome.

Traditionally, the following grades have forms to complete:

- Kindergarten, 1st grade, 9th grade
- Annually before sports participation

Once your student has learned how to be proactive with their school forms, they will be able to manage their college entry forms on their own.

### **Ask your school if the student requires TB screening with a TB skin test or a blood test.**

TB is tuberculosis, a lung infection that is often screened before school starts. Schedule a visit with your student's doctor to discuss a TB test early in the summer. TB screening results that are available when a school form or school letter is being signed will save you and your doctor time.

### **Medication and allergy school forms also need a doctor's signature.**

If your student needs to take any medications on school grounds, a series of school medication forms is needed by your school before medications can be given. Scheduling a school form visit with your doctor early in the summer can

streamline this process. Talk with your school to get the correct forms. Bring a list of the correct medications to help you communicate with your doctor. A student and family are the best advocates for the student. Knowledge of medications is crucial to teach your student. Do not assume that the medical office has your exact regimen in their records.

### **Dropping off Forms at Your Doctor's Office**

Your doctor's office policy may allow parents to drop off school forms for completion if your student has already had an annual well visit in the calendar year, as it is here at the Gellert Health Services Pediatric Department. Stress and delay are preventable by calling for appointments or dropping off the forms, depending on the office policy, at the beginning of summer.

Schedule an appointment with our pediatrician today by calling 1-628-228-2828.

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## **Chinese Hospital Celebrates a Milestone with 125th Anniversary Gala, Marking Over a Century of Dedicated Service and Excellent Care**



Chinese Hospital celebrated its 125th anniversary with a grand celebration at the Hyatt Regency San Francisco. The event was an inspiring night of reflection, appreciation, and forward-looking aspirations, honoring the hospital's longstanding commitment to exceptional healthcare.

Since its establishment in 1899, Chinese Hospital has been at the forefront of addressing public health crises, from its early efforts during the early 20th century's bubonic plague to its decisive actions in the recent COVID-19 pandemic. The hospital has been a pillar of resilience and dedication, significantly enhancing the health and wellness of the Chinatown community and the broader San Francisco area.

"Our 125th anniversary is not only a celebration of our historical achievements but also a strong affirmation of our commitment to the future of healthcare in our community," said Dr. Jian Zhang, CEO of Chinese Hospital. "Being recognized as one of Newsweek's 2024 Best-in-State Hospitals is a testament to our unwavering commitment to culturally competent and exceptional healthcare."

The gala featured a keynote address that highlighted the hospital's historical milestones, emphasizing its ongoing commitment to inclusivity and excellence. "Each chapter of our history reaffirms our commitment to these values," Dr. Zhang added.

The evening included the presentation of several awards to honor individuals who have made significant contributions to the hospital's success and its community:

- Arthur Chan was honored as the Top Donor of the Year for his transformative

\$1.25 million contribution towards establishing a cancer center in the hospital's 1979 building.

- Collin Poy Quock received the Outstanding Physician Leadership Award for his innovative approaches to medical care and commitment to educational leadership.
- James K. Ho was awarded the Lifetime Achievement Award his substantial contributions to business, community service, and cultural enrichment in Chinese Hospital and San Francisco.

"We are proud to honor the significant achievements and immense contributions of our physicians, donors, and community leaders," said Dr. F. Yee, Chairman of Chinese Hospital Board of Trustees. "We are equally grateful for the generous support from all our supporters, which not only made this event successful but will also significantly enhance our facilities and services to benefit the community." Dr. Yee also highlighted the \$10 million in state funding facilitated by Assemblymember Phil Ting, pivotal for developing San Francisco's only hospital-based subacute care unit, signaling the start of more ambitious healthcare projects.

As it moves forward, Chinese Hospital remains steadfast in advancing healthcare services to meet the evolving needs of its community. "As the only remaining independent community hospital in San Francisco, your continued support is crucial as we strive towards a healthier future for all our community," Dr. Yee concluded.

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**Milestones Achieved & More State Funding Secured For Project That Will Improve Access To Sub-Acute Care Services In San Francisco**



A collaboration between Assemblymember Phil Ting (D-San Francisco) and Chinese Hospital to ease the sub-acute bed crisis locally has reached key milestones, bringing a new sub-acute wing to the Chinatown facility a big step closer to reality.

Phase One of Chinese Hospital's new wing, dubbed the Mechanical Backbone Project, is now complete with the help of \$5 million from the 2022-23 California state budget that Ting secured. Much of the section's infrastructure required updating and remodeling. With that portion done, Ting announced today another \$5 million allocated from the 2023-24 state budget, allowing Phase Two of the construction to begin. This entails building out the 23-bed sub-acute unit itself and brings the plans a step closer to reality.

"It's a terrible situation for San Francisco to be in. Demand for these beds is escalating, and we have nothing to offer. Families are forced to turn to other parts of the state. They shouldn't have to travel great distances to visit their loved ones. We must fill this gap in services, especially because it impacts vulnerable people who have limited resources and rely on the government to provide care," said Ting.

The shortage of hospital-based sub-acute beds has been an issue on a national, state and regional level. In San Francisco, there are none available. People in sub-acute care have an illness, injury or disease that doesn't need hospitalization, but still require round-the-clock lower-level medical supervision. Such facilities struggle to survive because of the high cost in providing this level of care and low Medicare and Medi-Cal reimbursement rates. Many have to close.

"We express our sincere gratitude to Assemblymember Phil Ting for his unwavering support in securing funding not just once, but twice, for our new subacute care unit project," said Dr. Jian Zhang, CEO of Chinese Hospital. "The combined \$10 million in state funding enables Chinese Hospital to establish the only hospital-based subacute care unit in San Francisco, addressing urgent needs in our wider community. As a part of San Francisco's healthcare system, we are committed to working closely with city and state leaders to bridge existing gaps. The impact of this funding will be profound, benefiting not only San Francisco but also the wider Bay Area community."



With no options in San Francisco, local families scramble to find sub-acute care. They're often forced to spend months finding a place that will take their loved one; and when they finally do, it's located far away, making visits a hardship.

"I am getting older. If my son can transfer to Chinese Hospital, that would be great for the family," said Ru Sen Zhao, an older Chinatown resident who travels hours on public transit to visit his child.

"We don't want other families to go through what we went through to find a sub-acute bed for our sister," said Gloria Simpson, an Excelsior District resident whose sibling was in a facility slated to shut down.

While Chinese Hospital can provide culturally competent care, the new sub-acute beds will be open to all people. The unit is expected to open in about a year, pending licensing by the California Department of Health Care Services after completion of the project.

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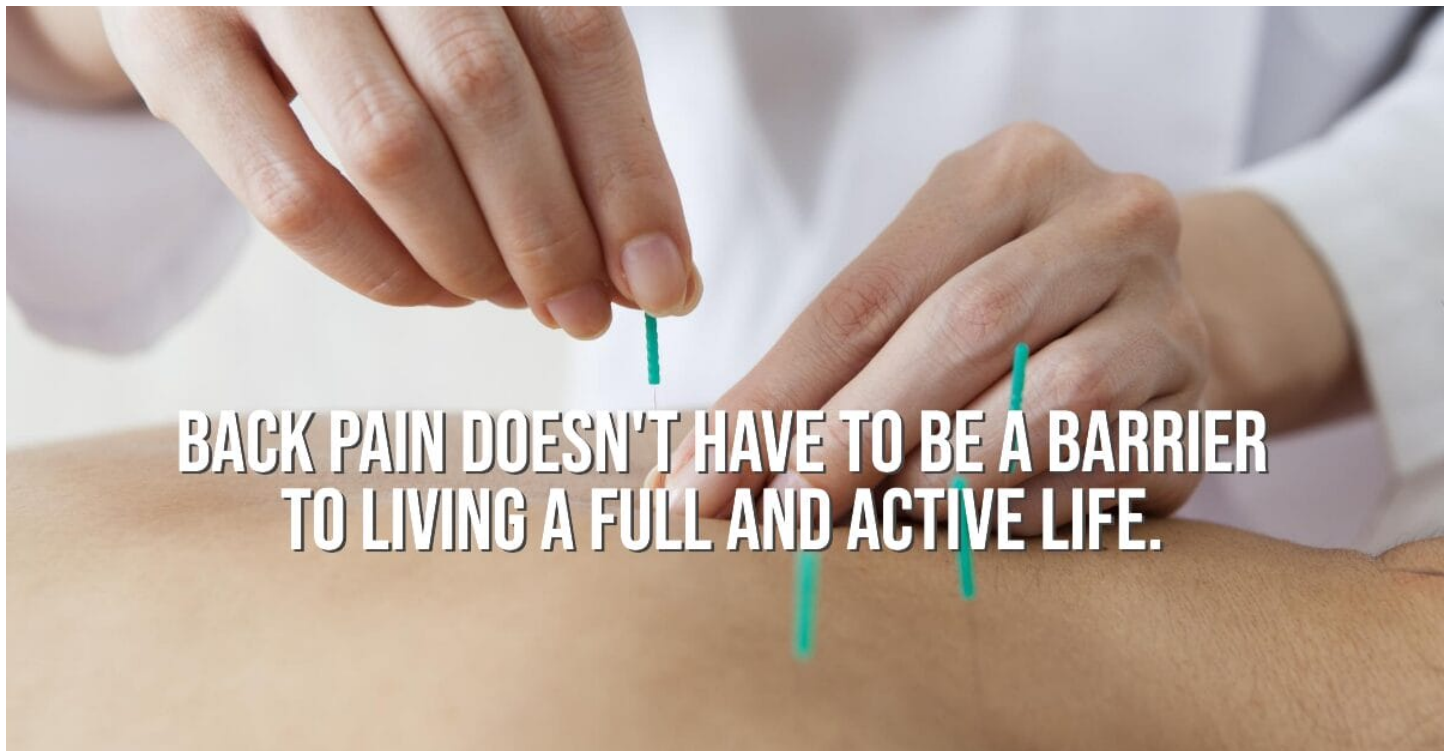
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## **TCM Approach to Back Pain Relief and Prevention**



In the pursuit of holistic wellness, back pain can be a significant obstacle. At

East West Health Services, we understand the intricate relationship between physical discomfort and overall well-being. Combining the wisdom of Traditional Chinese Medicine (TCM) with modern therapeutic techniques, we offer a comprehensive approach to back pain relief and prevention.

### **Understanding Back Pain from a TCM Perspective**

In TCM, there's a well-known saying: "tong ze bu tong, tong ze bu tong" (通则不痛, 痛则不通). It means that when Qi and Blood flow smoothly, there's no pain; but if there's a blockage, pain occurs. Back pain is often viewed as a manifestation of Qi and Blood stagnation or imbalance in the body's energy channels. Factors such as emotional stress, dietary deficiencies, and poor lifestyle habits can contribute to these imbalances. To address back pain effectively, it's essential to restore harmony to the body's internal environment.

### **Preventing Back Pain the TCM Way:**

- **Promote Qi and Blood Circulation:** Engage in activities that facilitate the smooth flow of Qi and Blood, such as acupuncture, tai chi, or qigong. These practices help to unblock energy channels, alleviate tension, and prevent stagnation, reducing the likelihood of back pain.
- **Support Kidney and Liver Health:** The Kidneys and Liver play vital roles in TCM, governing the health of the back and spine. Nourish these organs by incorporating foods like black beans, walnuts, and dark leafy greens into your diet.
- **Maintain Proper Posture:** Mindful posture is key to preventing back pain. Avoid slouching or sitting for prolonged periods, and incorporate ergonomic adjustments into your workspace and daily activities. Practice exercises that strengthen core muscles and promote spinal alignment, such as yoga or Pilates.

### **East West Health Services: Your Partner in Holistic Wellness**

At East West Health Services, we are dedicated to addressing back pain holistically by targeting its root causes while providing effective relief. Our team of experienced practitioners will work closely with you to develop personalized treatment plans tailored to your individual needs and goals.

Through a combination of acupuncture, herbal remedies, cupping, and other therapeutic modalities, we aim to restore balance and harmony to the body, promoting lasting pain relief and improved well-being. Additionally, we provide guidance on lifestyle adjustments, dietary changes, and preventive measures to empower you to take control of your health.

Schedule your appointment here, or call 1-415-795-8100.

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# Understanding Osteoporosis



Osteoporosis, often called the “silent disease,” weakens bones, making them fragile and prone to breaking. It’s typically diagnosed when a person experiences a sudden fall or impact. This happens because the body either loses too much bone, doesn’t make enough new bone, or both. However, with proper knowledge, screening, and preventive actions, we can reduce the risks associated with this condition.

## Screening

Doctors use a special scan called a DEXA scan to detect osteoporosis before a fracture happens, predict future fracture risks, and measure bone loss. It’s recommended for women over 65 and men over 70 to have regular DEXA scans. People with certain risk factors may need to start screening earlier.

## Prevention and Treatment

- **Nutrition:** Eating foods rich in calcium and Vitamin D helps keep bones healthy.
- **Exercise:** Activities like walking, jogging, or lifting weights strengthen bones and muscles.
- **Healthy Habits:** Quitting smoking, limiting alcohol, and avoiding excessive caffeine are important.
- **Medications:** Some drugs, like bisphosphonates, slow down bone breakdown.

There are also injectable treatments:

- **Denosumab (Prolia):** Given every 6 months, it stops cells from damaging bones.
- **Romosozumab (Evenity):** A monthly injection that helps build bone, especially

for postmenopausal women at high fracture risk.

### **Making an Appointment**

If you think you need screening or have concerns about your bone health, call 1-628-228-2828 to schedule an appointment. Our clinics have doctors who can talk to you about bone health. Many health plans, including Medicare, cover bone density screening without extra costs. Check with your health plan to learn more.

### **Bone Density Screening at Chinese Hospital 125th Anniversary Health Fair**

Chinese Hospital is pleased to offer FREE bone density screening at our upcoming health fair in Chinatown.

Date/Time: Sat, 5/18, 10am – 2pm

Location: Chinatown Rose Pak Station Plaza

For more information, please visit

<https://chinesehospital-sf.org/125th-anniversary-health-fair>

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## **Alcohol: What You Need to Know**



Alcohol has been around for ages and is a big part of our lives, from parties to

religious ceremonies. But it's essential to understand the difference between drinking a little and drinking too much. During National Alcohol Awareness Month, let's learn more about it and how to be responsible when we drink.

### **What's Moderate Drinking?**

Moderate drinking means not going overboard. For women, it's about one drink a day, and for men, it's about two drinks. But what counts as one drink? Well, it depends on what you're drinking. For example, a beer, a glass of wine, or a shot of liquor all count as one drink.

### **The Dangers of Drinking Too Much:**

Drinking too much can lead to serious health problems like liver disease, heart issues, and even certain cancers. It can also cause problems in our communities, like accidents, violence, and strained relationships. So, it's crucial to be mindful of how much we drink and how it affects us and those around us.

### **How to Drink Responsibly:**

Being responsible when we drink is more than just knowing when to stop. It's about looking after ourselves and others. Here are some simple tips:

- **Know your limits:** Understand how much you can handle and stick to it. Drink slowly and alternate between alcoholic and non-alcoholic drinks.
- **Plan ahead:** If you're going to drink, plan how you'll get home safely. Designate a sober driver or use public transportation.
- **Listen to your body:** Pay attention to how alcohol makes you feel. If you start feeling unwell or drunk, stop drinking.
- **Support others:** Keep an eye out for friends or family who might be struggling with their drinking. Offer support and encourage them to get help if they need it.

During National Alcohol Awareness Month, let's take the time to learn more about alcohol and how it affects us. By drinking responsibly and looking out for each other, we can create safer and healthier communities for everyone.

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## **Discover Our Hepatitis B Services**



## **DISCOVER OUR HEPATITIS B SERVICES**

For over 25 years, Chinese Hospital has been at the forefront of providing vital hepatitis B services, including vaccination, screening, treatment, linkage of care, and education to help prevent and manage this disease. Recently, Chinese Hospital announced the launch of its Hepatitis B Demonstration Project, which is aimed to increase awareness and access to care for individuals at risk and affected by Hepatitis B in our communities.

### **Screening**

Chinese Hospital offers screening for people who are from hepatitis B prevalent areas such as Asia, Africa, Middle East and certain parts of South America. Pre-vaccination hepatitis B screening is encouraged, which includes hepatitis B surface antigen (HepBs Ag), surface antibody (HepBs Ab), and core antibody (HepBc Ab) serology tests.

### **Vaccination**

Hepatitis B vaccinations are offered to those who are at risk of contracting the virus and currently not infected with the virus. This includes all newborns, people who may have been exposed to the virus, people who do not carry antibodies to protect against the virus, healthcare workers, people born to mothers who are infected with hepatitis B, people with multiple sex partners, and intravenous drug abusers.

### **Treatment**

Chinese Hospital also provides linkage of care to those who need treatment for a hepatitis B infection. Treatment may involve antiviral medications to slow the progression of the disease and prevent liver damage. Our clinic works closely with patients to develop a treatment plan that meets their individual needs.

### **Schedule an Appointment**

If you believe you're eligible for screening or have concerns regarding hepatitis B, please call 1-628-228-2828 to schedule an appointment with our clinic primary care providers. Many health plans, including Medicare, cover hepatitis B vaccinations without cost-sharing. Contact your health plan to learn more about your benefits.

Learn more about Hepatitis B as well as our Hepatitis B Demonstration Project in

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## Best-Ever Açaí Bowl



### Ingredients (2 servings)

#### FOR TOPPING

1/4 c. shredded coconut  
2 tbsp. sliced almonds  
2 tbsp. granola  
Fresh or frozen blueberries or strawberries  
Sliced banana

#### FOR AÇAÍ BOWL

3 (3.5-ounce) frozen açaí packs  
1 c. frozen berries mixed  
1 1/2 c. almond milk

### Directions

Combine frozen açaí with blueberries mixed and almond milk. Blend until smooth then divide evenly between two bowls. Top with fresh fruit, shredded coconut and granola.