

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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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 today at www.chewhs.org/appointment 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



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.

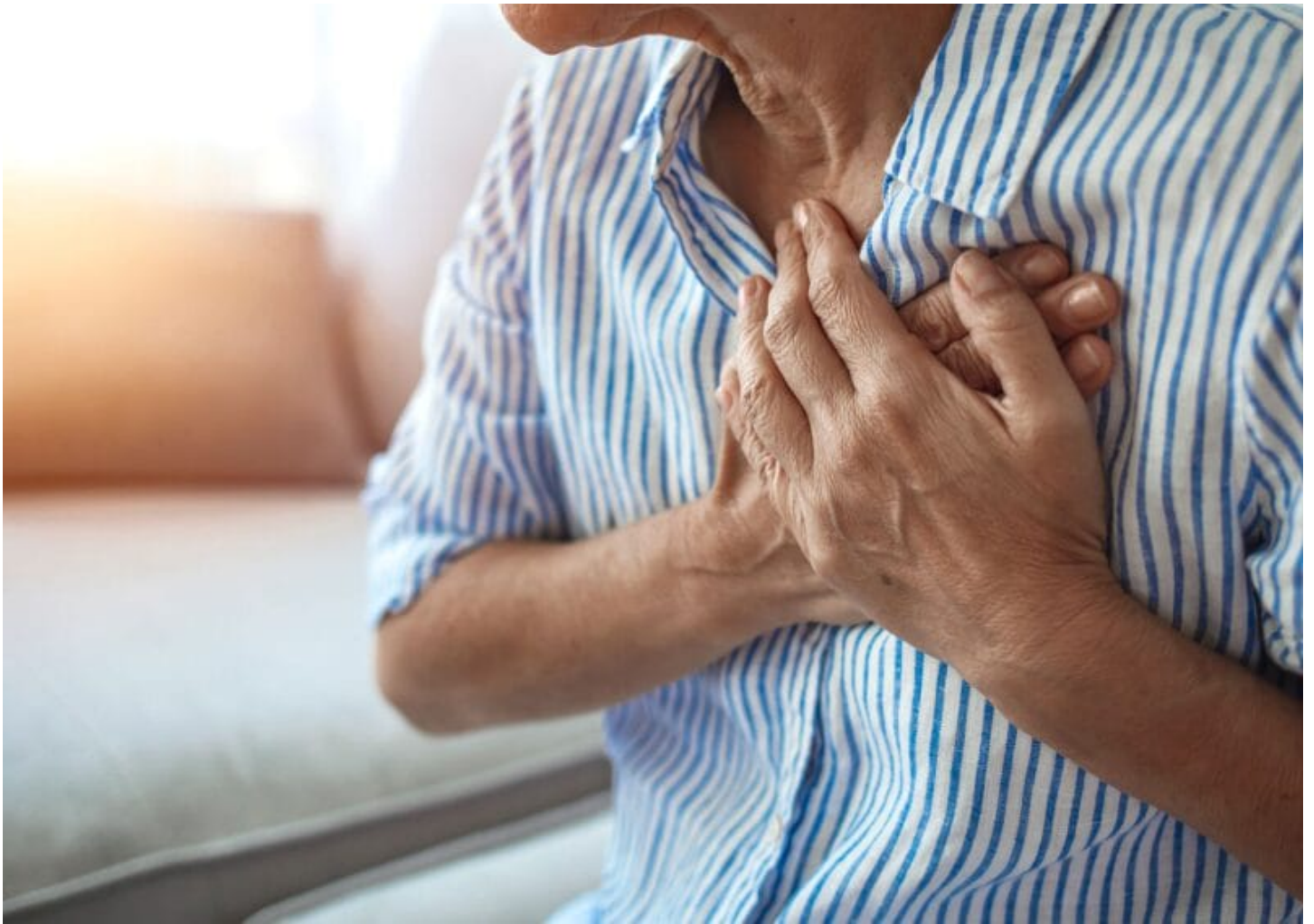
Schedule an Appointment

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.

To learn more about Hepatitis B, please visit <https://www.cchrchealth.org/hepatitis-b/>. For more information about our Hepatitis B Demonstration Project in Collaboration with CDPH, please visit www.chinesehospital-sf.org/hep-b-demonstration-project-launches

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What is Stroke



Stroke, also known as a 'brain attack,' occurs when there is a blockage in blood flow to a part of the brain or when a blood vessel ruptures, potentially causing damage to or the death of brain cells.

It is a leading cause of death and long-term disability in adults. Brain damage is only one of the effects. A stroke can lead to ongoing issues, including:

- Memory problems or trouble thinking and speaking
- Vision problems
- Trouble walking or keeping your balance
- Paralysis (not being able to move some parts of the body) and muscle weakness
- Trouble controlling or expressing emotions
- Trouble with chewing and swallowing
- Trouble controlling when you go to the bathroom

What is a mini-stroke?

A mini-stroke exhibits identical symptoms to a stroke but with a shorter duration of symptoms. Another term for a mini-stroke is TIA (transient ischemic attack).

A TIA occurs when blood flow to the brain is briefly blocked, typically lasting minutes to hours. If you've had a TIA, you face a heightened risk of experiencing a more substantial stroke. Never disregard signs of a TIA.

Am I at risk?

The primary risk factor for stroke that you can modify is high blood pressure. High blood pressure often exhibits no signs or symptoms.

You might also be at risk for stroke if you:

- Have had a previous stroke or a transient ischemic attack (TIA/Mini-stroke)
- Smoke or vape
- Drink too much alcohol
- Use certain drugs
- Have diabetes Certified Primary Stroke Center
- Don't get enough physical activity
- Are overweight or have obesity
- Have certain heart problems
- Have high cholesterol

For more information, please visit our stroke care page.

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Upcoming Health Fairs



Chinese Hospital Launches Hepatitis B Demonstration Project in Collaboration with CDPH



Chinese Hospital proudly announces the launch of its Hepatitis B Demonstration Project, a significant milestone in the hospital's ongoing commitment to combatting hepatitis B in San Francisco and San Mateo counties. This initiative is made possible through a grant awarded by the California Department of Public Health (CDPH).

In the United States, hepatitis B disproportionately affects Asian Americans, with 1 in 12 chronically infected compared to 1 in 1000 non-Hispanic Whites. Despite comprising only 6% of the U.S. population, Asian Americans account for over 60% of 860,000 individuals living with hepatitis B, representing one of the most significant racial health disparities in the country. Left untreated, hepatitis B can lead to severe liver complications, with nearly 1 in 4 individuals developing liver cancer. Furthermore, liver cancer is one of the leading causes of cancer-related deaths among Asian American men. In San Francisco, where Asian Americans make up 37.3% of the population, the burden of liver cancer and undiagnosed hepatitis B infections is particularly high, contributing to elevated rates of liver cancer.

"CDPH is proud to award nearly \$1.3 million to the Chinese Hospital for the Hepatitis B Demonstration Project," said CDPH Director and State Public Health Officer, Dr. Tomás Aragón. "This project is aligned with California's goal to decrease hepatitis B infections and improve care for persons living with hepatitis B. It is also consistent with the Viral Hepatitis National Strategic Plan, which calls for the elimination of viral hepatitis as a public health threat by 2030. We have great confidence that Chinese Hospital, with their extensive experience and expertise in providing culturally appropriate services to the most vulnerable and underserved people living with or at risk for HBV infection, will make an impact on these priority populations."

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. Notably, Chinese Hospital has offered free testing opportunities to support Asian communities, focusing on low-income populations and new immigrants. Additionally, it extends free liver cancer screening to

uninsured or underinsured patients with chronic hepatitis B.

Dr. Jian Zhang, CEO of Chinese Hospital, stated, “The selection of Chinese Hospital for the Hepatitis B Demonstration Project Grant illustrates our continued commitment to addressing high rates of hepatitis B within Asian communities. We are dedicated to advancing health equity and improving outcomes for all. Our efforts to provide culturally competent and linguistically appropriate hepatitis B services have been ongoing for decades, and this grant enables us to further amplify our impact and extend our reach.”

Over the next three years, the grant will support innovative approaches to improve the health and well-being of Californians affected by Hepatitis B, aligning with California’s goals to reduce the incidence of acute hepatitis B infection and improve care for affected individuals. Furthermore, it contributes to the Viral Hepatitis National Strategic Plan’s objective of eliminating viral hepatitis as a public health threat by 2030.

The project will leverage Chinese Hospital’s expertise to implement a comprehensive approach to prevention and management. Through robust community outreach, education, and collaboration with partners such as Chinese Community Health Resource Center (CCHRC), the project aims to increase awareness and access to care for individuals affected by Hepatitis B in our communities.

For more information about Hepatitis B services at Chinese Hospital and Clinics, please visit www.chinesehospital-sf.org.

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Installation Ceremony of Chinese Hospital Board of Trustees 2024



Chinese Hospital is pleased to announce the successful conclusion of its Board of Trustees Installation Ceremony for 2024, held on January 26th. This ceremony not only introduced the broad set to guide the hospital throughout the year but also marked the commencement of the celebration of a remarkable milestone – 125 years of dedicated service to the community.

Established in 1899, Chinese Hospital has been a cornerstone of the San Francisco community, providing quality healthcare in a cost-effective way while remaining responsive to the community's ethnic and cultural uniqueness.

During the ceremony, the Board of Trustees for 2024, with the re-elected Dr. Kin F. Yee as chair and Mr. Harvey Louie as vice-chair, took the oath of office, administered by Speaker Emerita of the U.S. House of Representatives, Nancy Pelosi.

In her welcoming speech, Dr. Jian Zhang, CEO of Chinese Hospital, welcomed the Chinese Hospital Board of Trustees for 2024 and expressed profound gratitude, stating, "I deeply appreciate our dedicated board for their services and contributions to the hospital's success over the past year. My appreciation extends to elected officials, community leaders, partners, and supporters. Importantly, I want to acknowledge the exceptional management team, devoted medical staff, and hardworking employees for their steadfast dedication in propelling Chinese Hospital to become one of the best-in-state hospitals."

As the only independent community hospital in San Francisco, Chinese Hospital has

played a crucial role in safeguarding the community's health and well-being, particularly during health crises. Key accomplishments of 2023 include:

- Attained prestigious ratings, including Centers for Medicare and Medicaid Services (CMS) four-star rating for patient experience, and Newsweek's Best-in-State Hospitals recognition.
- Secured federal, state, city, and private grants to ensure financial stability, including Subacute Care Unit Project, ED-ALT Program, California Department of Public Health (CDPH)'s Hepatitis B Demonstration Project and Test-to-Treat Program, and CalBridge Program.
- Accredited by The Joint Commission.
- Continued expansion of healthcare programs to meet community needs, such as skilled nursing, subacute care, and outpatient palliative care.
- Continued partnership development, including UCSF Health, San Francisco Department of Public Health (SFDPH), and the White Ribbon Project for lung cancer awareness.

"As we step into a new year, marking 125 years of service to the San Francisco community, I'm honored and humbled to continue leading the Chinese Hospital Board of Trustees," said Dr. Yee, Chairman of the Chinese Hospital Board of Trustees. "I would like to express my gratitude to the board for their dedication in making 2023 a success despite industry challenges. I also appreciate the management team, medical staff, and all employees who have contributed to making Chinese Hospital one of San Francisco's premier institutions."

Dr. Yee continued, "2024 continues to be a challenging year, but our commitment to providing exceptional healthcare remains unwavering. With a team of dedicated board members, esteemed physicians, and committed staff, we envision Chinese Hospital continuing to shine as a beacon of medical excellence, fostering innovation, and delivering compassionate care."

In 2024, Chinese Hospital is committed to enhancing the patient experience and safety, expanding services to meet evolving healthcare needs, and fostering collaborative partnerships with the city, state, and other healthcare systems to address disparities. Additionally, the hospital will focus on maintaining fiscal health to ensure sustainable operations.

At the ceremony's conclusion, Dr. Yee expressed gratitude to the government and community for ongoing support, particularly thanking Assemblymember Phil Ting for securing another \$5 million in state funding to support Chinese Hospital in establishing the only Subacute Care Unit in San Francisco. Dr. Yee sincerely invites everyone to consider Chinese Hospital for their medical needs and choose CCHP as their health plan. Through continued collaboration, Chinese Hospital will grow and emerge even stronger for another 125 years.

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Empower Your Mind: Daily Rituals for Enhanced Mental Well-being



Prioritizing mental wellness is as crucial as tending to your physical health. Here are various activities to seamlessly weave into your daily routine, fostering a positive impact on your mental well-being:

Aerobic Exercises

Engage in activities like walking, jogging, cycling, swimming, or dancing for at least 30 minutes daily. These exercises elevate your heart rate, triggering the release of endorphins, the body's natural mood lifters.

Yoga and Mindfulness

Embrace yoga's diverse poses and stretches to enhance flexibility, strength, and balance. More than just physical benefits, yoga nurtures mindfulness, bringing calmness and reducing mental stress. Whether through classes or online tutorials like 'Yoga For Complete Beginners – 20 Minute Home Yoga Workout!' on YouTube, immerse yourself in this practice.

Yoga For Complete Beginners – 20 Minute Home Yoga Workout!

Meditation and Breathing Exercises

Discover a serene, comfortable space where you can focus on your breath. Try

inhaling through your nose for 4 seconds, holding for 7 seconds, and exhaling through your mouth for 8 seconds. This rhythmic breathing slows heart rate and eases stress. Online resources, such as meditation guides on YouTube, can guide you further.

Meditation

Outdoor Activities

Nature holds a remarkable ability to alleviate stress, elevate mood, and instill feelings of relaxation. Dedicate at least 30 minutes to hiking or indulge in gardening to soak in the benefits of the outdoors.

Gratitude Journaling

Cultivate a habit of jotting down three things you're grateful for daily. Celebrate simple joys like a captivating sunset or profound blessings like a loving family. This practice fosters a positive mindset and shapes a brighter perspective on life.

By integrating these exercises into your routine, you'll nurture both your physical and mental well-being, fostering a happier and healthier lifestyle. Remember, if you find yourself struggling or feeling overwhelmed, seeking professional help and guidance is a valuable step towards prioritizing your mental health.

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