

# Staying Active in Cold Weather



When winter arrives, many people retreat indoors and abandon their physical activity routines. However, maintaining an active lifestyle during these colder months is essential for overall health. Here are some practical tips to stay active and fit during winter.

## **Monitor the Weather and Plan Ahead:**

Before heading outside for a workout, check the weather forecast. Dress accordingly and avoid exercising in heavy rain or snow, as getting wet can increase your vulnerability to the cold.

## **Dress in Layers:**

When braving the chilly weather, layer your clothing for warmth. Materials like wool or fleece provide excellent insulation. Layering allows you to regulate your body temperature by adding or removing items as needed.

## **Indoor Workout Regimen:**

- **Visit the Gym:** Join a local gym or fitness center for a controlled indoor environment with various exercise equipment and classes.
- **Online Workout Classes:** Access workout classes and tutorials from home through platforms like YouTube and Zoom. They cater to various fitness levels and interests.

## **Staying Active Indoors:**

- **Housework as Exercise:** When bad weather keeps you indoors, turn your daily chores into an opportunity for physical activity. Activities like vacuuming, sweeping, and cleaning help burn calories and engage your muscles.
- **Take the Stairs:** Opt for stairs over elevators or escalators whenever possible. Climbing stairs increases daily step count and improves fitness while avoiding crowded indoor spaces.

Don't let the winter chill discourage you from staying active and maintaining your physical well-being. Stay active in winter is not only possible but also essential for a healthier you!

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Disclaimer: No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.

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## **Supporting a Loved One Through Depression**



Supporting a loved one through depression requires education, empathy, and patience. Remember that your unwavering support can be a beacon of hope in their darkest moments.**Henry G.C. Poon, Ph.D., LMFT.**

Specialty: Marriage and Family Therapy

Language spoke: English, Cantonese, Mandarin, Japanese

Dr. Poon has 20 years of experience in marriage and family therapy with special training and skill in interviewing, diagnosing, counseling, and treating clients with different kinds of mental and emotional disorders within the context of marriage and family. Dr. Poon cares for people of all ages, – from children to the elderly. He provides mental health, emotional support, and counseling services to individuals, couples, families, and groups with cultural competence. Dr. Poon believes that addressing issues immediately, whether they are physical or mental, is extremely important to a patient's health. "It is paramount to recognize and reach out to mental health services especially when things feel as if they are falling apart. I highly encourage people to address such issues instead of letting them stew for years," Dr. Poon states.**Appointment or Inquiry**

For an appointment or inquiries, please call 1-628-228-2828. Disclaimer: No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.

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# Chinese Hospital's CEO, Dr. Jian Zhang Honored in Forbes 50 Over 50 List for Her Visionary Leadership in Promoting Health Equity



Chinese Hospital is delighted to announce that Dr. Jian Zhang, CEO of Chinese Hospital, has been recognized in the esteemed Forbes 50 Over 50 list for 2023. This prestigious accolade celebrates leaders who have made remarkable contributions in their respective fields, and Dr. Zhang's exceptional leadership and groundbreaking efforts in promoting health equity, including her remarkable contributions during the COVID-19 pandemic, have earned her a well-deserved spot on this illustrious list.

The Forbes 50 Over 50 list, now in its third year, highlights leaders from various industries who are making a significant impact in their respective fields, proving that success and innovation have no age restrictions. This exclusive list features entrepreneurs, innovators, and creators whose sphere of influence stretches from the deep sea to outer space, representing a diverse range of accomplishments that are changing the world.

As the CEO of Chinese Hospital in San Francisco, Dr. Zhang has been a trailblazer in the healthcare industry for over 30 years. Her dedication to improving access to care for underserved populations has been unwavering, making her a respected figure in the community.

Dr. Zhang's groundbreaking contributions to healthcare are not only transforming lives but also promoting health equity. Under her visionary leadership, Chinese Hospital has become a model for community-based healthcare, providing culturally

competent and linguistically appropriate care to patients from diverse backgrounds. Her focus on promoting health equity has ensured that all individuals, regardless of their background or socioeconomic status, have access to quality healthcare services.

During the COVID-19 pandemic, Dr. Zhang's leadership was instrumental in protecting the community. Chinese Hospital took charge of testing, contact tracing, vaccination, and treatment efforts, providing critical COVID-related services to underserved populations in collaboration with San Francisco Department of Public Health (SFDPH), UCSF, and other community organizations. Furthermore, Dr. Zhang prioritized mental health support for staff and patients affected by the trauma of anti-Asian violence.

Dr. Zhang's remarkable work in the COVID-19 response has earned her accolades. She was awarded the Distinguished Woman of The Year by the California Legislature in 2021 and 2023 for her exceptional work against the virus, further highlighting her dedication to public health and her advocacy for marginalized communities.

Being named in the Forbes 50 Over 50 list is a great honor, and Dr. Zhang expressed her gratitude, stating, "I am deeply grateful to be a part of an organization that is driven by a shared commitment to compassionate care and community wellbeing. This recognition inspires us to continue pushing boundaries and providing innovative healthcare solutions to ensure health equity for all."

The Forbes 50 Over 50 list celebrates leaders who serve as role models for future generations, inspiring others to make a positive impact in their communities. Dr. Zhang's recognition in this prestigious list reaffirms her status as a visionary leader and compassionate advocate for healthcare equity and social justice.

To learn more about the Forbes 50 Over 50 list, please visit Forbes's website.

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## **Prioritizing Mental Health: A Path to Well-being and Resilience**





Our mental health significantly impacts our overall well-being, shaping our thoughts, emotions, and behaviors. In order to foster a healthier community, it is essential to prioritize open conversations, understanding, and support for mental well-being. There are lots of things we can try to take care of our well-being. But it's not always easy to start. Here are some practical steps to maintain mental health:

## The Snow Fox Will

### Change Life

We are excited to announce our partnership with the California Quality Collaborative (CQC) on the CalHIVE BHI project. In the next three years, our collaborative efforts will focus on integrating behavioral health services into primary care. The aim is to expand screening, treatment, and referrals for individuals dealing with mild to moderate depression, substance use disorders, and related conditions. This project will enhance the availability and accessibility of mental health resources, ensuring that more individuals can receive the care they need. For more information or to seek support, please contact our clinic at 1-628-228-2828.

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important to note that these tips are not intended to replace advice from a  
healthcare professional. If you have concerns about your health or medical  
conditions, consult with your physician before making any significant changes to  
your routine.

Source: [www.mind.org.hk](http://www.mind.org.hk)

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## Essential Summer Travel Health Tips



As summer approaches and travel restrictions ease, many are eager to embark on their long-awaited vacations. To ensure a safe and enjoyable trip, it's essential to prioritize your health. Here are some essential travel health tips to help you stay well and make the most of your summer travels.

### **Check in with Your Doctor**

If you are planning to travel internationally or for an extended period, it is advisable to schedule a visit with your healthcare provider 4-6 weeks before your trip. They can assess your health status, provide necessary vaccinations, and prescribe any medications you may need while abroad. Your doctor can also offer guidance on managing pre-existing conditions during your travels.

### **Research Health Requirements**

Before traveling, check the embassy and government websites of your destination to learn about any health requirements or recommendations. Some countries may require specific vaccinations or have restrictions due to ongoing health concerns. Stay informed and ensure you comply with all necessary health regulations to have a hassle-free trip.

### **Refill Prescriptions and Pack Medications**

Make sure you have enough prescription medications to last your entire trip. It's also wise to carry a sufficient supply of generic over-the-counter medications for common ailments like headaches, allergies, or gastrointestinal issues. Keep your medications in their original packaging, and if you have any concerns, consult your healthcare provider or pharmacist before you travel.

### **Know Your Health Coverage**



Contact your health insurance provider to understand your coverage while traveling. Inquire about medical facilities and providers in your destination and ensure you have necessary travel health insurance. Familiarize yourself with the process for seeking medical assistance in case of an emergency. Having this information will provide peace of mind during your journey.

### **Eat and Drink in Moderation**

Be cautious about the food and beverages you consume while traveling. Avoid drinking tap water if it is known to be unsafe and opt for bottled water instead. When dining out, choose reputable establishments and be mindful of the quality of the food. Balance your meals to include a variety of healthy options, and avoid consuming excessive amounts of undercooked or unhygienic food.

### **Stay Hydrated**

Proper hydration is crucial during your travels, especially in hot climates. Drink plenty of water throughout the day to prevent dehydration, fatigue, and heat-related illnesses. Opt for drinks that contain electrolytes to replenish essential minerals lost through sweating.

### **Protect Yourself from the Sun**

Apply sunscreen with a sun protection factor (SPF) of 30 or higher to all exposed skin before heading outdoors. Reapply sunscreen every two hours, especially after swimming or sweating. Seek shade during the hottest parts of the day, wear protective clothing such as hats and sunglasses, and avoid direct sunlight whenever possible to prevent sunburn and reduce the risk of skin damage.

### **Rest and Pace Yourself**

Traveling can be physically and mentally demanding, so it's important to listen to your body and take breaks when needed. Avoid engaging in overly vigorous activities, especially if you are not accustomed to them. Plan your itinerary with sufficient rest periods to allow your body to recover and adjust to different time zones, especially when traveling to destinations with significant time differences.

With these precautions in place, you can make lasting memories while safeguarding your well-being. Have a fantastic trip!

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## **Tips for Healthy Summer BBQs**



Summer barbecues are here, and they bring tempting but unhealthy food options. Here are tips to stay healthy at BBQs while maintaining your wellness goals.

- Choose lean proteins like skinless chicken, turkey burgers, fish, or lean cuts of beef.
- Grill vegetables like peppers, zucchini, eggplant, and corn for healthy and flavorful sides.
- Substitute high-calorie condiments with Greek yogurt, hummus, or homemade salsa. Use whole-grain buns or lettuce wraps instead of refined bread.
- Stay hydrated with water, unsweetened iced tea, or fruit-infused water. Opt for sparkling water with a splash of lemon or lime for a fizzy drink.
- Practice mindful eating by being aware of portion sizes and savoring each bite. Listen to your body's hunger and fullness cues.

By making mindful choices and adding nutritious options, you can enjoy summer BBQs while staying on track with your health goals. [Healthy Recipes: Mediterranean Grilled Salmon](#)

### Ingredients (Servings 4)

- 4 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 1 tablespoon minced garlic
- 2 tablespoons lemon juice
- 4 salmon fillets, each 5 ounces
- Cracked black pepper, to taste
- 4 green olives, chopped
- 4 thin slices of lemon

## Directions

1. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.
2. In a small bowl, combine the basil, parsley, minced garlic, and lemon juice. Spray the fish with cooking spray. Sprinkle with black pepper. Top each fillet with equal amounts of the herb-garlic mixture.
3. Place the fish herb side down on the grill. Grill over high heat. When the edges turn white, turn the fish over after about 3 to 4 minutes and place it on aluminum foil.
4. Move the fish to a cooler part of the grill or reduce the heat. Grill until the fish is opaque throughout when tested with the tip of a knife and an instant-read thermometer inserted into the thickest part of the fish reads 145 F (about 4 minutes longer).
5. Remove the salmon and place it on warmed plates. Garnish with green olives and lemon slices.

## Nutrition Analysis (Per Serving)

Calories:214; Total fat: 10 g; Saturated fat: 1 g

Trans fat: 0 g; Monounsaturated fat: 3 g; Cholesterol: 78 mg

Sodium: 143 mg; Total carbohydrate: 3 g; Dietary fiber: 1 g

Total sugars: 0.5 g; Added sugars: 0 g; Protein: 28 gDisclaimer: It's important to note that these tips are not intended to replace advice from a healthcare professional. If you have concerns about your health or medical conditions, consult with your physician before making any significant changes to your routine.

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# Chemical Sunscreen vs. Physical Sunscreen: Choosing the Right Protection for Your Skin



Sunscreen is essential for shielding our skin from the sun's harmful effects. Choosing between chemical and physical sunscreens can be confusing, but knowing their differences, benefits, and drawbacks will help you make an informed decision to protect your skin effectively.

### **Chemical Sunscreens**

Chemical sunscreens work by absorbing UV rays into the skin and converting them into heat. These sunscreens contain chemical ingredients such as avobenzone, octinoxate, and oxybenzone.

#### **Pros of Chemical Sunscreens:**

- **Comprehensive Protection:** Chemical sunscreens provide broad-spectrum protection, shielding the skin from both UVA and UVB rays, which are responsible for sunburns and premature aging.
- **Water and Sweat Resistance:** They are effective at resisting water and sweat, making them an ideal choice for outdoor activities and sports.
- **Lightweight and Fast-Absorbing:** Chemical sunscreens are often lighter in consistency and absorb quickly, ensuring a comfortable experience on the skin.

#### **Cons of Chemical Sunscreens:**

- **Skin Irritation:** Some individuals, particularly those with sensitive skin, may experience skin irritation when using chemical sunscreens.

### **Physical Sunscreens**

Physical sunscreens, also known as mineral sunscreens, work by creating a physical barrier on the skin's surface that reflects UV rays away from the skin.



They typically contain FDA-approved physical ingredients such as titanium dioxide and zinc oxide.

### **Pros of Physical Sunscreens:**

- **Gentle on Sensitive Skin:** Physical sunscreens are generally well-tolerated by individuals with sensitive skin, including children.
- **Moisturizing:** The thicker consistency of physical sunscreens can provide additional moisturization, making them suitable for those with dry skin.
- **Immediate Protection:** Physical sunscreens start working as soon as they are applied to the skin, offering immediate sun protection.

### **Cons of Physical Sunscreens:**

- **Visible Appearance:** Due to their formulation, physical sunscreens can be more challenging to rub in completely, potentially leaving a white cast on the skin. However, newer formulations are addressing this concern.
- **Heavy Feel:** Individuals with normal or oily skin may find physical sunscreens to be heavier on the skin, which can feel less comfortable.

### **Choosing the Right Sunscreen for You**

The decision between chemical and physical sunscreens depends on your personal preferences and skin type. Both types offer effective protection against UV rays, so it's a matter of finding what works best for you. Consider the following recommendations:

- If you have sensitive skin, children, or prefer a more natural approach, physical sunscreens may be a suitable choice.
- If you engage in water activities, sports, or have oily skin, chemical sunscreens can provide better resistance to water and sweat.
- Combining sunscreens with other sun-blocking strategies like wearing UPF clothing and seeking shade can further enhance your protection.

### **Safety Considerations**

While recent studies have raised questions about the absorption of certain chemical sunscreen ingredients into the bloodstream, regulatory bodies such as the CDC, AAD, and FDA maintain that chemical sunscreens are safe to use. They emphasize that the benefits of sun protection far outweigh any potential risks associated with these ingredients.

Choosing the right sunscreen is essential for maintaining healthy and protected skin. Whether you opt for a chemical or physical sunscreen, the most important factor is to use it consistently and reapply as recommended. Remember, sun protection is a crucial step in your skincare routine, and combining sunscreens with other protective measures can further enhance your defense against harmful UV rays.

If you're unsure which sunscreen is best suited for your needs, consult with your health care provider who can provide personalized recommendations based on your unique skin type and preferences.

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Disclaimer: It's important to note that these tips are not intended to replace advice from a healthcare professional. If you have concerns about your health or medical conditions, consult with your physician before making any significant changes to your routine.

Reference:

<https://www.centerforsurgicaldermatology.com/should-i-use-a-chemical-or-physical-sunscreen/>

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## Cannabis and Lung Health: Understanding the Risks



The use of cannabis, particularly marijuana, has raised concerns regarding its impact on lung health. With growing popularity, it is crucial to examine the potential risks associated with cannabis use and its effects on the respiratory system.

Similar to tobacco smoke, marijuana smoke can irritate the throat and lungs, which may result in a persistent cough. It contains volatile chemicals and tar, which are known to pose risks for lung disease and potentially contribute to cancer development. Research suggests that smoking marijuana can lead to inflammation of the large airways, increased airway resistance, and lung hyperinflation.

Regular marijuana smokers often report symptoms of chronic bronchitis and may seek medical care for respiratory issues more frequently than non-smokers. Additionally, the deep inhalation and prolonged retention of marijuana smoke in the lungs, common smoking techniques, may further contribute to potential lung damage.

Although the exact relationship between marijuana smoking and lung cancer is still being studied, it is important to acknowledge that marijuana smoke does contain substances known to be carcinogenic. The combustion products found in marijuana smoke, including benzoprene, benzanthracene, and other compounds of concern, raise questions about the potential increased risk of respiratory cancers.

As research continues, it is crucial to stay informed about the potential risks associated with marijuana use. If you have concerns about lung health or the effects of cannabis, it is strongly advised to consult healthcare professionals who can provide personalized guidance based on your specific circumstances.

Protect your lungs, prioritize your health!**Help to build a community free of lung disease**

Support “Chinese Hospital/Jack Lee Fong Family Lung Health Initiative Matching Challenge” and make a donation that will save lives! By making a tax-deductible donation, you can help fund important programs such as lung disease and lung cancer treatments, CT screenings, and lung health education. Every contribution counts and can make a difference in the lives of those affected by lung disease. Make a donation today. For more information, please visit Jack Lee Fong Family Lung Health Initiative Matching Challenge page.**Disclaimer:** It’s important to note that these tips are not intended to replace advice from a healthcare professional. If you have concerns about your health or medical conditions, consult with your physician before making any significant changes to your routine.

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## **Chinese Hospital Awarded Spring 2023 ‘A’ Hospital Safety Grade from Leapfrog Group**





Chinese Hospital received an “A” Hospital Safety Grade from The Leapfrog Group, a national nonprofit upholding the standard of patient safety in hospitals and ambulatory surgery centers. This national distinction celebrates [Chinese Hospital]’s achievements in prioritizing patient safety by protecting patients from preventable harm and errors. The new grades reflect performance primarily during the height of the pandemic.

“We are honored to receive recognition from The Leapfrog Group as one of the top-performing hospitals in the nation for patient safety and quality care,” said Dr. Jian Zhang, CEO of Chinese Hospital. “At Chinese Hospital, patient safety has always been a top priority, and this recognition reaffirms our commitment to that mission. I am incredibly proud of our dedicated staff, who have worked tirelessly to provide safe and high-quality care to our patients, especially during these challenging times. This achievement is a testament to their hard work and unwavering commitment to our patients and community.”

The Leapfrog Group, an independent national watchdog organization, assigns an “A,” “B,” “C,” “D” or “F” grade to general hospitals across the country based on over 30 national performance measures reflecting errors, accidents, injuries and infections, as well as systems hospitals have in place to prevent harm.

“This new update of Hospital Safety Grades shows that, at the national level, we saw deterioration in patient safety with the pandemic,” said Leah Binder, president and CEO of The Leapfrog Group. “But this hospital received an ‘A’ despite those challenges. I congratulate all the leaders, staff, volunteers and clinicians who together made that possible.”

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harm to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

To see Chinese Hospital’s full grade details and to access patient tips for staying safe in the hospital, visit [HospitalSafetyGrade.org](https://HospitalSafetyGrade.org) and follow The Leapfrog Group on Twitter, Facebook and via its newsletter.

## About The Leapfrog



## Group

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps for patient safety. The flagship Leapfrog Hospital Survey and new Leapfrog Ambulatory Surgery Center (ASC) Survey collect and transparently report hospital and ASC performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents and infections. For more, follow us on Twitter and Facebook, and sign up for our newsletter. **Media Contact:**

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# Chinese Hospital and UCSF Health to Work Collaboratively to Benefit San Francisco Community



Chinese Hospital and UCSF Health have signed a collaboration agreement to enhance the quality of healthcare in the San Francisco community. The agreement builds upon a three-year-long partnership that successfully developed a primary stroke center, which was certified by The Joint Commission in May 2022. Together, they also provided palliative care and COVID-19 care to the community.

The new agreement aims to expand on the existing collaboration by combining the strengths and resources of both organizations. Specifically, it focuses on providing culturally and linguistically appropriate services in Chinese, such as the new stroke center at Chinese Hospital. By collaborating on programs and services for the community, including skilled nursing/subacute care, pulmonology care, cardiology, oncology, and other specialties, Chinese Hospital and UCSF Health hope to address health disparities and improve healthcare quality and access in the community.

The agreement is driven by a shared vision to create comprehensive and sustainable health care that is responsive to the community's ethnic and cultural uniqueness, now and for the future. It also seeks to develop new programs that increase the availability of physician and administrative services to achieve measurable improvements in patient, family, and community health.

Dr. Jian Zhang, chief executive officer of Chinese Hospital, emphasized the significance of the collaboration with UCSF Health, as both hospitals are the only two hospitals in San Francisco to be awarded the 4-star distinction by the Centers for Medicare and Medicaid Services (CMS).

"By combining the strengths of the two organizations, we can provide better care and more access for our community," said Dr. Zhang. "As the only remaining independent hospital in San Francisco, we can work closely with UCSF Health to provide comprehensive and high quality care that meets the equity challenges of today. With our recent remodel and increase in capacity, we are confident in delivering culturally appropriate and linguistically competent care for generations to come."

Suresh Gunasekaran, president and chief executive officer of UCSF Health, said the alliance will allow more patients to access complex medical care and strengthen both organizations' commitment to health equity.

"Through our growing collaboration, we will expand access to much-needed complex health care services for all of the patients served by Chinese Hospital," he said. "This alliance is rooted in UCSF Health and Chinese Hospital's shared values and is a powerful step toward reducing disparities in the access to care and delivering equitable health outcomes for all segments of our diverse and vibrant San Francisco community."

UCSF Health is among the nation's leading academic health systems, with a public mission of providing premier specialty care backed by globally recognized health sciences research. The collaboration is expected to foster shared learning opportunities and the exchange of best practices to achieve optimal outcomes for patients who currently have limited access to complex health care services.

Dr. Kin Yee, chairman of the Chinese Hospital Association Board of Trustees said, "We are so excited about this collaboration with UCSF Health. We are meeting the community's need where they live and work."

"It is at times difficult for our community's monolingual patients to navigate services at mainstream facilities," Yee continued. "So, we are bringing the level of quality care that would otherwise be out of reach to them."

"Building on the successes of UCSF Health and Chinese Hospital's existing joint programs, we are excited by the expansion of our partnership," said Shelby

Decosta, president of the UCSF Health Care Network. “We will now work together on creating more programs and services that leverage our previous experience in order to offer critical specialty care services to more San Francisco patients in their own language, within their own community, and with an understanding of their cultural health care needs.”

Visit [UCSF/Chinese Hospital Affiliate Page](#)**Media Contact:**

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