

Beating the ‘winter blues’: What is Seasonal Affective Disorder (SAD) and how to prevent it?



Due to short days and cold weather, you may experience feelings of sadness, loss of energy, and other depressive symptoms this time of year. Reactions to the winter months vary from person to person, with some getting “winter blues” and some experiencing full-on seasonal affective disorder (SAD).

What is seasonal affective disorder (SAD)?

Seasonal affective disorder (SAD) is a type of recurring major depression with a seasonal pattern. This seasonal depression occurs mostly during the beginning of the fall season into winter. SAD affects about 1% to 2% of the population in the U.S., particularly women and young adults, while a milder form of winter blues may affect as many as 10 to 20 percent of people.

What are the symptoms?

For winter-pattern SAD, specific symptoms may include:

- Oversleeping
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Tiredness or low energy
- Social withdrawal (feeling like “hibernating”)

How to prevent SAD?

There's no known way to prevent the development of SAD. However, you can take steps to manage it or prevent it from coming back.

- Use your lightbox
- Exposure to sunlight
- Eat a well-balanced diet
- Get regular exercise
- Stay away from alcohol and drugs
- Spend time with friends and family
- Take a tropical vacation
- Consider seeing a mental health professional

If you think you may be suffering from SAD, talk to your healthcare provider or a mental health specialist about your concerns. If you or someone you know is in immediate distress or is thinking about hurting themselves, text or call 9-8-8 to reach the National Suicide Prevention Lifeline, or visit [988lifeline.org](https://www.988lifeline.org). **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.

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Cold or allergy: Which is it?



As we are in the midst of the flu and cold season, allergies can still occur. Spring allergies usually begin in February as temperatures begin to rise but that does not mean they do not exist year-round. Pollen and other foreign substances still float around and may cause your immune system to flare up. It can be hard to tell the difference between cold symptoms and seasonal allergy symptoms. Here's a cold and allergy symptoms comparison chart to help you distinguish the difference between the two.

Symptoms	Cold	Allergies
Fever	Common	Never
Sneezing	Common	Common
Runny or stuffy nose	Common	Common
Itchy, watery eyes	Rare	Common
Itchy ears	Never	Common
Headache	Common	Common
Cough	Common	Common
Muscle pain or body aches	Common	Rare
Sore throat	Common	Rare
Tiredness	Common	Common

Colds are caused by viruses. Seasonal allergies are our immune system's reaction to a substance like pollen or pet dander.

Most common colds can be treated with rest, pain relievers, and cold remedies. Allergies can be treated with antihistamines, nasal steroid sprays, and decongestants.

If you aren't sure if it's a cold or allergies, or if your symptoms are severe or last longer than 1-2 weeks, contact your healthcare provider.

Appointment

You can receive in-person or virtual care from Chinese Hospital and Clinics. To schedule an appointment, call 1-628-228-2828.

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Making Your New Year's Resolutions Stick



A New Year often means new opportunities to live healthier. You may want to lose weight, follow a healthier diet, or start an exercise routine. However, not everyone can stick to their resolutions, with many ending up abandoning their goals within a few weeks. That's why many people make the same resolutions year

after year. If you want to break that cycle, it's important to choose resolutions that are simple and attainable.

Here are some New Year's resolutions from our providers.

- Eat more whole food: It is one of the easiest and most sustainable ways to improve your overall health.
- Sit less and move more: It is an easy and effective way to increase physical activity.
- Cut Back on sugary drinks: Sugary drinks can increase your risk of serious health problems, such as diabetes.
- Get more quality sleep: Good sleep improves your brain performance, mood, and health.
- Make time for self-care: Taking time to relax and de-stress can improve brain function and memory, boost your immunity, as well as lower the risk of depression, anxiety, hypertension, and heart attacks.
- Visit your doctor: By seeing your doctor routinely, you can stay on top of your health.

This new year, try out some of these suggestions to achieve a healthier and more balanced life!

Best of luck with your goals, and cheers to the New Year!

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Who Should Be Screened for Lung Cancer?



Lung cancer is the leading cancer killer of men and women in the U.S., and cigarette smoking (including e-cigarettes and vaping) is the number one risk factor for lung cancer, linked to at least 80% of lung cancer deaths. The longer you smoke, the greater your risk.

Be Screened for Lung Cancer

Screening can detect cancer before symptoms occur and at earlier stages when the disease is more treatable. Lung cancer screening is a process that's used to detect the presence of lung cancer in otherwise healthy people with a high risk of lung cancer. Screening saves lives.

Low-dose CT is the recommended way of detecting lung cancer at its early stages. You are eligible for the screening if you have a history of heavy smoking. *Annual screening is recommended for adults aged 50 to 80 years who have a 20 pack-year smoking history (less than $\frac{1}{2}$ pack a week) and currently smoke or have quit within the past 15 years.*

If you are a smoker or ex-smoker, take this eligibility quiz:

Am I eligible for low-dose CT cancer screening

Prevention

Not all lung cancers can be prevented, but you can reduce your risk if you:

- Stay away from tobacco
- Avoid radon exposure
- Avoid or limit exposure to cancer-causing agents

- Eat a healthy diet
- Exercise most days of the week

Appointment or Inquiry

If you think you are eligible for screening or would like to discuss your lung health with our providers, please call 1-628-228-2828. Medicare and many health plans cover lung cancer screening without cost-sharing. Contact your health plan about your benefits.

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! Your tax-deductible donation funds lung disease and lung cancer treatments, CT screenings, lung health education, and more. Your contribution is vital to help end lung disease. Make a donation today. For more information, please visit Jack Lee Fong Family Lung Health Initiative Matching Challenge page.

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Events & Campaigns 2022



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Chinese Hospital 123rd Anniversary Celebration

We are extremely grateful and humbled by the support of the community and our sponsors. In addition, thank you to our board of trustees, staffs, volunteers, and partners for their continued dedication to Chinese Hospital's mission. [/fancy_box] [fancy_box box_style="image_above_text_underline" image_url="13040" image_aspect_ratio="4-5" content_color="#000000" border_radius="default" image_loading="default" enable_animation="true" animation="fade-in-from-right" image_size="large" delay="200"]8/23/2022

LumiQuick Diagnostics, Inc. supports Chinese Hospital's COVID-19 response with 210,000 FDA EUA authorized BosonTM Rapid SARS-CoV-2 Antigen Test Cards

Thank you to LumiQuick Diagnostics, Inc. for donating the much-needed test kits, especially given the Omicron surge. Vaccination offers solid protection against severe COVID-19 outcomes, but rapid and easy access to testing is essential to curb the spread of the virus in this new phase. [/fancy_box] [fancy_box box_style="image_above_text_underline" image_url="2801" image_aspect_ratio="4-5" content_color="#000000" border_radius="default" image_loading="default" enable_animation="true" animation="fade-in-from-right" image_size="large" delay="500"]10/3/2022

Chinese Hospital 27th Charity Golf Tournament

We are extremely grateful and humbled by the support of the community and our sponsors. Thank you all for your support, contributions, and trust in our mission

and service to the community.[/fancy_box][fancy_box
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Donor List (10/2021 to 10/2022)

Thank you very much to our generous donors.[/fancy_box]

Your Guide to Safer Holiday Travel



Holiday travel is back on the planner! While traveling during the holidays can be equally exciting, it's also important that you take steps to remain safe. If you are preparing for a winter vacation, be sure to follow these travel tips for a healthy and safe holiday travel season.

- Make an appointment with your provider for a pre-travel consultation.
- Ensure all immunizations are up to date, including COVID booster and flu vaccine.
- Pack a travel health kit which may include your prescription, over-the-counter medicines, and first aid supplies.
- Choose your food and water carefully to avoid illness.
- Share travel plans with a family member or friend.
- Be well rested and alert.

If you are not feeling well after you return, please contact your doctor asap and let him/her know where you've been.

Chinese Hospital Vaccination Clinic

- Chinatown: 845 Jackson Street, B1, San Francisco
- Sunset: 1800 31st Ave, San Francisco
- Excelsior: 888 Paris St, #202, San Francisco
- Daly City: 386 Gellert Blvd, Daly City

If you have any questions or would like to schedule an appointment, please call 1-628-228-2828.

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Healthy Eating during the Holidays (A Festive Recipe is Included)



Here are some tips that can help:

- Drink lots of water
- Eat your favorite “unhealthy” foods in moderation
- Be sure to always have vegetables and fruits on your plate
- Take a walk after every meal to help digestion
- Limit your alcohol intake
- Eat slowly to control your appetite

Ingredients : (Servings 4)

- Boneless chicken thighs (skinless) 320 g)
- Taro 160 g
- Pumpkin 160 g
- Unsweetened soy milk 200 ml
- Ginger 2 slices
- Garlic (minced) 2 cloves
- Vegetable oil 1 tbsp

Marinade (for chicken thigh):

- Light soy sauce 1 tsp

- Sugar $\frac{1}{2}$ tsp
- Cornstarch 1 tsp

Seasoning:

- Salt $\frac{1}{4}$ tsp

Directions:

- Cut the chicken thighs into pieces. Mix well with the marinade for about 30 minutes.
- Rinse and peel the taro. Cut into chunks and steam for 10 minutes. Set aside.
- Rinse and peel the pumpkin. Cut into chunks.
- Heat oil in a non-stick pan and fry the ginger and garlic. Then stir-fry the chicken.
- Add the taro, pumpkin and soy milk. Cover with a lid and braise at low heat until the taro and pumpkin chunks become tender.
- Add in the seasoning and stir-fry well.

Nutrition Analysis: (Per Serving)

- Energy 198 Kcal
- Carbohydrate 14g
- Protein 18g
- Fat 8g
- Dietary fiber 1.6g
- Sodium 300mg

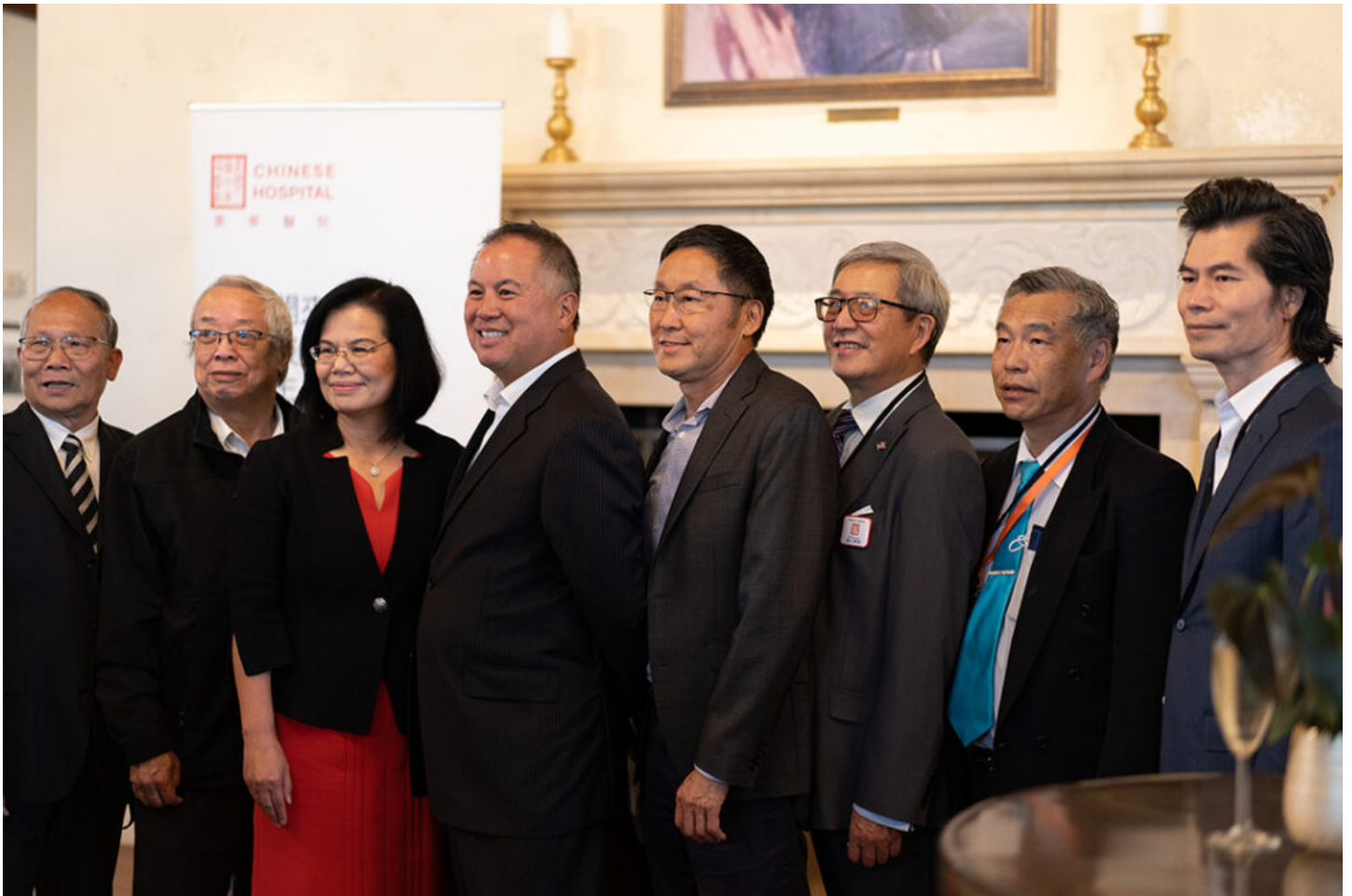
Enjoy your holidays, healthy!

Source: www.elderly.gov.hk

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Chinese Hospital Receives \$5 Million in Funding to Create a Hospital-Based Subacute Care Unit



Chinese Hospital was the recipient of a \$5 million state budget appropriation to improve access to subacute care services in San Francisco Bay Area. The funding was included in the state budget for the first time and was supported by State Assembly Budget Chair Phil Ting (D-San Francisco). It will help Chinese Hospital to build a hospital-based subacute care unit in its facility, to address the overwhelming need in the larger community.

Subacute care provides a high level of care on an inpatient basis for patients post acute illness, injury or disease or complex health problems, and consists of a range of special services and supports, such as post-surgical care, rehabilitation, intravenous antibiotic therapy, wound care, pain management, pulmonary and breathing care, and cardiac care. The goal of subacute care is to improve functional status and overall quality of life in patients. Hospital-based subacute units have a team of round-the-clock doctors, nurses, as well as other healthcare experts with specialized training to handle all emergencies.

Access to subacute care, is a national and regional as well as a state challenge. In San Francisco, we are facing a severe shortage of subacute care beds, with no hospital-based subacute units available to the public. However, the demand for subacute care services is escalating throughout the city and state.

Leadership at Chinese Hospital has been working tirelessly to improve the community's access to quality subacute care services. To meet the growing needs, Chinese Hospital will create a new subacute care unit in its facility. This \$5 million funding will provide seed money to get the project underway, which includes construction, expansion, remodeling, renovation, furnishing, and equipping.

“We want to express our appreciation to State Assembly Budget Chair Phil Ting (D-San Francisco), who requested and secured funding for our new subacute care unit project,” said Dr. Jian Zhang, Chinese Hospital CEO. “We recognize and embrace Chinese Hospital’s important role in safeguarding the community, particularly in times of public health crisis. As such, Chinese Hospital decided to take an important step to create a hospital-based subacute unit to help alleviate the burden on the local healthcare system in collaboration with San Francisco Department of Public Health (SFDPH) and UCSF, and provide quality care to San Franciscans despite the challenges.”

“We must add more beds for San Franciscans who need subacute and skilled nursing care. It’s not fair to force their families and friends to travel long distances to visit their loved ones. The state investment I secured for Chinese Hospital expands local treatment options and takes a step toward bringing health equity to this community,” said Assembly Budget Chair Phil Ting (D-San Francisco).

As an essential part of San Francisco’s health care system, Chinese Hospital will work closely with the city and state leaders to address the gap, so that patients who need subacute care won’t be discharged out of the county.

“We are grateful for State Assembly Budget Chair Phil Ting’s support,” said Mr. Harvey Louie, Chinese Hospital Board of Trustees Acting Chairman. “This funding will have long-lasting and meaningful impacts across San Francisco and the broader Bay Area, and Chinese Hospital will continue its legacy of safeguarding and enhancing the health of our communities.” **Media Contact:**

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What is Video Visit?



Video visits are face-to-face virtual appointments with your doctor but from the comfort and safety of your home or anywhere convenient to you. It’s convenient

without worrying about traffic, parking, or your schedule. During the pandemic, it has become a widely-used alternative to in-person visits. Patients can use a smartphone, tablet, or computer to get the health care they need.

Video visits offer a variety of care and services with the same quality as in-person care, such as primary care, follow-up visits, mental health services, pain management, and medication monitoring. Your provider will decide whether a video visit is right for your health needs.

In most cases, video visits are covered by your health plan and have a co-pay similar to an in-office visit. Contact your insurance company about coverage.

With the weather getting colder and flu season approaching, if you are feeling unwell, you can try to schedule a video visit appointment with your doctor!

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Omicron-Updated COVID-19 Boosters Q&A



Chinese Hospital now offers both Pfizer and Moderna bivalent boosters that have been updated to better match the latest coronavirus strains.

How are the updated boosters different from the original ones?

The new bivalent booster is a type of vaccine that protects against a combination of two or more coronavirus strains. Half of it targets the original strain, and the other half targets the BA.4 and BA.5 Omicron variants.

Do I need to stick with the same brand?

According to the CDC, people ages 18 and older may get a different brand for their booster than they received for their primary vaccine series.

Are the side effects any different?

In the study, participants who received the bivalent vaccine reported the same common side effects as very mild or even non-existent, which may include pain, redness and/or swelling at the injection site, fatigue, headache, muscle pain, chills, and joint pain.

Is there a difference between the Pfizer and Moderna boosters?

The two shots have very similar formulations and different dosage amounts. Pfizer's bivalent booster contains 30 micrograms while Moderna's bivalent booster contains 50 micrograms.

Who is eligible to get an updated booster?

Anyone 5 and older who had their primary vaccine series or last booster more than 2 months ago is eligible for the bivalent booster. For people ages 5-17 years, their boosters can only be Pfizer.

Can I get a bivalent COVID-19 booster and flu shot at the same time?

Both influenza and COVID-19 vaccines can be administered at the same visit, without regard to timing. If you have concerns, speak with a healthcare provider.

Should you get a booster if you recently had COVID?

According to the CDC, if you recently had COVID, you may consider delaying your next vaccine dose by 3 months from when your symptoms started or, if you had no symptoms when you first received a positive test.

Chinese Hospital Vaccination Clinic

- Chinatown: 845 Jackson Street, B1, San Francisco
- Sunset: 1800 31st Ave, San Francisco

- Excelsior: 888 Paris St, #202, San Francisco
- Daly City: 386 Gellert Blvd, Daly City

*Insurance required. If you have any questions or would like to schedule an appointment, please call 1-628-228-2828.

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