

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.

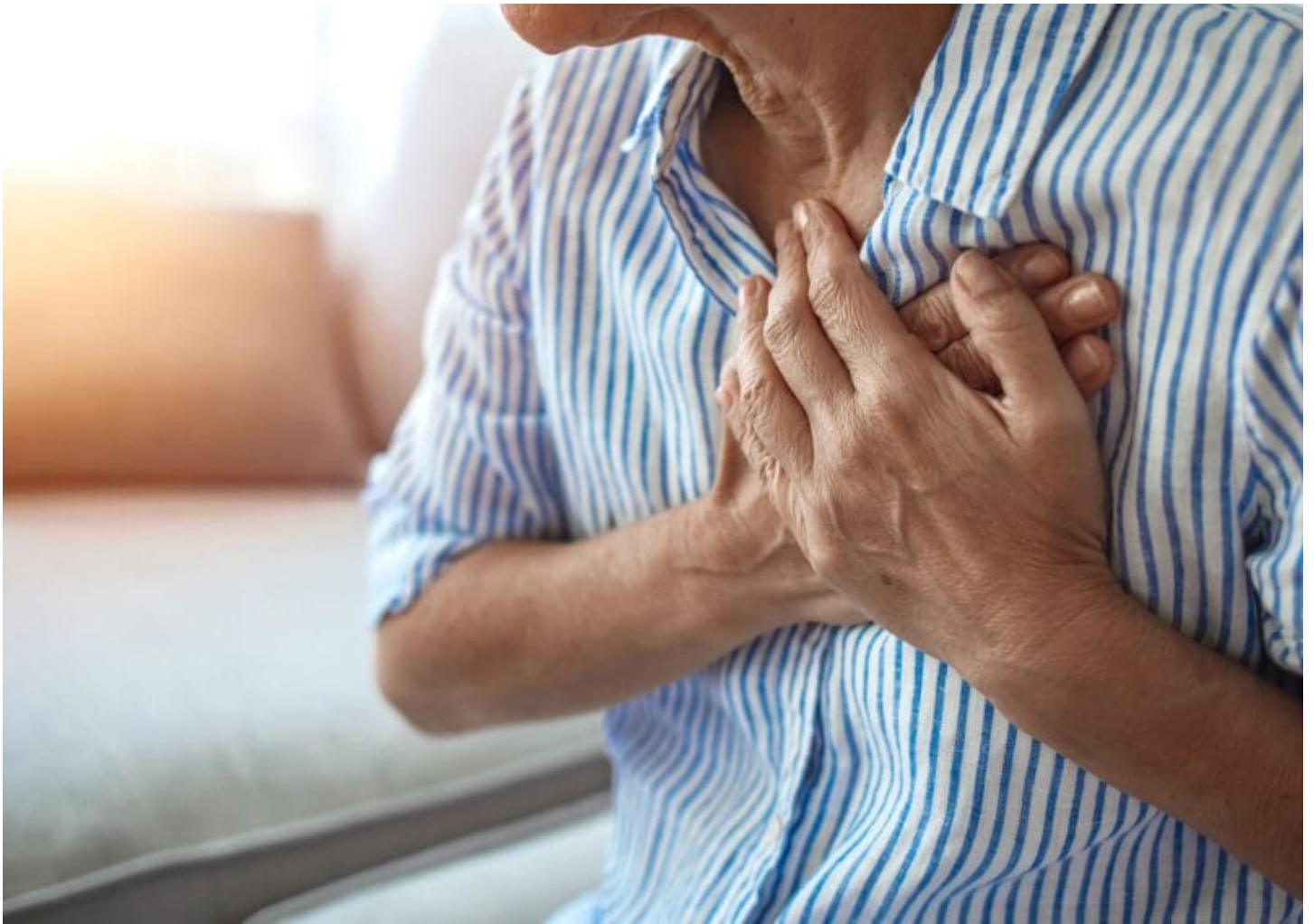
Schedule an Appointment

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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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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10 Health Tips for a Happy Lunar New Year & Nutritious Recipe!



As the Lunar New Year approaches, embracing joy and good health is essential. Here are ten quick tips for celebrating while staying healthy, along with a delicious and nutritious recipe:

- Stay Hydrated: Drink plenty of water to stay refreshed and aid digestion.
- Balanced Feasting: Enjoy delicious foods while incorporating fruits, veggies, and lean proteins.
- Mindful Eating: Appreciate each bite and watch portion sizes to avoid overeating.
- Stay Active: Take family walks or join in traditional dances to keep moving.
- Prioritize Rest: Get enough sleep to recharge your body and mind.
- Moderate Sweets: Indulge in sweets in moderation to limit sugar intake.
- Limit Alcohol: If you drink, do so responsibly and in moderation.
- Hand Hygiene: Keep hands clean to prevent the spread of germs during gatherings.
- Manage Stress: Take breaks and practice relaxation techniques to reduce stress.
- Cherish Connections: Spend quality time with loved ones for a fulfilling celebration.

Nutritious RecipeGold and Silver Dessert Soup (2 servings)

Ingredients:

- Corn Kernels 1/2 medium bowl
- Water Chestnuts 1/2 medium bowl (~5-6 pieces)
- Snow Fungus 1 piece (~10g)
- Calcium fortified soy milk 1.5 cup (360mL)
- Water 0.5 cup (120mL)

Methods:

1. Immerse the white fungus in water until soften, wash thoroughly then tear to small pieces for use
2. Wash the water chestnuts, peel and cut into small cubes
3. Put water into saucepan, add corn kernels and water chestnuts to cook for 15-20 minutes, then add white fungus and Calcium fortified soy milk to boil. Ready to serve.

Dietitian's Tips:

- The use of corn kernels, water chestnuts and white fungus provides not only crunchy texture but also increases the fibre content of the dessert soup.
- Calcium fortified soy milk contains sugar, we can add less sugar when cooking while increases our calcium intake.

Nutrient Analysis (1 serving):

- Energy (kcal) 141.3
- Protein (g) 5.6
- Fat (g) 3.3
- Carbohydrate (g) 22.1
- Fiber (g) 2.9
- Calcium (mg) 308.7

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Source: <https://www.studenthealth.gov.hk/>

Diabetes: Understanding Risks for Asian Americans



In the U.S., over 1 in 5 people with diabetes are unaware they have it. Shockingly, among Asian Americans, this figure jumps to around 1 in 3. Why the gap in diagnosis?

Weight Isn't Everything

When it comes to diabetes and weight, it's not straightforward for Asian Americans. Many might not be considered overweight by usual standards. However, they might have more body fat than expected, especially around their organs. This hidden fat raises diabetes risk, even if they appear slim and healthy.

Looking Beyond the Scale

Typical measures like BMI might miss the risks for Asian Americans. While their BMI could be healthy, their waist size might indicate a higher risk due to hidden fat. For women, a waist over 35 inches and for men, over 40 inches can signal a greater risk of diabetes.

Taking Action

For Asian Americans:

- If your waist is larger than suggested or your BMI is 23 or higher, talk to your doctor about diabetes risk.
- Diabetes often starts silently. Regular blood sugar tests can catch it early, helping manage it effectively.

Prevention Through Awareness

Type 2 diabetes isn't inevitable. Understanding the unique risks faced by Asian Americans, along with tailored health checks, can help catch diabetes early and make lifestyle changes to prevent it.

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Chinese Hospital Diabetes Prevention Program

The Chinese Hospital Diabetes Prevention Program stands as a beacon of support, guided by trained lifestyle coaches who implement a CDC-approved curriculum. This year-long program offers a comprehensive array of lessons, handouts, and resources designed to facilitate profound lifestyle changes. The program is thoughtfully structured into two distinct phases.

During the initial six months, participants engage in weekly meetings focused on educating them about healthy eating habits, integrating physical activity, managing stress, and overcoming challenges. The subsequent six months transition to less frequent yet crucial sessions aimed at reinforcing acquired skills, ensuring lasting lifestyle changes.

For those at risk, joining our Diabetes Prevention Program can substantially reduce the risk of developing diabetes by an impressive 58%.

Eligibility Criteria:

- Age: Minimum 18 years old
- BMI: Above 25, or above 23 for Asians
- HgbA1c levels: Ranging from 5.7 to 6.4
- History of Gestational diabetes

If you believe you meet the eligibility criteria or require further information, please contact our clinic at 1-628-228-2828 or email us at yinglup@chasf.org. [/fancy_box]

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Reference:

<https://www.cdc.gov/diabetes/library/spotlights/diabetes-asian-americans.html>.

Understanding Thyroid Health: Importance, Testing, and Early Detection



The thyroid gland, a small butterfly-shaped organ in the neck, wields tremendous power over our bodies. Responsible for regulating metabolism, energy levels, and other vital functions, the thyroid plays a crucial role in our overall health. However, when this gland falters, it can lead to thyroid diseases that significantly impact our well-being. The prevalence of thyroid disorders has been on the rise, making awareness and timely detection more important than ever. Thyroid diseases encompass a spectrum of conditions, with two prevalent types: hypothyroidism and hyperthyroidism. Hypothyroidism occurs when the thyroid produces insufficient hormones, leading to symptoms such as fatigue, weight gain, and depression. On the other hand, hyperthyroidism results from an overactive thyroid, causing symptoms like weight loss, anxiety, and a rapid heart rate.

Recognizing these symptoms is the first step, prompting the need for comprehensive thyroid testing. Fortunately, there are various avenues for assessment:

1. Begin with a Neck Check, a simple self-examination. Stand before a mirror, take a sip of water, and observe for any abnormal lumps, bulges, or protrusions in the lower base of the neck while swallowing. Any noticeable irregularities should be discussed promptly with a healthcare professional.
2. Blood tests form the cornerstone of thyroid evaluation. These tests measure thyroid-stimulating hormone (TSH), triiodothyronine (T3), thyroxine (T4), and thyroid antibodies. They provide a comprehensive view of hormone levels and detect potential autoimmune conditions affecting the thyroid.
3. For a more detailed analysis, imaging tests like thyroid ultrasounds come into play. These scans reveal the thyroid's shape, size, position, and any nodules or lumps in the neck region. They are instrumental in diagnosing

structural abnormalities and guiding further treatment decisions.

Who should consider a thyroid test? The answer is simple: almost everyone, especially individuals experiencing unexplained changes in weight, energy levels, mood swings, or disturbances in bodily functions. Furthermore, women, particularly those who are pregnant or in their postpartum phase, should pay extra attention to thyroid health, as imbalances can affect both maternal and fetal well-being.

The benefits of early detection through thyroid tests are immense. Timely diagnosis allows for prompt intervention and proper management, preventing the progression of thyroid diseases and reducing associated complications. With appropriate treatment, individuals can experience a significant improvement in their symptoms and overall quality of life.

If you believe you are eligible for screening or notice any changes that may be of concern, we encourage you to take the next step towards your health. Please call 1-628-228-2828 to schedule an appointment with our experienced providers.

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Empowering Health: Lifestyle Changes for Lowering Blood Pressure



Maintaining healthy blood pressure is a cornerstone of preventing heart disease and fostering overall well-being. The most effective approach to lowering blood pressure involves sustained behavioral changes that encompass various aspects of life: diet, exercise, sleep quality, stress management, and more. This holistic strategy is paramount in supporting a healthy heart and body.

Dietary Approach

The DASH (Dietary Approaches to Stop Hypertension) eating plan is a robust foundation for managing blood pressure through nutrition. It emphasizes whole, natural foods rich in essential nutrients. Prioritize:

- **Fruits and Vegetables:** Incorporate a colorful variety, ensuring a wide range of vitamins and minerals.
- **Whole Grains:** Opt for unprocessed grains like brown rice, quinoa, and whole wheat bread for fiber and nutrients.
- **Lean Proteins:** Choose sources like skinless poultry, fish, nuts, and legumes for essential protein without excessive saturated fats.
- **Limit Intake:** Reduce saturated and trans fats, sodium (commonly found in salt), fatty and red meats, sweets, added sugars, and sugar-laden beverages.

Moderate Physical Activity

Regular exercise complements dietary changes in managing blood pressure. Strive for at least 150 minutes of moderate-intensity physical activity per week, such as brisk walking, jogging, or hiking. Every session contributes, and breaking these sessions into smaller chunks, like a 15-minute walk after meals, can be highly effective. Additionally, integrate flexibility, stretching, and muscle-strengthening exercises into your routine for comprehensive health benefits.

Stress Management

Stress significantly impacts blood pressure. Prioritize stress reduction by:

- Time Management: Allocate sufficient time for tasks and prioritize effectively.
- Identifying Triggers: Recognize stress triggers to proactively manage responses.
- Practicing Gratitude: Embrace gratitude practices to cultivate a positive mindset.
- Mindfulness Techniques: Engage in meditation, deep breathing exercises, or yoga to promote relaxation and mental clarity.

Quality Sleep

Sleep plays a pivotal role in overall health, including blood pressure regulation. Strive for consistent, quality sleep by establishing a sleep routine, creating a conducive sleep environment, and ensuring adequate rest.

Experience Personalized Support

At Chinese Hospital and Clinics, our dedicated team specializes in lifestyle coaching focused on effective blood pressure management. We provide personalized consultations, thorough assessments, and tailored plans to meet your unique needs. Our experienced professionals are committed to offering the support and tools necessary for your well-being. Reach out to us today at 1-628-228-2828 to start your personalized journey toward improved health.

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