

Essential Sun Safety for Children



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

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

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

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

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

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Essential Summer Health Tasks for Parents



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

Check in with your School and Pediatrician

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

Traditionally, the following grades have forms to complete:

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

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

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

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

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

If your student needs to take any medications on school grounds, a series of school medication forms is needed by your school before medications can be given. Scheduling a school form visit with your doctor early in the summer can streamline this process. Talk with your school to get the correct forms. Bring a list of the correct medications to help you communicate with your doctor. A student and family are the best advocates for the student. Knowledge of medications is crucial to teach your student. Do not assume that the medical office has your exact regimen in their records.

Dropping off Forms at Your Doctor's Office

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

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TCM Approach to Back Pain Relief and Prevention



BACK PAIN DOESN'T HAVE TO BE A BARRIER TO LIVING A FULL AND ACTIVE LIFE.

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

Understanding Back Pain from a TCM Perspective

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

Preventing Back Pain the TCM Way:

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

East West Health Services: Your Partner in Holistic Wellness

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

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

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

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Understanding Osteoporosis



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

Screening

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

Prevention and Treatment

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

There are also injectable treatments:

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

Making an Appointment

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

Bone Density Screening at Chinese Hospital 125th Anniversary Health Fair

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

Date/Time: Sat, 5/18, 10am – 2pm

Location: Chinatown Rose Pak Station Plaza

For more information, please visit

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

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Alcohol: What You Need to Know



Alcohol has been around for ages and is a big part of our lives, from parties to religious ceremonies. But it's essential to understand the difference between drinking a little and drinking too much. During National Alcohol Awareness Month, let's learn more about it and how to be responsible when we drink.

What's Moderate Drinking?

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

The Dangers of Drinking Too Much:

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

How to Drink Responsibly:

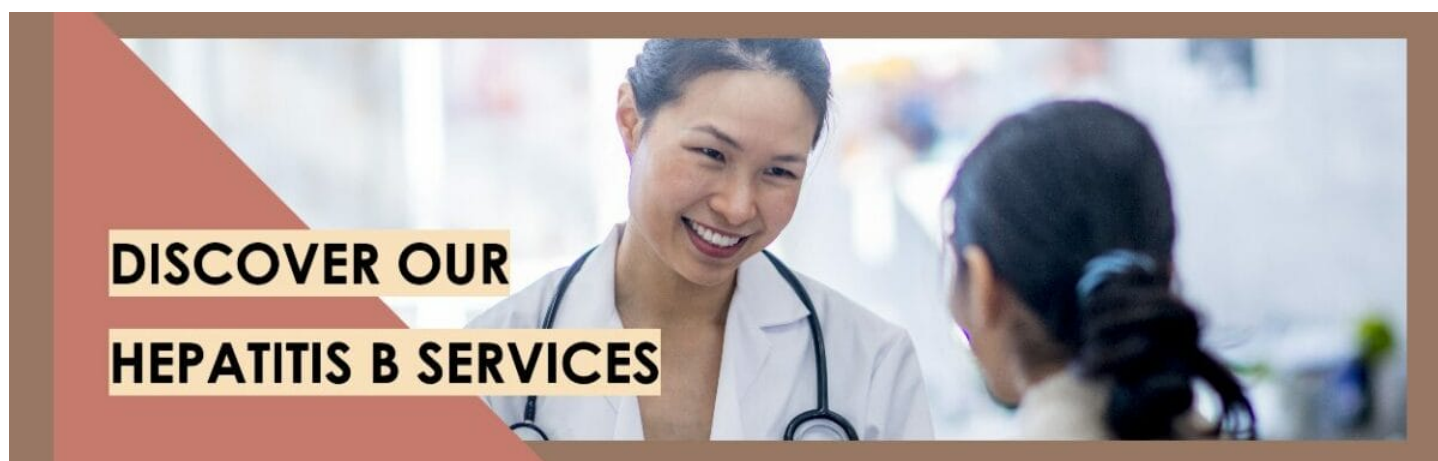
Being responsible when we drink is more than just knowing when to stop. It's about looking after ourselves and others. Here are some simple tips:

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

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

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Discover Our Hepatitis B Services



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

Screening

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

Vaccination

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

Treatment

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

Schedule an Appointment

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

Learn more about Hepatitis B as well as our Hepatitis B Demonstration Project in Collaboration with CDPH.

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Best-Ever Açaí Bowl



Ingredients (2 servings)

FOR TOPPING

1/4 c. shredded coconut

2 tbsp. sliced almonds

2 tbsp. granola

Fresh or frozen blueberries or strawberries

Sliced banana

FOR AÇCAI BOWL

3 (3.5-ounce) frozen açai packs

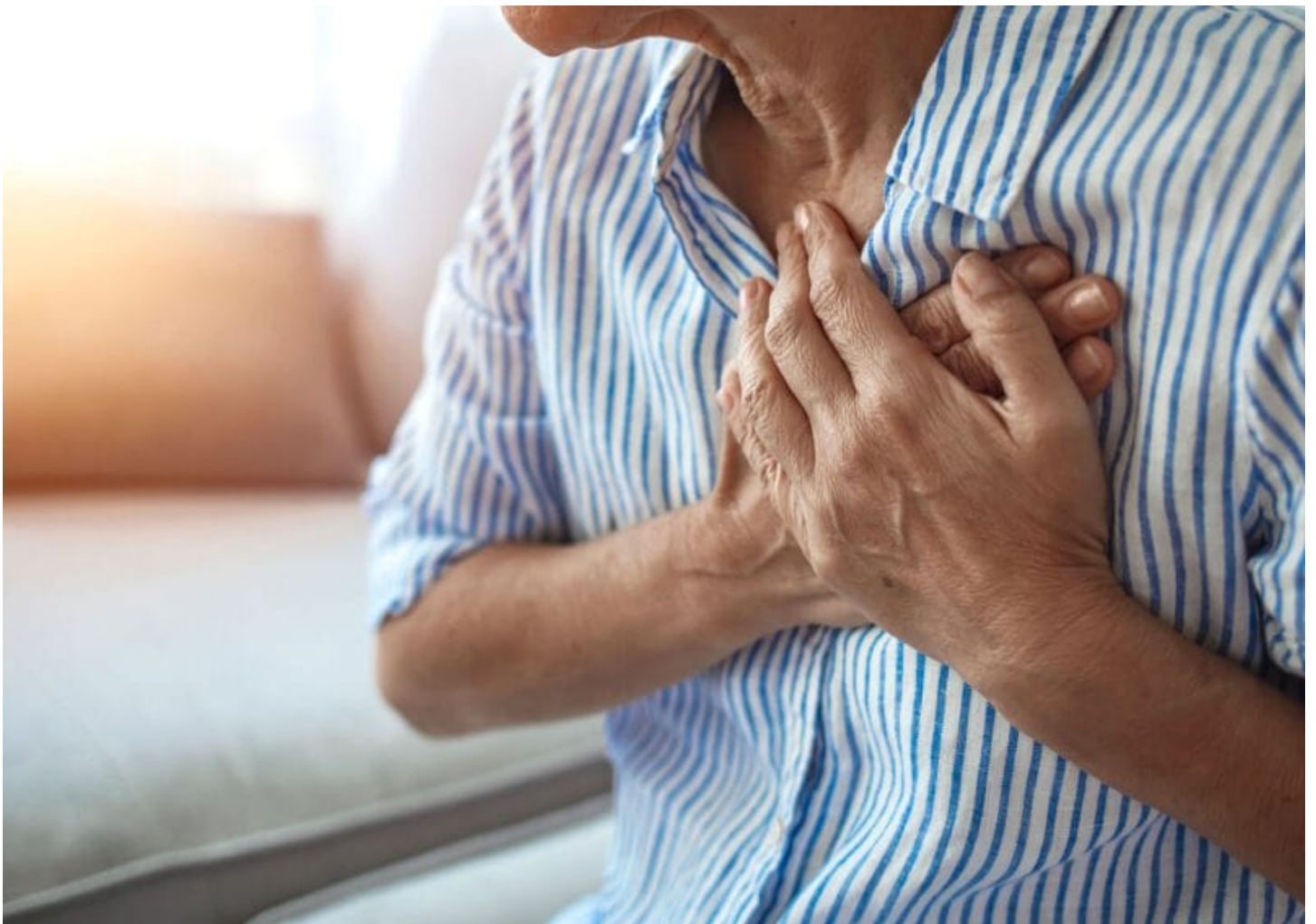
1 c. frozen berries mixed

1 1/2 c. almond milk

Directions

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

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 Recipe Gold 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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Health tips courtesy of studenthealth.gov