

Natural Cold Remedies to Soothe Your Symptoms



- **Ginger:** This natural wonder can soothe a sore throat, reduce inflammation, and alleviate the nausea often associated with colds. You can prepare ginger tea by steeping fresh ginger slices in hot water or simply add ginger to your meals.
- **Garlic:** A potent antimicrobial and immune booster, garlic can be minced into soups, stews, or even spread on toast for a flavorful and healing twist.
- **Salt Water Gargle:** To reduce throat inflammation and temporarily ease discomfort, mix half a teaspoon of salt into a glass of warm water and use it as a gargle.
- **Honey:** This golden elixir is a natural cough suppressant and throat-soothing remedy. A teaspoon of honey, whether taken on its own or mixed with warm water, can help ease coughing and provide relief for a sore throat. However, it's essential to note that honey should not be given to children under one year of age.
- **Herbal Teas:** Peppermint, echinacea, and chamomile teas are wonderful additions to your cold-fighting arsenal. Peppermint tea can help clear nasal passages, echinacea tea boosts your immune system, and chamomile tea provides soothing relief for sore throats.
- **Chicken Soup:** Chicken soup is more than just comfort food; it can genuinely help alleviate cold symptoms. The warm broth soothes a sore throat and

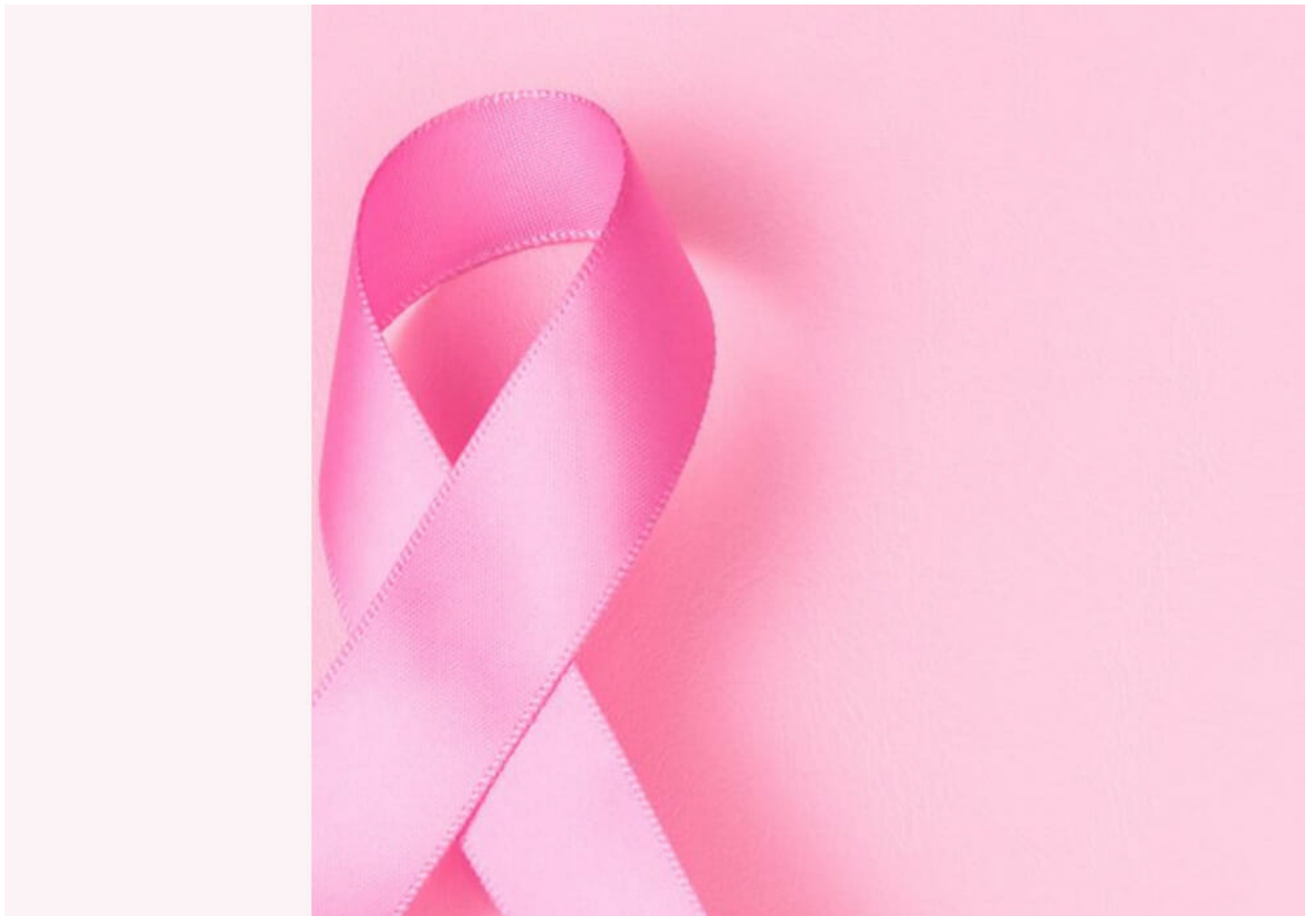
provides hydration, while the vegetables and chicken in the soup offer essential nutrients to support your immune system.

- **Steam Inhalation:** Steam inhalation is a time-tested remedy for clearing congestion and relieving nasal discomfort. Boil a pot of water, lean over it with a towel draped over your head, and inhale the steam. Adding a few drops of eucalyptus or peppermint essential oil to the water can enhance its decongestant properties.

Remember, if your symptoms persist or worsen, it's important to consult a healthcare professional for proper diagnosis and treatment.

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Breast Cancer Awareness Month: Understanding, Detection, and Action



Breast cancer is a disease characterized by the uncontrolled growth of cells in breast tissue. While it predominantly affects women, it can also occur in men, although this is rare. Risk factors include age, family history, genetic mutations (such as BRCA1 and BRCA2), hormonal factors, and lifestyle choices like diet and exercise. Common symptoms include a lump or mass in the breast, changes in breast size or shape, skin alterations on the breast, nipple discharge, and breast pain. Early detection is often the key to successful breast cancer treatment. When breast cancer is detected in its early stages, the chances of complete recovery and survival significantly improve.

- **Perform Self-Exams:** Regular self-breast exams can help individuals become familiar with their own bodies and detect any changes. Visit National Breast Cancer Organization's website for instructions.
- **Schedule Clinical Exams:** Regular breast cancer screenings are vital, especially for women aged 40 and older. Your healthcare provider can identify any abnormalities that may require further evaluation.
- **Embrace Mammograms:** Mammograms, X-ray images of the breast, are the gold standard for early detection. For women with a higher risk, more frequent screenings or additional tests may be recommended.

If you believe you're eligible for screening or have concerns about your breast health, please call us at 1-628-228-2828 to schedule an appointment with our providers. Many health plans, including Medicare, cover breast cancer screening without cost-sharing. Contact your health plan to learn more about your benefits.

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Boost Your Immunity with COVID-19 and Flu Vaccines This Fall



In light of the evolving COVID-19 variants, safeguarding our immunity remains a top priority. The updated COVID-19 vaccine has received approval from both CDC and FDA. This new formulation has been carefully designed to align with the current strains of the virus, specifically targeting the prevailing XBB variants.

Here are the CDC's recommendations regarding the updated COVID-19 vaccines:

- Individuals aged 5+ are recommended to receive a single dose of the updated Pfizer-BioNTech or Moderna COVID-19 vaccine.
- Those who are moderately or severely immunocompromised may be eligible for additional doses of the updated COVID-19 vaccine.
- Children between 6 months and 4 years old should receive multiple doses of COVID-19 vaccines, with at least one dose of the updated COVID-19 vaccine.

Proven over time, the flu vaccine remains a steadfast way to shield yourself from the impact of influenza. October is the prime month for vaccination. It is recommended that everyone over the age of 6 months receive the flu vaccine. If you're 65 or older, you should get the high-dose version for stronger protection.

Flu Shots: Chinese Hospital's clinics now provide free flu shots with most insurance plans, and we also offer a convenient self-pay option for just \$30. Appointments and walk-ins are available at all of our clinic locations during regular operating hours.

COVID-19 Vaccine: The Spikevax COVID-19 vaccine by Moderna is now offered at all Chinese Hospital Clinics. We accept CCHP insurance and most PPO insurance plans. If your HMO plan differs, and your PCP is one of our clinic providers, you can also receive the COVID vaccine from us. Walk-ins are welcome at our Chinatown and Gellert locations, while appointments are required at our Sunset and Excelsior

locations.

Locations

Chinatown

845 Jackson St,
San Francisco, CA 94133

Mon – Fri: 9:00 a.m. – 5:30 p.m.
Sat: 9:00 a.m. – 4:00 p.m.

Sunset

1800 31st Ave,
San Francisco, CA 94122

Mon – Fri: 9:00 a.m. – 5:30 p.m.
Sat: 9:00 a.m. – 4:00 p.m.

Excelsior

888 Paris St, #202
San Francisco, CA 94112

Mon – Fri: 9:00 a.m. – 5:30 p.m.
Sat: 9:00 a.m. – 4:00 p.m.

Daly City

386 Gellert Blvd,
Daly City, CA 94015

Mon – Fri: 9:00 a.m. – 5:30 p.m.
Sat: 9:00 a.m. – 4:00 p.m.

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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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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.

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

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.

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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Reference:

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

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, benzanthrane, 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.