

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.

Empowering Women to Prioritize Lung Health: The Importance of Lung Health Screening



Lung cancer is the leading cause of cancer death among women, responsible for more deaths than breast, ovarian, and uterine cancers combined. In fact, according to the American Cancer Society, an estimated 59,910 women will die from lung cancer in 2023 alone.

However, the good news is that lung health screening can significantly improve the chances of survival. In fact, studies have shown that screening with low-dose CT scans can reduce the risk of dying from lung cancer by up to 20% compared to screening with traditional chest x-rays.

Despite these benefits, many women are still not getting screened for lung cancer. One reason for this low screening rate is lack of awareness. Many women may not realize that they are at risk for lung cancer, even if they have never smoked. In fact, approximately 20% of women who die from lung cancer are non-smokers.

It's important for all women to talk to their healthcare provider about their risk for lung cancer and whether they may be a candidate for screening. The US Preventive Services Task Force recommends that women aged 50-80 years old who have a history of smoking or who have quit within the past 15 years should be screened for lung cancer.

By taking steps to improve lung health, such as avoiding smoking and secondhand smoke, wearing masks to protect against air pollution, and staying physically active, women can also reduce their risk of lung cancer and other lung diseases.

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COVID-19 Emergency Declarations Set to End: What It Means for Health Policies



As a healthcare provider in California, we want to inform you of important changes that will affect the policies and services related to COVID-19. The Biden Administration will terminate the national emergency and public health emergency declarations on May 11, 2023, which will bring about significant changes to healthcare policies.

As a result, California Health & Human Services Agency (CalHHS) and its

Departments and Offices are preparing to implement new flexibilities and policy changes. We want to ensure that you are aware of these changes and how they may impact your healthcare services. Here are some updates on the forthcoming changes:In California:

Category/ Type of Insurance	Medicare	Medi-Cal	Private Insurance
Vaccines	Continue to be free of charge.	Continue to be free of charge.	Continue to be free of charge.
At-home COVID tests	No cost until May 11, 2023. After the date, cover 8 tests per month	No cost through September 2024. After the date, cover 8 tests per month.	Cover 8 tests per month.
PCR and rapid tests ordered or administered by a health professional	No prior authorization or cost-sharing until Nov 11, 2023. After this date, cost-sharing may apply for services provided by out-of-network providers.	No prior authorization or cost-sharing until Nov 11, 2023. After this date, cost-sharing may apply for services provided by out-of-network providers.	No prior authorization or cost-sharing until Nov 11, 2023. After this date, cost-sharing may apply for services provided by out-of-network providers.
Pharmaceutical treatment	No prior authorization or cost-sharing until Nov 11, 2023. After this date, cost-sharing may apply for services provided by out-of-network providers.	No prior authorization or cost-sharing until Nov 11, 2023. After this date, cost-sharing may apply for services provided by out-of-network providers.	No prior authorization or cost-sharing until Nov 11, 2023. After this date, cost-sharing may apply for services provided by out-of-network providers.

**Please check with your health insurance company* for details regarding your coverage.At Chinese Hospital, we understand the importance of receiving prompt medical attention if you test positive for COVID-19. That’s why we’re committed to providing you with comprehensive treatment options.

To schedule an appointment with a physician at Chinese Hospital & Clinics, please call 1-628-228-2828. Alternatively, you can schedule a virtual visit through Sesame Care or call 1-855-780-3855.

We encourage you to seek medical attention as soon as possible if you test positive for COVID-19. Our team is here to support you throughout your treatment journey.

Source: <https://www.chhs.ca.gov/end-of-covid-emergency/>

Chinese Hospital Clinics Transitions to

Doximity for Telehealth Appointments: Here's What You Need to Know



Starting May 1, 2023, Chinese Hospital Clinics will be exclusively using Doximity for all telehealth appointments. Doximity is a user-friendly platform that allows patients to connect with their physicians via a secure, no-reply text message. Patients can schedule an appointment with their physician and receive a text message a few minutes before their appointment with a link to the virtual waiting room.

To connect a telehealth call through Doximity, patients should follow these steps:

1. Once you have scheduled your appointment, you will receive a text message from Doximity's phone number (starting with "882-86") a few minutes before your appointment with a link to the virtual waiting room.
2. Ensure that you are connected to the internet and click on the link to access the waiting room. You will need to allow the platform to access your camera and microphone.
3. Once you allow access, you will be placed in the waiting room. Click "Join video call" to connect with your physician.
4. Once the appointment is complete, your physician will end the call. You can exit the waiting room by tapping the red button.

If you accidentally end the call, simply tap the "Rejoin" button to reconnect. If you have any issues connecting to the call or accessing the waiting room, please do not hesitate to contact Chinese Hospital Clinics at 1-628-228-2828 for assistance.

Using Doximity provides several benefits for patients. The platform is compatible with any smartphone, making it easy to use and accessible for all patients. Patients no longer need to worry about downloading an app or creating an account to use the platform. Doximity also ensures the security and privacy of patient information, giving patients peace of mind.

Chinese Hospital Clinics is committed to providing high-quality healthcare services that meet the needs of its patients. The exclusive use of Doximity for

telehealth appointments is part of the hospital's efforts to offer convenient and accessible healthcare services. Patients are encouraged to take advantage of this platform to receive the care they need from the comfort of their homes.

Instructions:

[Doximity instructions \(English\)](#)

[Doximity instructions \(Chinese\)](#)

7 Tips for a Healthy Spring Season: From Exercise to Allergy Management



Spring is here, and it's the perfect time to rejuvenate your health routine. Longer days and warmer weather can inspire a fresh start, so take advantage of the season to make healthy choices for yourself and your family. Here are some tips to help you stay healthy and active throughout the spring season:

1. **Exercise regularly:** Aim to get at least 150 minutes of moderate-intensity physical activity every week, along with two days of muscle-strengthening activities. This can include activities like brisk walking, cycling, dancing, swimming, or yoga. Not sure where to start? Check out some online resources like the Nike Training Club app or Fitness Blender for workout

ideas.

2. Eat a balanced diet: Make sure your diet includes a variety of healthy foods such as fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Reduce your sugar intake by swapping processed snacks for whole foods like nuts or fruit. Try some new healthy recipes, like these zucchini and feta fritters or this quinoa and black bean salad.
3. Stay hydrated: Drink plenty of water and substitute sugary and alcoholic drinks with water to reduce calorie intake and stay safe. Jazz up your water by infusing it with fresh fruits like strawberries or citrus.
4. Wear sunscreen: Protect your skin from harmful UV rays by wearing sunscreen every day. Opt for a broad-spectrum sunscreen with an SPF of 30 or higher. If you're planning on spending time outside, choose a water-resistant formula and reapply every two hours.
5. Get enough sleep: Aim for at least eight hours of sleep per night to help your body recover and prepare for the day ahead. Create a relaxing bedtime routine by reading a book, taking a bath, or practicing meditation or deep breathing exercises.
6. Manage spring allergies: If you're prone to seasonal allergies, avoid pollen by staying indoors on dry and windy days, and wear a mask when you're outside to protect yourself from allergens. If over-the-counter allergy medications aren't cutting it, talk to your doctor about prescription options or immunotherapy.
7. Seek care promptly: If you test positive for COVID-19, seek medical treatment by calling 1-628-228-2828 to schedule an appointment with a physician at Chinese Hospital & Clinics, or schedule a virtual visit at Sesame Care by calling 1-855-780-3855 or visiting sesamecare.com/covid.

By following these tips, you can make the most of the spring season while staying healthy and happy. Remember, small changes can add up to big results, so start small and build from there. Cheers to a happy and healthy spring!

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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. **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.

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.

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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.

Medical Disclaimer:

This material is not a substitute for qualified medical diagnoses, treatment, or advice. It should not be used to replace the suggestions of your personal physician or other health care professionals.