

SUMMER 2023 EDITION

HEALTH JOURNAL

期刊4號

健康資訊雜誌

NUTRITION

Some Myths about Nutrition & Physical Activity

CHRONIC CARE

Preventing Type 2 Diabetes

What People With Diabetes Need To Know About Osteoporosis

What People With Lactose Intolerance Need To Know About Osteoporosis

慢性疾病

| 營養

| 管理預立指示

| 醫生名錄

SOMOS is proud
to support the work

OF THE CHINESE COMMUNITY ACCOUNTABLE CARE ORGANIZATION



At SOMOS
we work for
people in need
of **affordable**
health care.

Photographies by Lay Banks, Branden Skeli, Dragon Pan, Lerone Pieters and RawPixel

SOMOS is a nonprofit organization of more than 2,500 healthcare providers who serve more than 700,000 NYC Medicaid holders. The SOMOS network provides culturally competent care to patients located in some of NYC's most vulnerable communities and immigrant neighborhoods of New York.



1.833.SOMOSNY
somasnyhealth.org

2910 Exterior St, First Floor
Bronx, NY 10463

©2022 SOMOS Healthcare Providers, Inc. dba SOMOS Community Care (SOMOS). All rights reserved.



MAIN STREET RADIOLOGY

Proud to announce availability of

Cardiac CT using SIEMENS Force CT technology

PET/CT Breast Imaging (Cerianna)

PET Prostate PSMA Imaging

In addition to our existing, comprehensive,
state of the art Imaging Options

Main Street Radiology is a private, outpatient radiology practice operated by Radiology Associates of Main Street. We have provided quality diagnostic imaging services to Queens since 1966.

MRI • OPEN MRI • CT • X-RAY
ULTRASOUND • NUCLEAR MEDICINE
PET/CT • INTERVENTIONAL
BIOPSIES • WOMEN'S IMAGING

Tel (718)428-1500 • Fax (718)428-2475
mainstreetradiology.com

Bayside
32nd Ave

32-25 Francis Lewis Blvd
Bayside, NY 11358

Bayside
44th Ave

44-01 Francis Lewis Blvd
Bayside NY 11361

Downtown
Flushing

136-25 37th Ave
Flushing, NY 11354

Western
Queens

72-06 Northern Blvd
Jackson Hts, NY 11372

Glendale

83-14 Cooper Ave
Glendale, NY 11385

MESSAGE FROM BOARD OF DIRECTORS

The Association of Chinese American Physicians (ACAP), Chinese Community Accountable Care Organization (CCACO) and Eastern Chinese American Physician IPA (ECAP), are pleased to provide the community with our journal which we hope can serve as a valuable resource to our members and our patients. Included in our journal is a physician directory of our members and educational patient material on various medical conditions such as preventive screening, women's health, men's health and more. We are committed on coordinating quality, reducing the cost of medical care and improving the overall health care for all.

藉此，美國華人醫師會、美華醫療聯盟以及美東華人執業醫師聯合會真誠地為華人社區醫療補助受益人奉上健康教育手冊。這本手冊提供常見疾病以及預防性疾病的FFFFFF

我們的宗旨與使命是：

1. 協調醫療保險和受益人的整體醫療護理。
2. 通過醫療資源共享以降低醫療成本。
3. 當量滿足每位病人的醫療需求同時提高醫療質量。

MESSAGE FROM EDITORS

The publication of our journal was made possible through the effort and dedication of numerous groups. We would like to thank our Board of Directors and everyone who edited, contributed, and sponsored to our journal. It is our sincere hope that it will serve as a valuable resource for physicians and patients. We would like to thank you for your continuing support as we pursue our goal of providing high quality, coordinated care to patients in our community.

我們的手冊之所以能夠集資出版是因為眾多的努力和支持。感謝董事會，贊助商，以及所有為手冊做出編輯和資料貢獻的您。我們真誠地希望這本手冊將提供寶貴的醫療資訊。感謝大家對我們追求高質量的醫療服務的支持。

EDITOR-IN-CHIEF:

Asuka Li
Project Coordinator, Operations & Marketing
運營和營銷項目統籌員

EDITORS:

Regina Zhu
Director, Operations & Marketing
運營與營銷總監

Dr. Henry Chen, MD
Chief Executive Officer
首席執行官

Alex Chan
Chief Operating Officer
首席運營官

CONTACT INFORMATION:

Association of Chinese American Physicians
美國華人醫師會
131-07 40th Rd., Suite E32
Flushing, NY 11354
(718) 321-8798

Chinese Community Accountable Care Organization
美華醫療聯盟
94 Bowery, 4th Floor
New York, NY 10013
(212) 965-0222

Eastern Chinese American Physician IPA, Inc.
美東華人執業醫師聯合會
131-07 40th Rd., Suite E32
Flushing, NY 11354
(718) 321-8893



Monitor Your Health at Home
在家監測您的健康狀況



Remote Patient Monitoring (RPM) allows you to take control of your own health at home.
遠程監護方案(RPM)讓您在家掌控自己的健康

Health Monitoring Made Simple
Check your blood pressure at your convenience
方便地監察您的生命體徵

Skip the Waiting Room
Your vital signs and health data syncs directly to your doctor, connect with your doctor virtually for any follow-up
您的生命體徵和健康數據即時同步給您的醫生，亦可與您的醫生進行虛擬問診和後續檢查

Take Control of Your Health
Monitor and track your vital signs on a regular basis for any changes
定期監測和留意您的生命體徵

Medicare patients with chronic conditions are eligible
患有慢性病的Medicare（紅藍卡）病人有資格參加
Ask your doctor about RPM devices
請向您的醫生查詢有關遠程監護方案(RPM)



Mobile App Designed for Patients
為病人量身定製的健康管理應用程式



Find Doctors Near You

Find doctors in your area and schedule virtual or in-person appointments
直接通過app預約當面或線上問診



Patient Reminders and Notifications

Receive appointment reminders and preventive care alerts
及時收到會診和健康預防通知



Manage Your Health Information

Access all your health information in one place anytime and anywhere
隨時訪問檢驗報告、門診、醫療記錄和其他相關檔案



請在應用商店搜索 iClinicHealth, 或掃右側二維碼以安裝應用程式
Find iClinicHealth via your App Store or scan the QR code to install

PATIENT-CENTERED MEDICAL HOME

Many practices at our ACO are Patient-Centered Medical Home (PCMH) certified by National Committee for Quality Assurance (NCQA). PCMH is a comprehensive model of care delivery that focuses on treating patient holistically, providing team-based and coordinated care, and engaging patients and their families in care management. The National Committee for Quality Assurance is an independent non-profit organization that works to improve health care quality through the administration of evidence-based standards, measures, programs, and accreditation. The objective of PCMH is providing a team-based setting that encourages partnership between providers and patients, and even patients' families. This model aims to increase communication to ensure continuity of care as well as to provide access for patients to view medical records and sending clinical requests to their providers remotely. With the increasing demand for health care services, it is critical that practices have designed protocols to ensure patients are getting effective, efficient, and quality care. Being PCMH recognized, practices are able to lower costs and deliver quality patient-care.

以病人為主的醫療之家

紐約市政府現推行「以病人為主的醫療之家」Patient-Centered Medical Home 這項醫療管理系統。以病人为出發點，通過更加有效率的醫療服務增加患者對個人健康護理的配合度。目的是提升病患的身心健康以及減少昂貴的醫療開銷。過去幾年，許多社區的醫生以通過提供更全方位的醫療服務而獲得國家質量保證委員會 (National Committee for Quality Assurance, 簡稱為NCQA) 的認可。NCQA是全國公認的獨立非營利組織。此單位評估健康計劃管理其系統各方面的完善程度，以及不斷協助改進個人健康護理。此項管理系統絕非需要患者減少看診次數而是減少不必要的醫療開支。如說，醫院掛號；以及盡可能地讓患者與醫療團隊保持聯絡以便醫生和護士清楚了解患者的身體情況。有狀況或問題時可以隨時聯系醫療團隊，患者現在還可以上網查看處方閱覽自己的病歷和檢驗報告。患者的醫療團隊也會主動打電話聯系患者，提醒患者就診時間以及進行預防性的檢查。對於住院的患者更是重視，一方面是確認患者狀況良好，另一方面是妥善安排回診時間以便醫生及時掌握患者的狀況。針對高血壓，高血糖這些慢性疾病的患者，也是經常性地追蹤以及提出健康措施以及讓患者能理解自身問題和如何註意飲食的生活習慣。



紐約人打造的
專屬於紐約人的社區計劃。

5	PATIENT-CENTERED MEDICAL HOME 以病人為主的醫療之家
8	BOARD OF DIRECTORS 董事會成員
16	CHRONIC CARE 慢性疾病資訊
24	NUTRITION 營養資訊
29	ADVANCE DIRECTIVES 預先指示資訊
36	DIRECTORY 醫生名錄

TABLE OF CONTENTS



877-274-5123

聽力障礙電傳使用者致電: 711
工作時間為: 每週7天, 早8點至晚8點

www.CentersPlan.com

Centers Plan for Healthy Living
提供Medicare Advantage計劃，
幫助您最大程度地利用好您的
Medicare福利。

提供的計劃具有以下特色：

- 最高享受每年\$2,000的牙科福利*
- 最高享受每月\$160的非處方項目津貼*

*具體情況取決於您選擇的計劃; OTC 借記卡提供每月\$15至\$160的福利額度, 具體情況取決於您選擇的計劃

H6988_MKT4002_M Ad B
Centers Plan for Healthy Living, LLC是具有Medicare和Medicaid HMO計劃。註冊參加Centers Plan for Healthy Living取決於合約的續約。



OUR MISSION

CCACO's mission is to meet our patients' healthcare needs, with the goals of simultaneously improving health, promoting positive patient experiences and reducing per capita costs. We are a clinically integrated group working together to seamlessly coordinate patient care, and we aspire to the highest levels of transparency and honesty. We wish to enhance the quality of healthcare for this population that has special health needs, unique medical profiles, and varying proficiency in English. We aim to do this by bringing together physicians who are uniquely engaged with the Chinese community, and familiar with its health and linguistic challenges.

BOARD OF DIRECTORS 董事會成員



Fufu He, MD 何福富醫生
Chairman of the Board
董事長



Wensong Li, MD 李尉崧醫生
President
主席



Christopher Chow, DPM 鄒國雄醫生
President Elect/ Vice President
副主席



Ling Min Gao, MD 高領民醫生
2nd Vice President, Queens
副主席 (皇后區)



Jonathan Leibowitz, MD 李博維醫生
2nd Vice President, Brooklyn
副主席 (布魯克林)



Wingtat Mui, MD 梅永達醫生
2nd Vice President, Manhattan
副主席 (曼哈頓)



Dashi Bao, MD, PhD 包大士醫生
Chief Medical Officer
首席醫務官



Kaijun Huang, MD 黃凱軍醫生
Chief Billing and Coding Officer
首席記帳兼編碼官



Yanfeng Chen, MD 陳研峰醫生
Business Development
業務發展



Nai-Lun Chang, MD 張乃倫醫生
Secretary
秘書



Songchuan Guo, MD, PhD 郭松川醫生
Treasurer
財務秘書

EXECUTIVE LEADERSHIP 執行領導團隊



Henry Chen, MD 陳治年醫生
Chief Executive Officer
首席執行官



David Zhang, MD, PhD 張泳醫生
Executive Vice President of Operations
運營執行副主席



LEADERSHIP
領導團隊



Henry Chen, MD 陳治年醫生
Chief Executive Officer
首席執行官



Huachen Wei, MD, PhD 魏華臣醫生
President
主席



Ming Zhu, MD 朱明醫生
Chief Financial Officer
首席財務官



David Zhang, MD, PhD 張泳醫生
Chief Medical Officer
首席醫務官



Alex Chan
Chief Operating Officer
首席運營官

BOARD MEMBERS
董事會成員



Michael Li, MD, PhD 黎陽醫生



Lihong Wei, MD 魏麗紅醫生



Zheng-Bo Huang, MD 黃征波醫生



Hanbin Zheng, MD 鄭漢彬醫生



George Hall, MD 何恭程醫生



Ling Ming Gao, MD 高領民醫生



ABOUT US

The Eastern Chinese American Physicians IPA, Inc. ("ECAP") is a physician owned and operated independent practice association established in 2004 that is comprised of more than 500 physicians, the majority of which have been in practicing medicine for over 10 years, that serve an estimated 190,000 Medicare and Medicaid beneficiaries within the Chinese communities throughout New York City in the boroughs of Manhattan, Brooklyn and Queens. ECAP's physician network is comprised of primary care physicians as well as specialist physicians in all areas of medicine to provide a full spectrum of care to beneficiaries.

ECAP providers are uniquely able to provide culturally competent and language specific care to patients in this underserved community that may otherwise have limited access to healthcare. ECAP's is led by a dedicated group of 9 member Board of Directors who are recognized physicians in the community as key thought leaders who keenly understand the ever-changing landscape of healthcare and have the vision to participate in transforming and improving healthcare.



BOARD MEMBERS
委員會成員



Han Bao, MD
Outreach Committee
外聯委員會



Xuming Dai, MD
Outreach Committee
外聯委員會



Fang-Ming Deng, MD
Chairman,
Pathology Committee
主席, 病理學委員會



Michael Gao
Outreach Committee
外聯委員會



Yongpeng Gu, MD
Membership Committee
會員委員會



YiQun Hui, MD
Outreach Committee
外聯委員會



Ming Jiang, MD
Outreach Committee
外聯委員會



George Juang, MD
Outreach Committee
外聯委員會



Yali Li, MD
李亞利醫生
Membership Committee
會員委員會



Zhiheng Pei, MD
Science Committee
科學委員會



Weimin Qu, MD
曲為民醫生
Membership Committee
會員委員會



Zili He, MD
何自力醫生
Outreach Committee
外聯委員會



Quisheng Si, MD
Pathology Committee
病理學委員會



Yufei Tu, MD
Student Committee
學生委員會



Jianlin Xie, MD
謝建林醫生
Outreach Committee
外聯委員會



Jeff Xu, MD
Membership Committee
會員委員會



Jing Xu, MD
Student Committee
學生委員會



Mr. Ryan Zhang
Outreach Committee
外聯委員會



Qian Zhao, MD
趙茜醫生
Membership Committee
會員委員會



Minghao Zhong, MD
Chairman,
Science Committee
主席,科學委員會



Zimei Zhou, MD
Outreach Committee
外聯委員會



Professor Wei Zhu
Science Committee
科學委員會



Peng Lee, MD
李鵬醫生
Science Committee
科學委員會

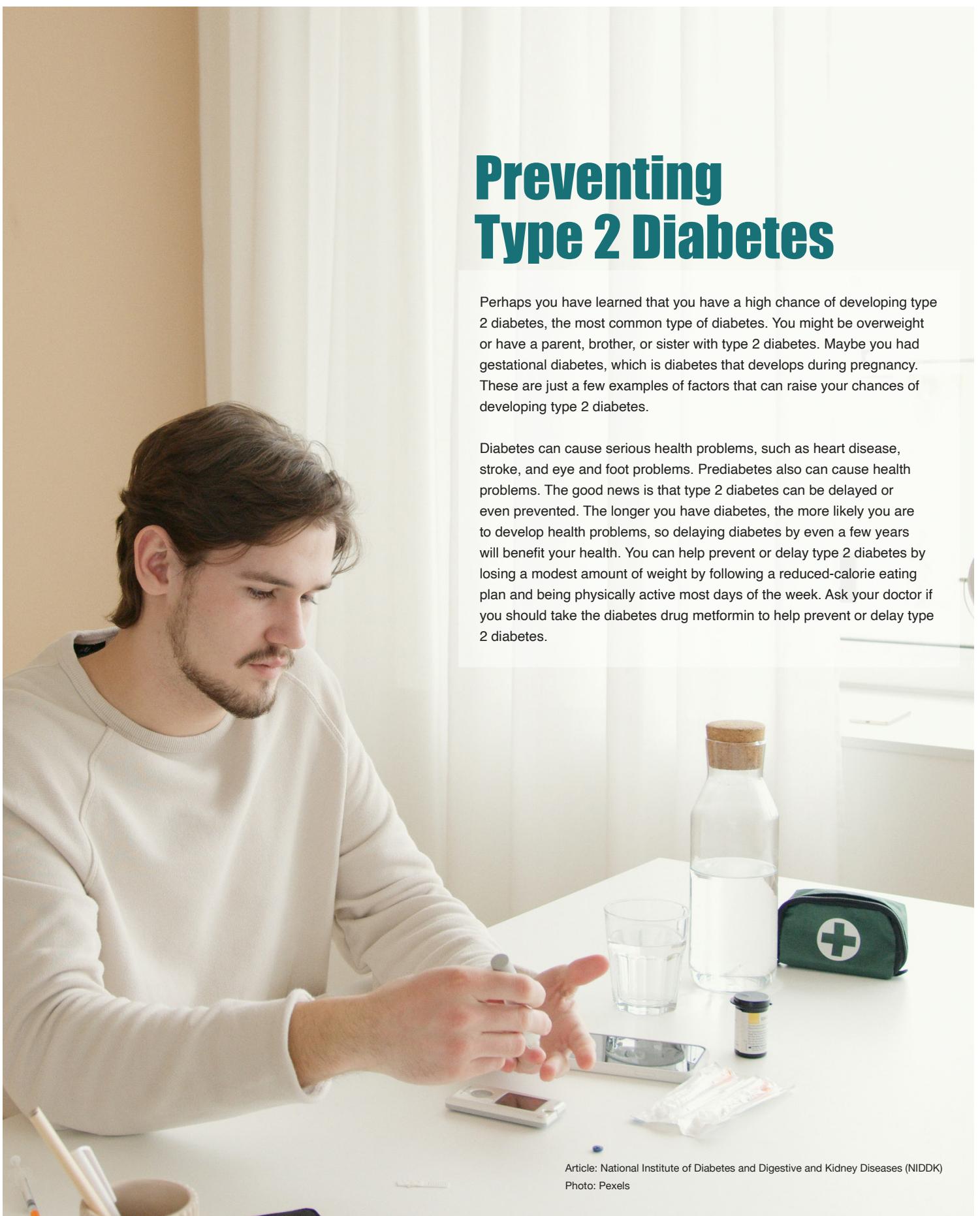


Qing Zhang, MD
Student Committee
學生委員會



Baoli Zhang
Outreach Committee
外聯委員會





Preventing Type 2 Diabetes

Perhaps you have learned that you have a high chance of developing type 2 diabetes, the most common type of diabetes. You might be overweight or have a parent, brother, or sister with type 2 diabetes. Maybe you had gestational diabetes, which is diabetes that develops during pregnancy. These are just a few examples of factors that can raise your chances of developing type 2 diabetes.

Diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. Prediabetes also can cause health problems. The good news is that type 2 diabetes can be delayed or even prevented. The longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. You can help prevent or delay type 2 diabetes by losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week. Ask your doctor if you should take the diabetes drug metformin to help prevent or delay type 2 diabetes.

Article: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
Photo: Pexels

How can I lower my chances of developing type 2 diabetes?

Research such as the Diabetes Prevention Program shows that you can do a lot to reduce your chances of developing type 2 diabetes. Here are some things you can change to lower your risk:

- Lose weight and keep it off. You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.¹ For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.
- Move more. Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your health care professional about which activities are best. Start slowly to build up to your goal.
- Eat healthy foods most of the time. Eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. Choosing foods with less fat is another way to reduce calories. Drink water instead of sweetened beverages.

Ask your health care professional about what other changes you can make to prevent or delay type 2 diabetes.

Most often, your best chance for preventing type 2 diabetes is to make lifestyle changes that work for you long term. Get started with Your Game Plan to Prevent Type 2 Diabetes. For more support, you can find a lifestyle change program near you through the National Diabetes Prevention Program.



Losing weight through healthy eating and regular physical activity can help you prevent type 2 diabetes.

What should I do if my health care professional told me I have prediabetes?

Prediabetes is when your blood glucose, also called blood sugar, levels are higher than normal, but not high enough to be called diabetes. Having prediabetes is serious because it raises your chance of developing type 2 diabetes. Many of the same factors that raise your chance of developing type 2 diabetes put you at risk for prediabetes.

Other names for prediabetes include impaired fasting glucose or impaired glucose tolerance. Some people call prediabetes “borderline diabetes.”

About 1 in 3 Americans has prediabetes, according to recent diabetes statistics from the Centers for Disease Control and Prevention. You won’t know if you have prediabetes unless you are tested.

If you have prediabetes, you can lower your chance of developing type 2 diabetes. Lose weight if you need to, become more physically active, and follow a reduced-calorie eating plan.

Get started with Your Game Plan to Prevent Type 2 Diabetes. For more support, you can find a lifestyle change program near you through the National Diabetes Prevention Program.



Being physically active is one way to help prevent prediabetes from progressing to type 2 diabetes.

If I had gestational diabetes when I was pregnant, how can I lower my chances of developing type 2 diabetes?

Gestational diabetes is a type of diabetes that develops during pregnancy. Most of the time, gestational diabetes goes away after your baby is born. Even if your gestational diabetes goes away, you still have a greater chance of developing type 2 diabetes within 5 to 10 years. Your child may also be more likely to become obese and develop type 2 diabetes later in life. Making healthy choices helps the whole family and may protect your child from becoming obese or developing diabetes.

Being physically active together is a great way to lower your own and your child’s chance of developing type 2 diabetes.

Here are steps you should take for yourself and your child if you had gestational diabetes:

- Get tested for diabetes 6 to 12 weeks after your baby is born. If your blood glucose is still high, you may have type 2 diabetes. If your blood glucose is normal, you should get tested every 3 years to see if you have developed type 2 diabetes.
- Be more active and make healthy food choices to get back to a healthy weight.
- Breastfeed your baby. Breastfeeding gives your baby the right balance of nutrients and helps you burn calories.
- Ask your doctor if you should take the diabetes drug metformin to help prevent type 2 diabetes.

預防2型糖尿病

資源：國家糖尿病與消化和腎臟疾病研究所
圖：Pexels 翻譯：Asuka Li

您或許已了解到您有很高的機率患有2型糖尿病，這類型的糖尿病是最常見的。您的體重有可能超重或是父母、兄弟姐妹患有2型糖尿病。或許您有妊娠糖尿病，也就是在孕期間發生的糖尿病。這一些因素只是可增加您患有2型糖尿病機率的例子。

糖尿病可引起嚴重的健康問題，如心臟病、中風、眼睛和腳的問題。糖尿病前期一樣也會引起健康問題。好消息是2型糖尿病是可以延緩甚至可預防的。患有糖尿病的時間越長就越有可能出現健康問題。因此，將糖尿病的時間推遲哪怕幾年都會有益於您的健康。您可以通過遵循減少卡路里的飲食計劃，利用一星期的大部分時間來進行體育鍛煉來適量減肥從而幫助預防或推遲2型糖尿病。詢問您的醫生您是否應該服用糖尿病藥物來幫助預防或推遲2型糖尿病。

如何降低我患2型糖尿病的機率？

諸如糖尿病預防計劃的研究表明，您可以做很多事情來減少患得2型糖尿病的機率。以下是一些您可改變的事情來降低風險。

- 減肥並維持體重：比如如果您的體重為200磅，您的目標是減掉10至14磅。
- 多運動：每星期運動至少5天，每天30分鐘。如果您之前沒有健身，請與您的健康護理專家討論哪些活動對您來說是最好的。慢慢開始再逐步達到您的目標。
- 大部分時間都選擇健康的飲食：吃少量的食物來降低您每天攝取的卡路里來幫助您減肥。選擇脂肪含量少的食物是降低熱量的另一個方法。選擇喝水而不是含糖的飲料。

向您的健康護理專家詢問您可做哪些其他的改變來預防或延緩2型糖尿病。

大多數的情況下，您預防2型糖尿病的最佳機會是通過做出長期有效的生活方式來改變。開始學習《預防2型糖尿病的方案》吧。



通過健康的飲食和有規律的體育活動來減輕體重可幫助您預防2型糖尿病。

如果我的醫生告知我有糖尿病前期，我應該怎麼做？

糖尿病前期是指您血液中的葡萄糖（也叫血糖）水平高於正常水平，但還未高到可稱為糖尿病。患有糖尿病前期是很嚴重的，因為它增加了您患2型糖尿病的機率。許多可增加2型糖尿病發病率的可能性也可以使您有患上糖尿病前期。

糖尿病前期的另一名稱也是空腹血糖受損或葡萄糖耐量受損。有些人稱糖尿病前期為“邊緣型糖尿病”。

根據美國疾病控制和預防中心近期的糖尿病統計數據，約三分之一的美國人患有糖尿病前期。除非進行檢查，否則您不會知道是否患有糖尿病前期。

如果您有糖尿病前期，您可以降低患得2型糖尿病的機率。如果您需要減肥，請多參加體育活動並遵循減少卡路里的飲食計劃。

開始閱讀《預防2型糖尿病的方案》。如需更多的幫助，您可以通過國家糖尿病預防計劃的外部鏈接找到您附近的一下改變生活方式的計劃。



身體力行是一個幫助預防糖尿病前期發展成2型糖尿病的方法。

如果我在孕期患有妊娠糖尿病，我如何才能降低患有2型糖尿病的機率？

妊娠糖尿病是一種在懷孕期間發生的糖尿病。大多數情況下，妊娠期的糖尿病在您的寶寶出生後會好轉。即便您的妊娠期糖尿病好轉了，仍有較大機率在未來5到10年內演變成2型糖尿病。往後您的孩子變得肥胖或患得2型糖尿病的機率也比較高。做出健康的選擇有助於整個家庭，盡可能保護您的孩子變超重或患糖尿病。

一起參加體育活動是降低您和孩子患得2型糖尿病機率的好方法。

下面是如您患有妊娠糖尿病，您應為自己和孩子採取的措施。

- 在您的孩子出生後的6至12周，接受糖尿病的檢查。如您的血糖仍很高，您有可能患有2型糖尿病。如您的血糖正常，您仍應每3年做一次檢查看看是否有發展成2型糖尿病。
- 多運動，選擇健康的飲食以回到到健康的體重。
- 母乳喂養您的孩子。母乳喂養提供您的孩子均衡營養並幫助您燃燒卡路里。
- 詢問您的醫生您是否應該服用糖尿病藥物來幫助預防2型糖尿病。

力量就是計劃

我們賦予力量讓她做到了自己無法做的事情。

讓您稱心的醫療保險



您是否充分利用了您的
Medicare 計劃？

VILLAGE CARE MAX 優越健保
愛心村

\$0 計費*

最多
\$225 非處方藥 (OTC) 物品/非處方藥和
雜貨

* 保費、共付額、共保額和扣除額可能會根據您所取得的額外補助等級而有所不同。請聯絡本計劃以取得進一步的詳情。



致電投保或預約面對面諮詢
1-800-469-6292 (TTY 711)

每週七天，每天上午 8:00 至晚上 8:00 提供服務

VillageCareMAX是医疗保险和纽约州医疗补助计划的HMO计划合同。VillageCareMAX的注册取决于合同续签。服务区域包括以下县：布朗克斯，皇后（布鲁克林），纽约（曼哈顿）和皇后区。如需有特殊需要的人士入住，请致电1-800-469-6292 (TTY: 711)。VillageCareMAX符合联邦民权法，并不排除因种族、肤色、国籍、人或不同而对待他们的人，年龄、残疾或性别。ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711)。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-800-469-6292 (TTY: 711)。

H2168_MKT22-12C_M Accepted

What People With Diabetes Need To Know About Osteoporosis

Article: National Institutes of Health Osteoporosis and Related Bone Diseases National Resource Center Photo: Pexels

資源：國家衛生院骨骼疏鬆症及相關骨骼疾病國家資源中心 圖：Pexels



What is diabetes?

Diabetes is a disorder of metabolism, a term that describes the way our bodies chemically change the foods we eat into growth and energy. After we digest food, glucose (sugar) enters the bloodstream, where it is used by the cells for energy. For glucose to get into the cells, insulin must be present.

Insulin is a hormone produced by the pancreas, an organ located behind the stomach. It is responsible for moving glucose from the bloodstream into the cells to provide energy needed for daily life. In people with diabetes, the body produces too little or no insulin or it does not respond properly to the insulin that is produced.

- In **type 1 diabetes**, the body produces little or no insulin. This form of the disease typically appears in children and young adults, but it can develop at any age.
- In **type 2 diabetes**, the body produces insulin but not enough, and the body does not respond properly to the insulin that is produced. This form of the disease is more common in people who are older, overweight, and inactive.

What is osteoporosis?

Osteoporosis is a condition in which the bones become less dense and more likely to fracture. Fractures from osteoporosis can result in pain and disability. In the United States, more than 53 million people either already have osteoporosis or are at high risk due to low bone mass.

Risk factors for developing osteoporosis include:

- Being thin or having a small frame.

- Having a family history of the disease.
- For women, being postmenopausal, having an early menopause, or not having menstrual periods (amenorrhea).
- Using certain medications, such as glucocorticoids.
- Not getting enough calcium.
- Not getting enough physical activity.
- Smoking.
- Drinking too much alcohol.

Osteoporosis is a disease that often can be prevented. If undetected, it can progress for many years without symptoms until a fracture occurs.

The diabetes–osteoporosis link

People with diabetes, particularly type 1 diabetes, often have poorer bone quality and an increased risk of fractures. Those with long-standing disease and poor blood sugar control, and who take insulin have the highest fracture risk.

The onset of type 1 diabetes typically occurs at a young age when bone mass is still increasing. It is possible that people with type 1 diabetes achieve lower peak bone mass, the maximum strength and density that bones reach. People usually reach their peak bone mass in their 20s. Low peak bone mass can increase one's risk of developing osteoporosis later in life.

Some of the complications of diabetes, such as nerve damage, muscle weakness, episodes of low blood sugar, and vision problems can increase

the risk of falls and fractures.

Managing osteoporosis

Strategies to prevent and treat osteoporosis in people with diabetes are the same as for those without diabetes.

Nutrition. A diet rich in calcium and vitamin D is important for healthy bones. Good sources of calcium include low-fat dairy products; dark green, leafy vegetables; and calcium-fortified foods and beverages. Many low-fat and low-sugar sources of calcium are available. Also, supplements can help you meet the daily requirements of calcium and other important nutrients.

Vitamin D plays an important role in calcium absorption and bone health. It is synthesized in the skin through exposure to sunlight. Although many people are able to obtain enough vitamin D naturally, older individuals are often deficient in this vitamin due, in part, to limited time spent outdoors. They may require vitamin D supplements to ensure an adequate daily intake.

Exercise. Like muscle, bone is living tissue that responds to exercise by becoming stronger. The best exercises for your bones are weight-bearing and resistance exercises. Weight-bearing exercises force you to work against gravity. These include walking, stair climbing, and dancing. Resistance exercises – such as lifting weights – can also strengthen bones. Regular exercise can help prevent bone loss and, by enhancing balance and flexibility, reduce the likelihood of falling and breaking a bone. Exercise is especially important for people with diabetes since exercise helps insulin lower blood glucose levels.

Healthy lifestyle. Smoking is bad for bones as well as for the heart and lungs. Women who smoke tend to go through menopause earlier, triggering earlier bone loss. In addition, people who smoke may absorb less calcium from their diets. Alcohol can also negatively affect bone health. People who drink heavily are more prone to bone loss and fracture. Avoiding smoking and alcohol can also help with managing diabetes.

Bone density test. Specialized tests known as bone mineral density (BMD) tests measure bone density in various parts of the body. These tests can detect osteoporosis before a bone fracture occurs and predict a person's chances of fracturing in the future. It can measure bone density at your hip and spine. People with diabetes should talk to their doctors about whether they might be candidates for a bone density test.

Medication. Like diabetes, there is no cure for osteoporosis. However, several medications are approved by the U.S. Food and Drug Administration for the prevention and treatment of osteoporosis in postmenopausal women and men. Medications are also approved for use in both women and men with glucocorticoid-induced osteoporosis.

糖尿病患者骨質疏鬆症須知

何謂糖尿病？

糖尿病是一種代謝疾病，代謝這一術語是指身體改變所進食食物的化學結構，用於生長發育和提供能量。消化食物後，葡萄糖(糖)進入血流，為細胞所用產生能量。必須要有胰島素，血糖才能進入細胞。

- 胰島素是位於胃後方的器官—胰臟產生的荷爾蒙。胰島素負責讓葡萄糖從血流進入細胞內，產生日常生活所需的能量。糖尿病患者的體內產生極少胰島素或者不能產生胰島素，或者身體不能對產生的胰島素發生正常反應。患有一型糖尿病時，身體產生較少胰島素或不能產生胰島素。這種類型的糖尿病通常見於兒童和青年人，但任何年齡者均可發病。
- 二型糖尿病患者的體內能夠產生胰島素但數量不足，而身體不能對產生的胰島素發生正常反應。這種類型的糖尿病更常見於年長者、超重者和身體活動不足者。

何謂骨質疏鬆症？

骨質疏鬆症是骨密度下降且更容易骨折的一種疾病。骨質疏鬆症造成的骨折可引起疼痛和殘障。在美國，超過四千萬的人士已經患有骨質疏鬆症或者因為骨量低而有骨質疏鬆症的高風險。

出現骨質疏鬆症的風險因素包括：

- 體瘦或個子矮小
- 有骨質疏鬆症的家族史

- 絶經、提前進入更年期或沒有月經(閉經)的女性
- 使用某些藥物，例如糖皮質激素
- 獲得的鈣不足
- 身體活動不足
- 吸煙
- 酗酒。

骨質疏鬆症這種疾病通常能夠預防。如果患有這種疾病卻未發現，骨質疏鬆症可以在很多年的時間發展，沒有任何症狀，直至發生骨折。

糖尿病和骨質疏鬆症之間的關聯性

患有糖尿病，尤其是一型糖尿病的人，骨品質常常較差，發生骨折的風險也會升高。長期患病且血糖控制較差的人，以及使用胰島素的人骨折風險最高。

一型糖尿病通常在年幼時發病，而這個時候骨量仍然在增加。患有一型糖尿病的人有可能顛峰骨量(骨骼達到的最大強度和密度)較低。人通常會在二十多歲達到顛峰骨量。顛峰骨量較低可增加日後出現骨質疏鬆的風險。

糖尿病的一些併發症，例如神經損傷、肌肉無力、低血糖事件和視力問題可增加跌倒和骨折的風險。

管理骨質疏鬆症

糖尿病患者預防和治療骨質疏鬆症的策略與沒有糖尿病者的策略相同。

營養。富含鈣和維他命D的飲食對於骨骼健康很重要。鈣的良好來源包括低脂乳製品、深綠色葉菜和高鈣食物和飲料。有很多市售低脂、低糖食物可以提供鈣。而且，補充劑也可以幫助您滿足鈣和其他重要營養素的每日需求量。

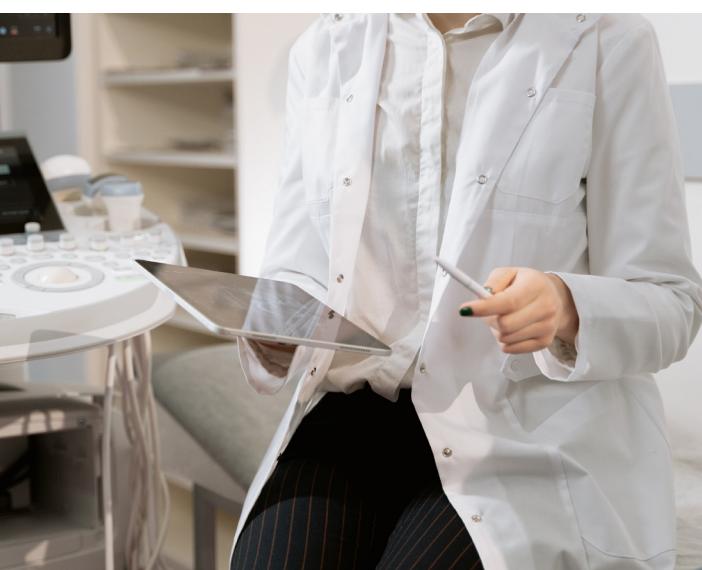
維他命D對於鈣吸收和骨健康有著重要作用。皮膚接觸陽光時會合成維他命D。儘管許多人能夠透過自然途徑獲得充足的維他命D，但是年長者通常缺乏維他命D，這在一定程度上歸咎於室外活動時間有限。這些人可能需要服用維他命D補充劑，確保每天攝取足量的維他命D。

鍛煉。與肌肉一樣，骨骼是有生命的組織，鍛煉身體可以使它變得強壯。鍛煉骨骼的最佳方式是負重運動和阻力運動。負重運動需要您對抗重力，包括步行、爬樓梯和跳舞。阻力運動(例如舉重)也可以強化骨骼。定期鍛煉可有助於預防骨質流失，增強平衡能力和靈活性，降低跌倒和骨折的可能性。鍛煉對於糖尿病患者尤為重要，因為鍛煉會幫助胰島素降低血糖含量。

健康生活方式。吸煙對骨骼、心臟和肺有害。吸煙女性易於提前進入更年期，引起骨質提前流失。此外，吸煙者從飲食中吸收的鈣可能減少。酒精也可損害骨骼健康。酗酒者更容易出現骨質流失和骨折。戒除煙酒也有助於管理糖尿病。

骨密度檢測。被稱為骨礦物質密度(BMD)測定的專門測試可以測量人體不同部位的骨密度。這些測試可以在發生骨折之前就檢出骨質疏鬆症，並預測未來發生骨折的幾率。這種方法可以測量髖骨和脊柱的骨密度。糖尿病患者應該與醫師討論自己是否應該接受骨密度測試。

藥物。和糖尿病一樣，骨質疏鬆症也無法治愈。但是，美國食品藥物管理局已經批准了數種藥物用於預防和治療經女性和男性的骨質疏鬆症。還有獲得了批准的藥物用於患有糖皮質激素誘導骨質疏鬆症的女性和男性。



What People With Lactose Intolerance Need To Know About Osteoporosis

Article: National Institutes of Health Osteoporosis and Related Bone Diseases National Resource Center Photo: Pexels
資源：國家衛生院骨骼疏鬆症及相關骨骼疾病國家資源中心 圖：Pexels

What is lactose intolerance?

Lactose intolerance is a common problem. It happens when your body does not have enough lactase, which is an enzyme produced in the small intestine. Lactase is necessary to digest lactose – the natural sugar found in milk and other dairy products. In the intestines, undigested lactose leads to the buildup of gas. After eating dairy products containing lactose, people with lactose intolerance start to develop stomach cramps and diarrhea.

Lactose intolerance is a common condition that is more likely to occur in adulthood, with a higher incidence in older adults. Some ethnic and racial populations are more affected than others, including African Americans, Hispanic Americans, American Indians, and Asian Americans. The condition is least common among Americans of northern European descent.

What is osteoporosis?

Osteoporosis is a condition in which bones become less dense and more likely to fracture. Fractures from osteoporosis can result in pain and disability. In the United States, more than 53 million people either already have osteoporosis or are at high risk due to low bone mass.

Risk factors for developing osteoporosis include:

- Thinness or small frame.
- Family history of the disease.
- Being postmenopausal and particularly having an early menopause.
- Abnormal absence of menstrual periods (amenorrhea).
- Prolonged use of certain medications, such as those used to treat lupus, asthma, thyroid deficiencies, and seizures.
- Low calcium intake.
- Lack of physical activity.
- Smoking.
- Excessive alcohol intake.

Osteoporosis often can be prevented. It is known as a silent disease because if undetected, bone loss can progress for many years without symptoms until a fracture occurs. Osteoporosis has been called a childhood disease with old age consequences because building healthy bones in youth helps prevent osteoporosis and fractures later in life. However, it is never too late to adopt new habits for healthy bones.

The link between lactose intolerance and osteoporosis

One of the primary risk factors for developing osteoporosis is not getting enough calcium in your diet. Because dairy products are a major source of calcium, you might assume that people with lactose intolerance who avoid dairy products could be at increased risk for osteoporosis. However, research exploring the role of lactose intolerance in calcium intake and bone health has produced conflicting results. Some studies have found that people with lactose intolerance are at higher risk for low bone density, but other studies have not. Regardless, people with lactose intolerance should follow the same basic strategies to build and maintain healthy bones and should pay extra attention to getting enough calcium.

Bone health strategies

Calcium and vitamin D. A well-balanced diet rich in calcium and vitamin D is important for healthy bones. Besides low-fat dairy products, good sources of calcium include dark green, leafy vegetables and calcium-fortified foods and beverages. Many low-fat and low-sugar sources of calcium are available. Also, supplements can help people with lactose intolerance meet their daily requirements of calcium and other important nutrients. The Institute of Medicine recommends a daily calcium intake of 1,000 mg (milligrams) for men and women up to age 50, increasing to 1,200 mg for



women over age 50 and men over age 70.

Studies have shown that people who have at least some intestinal lactase can increase their tolerance to lactose by gradually introducing dairy products into the diet. These people can often eat small portions of dairy products without developing symptoms.

The key for them is to consume small amounts of dairy products at a time so that there is enough lactase available in the intestine to digest the lactose. When the lactose is fully digested, symptoms do not develop.

Also, certain sources of dairy products may be easier for people with lactose intolerance to digest. For example, ripened cheese may contain up to 95 percent less lactose than whole milk. Yogurt containing active cultures also lessens gastrointestinal symptoms. A variety of lactose-reduced dairy products, including milk, cottage cheese, and processed cheese slices, are also available. Lactose replacement pills and liquid are also available to help with the digestion of dairy products.

Vitamin D plays an important role in calcium absorption and bone health. Food sources of vitamin D include egg yolks, fish oil, saltwater fish, liver, fortified margarine, and breakfast cereals. Many people may need vitamin D supplements to achieve the recommended intake of 600 IU (International Units) each day. Men and women over age 70 should increase their uptake to 800 IU daily.

Exercise. Like muscle, bone is living tissue that responds to exercise by becoming stronger. The best activities for your bones are weight-bearing and resistance exercises. Weight-bearing exercises force you to work against gravity. They include walking, climbing stairs, and dancing. Resistance exercises – such as lifting weights – can also strengthen bones.

Healthy lifestyle. Smoking is bad for bones as well as the heart and lungs. Women who smoke tend to go through menopause earlier, which triggers earlier bone loss. In addition, people who smoke may absorb less calcium from their diets. Alcohol also can have a negative effect on bone health. Those who drink heavily are more prone to bone loss and fracture because of both poor nutrition and increased risk of falling.

Bone density testing. A bone mineral density (BMD) test measures bone density in various parts of the body. This safe and painless test can detect osteoporosis before a bone fracture occurs and can predict a person's chances of fracturing in the future. People with lactose intolerance should talk to their doctors about whether they might be candidates for a BMD test, which can help determine whether increased attention to bone health is warranted.

Medication. Like lactose intolerance, osteoporosis has no cure. However, several medications are available for the prevention and/or treatment of the disease, including: bisphosphonates; calcitonin; estrogen (hormone therapy); estrogen agonists/antagonists (also called selective estrogen receptor modulators or SERMs); parathyroid hormone (PTH) analog; parathyroid hormone-related protein (PTHrP) analog; RANK ligand (RANKL) inhibitor; and tissue-selective estrogen complex (TSEC).

有乳糖不耐症的人需要了解的有關骨質疏鬆症的知識

什麼是乳糖不耐症？

乳糖不耐症是一種常見的問題。當人體沒有足夠的乳糖分解酵素時，就會出現這種問題。乳糖分解酵素是小腸內分泌的酵素。乳糖是牛奶及其他乳製品中的天然糖份。消化乳糖需要乳糖分解酵素。腸道內未消化的乳糖會導致腸道漲氣。在進食含有乳糖的乳製品後，有乳糖不耐症的人會開始出現胃痙攣及腹瀉。

乳糖不耐症是一種常見病症，更容易在成年時發病，而老年人發病率較高。某些種族和族裔的人士與其他人相比更易罹患乳糖不耐症，這包括非裔美國人、拉丁裔美國人、美洲原住民和亞裔美國人。北歐人後裔中的乳糖不耐症最少見。

什麼是骨質疏鬆症？

骨質疏鬆症是一種骨密度降低並且更容易出現骨折的疾病。骨質疏鬆症可導致疼痛及殘障。在美國有超過4千萬人或是已經患有骨質疏鬆症，或是因為低

骨量而有較高的風險。

患骨質疏鬆症的風險因素包括：

- 身材瘦弱、短小
- 骨質疏鬆症家族
- 已停經、特別是提早停經
- 異常的沒有月經潮(無月經)
- 長期使用某些藥物，例如治療狼瘡、哮喘、甲狀腺疾病和癲癇的藥物
- 攝入鈣不足
- 身體缺乏活動
- 吸煙
- 飲酒過量。

我們通常可以採取措施來預防骨質疏鬆症。骨質疏鬆症被稱作無症狀的疾病，原因在於如果未被及時發現，骨質會在毫無症狀的情況下不斷流失，直至多年之後出現骨折。骨質疏鬆症被稱為是一種對人體衰老後有不良影響的兒童疾病，因為在年少時形成健康骨骼有益於預防成年後發生骨質疏鬆和骨折。雖然如此，即使有的人在年齡大了以後才注意採取健康的生活方式，仍然有益於骨骼健康，可謂為時不晚。

乳糖不耐症與骨質疏鬆症的關係

患骨質疏鬆症的一個主要危險因素，是未從飲食中攝取足夠的鈣。由於乳製品是鈣的主要來源，您可能會認為有乳糖不耐症的人由於不食用乳製品，可能會有較高風險患骨質疏鬆症。但是，針對乳糖不耐症在鈣攝取及骨骼健康中的作用的研究得出的結論卻不盡相同。有些研究發現有乳糖不耐症的人出現低骨密度的風險較高，但是另一些研究則沒有發現這一結果。無論如何，有乳糖不耐症的人應當同樣遵循利於形成與保持健康骨骼的基本策略，並應當格外注意攝取足夠的鈣。

保持骨骼健康的基本策略

鈣及維他命D：含有豐富的鈣及維他命D的平衡飲食對於骨骼健康十分重要。除低脂乳製品外，鈣的良好來源還包括深綠葉菜及加鈣食品及飲料。有很多低脂及低糖食品可以作為鈣的來源。此外，鈣補充劑可幫助有乳糖不耐症的人滿足每日對鈣及其他重要營養成份的需求。美國國家科學院下設的醫學研究院建議沒超過五十歲的男性和女性應當每日攝入1,000毫克鈣，而五十歲以上的女性和七十歲以上的男性應當每日攝入1,200毫克鈣。

研究顯示，腸道可以合成少量乳糖分解酵素的人可以透過在飲食中逐漸增加乳製品的方法增加對乳糖的耐受性。通常，這些人可一次進食少量乳製品，而不至於出現不耐受乳糖的症狀。

關鍵在於，一次進食少量乳製品，從而使腸道中有足夠的乳糖分解酵素消化乳糖。當乳糖被完全消化後，就不會出現不耐受的症狀。

此外，對有乳糖不耐症的人來說，某些乳製品可能相對更容易消化。例如，熟成乾酪的乳糖含量可以比全脂牛奶少95%之多。食用含活性乳酸菌的酸奶也會減輕胃腸道症狀。另外還有各種低乳糖乳製品，包括牛奶、綠可塔乳酪及加工乳酪片。還有乳糖替代藥丸及液體可幫助消化乳製品。

維他命D在鈣吸收及骨骼健康方面起著重要的作用。富含維他命D的食品包括蛋黃、魚油、海魚、動物肝臟、加強人造奶油及早餐穀類食品。許多人可能需要額外服用維他命D補充劑，以獲取推薦的每天600國際單位的維他命D。七十歲以上的男性和女性應當每日攝入800國際單位。

運動。骨骼與肌肉一樣是活組織，運動會使骨骼與肌肉變得更加強壯。對您的骨骼最有益的活動是負重運動和阻力運動。負重運動需要您對抗重力，包括步行、爬樓梯和跳舞。阻力運動(例如舉重)也可以強化骨骼。

健康的生活方式。吸煙對骨骼、心臟及肺部都有害。吸煙的女性通常更年期會提早，從而觸發骨質流失提早。此外，吸煙的人從飲食中攝取的鈣較少。飲酒也會對骨骼健康產生負面的影響。過量飲酒的人由於營養不良以及摔跤的風險較高，更容易出現骨質流失及骨折。

骨密度檢查。骨質密度(BMD)檢查用於測量身體不同部位的骨密度。這項無痛且安全的檢查能夠在發生骨折之前發現骨質疏鬆症，並能預測未來發生骨折的機率。有乳糖不耐症的人應與醫生討論是否應接受骨密度檢查，因為這項檢查的結果有助於決定是否需要更加留意骨骼健康。

藥物。如同乳糖不耐症一樣，骨質疏鬆症無法根治。但是，有多种藥物可以預防及/或治療骨質疏鬆症，包括雙磷酸鹽類藥物；降鈣素；雌激素(荷爾蒙療法)；雌激素促進劑/拮抗劑(也稱為選擇性雌激素受體調節劑或SERM)；副甲狀腺素(PTH)類似物；副甲狀腺素相關蛋白質(PTHrP)類似物；RANK 配體(RANKL)抑制劑和組織特異性雌激素複合物(TSEC)。

Some Myths about Nutrition & Physical Activity

Article: National Institutes of Health Osteoporosis and Related Bone Diseases National Resource Center Photo: Pexels



Are you overwhelmed by daily decisions about what to eat, how much to eat, when to eat, and how much physical activity you need to be healthy? If so, don't be discouraged because you're not alone. With so many choices and decisions, it can be hard to know what to do and which information you can trust.

This information may help you make changes in your daily eating and physical activity habits so that you improve your well-being and reach or maintain a healthy weight.

Food Myths

Myth: To lose weight, you have to give up all your favorite foods.

Fact: You don't have to give up all your favorite foods when you're trying to lose weight. Small amounts of your favorite high-calorie foods may be part of your weight-loss plan. Just remember to keep track of the total calories you take in. To lose weight, you must burn more calories than you take in through food and beverages.

Tip: Limiting foods that are high in calories may help you lose weight. The Dietary Guidelines for Americans, 2020–2025 have estimated daily calorie needs based on a person's age, sex, and physical activity level.



Substituting whole grains for refined-grain products is healthier and may help you feel fuller.

Myth: Grain products such as bread, pasta, and rice are fattening. You should avoid them when trying to lose weight.

Fact: Grains themselves aren't necessarily fattening—or unhealthy—although substituting whole grains for refined-grain products is healthier and may help you feel fuller. The Dietary Guidelines for Americans, 2020–2025 recommend consuming grains as part of a healthy eating plan. At least half of the grains you eat should be whole grains. Examples of whole grains include brown rice and whole-wheat bread, cereal, and pasta. Whole grains provide iron, fiber, and other important nutrients.

Tip: Try to replace refined or white bread with whole-wheat bread and refined pasta with whole-wheat pasta. Or add whole grains to mixed dishes, such as brown instead of white rice to stir fry. Check out ChooseMyPlate for more tips to help you add whole grains to your eating plan.

Myth: Choosing foods that are gluten-free will help you eat healthier.

Fact: Gluten-free foods are not healthier if you don't have celiac disease or are not sensitive to gluten. Gluten is a protein found in wheat, barley, and rye grains. A health care professional is likely to prescribe a gluten-free eating plan to treat people who have celiac disease or are sensitive to gluten. If you don't have these health problems but avoid gluten anyway, you may not get the vitamins, fiber, and minerals you need. A gluten-free diet is not a weight-loss diet and is not intended to help you lose weight.

Tip: Before you decide to avoid a whole food group, talk with your health care professional if you believe you have problems after you consume foods or drinks with wheat, barley, or rye.



Myth: You should avoid all fats if you're trying to be healthy or lose weight.

Fact: You do not have to avoid all fats if you're trying to improve your health or lose weight. Fat provides essential nutrients and should be an important part of a healthy eating plan. But because fats have more calories per gram than protein or carbohydrates, or "carbs," you need to limit fats to avoid extra calories. If you are trying to lose weight, consider eating small amounts of food with healthy fats, such as avocados, olives, or nuts. You also could replace whole-fat cheese or milk with lower-fat versions. Read about food portions and how much food is enough for you.

Tip: The Dietary Guidelines for Americans, 2020–2025 recommend consuming less than 10 percent of your daily calories from saturated fats. Try cutting back on solid-fat foods. Use olive oil instead of butter in cooking.



Myth: Dairy products are fattening and unhealthy.

Fact: Dairy products are an important food group because they have protein your body needs to build muscles and help organs work well, and calcium to strengthen bones. Most dairy products, such as milk and some yogurts, have added vitamin D to help your body use calcium, since many Americans don't get enough of these nutrients. Dairy products made from fat-free or low-fat milk have fewer calories than dairy products made from whole milk.

Tip: Adults should have 3 servings a day of fat-free or low-fat dairy products, including milk or milk products such as yogurt and cheese, or fortified soy beverages, as part of a healthy eating plan. If you can't digest lactose, the sugar found in dairy products, choose fortified soy products, lactose-free or low-lactose dairy products, or other foods and beverages with calcium and vitamin D:

- Calcium—soy-based beverages or tofu made with calcium sulfate, canned salmon, or dark leafy greens such as collards or kale
- Vitamin D—cereals or soy-based beverages



Myth: "Going vegetarian" will help you lose weight and be healthier. Some research shows that a healthy vegetarian eating plan may be linked to lower obesity levels.

Fact: Some research shows that a healthy vegetarian eating plan, or one made up of foods that come mostly from plants, may be linked to lower levels of obesity, lower blood pressure, and a reduced risk of heart disease. But going vegetarian will only lead to weight loss if you reduce the total number of calories you take in. Some vegetarians may make food choices that could lead to weight gain, such as eating a lot of food high in sugar, fats, and calories.



Eating small amounts of lean meats can also be part of a healthy plan to lose or maintain weight. The Dietary Guidelines for Americans, 2020–2025 have more information about including meat as part of a healthy eating plan.

Tip: If you choose to follow a vegetarian eating plan, be sure you get enough of the nutrients your body needs to be healthy. Read Healthy Eating Tips for Vegetarians for more information.

Not all vegetarians are the same.

The types of vegetarian diets eaten in the United States can vary widely. For example, vegans do not consume any animal products, including milk and eggs. Lacto-ovo vegetarians eat milk and eggs along with plant foods. Some people have eating patterns that are mainly vegetarian but may include small amounts of meat, poultry, or seafood. Speak with a registered dietitian or health care professional if you are concerned about whether your eating plan is providing all of the nutrients you need.

Physical Activity Myths

Myth: Physical activity only counts if you do it for long periods of time.

Fact: You don't need to be active for long periods to get the amount of regular physical activity recommended in the Physical Activity Guidelines for Americans, 2nd edition which is at least 150 minutes, or 2 hours and 30 minutes, of moderate-intensity physical activity each week. An example of moderate-intensity activity is brisk walking. You can spread these sessions out over the week and even do short, 10-minute spurts of activity 3 times a day on 5 or more days a week.

Tip: Find ways to build short bursts of physical activity into your day. While at work, take a 10-minute walking break or have a "walking," rather than a "sitting" meeting, if work and schedule permit. Use stairs instead of an elevator or escalator. Get off the bus one stop early. Meet a friend for a walk, instead of a meal.

Myth: Lifting weights is not a good way to improve your health or lose weight because it will make you "bulk up." Do muscle-strengthening activities at least twice a week.

Fact: Lifting weights or doing other activities 2 or 3 days a week that may help you build strong muscles, such as push-ups and some types of yoga, will not bulk you up. Only intense strength training, along with certain genes, can build large muscles. Like other kinds of physical activity, muscle-strengthening activities will help improve your health and also may help you control your weight by increasing the amount of energy-burning muscle.

Tip: Using large rubber bands, or resistance bands, or doing sit-ups or household or yard chores that make you lift or dig, may help you build strong muscles.

Don't just sit there!

Americans spend a lot of time sitting: at desks, in cars, and in front of computers, TVs, and other electronic gadgets. Break up your sitting time by getting up and moving around, even if it's for only 10 minutes at a time. Those minutes will add up over days and weeks.



關於營養和體力運動的一些誤區

資源：國家衛生院骨骼疏鬆症及相關骨骼疾病國家資源中心 圖：Pexels 翻譯：Asuka Li

您是否有因為每天要決定吃什麼、吃多少、何時吃，以及需要多少的體力運動來維持健康而感到不知所措？如果是，請不要灰心。因為您並不是一個人。面對如此多的選擇和抉擇；應很難知道該怎麼做以及可以相信哪些信息。

以下這些信息或許會幫助到您改變您的日常飲食以及運動習慣，從而改善您的健康狀並達到或維持一個健康的體重。



食物的誤區

誤區：減重，您必須放棄您愛吃的飲食。

事實：當減重時，您不必放棄您所有愛吃的飲食。少量攝取您喜歡但高熱量的食物可以是您計劃的一部分，只要您記得要記錄下攝入的總熱量。想要減重的話，您燃燒的熱量必須是多過於食物和飲料攝取的熱量。

小提示：減少高熱量的食物可有助於您減重。2020-2025年的美國人膳食指南根據一個人的年齡、性別和運動水平估計出了每日的卡路里需求。（可通過外部鏈接查詢）



用全穀物代替精製穀物產品更健康，並可幫助達到飽腹感。

誤區：麵包、意大利面和大米等穀物產品會發胖。減重時，應該避免它們。

事實：穀物本身不一定會使人發胖或是不健康的。但使用全穀物代替精製穀物食品更為健康，還可能會讓您更有飽腹感。《2020-2025年美國人膳食指南》建議用穀物來作為健康飲食計劃的一部分。您進食的穀物中至少有一半應是全穀物。全穀物包括糙米和全麥麵包、麥片和麵食。全穀物提供鐵、纖維和其他重要的營養素。

小提示：嘗試用全麥麵包代替精製麵包或白麵包，用全麥麵食代替精製麵食。或在菜餚中加入全穀物，例如炒飯時使用糙米飯代替白米飯。查詢ChooseMyPlate網頁了解更多幫助您在飲食計劃中加入一些全穀物。

誤區：選擇無穀質的食物可幫助您吃得更加健康。

事實：如果您沒有乳糜瀉或沒有對穀質敏感，則無穀質食品並不會更健康。穀質是一種存在於小麥、大麥和黑麥穀物中的蛋白質。醫生可能會開出無穀質飲食計劃來幫助治療患有乳糜瀉或對穀質敏感的病人。如果您沒有這健康問題但還是要避免食用穀質食品，您可能無法獲得所需的維生素、纖維和礦物質。無穀質飲食不是一種減肥的飲食方式，也不是為了幫助您減重。

小提示：如果您認為在食用含有小麥、大麥或黑麥的食物或飲料後身體有所不適，在決定避免進食整個食物組之前請先與您的醫生討論。

誤區：如果您想維持健康或減重，您應該避免全部的脂肪。

事實：如果您嘗試改善您的健康或減肥，您不必避免全部的脂肪。脂肪提供了必要的營養物質，應是健康飲食計劃重要的部分。但由於脂肪每克的熱量比蛋白質或碳水化合物高，您需限制脂肪以避免攝取多餘的熱量。如果您想減重，考慮吃少量含有健康脂肪的食物，如牛油果、橄欖或堅果。您也可以用低脂奶酪或牛奶代替全脂奶酪或牛奶。

小提示：《2020-2025年美國人膳食指南》建議每天從飽和脂肪中攝取的熱量少於10%。嘗試減少固體脂肪的食物。烹飪時使用橄欖油代替黃油。

Creating Possible



For more than 30 years, Gilead has created breakthroughs once thought impossible for people living with life-threatening diseases. We are a leading biopharmaceutical company with a pioneering portfolio and ever-expanding pipeline of investigational medicines.

Our commitment goes well beyond science. We innovate with the goal of eliminating barriers and providing access to healthcare for people who need it most.

For more information, please visit www.gilead.com.

Gilead proudly supports CCACO and ECAP and their commitment to healthcare education within the Chinese community.

© 2021 Gilead Sciences Inc.

誤區：乳製品會發胖且不健康。

事實：乳製品是重要的食物種類因它們含有人體所需的蛋白質來幫助增強肌肉和幫助器官正常工作和鈣來增強骨骼。大多數乳製品，如牛奶和一些酸奶都添加了維生素D來幫助您的身體利用鈣因許多人沒能足夠的攝取這些營養。無脂或低脂牛奶製成的乳製品比全脂牛奶製成的乳製品含有更少的熱量。

小提示：作為健康飲食計劃的一部分，成年人每天應攝取3份無脂或低脂乳製品包括牛奶或牛奶製品，如酸奶和奶酪，或大豆飲料。如果您不能消化乳糖（即乳製品中的糖分），可選擇豆製品、無乳糖或低乳糖的乳製品，或其他含有鈣和維生素D的食品和飲料。

- 含鈣的大豆飲料或用硫酸鈣製作的豆腐、罐頭三文魚或深色綠葉蔬菜，如高麗菜或甘藍
- 維生素D - 穀類或豆類飲料

誤區：吃素會幫助您減重和變得更加健康。

事實：一些研究表明健康的素食計劃或主要是植物食材組成的飲食計劃可能與肥胖水平較低、降低血壓和心臟疾病風險的降低有所關聯。但只有當您減少攝入的總熱量時，吃素才會導致體重的下降。一些素食者可能做出可能導致體重增加的食物選擇，如吃大量高糖、高脂肪和高熱量的食物。

吃少量的瘦肉也可以是減肥或維持體重健康計劃的一部分。《2020-2025年美國人膳食指南》裡有更多關於將肉類作為健康飲食計劃一部分的信息。

小提示：如果您選擇遵循素食計劃，務必確保您能獲得身體所需的營養物質。請閱讀《素食者的健康飲食提示》網頁了解更多信息。

並非所有的素食者都是一樣的。

在美國，素食者的飲食類型也大有不同。例如，純素食主義者不食用任何動物成分的食物，包括牛奶和雞蛋。蛋奶素食者會吃牛奶和雞蛋的同時也吃植物性食物。也有些人的飲食模式主要是素食，但可能包括少量的肉類、家禽或海鮮。如果您擔心您的飲食計劃是否提供了您所需的營養素，請與營養師或醫生進行討論。



體力運動的誤區

誤區：體力運動只有在您長時間進行時才算有用。

事實：您不需要長時間運動來達到第二版的《美國人身體活動指南》裡所建議的正常運動，即每周至少有150分鐘或2小時30分鐘的中強度運動。中強度的運動包括快走。您可在一周裡分散進行，甚至可在一周內的5天或更多天裡每天分3次進行每次10分鐘的短時間運動。

小提示：想辦法在您的一天中設下短時間的運動。工作時如若時間允許的話；可小休步行10分鐘或者開一個可步行的會議，而不是坐著的會議。使用樓梯而不是電梯或自動扶梯。提前一站下公交車。與其約朋友一起吃飯，不如約他們一起散步。

誤區：舉重不是改善健康或減肥的好方法，因為它會使您變胖。每周至少做兩次加強肌肉的運動。

事實：舉重或每周兩到三天做其他一些可能幫助您建立強大肌肉的運動，如俯臥撐和某些瑜伽並不會使您變胖。只有高強度的力量訓練再加上某些基因因素才能形成大塊的肌肉。像其他種類的運動一樣，加強肌肉運動將有助於改善您的健康，也有可能通過增加燃燒能量的肌肉數量幫助您控制體重。

小提示：使用大的橡皮筋或阻力帶或做仰臥起坐，或一些家務是需您提起或挖都有可能有助於您建立強大的肌肉。

不要只是坐著

人們花很多時間坐在辦公桌前，在車裡，在電腦、電視和其他電子工具前。通過站起來走動來打破您坐著的時間，即使每次只有10分鐘；這都會在幾天和幾周以後會累積成多。

Advance Care Planning: Healthcare Directives



Article: National Institute on Aging

Photo: Pexels

Advance care planning is not just about old age. At any age, a medical crisis could leave you too ill to make your own healthcare decisions. Even if you are not sick now, planning for health care in the future is an important step toward making sure you get the medical care you would want, if you are unable to speak for yourself and doctors and family members are making the decisions for you. Older person's hand writing down health care directives

Many Americans face questions about medical treatment but may not be capable of making those decisions, for example, in an emergency or at the end of life. This article will explain the types of decisions that may need to be made in such cases and questions you can think about now so you're prepared later. It can help you think about who you would want to make decisions for you if you can't make them yourself. It will also discuss ways you can share your wishes with others. Knowing who you want to make decisions on your behalf and how you would decide might take some of the burden off family and friends.

What Is Advance Care Planning?

Advance care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know—both your family and your healthcare providers—about your preferences. These preferences are often put into an advance directive, a legal document that goes into

effect only if you are incapacitated and unable to speak for yourself. This could be the result of disease or severe injury—no matter how old you are. It helps others know what type of medical care you want.

An advance directive also allows you to express your values and desires related to end-of-life care. You might think of it as a living document—one that you can adjust as your situation changes because of new information or a change in your health.

Decisions That Could Come Up

Sometimes decisions must be made about the use of emergency treatments to keep you alive. Doctors can use several artificial or mechanical ways to try to do this. Decisions that might come up at this time relate to:

- CPR (cardiopulmonary resuscitation)
- Ventilator use
- Artificial nutrition (tube feeding) and artificial hydration (IV, or intravenous, fluids)
- Comfort care

CPR. Cardiopulmonary resuscitation might restore your heartbeat if your heart stops or is in a life-threatening abnormal rhythm. It involves repeatedly pushing on the chest with force, while putting air into the lungs. This force has to be quite strong, and sometimes ribs are broken or a

lung collapses. Electric shocks, known as defibrillation, and medicines might also be used as part of the process. The heart of a young, otherwise healthy person might resume beating normally after CPR. Often, CPR does not succeed in older adults who have multiple chronic illnesses or who are already frail.

Ventilator use. Ventilators are machines that help you breathe. A tube connected to the ventilator is put through the throat into the trachea (windpipe) so the machine can force air into the lungs. Putting the tube down the throat is called intubation. Because the tube is uncomfortable, medicines are often used to keep you sedated while on a ventilator. If you are expected to remain on a ventilator for a long time, a doctor may perform a tracheotomy or “trach” (rhymes with “make”). During this bedside surgery, the tube is inserted directly into the trachea through a hole in the neck. For long-term help with breathing, a trach is more comfortable, and sedation is not needed. People using such a breathing tube are not able to speak without special help because exhaled air does not go past their vocal cords.

Artificial nutrition and hydration. If you are not able to eat, you may be fed through a feeding tube that is threaded through the nose down to your stomach. If tube feeding is still needed for an extended period, a feeding tube may be surgically inserted directly into your stomach. Hand feeding (sometimes called assisted oral feeding) is an alternative to tube feeding. This approach may have fewer risks, especially for people with dementia.

If you are not able to drink, you may be provided with IV fluids. These are delivered through a thin plastic tube inserted into a vein.

Artificial nutrition and hydration can be helpful if you are recovering from an illness. However, studies have shown that artificial nutrition toward the end of life does not meaningfully prolong life. Artificial nutrition and hydration may also be harmful if the dying body cannot use the nutrition properly.

Comfort care. Comfort care is anything that can be done to soothe you and relieve suffering while staying in line with your wishes. Comfort care includes managing shortness of breath; limiting medical testing; providing spiritual and emotional counseling; and giving medication for pain, anxiety, nausea, or constipation.

Getting Started

Start by thinking about what kind of treatment you do or do not want in a medical emergency. It might help to talk with your doctor about how your current health conditions might influence your health in the future. For example, what decisions would you or your family face if your high blood pressure leads to a stroke? You can ask your doctor to help you understand and think through your choices before you put them in writing. Medicare or private health insurance may cover advance care planning discussions with your doctor.

If you don't have any medical issues now, your family medical history might be a clue to help you think about the future. Talk with your doctor about decisions that might

come up if you develop health problems similar to those of other family members.

In considering treatment decisions, your personal values are key. Is your main desire to have the most days of life? Or, would your focus be on quality of life, as you see it? What if an illness leaves you paralyzed or in a permanent coma and you need to be on a ventilator? Would you want that?

What makes life meaningful to you? If your heart stops or you have trouble breathing, would you want to undergo life-saving measures if it meant that, in the future, you could be well enough to spend time with your family? Would you be content if the emergency leaves you simply able to spend your days listening to books on tape or gazing out the window?

But, there are many other scenarios. Here are a few. What would you decide?

- If a stroke leaves you unable to move and then your heart stops, would you want CPR? What if you were also mentally impaired by a stroke—does your decision change?
- What if you are in pain at the end of life? Do you want medication to treat the pain, even if it will make you more drowsy and lethargic?
- What if you are permanently unconscious and then develop pneumonia? Would you want antibiotics and to be placed on a ventilator?

For some people, staying alive as long as medically possible, or long enough to see an important event like a grandchild's wedding, is the most important thing. An advance directive can help to make that possible. Others have a clear idea about when they would no longer want to prolong their life. An advance directive can help with that, too.

Your decisions about how to handle any of these situations could be different at age 40 than at age 85. Or, they could be different if you have an incurable condition as opposed to being generally healthy. An advance directive allows you to provide instructions for these types of situations and then to change the instructions as you get older or if your viewpoint changes.

Making Your Wishes Known

There are two main elements in an advance directive—a living will and a durable power of attorney for health care. There are also other documents that can supplement your advance directive. You can choose which documents to create, depending on how you want decisions to be made. These documents include:

- Living will
- Durable power of attorney for health care
- Other advance care planning documents

Living will. A living will is a written document that helps you tell doctors how you want to be treated if you are dying or permanently unconscious and cannot make your own decisions about emergency treatment. In a living will, you can say which of the procedures described in the Decisions That Could Come Up section you would want, which ones you wouldn't want, and under which conditions each of your choices applies.

Durable power of attorney for health care. A durable power of attorney for health care is a legal document naming a healthcare proxy, someone to make medical decisions for you at times when you are unable to do so. Your proxy, also known as a representative, surrogate, or agent, should be familiar with your values and wishes. This means that he or she will be able to decide as you would when treatment decisions need to be made. A proxy can be chosen in addition to or instead of a living will. Having a healthcare proxy helps you plan for situations that cannot be foreseen, like a serious auto accident.

Some people are reluctant to put specific health decisions in writing. For them, naming a healthcare agent might be a good approach, especially if there is someone they feel comfortable talking with about their values and preferences. A named proxy can evaluate each situation or treatment option independently.

Other advance care planning documents. You might also want to prepare documents to express your wishes about a single medical issue or something not already covered in your advance directive. A living will usually covers only the specific life-sustaining treatments discussed earlier. You might want to give your healthcare proxy specific instructions about other issues, such as blood transfusion or kidney dialysis. This is especially important if your doctor suggests that, given your health condition, such treatments might be needed in the future.

Medical issues that might arise at the end of life include:

- DNR orders
- Organ and tissue donation
- POLST and MOLST forms

A **DNR (do not resuscitate) order** tells medical staff in a hospital or nursing facility that you do not want them to try to return your heart to a normal rhythm if it stops or is beating unsustainably using CPR or other life-support measures. Sometimes this document is referred to as a DNAR (do not attempt resuscitation) or an AND (allow natural death) order. Even though a living will might say CPR is not wanted, it is helpful to have a DNR order as part of your medical file if you go to a hospital. Posting a DNR next to your bed might avoid confusion in an emergency situation. Without a DNR order, medical staff will make every effort to restore your breathing and the normal rhythm of your heart.

A similar document, called a **DNI (do not intubate) order**, tells medical staff in a hospital or nursing facility that you do not want to be put on a breathing machine. A **non-hospital DNR order** will alert emergency medical personnel to your wishes regarding measures to restore your heartbeat or breathing if you are not in the hospital.

Organ and tissue donation allows organs or body parts from a generally healthy person who has died to be transplanted into people who need them. Commonly, the heart, lungs, pancreas, kidneys, corneas, liver, and skin are donated. There is no age limit for organ and tissue donation. You can carry a donation card in your wallet. Some states allow you to add this decision to your driver's license. Some people also include organ donation in their advance care

planning documents.

At the time of death, family members may be asked about organ donation. If those close to you, especially your proxy, know how you feel about organ donation, they will be ready to respond. There is no cost to the donor's family for this gift of life. If the person has requested a DNR order but wants to donate organs, he or she might have to indicate that the desire to donate supersedes the DNR. That is because it might be necessary to use machines to keep the heart beating until the medical staff is ready to remove the donated organs.

POLST and MOLST forms provide guidance about your medical care preferences in the form of a doctor's orders. Typically you create a POLST (Physician Orders for Life-Sustaining Treatment) or MOLST (Medical Orders for Life-Sustaining Treatment) when you are near the end of life or critically ill and know the specific decisions that might need to be made on your behalf. These forms serve as a medical order in addition to your advance directive. They make it possible for you to provide guidance that healthcare professionals can act on immediately in an emergency.

A number of states use POLST and MOLST forms, which are filled out by your doctor or sometimes by a nurse practitioner or physician's assistant. The doctor fills out a POLST or MOLST after discussing your wishes with you and your family. Once signed by your doctor, this form has the same authority as any other medical order. Check with your state department of health to find out if these forms are available where you live.

Selecting Your Healthcare Proxy

If you decide to choose a proxy, think about people you know who share your views and values about life and medical decisions. Your proxy might be a family member, a friend, your lawyer, or someone in your social or spiritual community. It's a good idea to also name an alternate proxy. It is especially important to have a detailed living will if you choose not to name a proxy.

You can decide how much authority your proxy has over your medical care—whether he or she is entitled to make a wide range of decisions or only a few specific ones. Try not to include guidelines that make it impossible for the proxy to fulfill his or her duties. For example, it's probably not unusual for someone to say in conversation, “I don't want to go to a nursing home,” but think carefully about whether you want a restriction like that in your advance directive. Sometimes, for financial or medical reasons, that may be the best choice for you.

Of course, check with those you choose as your healthcare proxy and alternate before you name them officially. Make sure they are comfortable with this responsibility.

Making It Official

Once you have talked with your doctor and have an idea of the types of decisions that could come up in the future and whom you would like as a proxy, if you want one at all, the next step is to fill out the legal forms detailing your wishes. A lawyer can help but is not required. If you decide to use a

lawyer, don't depend on him or her to help you understand different medical treatments. Start the planning process by talking with your doctor.

Many states have their own advance directive forms. Your local Area Agency on Aging can help you locate the right forms. You can find your area agency phone number by calling the Eldercare Locator toll-free at 1-800-677-1116 or by visiting <https://eldercare.acl.gov>.

Some states require your advance directive to be witnessed; a few require your signature to be notarized. A notary is a person licensed by the state to witness signatures. You might find a notary at your bank, post office, or local library, or call your insurance agent. Some notaries charge a fee.

Some states have registries that can store your advance directive for quick access by healthcare providers, your proxy, and anyone else to whom you have given permission. Private firms also will store your advance directive. There may be a fee for storing your form in a registry. If you store your advance directive in a registry and later make changes, you must replace the original with the updated version in the registry.

Some people spend a lot of time in more than one state—for example, visiting children and grandchildren. If that's your situation, consider preparing an advance directive using forms for each state—and keep a copy in each place, too.

After You Set Up Your Advance Directive

Give copies of your advance directive to your healthcare proxy and alternate proxy. Give your doctor a copy for your medical records. Tell close family members and friends where you keep a copy. If you have to go to the hospital,

give staff there a copy to include in your records. Because you might change your advance directive in the future, it's a good idea to keep track of who receives a copy.

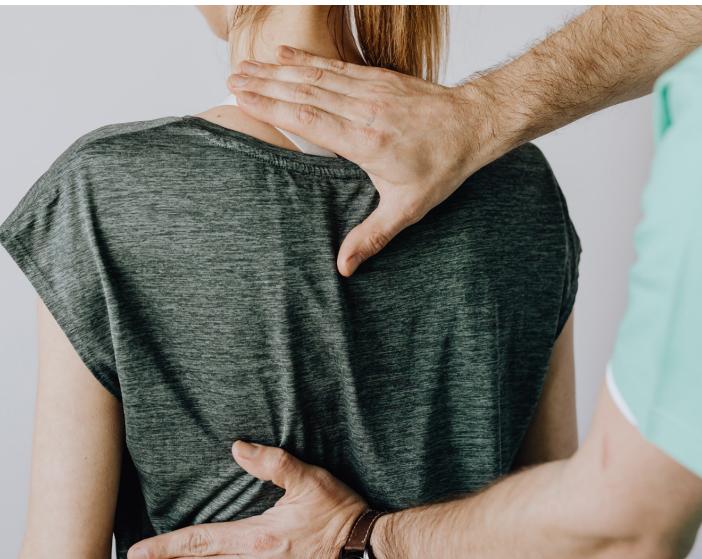
Review your advance care planning decisions from time to time—for example, every 10 years, if not more often. You might want to revise your preferences for care if your situation or your health changes. Or, you might want to make adjustments if you receive a serious diagnosis; if you get married, separated, or divorced; if your spouse dies; or if something happens to your proxy or alternate. If your preferences change, you will want to make sure your doctor, proxy, and family know about them.

Be Prepared

What happens if you have no advance directive or have made no plans and you become unable to speak for yourself? In such cases, the state where you live will assign someone to make medical decisions on your behalf. This will probably be your spouse, your parents if they are available, or your children if they are adults. If you have no family members, the state will choose someone to represent your best interests.

Always remember: an advance directive is only used if you are in danger of dying and need certain emergency or special measures to keep you alive, but you are not able to make those decisions on your own. An advance directive allows you to make your wishes about medical treatment known.

It is difficult to predict the future with certainty. You may never face a medical situation where you are unable to speak for yourself and make your wishes known. But having an advance directive may give you and those close to you some peace of mind.



Address 診所地址: 41 Elizabeth St, Room 203 New York, NY 10013
Phone 電話: (212)334-9591, (212) 334-9592
Fax 傳真: (212)334-9598

Rheumatology 類風濕關節專科 | Accepting New Patients 接受新病人 | Mount Sinai Beth Israel Medical Center Attending Physician 貝斯以色列醫院主治醫師

張雅儒
西醫
Ya Ju Chang, M.D. FACP, FACR



預先制定醫療護理指示

資源：國家老化研究所 圖：Pexels 翻譯：Asuka Li

制定預先護理計劃不是一件只能在晚年才可以做的事。在任何年齡，都有可能產生健康危機會使您無法自行做決定。即使您現在沒有任何疾病，但未來在您無法表達意願以及需醫生和家人幫您做決定的情況下，預先指示是可確保您獲得適當醫療服務的關鍵。

許多人會在緊急情況下或臨終前面臨與治療相關的疑問却無法自行做決定。這篇文章會解釋在這種情況下需要做的決定和您現在可以開始考慮的問題。閱讀本文，您會清楚如何選擇在您無法做決定時幫您做決定的人，以及如何把您的意願分享給別人。提前了解誰能代表您及如何做決定可減輕家人和朋友的負擔。

什麼是預先護理計劃？

制定預先護理計劃的過程包括掌握不同類型的決定，提前做考慮以及讓其他人—包括您的家人和醫療保健提供者—了解您的偏好。這些偏好會被寫進預先指示中，這是一份只有當您喪失正常生活能力且無法表達自己意願時才生效的法律文件。這種情況可能由疾病或嚴重受傷造成，在任何年齡段都有可能發生。這份文件可幫助他人知道您想要什麼樣的醫療保健。

在預先指示中，您還能表達與臨終前的護理願望。這份文件具備靈活性，當您的狀況因新的資訊或健康狀況發生變化時可對其進行調整和修改。

可能會面臨到的決定

有時必須決定如何使用緊急治療來維持生命。醫生可以嘗試使用人工或醫療機械的方式。此時的選擇有：

- 心肺復蘇術：如果您的心臟跳動停止或處於危及生命的

異常節律，心肺復蘇術可以通過反復地用力推動胸部同時將空氣注入肺部來恢復心跳。這過程需非常用力，有時肋骨會斷裂或肺部會塌陷。電擊（稱為除顫）和藥物也可能被用作該過程的一部分。原本健康的年輕人的心臟可能會在心肺復蘇後恢復跳動，但在患有多種慢性疾病或身體已經虛弱的老年人身上可能不會成功。

- 呼吸機：呼吸機，顧名思義，是幫助您呼吸的機器，它通過連接到呼吸機的管子放入喉嚨（稱為插管）迫使空氣進入肺部。因為放入管子會感到不舒適，通常會同時使用藥物讓您保持鎮靜。如果您需要長時間依靠呼吸機，醫生可能會進行氣管切開術。手術中，醫生會把管子通過頸部插入氣管。如果需要長期的呼吸幫助，氣管切開術會更舒適，也不需服用鎮靜劑。因為呼出的空氣不能透過聲帶出來，使用這種呼吸管的人無法說話，除非使用特殊幫助。

- 人工營養（管飼）和人工水合（靜脈注射）：如果您無法進食，您可通過一根經鼻腔的管子進入胃部來進食。如果需要長時間的管飼，可通過手術將餵食管插入胃內。人工餵食（有時稱為輔助口服餵養）是替代餵食管的另一種選擇。這種方法風險可能更低，尤其對癡呆症患者。

如果您無法喝水，您可能需要靜脈輸液。這是通過插入靜脈的細塑料管而輸送的。

如果您身體在恢復中，人工營養和人工水合是有幫助的。但是研究表明人工營養並不能有效地延長壽命。如果身體不能正確地利用營養，人工營養和人工水合作用也可能是有害的。

- 護理：舒適的護理是做任何可幫助您舒緩和減輕痛苦同

時也滿足您的願望的事，這包括緩解急促呼吸，限制醫療測驗，提供精神和情感輔導，以及提供治療疼痛、焦慮、惡心或便祕的藥物。

開始制定計劃

首先考慮一下在醫療緊急情況下您想要和不想要的治療。和您的醫生談談您目前的健康狀況會如何影響未來的健康，這對您有所幫助。例如，如果您的高血壓導致中風，您或您的家人會面臨什麼樣的決定？醫生可以幫助您理解和思考您的選擇。政府醫療保險或私人健康保險可能包括提前與醫生討論護理計劃。

如您現在沒有任何疾病，追蹤家庭病史可幫助您規劃未來。如果您和家庭成員有相似的健康問題，和醫生談談您未來可能需要做的抉擇。

個人價值觀是在考慮治療方式時的關鍵。您最終的願望是在世上擁有更多時日嗎？還是您更註重生活質量？如果您因某種疾病而癱瘓或陷入永久性昏迷且需要使用呼吸機，這是您想要的嗎？

對您來說，生命的意義是什麼？如果您的心臟停止跳動或呼吸困難，您是否會為了未來能繼續與家人相伴而採取挽救生命的措施？如果這種緊急健康狀況導致您以後只能聽書或盯著窗外看，您會感到開心嗎？

還有很多其他的情況。以下幾種情況，您會怎麼決定？

- 如果中風導致無法動彈，心臟停止跳動，您想要心肺復蘇嗎？如果中風還導致大腦受損，您的決定會改變嗎？
- 如果您在生命的盡頭感到痛苦，您想用藥物來緩解疼痛，即使藥物會使您昏昏欲睡？
- 如果您永久昏迷且患上肺炎怎麼辦？您會想要使用抗生素和呼吸機嗎？

對一些人來說，盡可能久地活著看到孫輩成家才是最重要的事，預先指示可以幫助實現這目標。有些人也清楚他們什麼時候不想再延長生命，預先指示也能做到這一點。

您對預先指示的想法在40歲的時候可能會跟您在85歲時的想法不一樣，您在身體健康的時候的想法也可能跟您在患有不可治疾病的的想法完全不一樣。預先指示可以讓您為這些不同類型的情況提供解決方法。隨著年齡的增長或您的觀點變化時，您可對預先指示再做更改。

讓別人知道您的意願

預先指示中有兩個主要元素—生前遺囑和醫療護理永久授權書。還有其他文件可以做補充。取決於您希望做的決定，您可以選擇創建哪些文檔。這些文件包括：

- 生前遺囑：生前遺囑是一份書面文件，可以幫助醫生了解您在即將離世或永久失去知覺並且無法自行決定的情況

下，您希望如何接受緊急治療。在生前遺囑中有一欄“可能需要做的決定”，您可以寫下您想要和不想要的醫療程序，以及適用的情況。

• 醫療護理永久授權書：醫療護理永久授權書是一份用來命名醫療保健代理人法律文件，醫療保健代理人可在您無法做決定的時候為您做出醫療決定。您的代理人，也稱為代表，應該熟悉您的價值觀和願望，這樣才能最好地為您在需要時做出決定。您可以同時有生前遺囑和代理人，或者用代理人代替生前遺囑。有一個代理人可以幫助您規劃無法預見的情況，例如嚴重的車禍。

有些人不願意以書面形式提出具體的決策方案。對於這些人來說，指定一個醫療代理可能是一個不錯的方法，特別是如果有一個能分享自己的價值觀和偏好的人。一個指定的代理可以獨立地評估不同情況或方案。

• 其他預先護理計劃文件：您可能還需要準備可以表達您對單個醫療問題或預先醫療指示未涵蓋的內容的文件。生前遺囑通常只包括前面討論過的維持生命的特定治療，您可能需要給您的醫療代理提供對於其他特定問題的指示，如輸血或腎透析。如果醫生建議將來您可能需要這樣的治療，這種文件就會有幫助。

生命結束時可能出現的醫療問題包括：

• 不做心肺復蘇（DNR）指令：DNR（不復蘇）指令可以告訴醫院員工或護理人員，在您心臟停止跳動或無法持續地跳動的情況下，您不希望他們試圖用心肺復蘇術讓您的心跳恢復正常節律。有時這個文件被稱為DNAR（不要試圖復蘇）或AND（允許自然死亡）指令。盡管您可能已經在生前遺囑中說明不想要心肺復蘇，但如果去醫院，DNR指令作為醫療文件的一部分仍然是有幫助的。在床邊貼一張不復蘇指令可以避免在緊急情況下引起混亂。沒有不復蘇指令，醫務人員將盡一切努力恢復您的呼吸和心臟的正常節律。

還有一個類似的文件稱為DNI（不插管）指令，是告訴醫院或護理機構的醫務人員，您不希望使用呼吸機。如您不在醫院，一張非醫院不復蘇指令可以告訴緊急醫療人員您不希望採取措施恢復您的心跳或呼吸。

• 器官和組織捐贈：器官和組織捐贈允許將已離世的健康捐贈者的器官或身體部位移植到需要它們的人身上。這些器官或組織通常是心臟，肺，胰腺，腎臟，角膜，肝臟和皮膚。器官和組織捐贈沒有年齡限制。您可以隨身攜帶捐款卡。某些州允許您將此決定添加到駕駛執照中。有些人還在其預先護理計劃文件中包括器官捐贈。

在離世時，家屬可能會被問及關於器官捐贈。如果您身邊的人尤其是代理人知道您對器官捐贈的想法，他們並知道

如何回應。捐贈者家屬無需付額外費用。如果已經申請了DNR（不復蘇）指令但想要捐獻器官，他或她可能必須表明是否用捐獻的意願取代不復蘇指令，因為在醫務人員準備好摘除需捐贈的器官之前，可能必要使用機器來保持心臟跳動。

• 維持證明治療的醫生指令和維持生命治療醫療指令表格：POLST（維持生命治療的醫生指令）或MOLST（維持生命治療的醫療指令）是通過醫生的指示來表達您的醫療護理偏好。當您接近生命終點或病危並且明確知道一些未來可能需要做的具體決定時，您會創建一個POLST（維持生命治療的醫生指令）或MOLST（維持生命治療的醫療指令）。這些表格除了作為您的預先指示之外，還可以作為醫療命令使用。它們能作為醫療保健專業人員在緊急情況下立即採取行動的指導。

許多州都采用POLST和MOLST表格，這些表格一般由醫生填寫，有時由執業護士或醫生助理填寫。醫生會在與您和您的家人討論您的意願後填寫這些表格。一旦您的醫生簽署，該表格與任何其他醫療指示具有相同的權限。請諮詢您所在州的健康部門，了解這些表格是否適用於您居住的地方。

選擇醫療保健代理

如果您決定選擇一個代理人，想想您認識的人中誰的觀點和價值觀的生活和醫療決定。您的代理人可能是您的家庭成員，朋友，律師，或者您在社會或精神團體中的某個人。還可以選擇替代代理人。如果您不指定代理人，那麼擁有一份詳細的生前遺囑尤為重要。

您可以決定代理人對您的醫療護理持多大的決定權：他或她是否有權做出寬泛的決定還是只能做具體的。盡量不要包含使代理人無法履行其職責的指導方針。例如，有人在談話中說“我不想去養老院”，這可能並不少見，但仔細考慮一下您是否希望在預先指示中有這樣的限制。有時出於經濟或醫療原因，去養老院可能是您的最佳選擇。當然，在選擇代理人和替代代理人之前，最好先與他們交流以確保他們也同意。

使其正式化

一旦您和您的醫生談過，並且對未來可能出現的決定類型和您想讓誰來做代理人有了一個概念，下一步就是填寫詳細說明您意願的法律表格。律師會協助，但不是必須的。如果您決定請律師，不要依賴他或她來幫助您了解不同的醫療方法。從和您的醫生交談開始計劃過程。

許多州都有自己的預先指示表，您當地的老齡機構可以幫助您找到正確的表格。您可以通過撥打免費電話1-800-677-1116或訪問<https://eldercare.adl.gov>找到您所在地區的代理電話號碼。

有些州要求公證您的預先指示，有些需要您的簽名公證。公證人是由國家許可、證明簽名的人。您可以在銀行，郵局或當地圖書館找到公證人，或致電您的保險代理人。一些公證人收取費用。

有些州有註冊中心保存您的預先指示，以便醫療保健提供者、您的代理和您已授予權限的人事翻看此檔案。私人公司也會保存您的預先指示。將您的表單存儲在註冊中心可能要收費。如果您將預先指示存儲在註冊表中，然後稍後進行更改，則必須將原先指令替換為更新版本。

有些人可能經常在不同州看望孩子和孫子孫女。如果這是您的情況，考慮在每個州準備一個使用表單的預先指示，並在每個地方都保存一份。

在您制定預先指示之後

將預先指示的副本交給醫療代理和備用代理。給您的醫生一份病歷。告訴您親密的家人和朋友您把它放在哪裏。如果您必須去醫院，給那裏的工作人員一份複印件，以便記錄在案。因為您可能在將來更改您的預指令，請確保您知道誰有收到了一份副本。

最好不時檢查您的預先護理計劃決策，比如每10年一次或者更頻繁。如果您的情況或您的健康狀況發生變化，您可能需要修改您的護理偏好。或者，如果您收到嚴重的診斷，您可能想要進行調整；如果您結婚，分居或離婚；如果您的配偶去世；又或者如果代理或替代發生了什麼事情。如果您的偏好改變了，您會想要確保您的醫生、代理人和家人知道這些。

做好準備

如果您沒有預先指示或沒有製定計劃並且您無法為自己說話，怎麼辦？在這種情況下，您居住的州將指派某人代表您做出醫療決定。這可能是您的配偶，父母，或者孩子，如果他們已成年。如果您沒有家庭成員，國家會選擇代表您最大利益的人。

請記住：只有在您面臨死亡的危機和需緊急措施以讓您繼續存活著，且無法自行做出這些決定的情況下才能使用預先醫療指示。一個預先的指示可以讓他人了解您所希望的治療方式。

未來很難預測，您可能永遠不會面臨這樣一種醫療狀況：無法為自己說話，無法表達自己的願望。但是有預先指示的情況下可能會讓您和您身邊的人都安心。

醫生名錄

DOCTOR DIRECTORY

37	Acupuncture
37	Allergy/Immunology
37	Anesthesiology
37	Audiology
37	Cardiovascular Disease
38	Corneal Disease
38	Cosmetic Medicine
38	Dermatology
38	Dentistry
38	Electrodiagnostic Medicine
39	Endocrinology
39	Family Medicine
40	Gastroenterology
41	General Surgery
41	Geriatric Medicine
41	Geriatric Psychiatry
41	Hand Surgery
41	Hematology and Oncology
42	Hepatology
42	Internal Medicine
47	Interventional Cardiology
48	Maternal & Fetal Medicine
48	Nephrology
48	Neurology
48	Nuclear Cardiology
48	Nuclear Medicine
49	Obstetrics/Gynecology
49	Occupational Therapy
49	Ophthalmology
50	Orthopedic Surgery
50	Otolaryngology
50	Pain Medicine
51	Pediatrics
51	Pediatrics Neurology
51	Physical Medicine & Rehabilitation
52	Physical Therapy
53	Plastic Surgery
53	Podiatry
54	Psychiatry
54	Psychiatry & Neurology
54	Pulmonology
54	Radiation Oncology
54	Radiology
55	Rheumatology
55	Sports Medicine
55	Urogynecology
55	Urology
55	Vascular Surgery
37	針灸科
37	過敏免疫科
37	麻醉科
37	聽力學
37	心血管科
38	眼角膜科
38	美容醫學科
38	皮膚科
38	牙科專科
38	電診斷醫學
39	內分泌科
39	家庭醫學科
40	腸胃科
41	普通外科
41	老年醫學科
41	老年精神醫學科
41	手外科
41	血液腫瘤科
42	肝病科
42	內科
47	介入性心臟學科
48	母胎檢測科
48	腎臟科
48	神經內科
48	核心臟病學科
48	核醫學科
49	婦產科
49	職業療法學科
49	眼科
50	骨外科
50	眼鼻喉科
50	痛症醫學科
51	兒科
51	小兒神經學科
51	物理療法與康復科
52	物理治療科
53	整型外科
53	腳科
54	精神科
54	精神/神經學科
54	肺部疾病醫學科
54	放射腫瘤科
54	放射科
55	風濕病學科
55	運動醫學科
55	婦女泌尿科
55	泌尿科
55	血管外科

ACUPUNCTURE 針灸科	ALLERGY/IMMUNOLOGY 過敏免疫專科	CARDIOVASCULAR DISEASE 心血管疾病科
Long Island 長島	Lihua Yang, MD 楊麗華醫生 Adult And Child Allergy Asthma Care, P.C. 1083 Linden St., Valley Stream, NY 11580 (917) 299-7486	Chun Ming Chen, MD 陳春鳴醫生 Minsheng Pain Management & Anesthesia, PLLC 39-16 Prince St., Unit 353 Flushing, NY 11354 (718) 321-8066
Keping Du, ACU 杜戈冰針灸師 AK CARE INC. 1083 Linden St., Valley Stream, NY 11580 (917) 299-7486	Libiao Jiao, LAC 焦力彪針灸師 Natural Care Acupuncture P. C. 121 Sunrise Highway Lindenhurst, NY 11757 (718) 939-6335	Cong He, MD 何聰醫生 Flushing Anesthesia Pain Management PLLC 133-38 41 st Rd., Suite 2N Flushing, NY 11355 (718) 939-5200
Manhattan 曼哈頓	Manhattan 曼哈頓	Brooklyn 布魯倫
Keping Du, ACU 杜戈冰針灸師 AK CARE INC. 118 Baxter Street Suite 206 New York, NY 10013 (917) 299-7486	Victoria Zhang, DO Victoria Physical Medicine PC 53 Elizabeth Street Suite 3A New York NY, 10013 (212) 966-9818	Wensong Li, MD 李蔚崧醫生 Wensong Li Medicine P.C. 42-35 Main St., Suite 3A Flushing, NY 11355 (718) 886-7246
Queens 皇后區	Queens 皇后區	Hui Guan, MD 官暉醫生 Comprehensive Cardiology Services of NY, PC 833 57 th St., 1 st Floor Brooklyn, NY 11220 (718) 686-7300
Yiqun Hui, MD 惠軒群醫生 Yiqun Hui MD PLLC 136-33 37 th Ave., Suite 3D1 Flushing, NY 11354 (718) 888-9268	Alexander Rances, DO Alexander Rances, DO P.C. 133-38 41 st Road Suite 2N Flushing, NY 11355 (718) 939-5200	Tak W Kwan, MD 關德維醫生 David H Lau, MD 劉海鵬醫生 Chinatown Cardiology,P.C. 5816 Fort Hamilton Pkwy., Unit 2D Brooklyn, NY 11219 (718) 686-8838
Queens 皇后區	ANESTHESIOLOGY 麻醉科	AUDIOLOGY 聽覺病矯治學
Keping Du, ACU 杜戈冰針灸師 AK CARE INC. 107-14 71 st Rd., 1 st Floor Forest Hills, NY 11375 (917) 299-7486	Queens 皇后區	Su Mei Zhou, MD 周蘇醫生 Wellcare Physician Consulting, PC 154-08 Northern Blvd., Suite 2K Flushing, NY 11355 (718) 445-0200
42-35 Main St., Suite 2D Flushing, NY 11355 (917) 299-7486	Jinghua He, MD 赫靖華醫生 JIMMY HE MEDICAL PC 136-19 41 st Avenue 2 nd Floor Flushing, NY 11355 (718) 886-8826	Tak W Kwan, MD 關德維醫生 511 58 th Street Ground Floor Brooklyn, NY 11220 (212) 334-3507
Long Island 長島	Long Island 長島	Chih-Yung Kuo, AuD 郭志勇醫生 Rendr 百康仁德醫療集團 749 61 st St., 6 th Floor Brooklyn, NY 11220 (212) 255-4483
Brooklyn 布魯倫	Brooklyn 布魯倫	Henry Wu, MD Agile Cardiology 2041 86 th Street Brooklyn, NY 11214 (212) 255-4483
Wensong Li, MD 李蔚崧醫生 Wensong Li Medicine P.C. 700 60 th St., 7 th Floor Brooklyn, NY 11220 (718) 567-7246	Yi Ming Yang, MD 楊毅明醫生 Rendr 百康仁德醫療集團 70 Sycamore Lane Levittown, NY 11756 (347) 782-1732	Tak W Kwan, MD 關德維醫生 511 58 th Street Ground Floor Brooklyn, NY 11220 (212) 334-3507
Queens 皇后區	Manhattan 曼哈頓	Manhattan 曼哈頓
Cong He, MD 何聰醫生 Flushing Anesthesia Pain Management PLLC 202 Canal St., Suite 605 New York, NY 10002 (212) 406-1968	Libiao Jiao, LAC 焦力彪針灸師 Bill Jiao Acupuncture PLLC 142-19 38 th Ave., G/F Flushing, NY 11354 (718) 939-6335	Alice Man Chan, AuD 曾文瑛聽力學博士 Landa Hearing Center 139 Centre St., Suite 803 New York, NY 10013 (212) 406-1968
Mun Shieh, OT 謝孟新職業治療師 Kindred Spirits OT PLLC 41-60 Main St., Suite 209 Flushing, NY 11355 (917) 933-8503	Manhattan 曼哈頓	Queens 皇后區
Alexander Rances, DO Alexander Rances, DO P.C. 305 7 th Avenue Room 13C New York, NY 10001 (646) 647-0022	Cong He, MD 何聰醫生 Flushing Anesthesia Pain Management PLLC 202 Canal St., Suite 605 New York, NY 10002 (212) 406-1968	Alice Man Chan, AUD 曾文瑛聽力學博士 Landa Hearing Center 136-20 38 th Ave., Suite 7H Flushing, NY 11354 (718) 353-5626
Queens 皇后區	Queens 皇后區	Queens 皇后區

Sungkin Chiu, MD 趙崇健醫生 Sungwai Chiu, MD 趙崇威醫生 Roosevelt Cardiology, P.C. 17 Elizabeth Street Suite 306 New York, NY 10013 (212) 227-2890	Back Kim, MD Back Kim, M.D., P.C. 136-68 Roosevelt Ave., Suite 2C Flushing, NY 11354 (718) 997-9000	COSMETIC MEDICINE 美容醫學科 Manhattan 曼哈頓	James Jian Cui, MD 崔健醫生 Jian Cui Dermatology, P.C. 136-20 38 th Ave., Suite 5H Flushing, NY 11354 (718) 661-9554	ENDOCRINOLOGY 內分泌科 Manhattan 曼哈頓	Rui Er Teng, MD 鄧瑞兒醫生 New Star Medical P.C. 6805 Fort Hamilton Pkwy., Brooklyn, NY 11220 (718) 836-8886	Fangqin Li, MD Carefirst Family Medical PC 2500 Nesconset Highway BLDG 12C Stony Brook, NY 11790 (631) 751-5550	Helen Chen, DO 陳海虹醫生 Celia Liang, DO 梁陳雪娜醫生 Kung Ching Lin, DO 林恭慶醫生 Wei Ye, DO 葉薇醫生 Rendr 百康仁德醫療集團 135-27 38 th Avenue 2 nd Floor Flushing, NY 11354 (718) 886-5068		
Back Kim, MD Back Kim, M.D., P.C. 727 6 th Ave., New York, NY 10010 (212) 226-8000	Tak W Kwan, MD 關德維醫生 David H Lau, MD 劉海鵬醫生 Chinatown Cardiology, P.C. 42-35 Main St., Unit 3M Flushing, NY 11355 (718) 886-3723	Ann Y. Long, MD 龍泳州醫生 Rendr 百康仁德醫療集團 139 Centre St., Suite 310 New York, NY 10013 (212) 966-8431	87-20 Queens Blvd., Elmhurst, NY 11373 (718) 685-2112	Yun Feng,MD 馮雲醫生 Yun Feng, MD 139 Centre St., Suite 502 New York, NY 10013 (212) 226-1920	6623 20 th Avenue 1 st Floor Brooklyn, NY 11204 (718) 836-8886	Sapna Shah, MD SAPNA SHAH FAMILY MEDICINE PC 1575 Hillside Avenue Suite 203 New Hyde Park, NY 11040 (516) 888-6341	Nina Hicks, MD Sonia Jamil, DO Jacqueline Delmont MD PC 1624 Central Avenue Far Rockaway, NY 11691 (718) 868-1100		
Tak W Kwan, MD 關德維醫生 David H Lau, MD 劉海鵬醫生 Chinatown Cardiology, P.C. 139 Centre St., Suite 307 New York, NY 10013 (212) 334-3507	Hung-Sum Lee, DO 李鴻和醫生 Tien Cardiology Associate, P.C. 38-08 Union St., Suite 7B Flushing, NY 11354 (718) 762-1888	James Jian Cui, MD 崔健醫生 Jian Cui Dermatology, P.C. 6402 8 th Ave., Suite 505 Brooklyn, NY 11220 (718) 921-6200	Carol Huang, MD 黃莉文醫生 Queens Crossing Dermatology 136-20 38 th Ave., Suite 7I Flushing, NY 11354 (718) 886-7246	Huachen Wei, MD 魏華臣醫生 W and W Millennium Dermatology PC 104-31 39 th Avenue #G Corona, NY 11368 (718) 806-1663	Renee R Cai, MD 蔡若梅醫生 RC Wellness Medical PC 8616 18 th Ave., 1 st Floor Brooklyn, NY 11214 (347) 868-5678	Tina Wong, MD 黃淑儀醫學博士 Rendr 百康仁德醫療集團 757 60 th St., 1 st Floor Brooklyn, NY 11220 (718) 567-8899	Michael Guo, MD S&G Medical Office, PC 2 Allen Street Unit 3C New York, NY 10002 (212) 233-2078		
Michael Poon, MD 潘耀強醫生 Rendr 百康仁德醫療集團 142-38 37 th Ave, #2C Flushing, NY 11354 (718) 939-3822	Michael Poon, MD 潘耀強醫生 Rendr 百康仁德醫療集團 142-38 37 th Ave, #2C Flushing, NY 11354 (718) 939-3822	Thinzar Shwe, DO 傅明珠醫生 Rendr 百康仁德醫療集團 135-27 38 th Ave, 2 nd FL Flushing, NY 11354 (718) 886-5068	Huachen Wei, MD 魏華臣醫生 W and W Millennium Dermatology PC 849 57 th St., 6 th Floor Brooklyn, NY 11220 (718) 484-8800	87-01 56 th Avenue 1 st Floor Elmhurst, NY 11373 (718) 457-0002	Raymond Chan, MD 陳偉文醫生 Evergreen Family Medical Services PC 743 58 th St., Brooklyn, NY 11220 (718) 765-0088	Benjamin Wu, MD 伍子斌醫生 Benjamin Wu M.D. P.C. 730 60 th St., 1 st Floor Brooklyn, NY 11220 (718) 484-3225	Chiyin Lee, MD 洪佳醫生 Rendr 百康仁德醫療集團 42-35 Main St., Suite 3K Flushing, NY 11355 (718) 886-0131		
Kenneth Tam, MD 譚振鳴醫生 Grand Cornell Cardiology, P.C. 217 Grand St., 9 th Floor New York, NY 10013 (212) 233-8813	Qian Zhao, MD 趙茜醫生 Heart & Vascular Medicine, P.C. 142-20 Franklin Ave., Suite LB Flushing, NY 11355 (718) 886-4609	Long Island 長島	Julie Zang, MD Sigma Dermatology 38-08 Union Street Suite 3F Flushing, NY 11354 (718) 559-0929	Paul Chen, DO HP Medical PC 496 DeKalb Avenue Brooklyn, NY 11205 (718) 638-6278	Weiqing Zhang, MD 郭文斌醫生 Merriderm Dermatology PLLC 36-44 Main St., 2 nd Floor Flushing, NY 11354 (347) 732-0690	Wei Ye, DO 葉薇醫生 Rendr 百康仁德醫療集團 1902 86 th Street Brooklyn, NY 11220 (718) 372-0888	Rongbao Lu, MD 陸榮寶醫生 Rendr 百康仁德醫療集團 168 Centre St, 2 nd FL New York, NY 10013 (646) 854-3622		
Henry Wu, MD Agile Cardiology 139 Centre Street Suite 502 New York, NY 10013 (212) 966-9160	Thinzar Shwe, DO 傅明珠醫生 Rendr 百康仁德醫療集團 2455 Hyлан Blvd Staten Island, NY 10306 (718) 362-6886	Staten Island 史德頓島	Manhattan 曼哈頓	Michael Guo, MD 郭文斌醫生 Merriderm Dermatology PLLC 36-44 Main St., 2 nd Floor Flushing, NY 11354 (718) 437-2078	Shu-Jing Lin, MD 林淑菁醫生 Liming Yang, MD 楊李明醫生 Rendr 百康仁德醫療集團 6309 New Utrecht Avenue Brooklyn, NY 11219 (347) 713-5866	Long Island 長島	Tina Wong, MD 黃淑儀醫生 Rendr 百康仁德醫療集團 824 55 th Street 1 st Floor Brooklyn, NY 11220 (718) 435-1025	Chiyin Lee, MD Four Season Medical PLLC 77 Bowery Fl 3 New York, NY 10002 (212) 226-4848	
Yi Ming Yang, MD 楊毅明醫生 Thinzar Shwe, DO 傅明珠醫生 Rendr 百康仁德醫療集團 168 Centre Street 2 nd Floor New York, NY 10013 (646) 854-3622	Nai-Lun Chang, MD 張乃倫醫生 Rendr 百康仁德醫療集團 2455 Hyлан Blvd Staten Island, NY 10306 (718) 362-6886	James Jian Cui, MD 崔健醫生 Jian Cui Dermatology, P.C. 185 Canal St., Suite 201 New York, NY 10013 (212) 233-3441	DENTISTRY 牙科 Manhattan 曼哈頓	Ivy Wang, DDS 王向詒醫生 Rendr 百康仁德醫療集團 2 Mott St., Ste 303 New York, NY 10013 (212) 732-5875	Waldorf Lindo, MD Walford B Lindo MD PC 3304 Glenwood Road Brooklyn, NY 11210 (718) 859-0008	Marc Lewandoski, DO South Shore Medical Care PC 16 Vancott Rd Suite 2E Deer Park, NY 11729 (631) 274-0777	Haifan Chen, DO 陳海帆醫學博士 Zu Yu Chen, DO 陳玉珠醫生 Kaman Chong, DO 莊嘉敏醫生 Celia Liang, DO 梁陳雪娜醫生 Kung-Ching Lin, DO 林恭慶醫生 Rendr 百康仁德醫療集團 38-08 Union Street Suite 3L Flushing, NY 11354 (718) 939-5213	Jim Li, DO 李友震醫生 J&J Star Medical PLLC 143-55 37 th Ave., 1 st Floor Flushing, NY 11354 (718) 268-0878	
Queens 皇后区	CORNEAL DISEASE 角膜眼疾	 Manhattan 曼哈頓	 Manhattan 曼哈頓	Shu-Jing Lin, MD 林淑菁醫生 Liming Yang, MD 楊李明醫生 Rendr 百康仁德醫療集團 6309 New Utrecht Avenue Brooklyn, NY 11219 (347) 713-5866	Nina Hicks, MD Nina Hicks, DO Sonia Jamil, DO Jacqueline Delmont MD PC 1209 Hempstead Turnpike Franklin Square, NY 11010 (516) 352-8300	Queens 皇后区	Tina Wong, MD 黃淑儀醫生 Rendr 百康仁德醫療集團 128 Mott St., Suite 308 New York, NY 10013 (212) 966-9889	Shen-Han Lin, DO Shen-Han Lin Medical PC 133-42 39 th Avenue Suite 253 Flushing, NY 11354 (718) 888-0566	
 Queens 皇后区	 Wilson Ko, MD 何威信醫生 Wilson Ko, M.D., F.a.c.s., P.C. 128 Mott St., Suite 408 New York, NY 11355 (212) 732-0073	 Wilson Ko, MD 何威信醫生 Wilson Ko, M.D., F.a.c.s., P.C. 136-33 37 th Ave., Suite 202 Flushing, NY 11365 (718) 358-5900	 Queens 皇后区	 Huachen Wei, MD 魏華臣醫生 WW Groups 139 Centre St., Suite 215 New York, NY 10013 (212) 343-1257	 ELECTRODIAGNOSTIC MEDICINE 电诊断医学 Queens 皇后区	 Heyi Lu,MD 呂合義醫生 Inspira Dermatology, PLLC 136-33 37 th Ave., Suite 4A Flushing, NY 11354 (718) 509-6475	 Shao Y Tan, MD 譚少岳醫生 Shao Yue Tan, MD 5314 7 th Ave., Brooklyn, NY 11220 (718) 686-6888	 Haifan Chen, DO 陳海帆醫學博士 Kuan H Shen, MD 沈冠宏醫生 82-55 Broadway Queens, NY 11373 (646) 854-3611	 Yi Ngai, MD 艾怡醫生 Rendr 百康仁德醫療集團 133-38 41 st Rd., Suite CO-3 Flushing, NY 11355 (718) 359-8829
 Charles Hwu, MD 胡清淵醫生 Charles Hwu MD 136-30 Maple Ave., Suite 2F Flushing, NY 11355 (718) 461-7666	 Wilson Ko, MD 何威信醫生 Wilson Ko, M.D., F.a.c.s., P.C. 136-25 Maple Ave., Suite 202 Flushing, NY 11365 (718) 358-5900	 Queens 皇后区	 Wai Ping Chan, DO 陳惠萍醫生 Inspira Dermatology, PLLC 142-10B Roosevelt Ave., Suite 22 Flushing, NY 11354 (718) 888-0162	 Manhattan 曼哈頓	 55 N Main Street Freeport, NY 11520 (516) 377-8014	 Jin Zhang, DO 張進醫生 Rendr 百康仁德醫療集團 131-07 40 th Rd., Suite E18 Flushing, NY 11354 (718) 353-8050	 Fangqin Li, MD 陳海虹醫生 Celia Liang, DO 梁陳雪娜醫生 Kung Ching Lin, DO 林恭慶醫生 Wei Ye, DO 葉薇醫生 Rendr 百康仁德醫療集團 1575 Hillside Avenue Suite 203 New Hyde Park, NY 11040 (516) 888-6341	 Helen Chen, DO 陳海虹醫生 Celia Liang, DO 梁陳雪娜醫生 Kung Ching Lin, DO 林恭慶醫生 Wei Ye, DO 葉薇醫生 Rendr 百康仁德醫療集團 1575 Hillside Avenue Suite 203 New Hyde Park, NY 11040 (516) 888-6341	

Celeste S. Chang, MD
張玉梅醫生
Yang Li, MD
楊麗醫生
Elizabeth Liang, MD
梁桂香醫生
Laurel Yap, MD
葉林梅君醫生
Wei Yue Sun, MD
孫維躍醫生
Chinatown Kidney Care PLLC
139 Centre Street Suite 703
New York, NY 10013
(212) 966-0808

Yaju Chang, MD
張雅儒醫生
Global Medical Associates, PLLC
41 Elizabeth St., Room 203
New York, NY 10013
(212) 334-9591

Bo Chen, MD
陳波醫生
Bo Chen MD
98 E. Broadway Lower Level
New York, NY 10002
(212) 343-9261

Henry Chen, MD
陳治年醫生
Rendr 百康仁德醫療集團
128-138 Mott St., Suite 308
New York, NY 10013
(212) 966-9889

Jenny Cheng, MD
鄭娟醫生
Jenny Cheng MD PC
139 Centre St., Suite 608
New York, NY 10013
(212) 925-8183

William Cheung, MD
蔣威廉醫生
Yixiu Zheng, MD
鄭一秀醫生
Sang Kan, MD
簡新醫生
Rendr 百康仁德醫療集團
19 Bowery, 2nd Floor
New York, NY 10002
(212) 226-2251

Eugene Chien Chiang, MD
姜建國醫生

Chien Chiang M.D. P.C.
109 Lafayette St., Room 701
New York, NY 10013
(212) 941-7856

Sungkin Chiu, MD
趙崇健醫生
Sungwai Chiu, MD
趙崇威醫生
Roosevelt Cardiology, P.C.
17 Elizabeth Street Suite 306
New York, NY 10013
(212) 227-2890

Rene Eng, MD
伍碩銘醫生
Rene Shek-Ming Eng, M.D.
217 Grand Street Suite 7
New York, NY 10013
(212) 941-0988

Yun Feng, MD
馮雲醫生
Yun Feng, MD
139 Centre St., Suite 606
New York, NY 10013
(212) 226-1920

Anthony Foong, MD
馮鶴賢醫生
Anthony Foong M.D.PC
210 Canal St., Suite 601
New York, NY 10013
(212) 693-2100

Kevin J. Guo, MD
郭京濤醫生
Kevin Guo, Medical PC
70 Bowery, Suite 308
New York, NY 10013
(212) 966-8488

George Hall, MD
何恭程醫生
Kaitlyn Wong, MD
黃清梅醫生
Fan Yang, MD
楊帆醫生
Rendr 百康仁德醫療集團
217 Grand St., Suite 401
New York, NY 10013
(212) 965-1380

Yong Kang He, MD
何永康醫生
Yanping Yu, MD
Four Season Medical PLLC
77 Bowery, 3rd Floor
New York, NY 10013
(212) 680-8881

Kaijun Huang, MD
黃凱軍醫生
Thiri Myint, MD
閔天妮醫生
Rendr 百康仁德醫療集團
81 Elizabeth St., Suite 501
New York, NY 10013
(212) 226-9717

Zoe Zhechun Liu, MD
劉哲淳醫生
Zoe Liu Medical Office P.C.
98 E Broadway, 4th Floor
New York, NY 10002
(212) 965-0496

Yi Jia, MD
YI JIA GI MEDICAL PC
70 W 36th Street Unit 5C
New York, NY 10018
(917) 338-7680

BaoEn Jiang, MD
姜寶恩醫生
Baoen Jiang Medicine P.C.
8 Chatham Square
Suite 301
New York, NY 10038
(212) 964-9498

Xiao Hong Jiang, MD
江曉紅醫生
Kin Lam, MD
林堅銳醫生
Norland Ng, MD
伍諾倫醫生
Rendr 百康仁德醫療集團
139 Centre Street Suite 515
New York, NY 10013
(212) 941-9020

Wuhua Jing, MD
金物華醫生
Wuhua Jing MD, PH.D, PC
8 Chatham Square, Suite 800
New York, NY 10038
(212) 587-0678

Back Kim, MD
Heartvein NYC
727 6th Avenue 4th Floor
New York, NY 10010
(212) 226-8000

Tak W Kwan, MD
關德維醫生
David Lau, MD
Chinatown Cardiology, P.C.
139 Centre St., Suite 307
New York, NY 10013
(212) 334-3507

Kevin Lin, MD
林文松醫生
Myo Myo Aung, MD
Kevin N T Lin, MD., P.C.
198 Canal St., Suite 401
New York, NY 10013
(212) 791-3886

Wei Guo Lin, MD
林衛國醫生
Wei G. Lin MD
139 Centre St., Suite 501
New York, NY 10013
(212) 274-9870

Yong Sheng Lin, MD
林勇生醫生
Yong Sheng Lin, MD, PLLC
217 Grand St., Suite 301
New York, NY 10013
(212) 226-9717

Zoe Zhechun Liu, MD
劉哲淳醫生
Zoe Liu Medical Office P.C.
98 E Broadway, 4th Floor
New York, NY 10002
(212) 965-0496

Sheung Bun Lui, MD
雷尚斌醫生
Sheung Bun Lui, M.D.
13-17 Elizabeth St.,
Suite 307-309
New York, NY 10013
(212) 219-2232

Chan Ma, MD
馬燦文醫生
Premier Renal Care, P.C.
128 Mott St., Suite 405
New York, NY 10013
(212) 966-0068

Wingtat Mui, MD
梅永遠醫生
Wingtat Mui, MD, PLLC
53 Elizabeth St., Suite 3B
New York, NY 10013
(212) 796-2828

Hung Fai Ng, MD
吳洪輝醫生
Ng Medical PLLC
109 Lafayette St., Suite 206
New York, NY 10013
(212) 226-2923

Anthony Ng, MD
伍智聰醫生
Ng Medical PLLC
139 Centre St., Suite 609
New York, NY 10013
(212) 431-4309

Dustin Nguyen, MD
阮英哲醫生
Tribeca Internal Medicine &
Acupuncture, P.C.
202 Canal St., Suite 701
New York, NY 10013
(212) 334-7475

Tze Poon, MD
潘子安醫生
Tze On Poon, M.D. P.C.
139 Centre Street Suite 601
New York, NY 10013
(212) 274-8663

Kuan H Shen, MD
沈冠宏醫生
Anthony Tam, MD
譚自強醫生

Cynthia Tam, DO
譚瑤敏醫生
Vivian Zhu, MD
朱黃君醫生
Rendr 百康仁德醫療集團
139 Centre Street Suite 709
New York, NY 10013
(212) 966-8454

Min Song, MD
宋敏醫生
S G Medical Office PC
2 Allen St., Suite 3C
New York, NY 10002
(212) 233-2078

Wei Yue Sun, MD
孫維躍醫生
Chinatown Kidney Care, PLLC
139 Centre St., Suite 703
New York, NY 10013
(212) 966-0808

Yin Sun, MD
孫茵醫生
Rendr 百康仁德醫療集團
128 Mott St., Suite 206
New York, NY 10013
(212) 680-0528

Kenneth Tam, MD
譚振鳴醫生
Grand Cornell Cardiology, P.C.
217 Grand St., 9th Floor
New York, NY 10013
(212) 233-8813

Kuo Cheng Wang, MD
王國帧醫生
Kuo Cheng Wang MD
141 Division St., 2nd Floor
New York, NY 10002
(212) 608-1070

Lihua Yang, MD
楊麗華醫生
Adult And Child Allergy
Asthma Care, P.C.
128 Mott St., Suite 607
New York, NY 10013
(212) 810-9836

Daniel Yeoun, DO
延大仁醫生
Rendr 百康仁德醫療集團
86 Bowery, 7th Floor
New York, NY 10013
(212) 375-3388

Lu You, MD
游侖醫生
Jian Wei Zhang, MD
張建威醫生
Dening Zhu, MD
朱德寧醫生
Rendr 百康仁德醫療集團
168 Centre Street 2nd Floor
New York, NY 10013
(646) 854-3622

Xiaoyuan Zhao, MD
趙曉源醫生
Xiaoyuan Zhao Physician PLLC
80 Bowery, Suite 401
New York, NY 10013
(212) 966-8454

Hanbin Zheng, MD
鄭漢彬醫生
Zhigang Zhou, MD
周志剛醫生
Rendr 百康仁德醫療集團
86 Bowery, 4th Floor
New York, NY 10013
(212) 219-2883

Dening Zhu, MD
朱德寧醫生
Rendr 百康仁德醫療集團
185 Canal St., Suite 305
New York, NY 10013
(212) 966-8286

Sing Chan, MD
陳勝醫生
Sing Chan, M.D.
38-08 Union St., Suite 3N
Flushing, NY 11354
(718) 886-6292

New Jersey 新澤西
Meihong Li, MD
麥美紅醫生
Xiang Li, MD
李翔醫生
Xiang Li, MD & Meihong Li, MD,
LLC
98 James St., Suite 201
Edison, NJ 08820
(732) 906-9882

Harry Lin, MD
林暉醫生
Bridgepoint Medical
Associates LLC

Kuo Cheng Wang, MD
201 Bridge St.,
Metuchen, NJ 08840
(732) 632-8881

Queens 皇后區

Dashi Bao, MD
包大士醫生
Li Lu, MD
呂莉醫生
Rendr 百康仁德醫療集團
42-66 Kissena Blvd., 1st Floor
Flushing, NY 11355
(917) 285-2780

38-08 Union St., Suite 5A
Flushing, NY 11354
(718) 888-7907

Lu Cai, MD
蔡璐醫生
Lu Cai Medical PC
84-25 Elmhurst Ave., Unit P1
Elmhurst, NY 11373
(646) 828-6632

Min Cai, MD
蔡敏醫生
Sincere Medical Care, P.C.
41-05 College Point Blvd,
Suite 1C
Flushing, NY 11355
(718) 321-0558

Shimin Cao, MD
Cao & Associates Medicine
PLLC
38-08 Union Street Suite 6B
Flushing, NY 11354
(718) 888-1656

Juliang Deng, MD
鄧鉅樑醫生
Deng Medical PC
42-02 Kissena Blvd., Suite 1B
Flushing, NY 11355
(718) 358-8889

Kent B. Cao, MD
曹斌醫生
Yuping Chen, MD
陳育萍醫生
Cao & Chen Medical LPP
136-21 Roosevelt Avenue
Suite 406
Flushing, NY 11354
(718) 886-8998

Jiangping Gan, MD
甘江平醫生
Jianping Gan, M.D.
136-30 Maple Ave., Suite 1B
Flushing, NY 11355
(718) 939-8890

Celeste S. Chang, MD
張玉梅醫生
Yang Li, MD
楊麗醫生
Elizabeth Liang, MD
梁桂香醫生
Laurel Yap, MD
葉林梅君醫生
Wei Yue Sun, MD
孫維躍醫生
Chinatown Kidney Care, PLLC
39-16 Prince St., Unit 355
Flushing, NY 11354
(718) 353-4280

Pei Gao, MD
高培醫生
Healthland Medical Care PLLC
39-16 Prince St., Suite 257
Flushing, NY 11354
(718) 353-4280

George Hall, MD
何恭程醫生
Fan Yang, MD
楊帆醫生
Rendr 百康仁德醫療集團
42-35 Main St., Suite 3C
Flushing, NY 11355
(718) 673-2318

Xiao Rong He, MD
何榮醫生
Xiaorong He Physician PC
87-01 Justice Ave.,
Elmhurst, NY 11373
(718) 699-5283

Yong Kang He, MD
何永康醫生
Yanping Yu, MD
Four Season Medical PLLC
136-20 38th Ave., Suite 7J
Flushing, NY 11354
(347) 506-0765

Steve Hou, MD
侯智慧醫生
Amy Su, MD
蘇萬其醫生
HS Medical Care LLP
39-16 Prince St., Suite 155
Flushing, NY 11354
(917) 563-5789

Pamela Htay-Sha, MD
王惠琪醫生
Kenneth Sha, MD
謝本立醫生
Flushing Chest Medical
Associates P.C.
136-20 38th Ave., Suite CF-B
Flushing, NY 11354
(718) 358-8889

Kaijun Huang, MD
黃凱軍醫生
Zhongji Lu, MD
盧中舉醫生
Thiri Myint, MD
閔天妮醫生
Rendr 百康仁德醫療集團
136-20 38th Ave., Suite 5J
Flushing, NY 11354
(718) 661-2108

Jiangping Gan, MD
甘江平醫生
Jianping Gan, M.D.
136-30 Maple Ave., Suite 1B
Flushing, NY 11355
(718) 939-8890

MATERNAL & FETAL MEDICINE 母胎檢測科 Brooklyn 布魯倫	Yanping Yu, MD Four Season Medical PLLC 837 59th Street Brooklyn, NY 11220 (718) 680-8881	Amy Su, MD 蘇萬其醫生 H S Medical Care LLP 36-09 Main St., Suite 8C Flushing, NY 11354 (718) 886-2877	Queens 皇后區 Lei Ding, MD 丁雷醫生 Lei Ding Medical PC 136-20 38th Ave., Suite 7A Flushing, NY 11354 (718) 886-0066	Queens 皇后區 Liren Kuang, MD 鄭立仁醫生 Rendr 百康仁德醫療集團 142-38 37th Avenue Suite 2D Flushing, NY 11354 (718) 353-1555	Manhattan 曼哈頓 Edward V. Chan, MD 陳慶活醫生 Mott Women Healthcare PLLC 128 Mott St., Suite 501 New York, NY 10013 (212) 587-8838	Xuebin Yin, MD 尹雪彬醫生 East Shore Women's Care P.C. 39-07 Prince St., Suite 4J Flushing, NY 11354 (718) 539-2646	749 61st St., 6th Floor Brooklyn, NY 11220 (718) 362-6311	
Ying Chan-Mark, MD Comprehensive Perinatal Medicine PLLC 761 55th Street Suite 201 Brooklyn, NY 11220 (718) 268-0010	Long Island 長島 Weining Liang, MD W. Liang's Medical Office 33 Walt Whitman Road Suite 100A Huntington Station, NY 11746 (631) 271-3310	Jun Yang, MD H & H Medical, PC 134-43 Maple Avenue C1D Flushing, NY 11355 (718) 886-7588	Wei Yi Gao, MD 高唯一醫生 Wei Yi Gao Medical PLLC 136-36 39th Avenue Suite 3 Flushing, NY 11354 (917) 563-1697	OBSTETRICS/ GYNECOLOGY 婦產科 Brooklyn 布魯倫 Ying Chan-Mark, MD 陳瓊醫生 Comprehensive Perinatal Medicine PLLC 136-20 38th Avenue Suite 7J Flushing, NY 11354 (347) 506-0765	Lisa Eng, DO 伍少玲醫生 New Life Medical Esthetics And Wellness PLLC 128 Mott St., Suite 401 New York, NY 10013 (212) 219-2723	OCCUPATIONAL THERAPY 職業療法學 Queens 皇后區 Mun S Shieh, OTR 謝孟新職業治療師 Kindred Spirits Occupation Therapy PLLC 41-60 Main St., Suite 209A/B Flushing, NY 11355 (917) 933-8503	Stephanie Becker, MD Stephanie Becker MD PC 120 Bethpage Road Suite 102 Hicksville, NY 11801 (516) 681-2220	
Queens 皇后區 Ying Chan-Mark, MD Comprehensive Perinatal Medicine PLLC 133-36 41st Road Suite 2A Flushing, NY 11355 (718) 268-0008	Manhattan 曼哈頓 Richard Chan, MD 陳明明醫生 Richard Chan M.D. 139 Centre St., Suite 712 New York, NY 10013 (212) 226-8027	Staten Island 史德頓島 Reynaldo Tan, MD 陳金煌醫生 Cambridge Nephrology PLLC 491 Bard Avenue Staten Island, NY 10310 (718) 442-3953	Florence Shum, DO NY NeuroCare Medical Services, PLLC 53-14 Roosevelt Avenue Queens, NY 11377 (718) 784-1400	June Yin, MD 殷俊醫生 Flushing Neurology Services, P.C. 136-20 38th Ave., Suite 6G Flushing, NY 11354 (718) 888-0968	Stephen Wan, MD 萬三綱醫生 Stephen Wan M.D. PLLC 217 Grand St., 2nd Floor New York, NY 10013 (212) 625-9292	Raymond Fong, MD 鄺理中醫生 Samuel Wong, MD 黃大德醫生 Maryam Yamani, MD Raymond Fong MD, PC 109 Lafayette St., 4th Floor New York, NY 10013 (212) 274-1900	Keith Chang, MD 張肇揚醫生 Keith C. Chang, MD, PLLC 217 Grand St., Suite 302 New York, NY 10013 (212) 965-8883	
NEPHROLOGY 腎臟科 Brooklyn 布魯倫 Jonathan Leibowitz, MD 李博維醫生 Rendr 百康仁德醫療集團 1343 55th St., Brooklyn, NY 11219 (718) 972-7222	Yang Li, MD 楊麗醫生 Elizabeth Liang, MD 梁桂香醫生 Laurel Yap, MD 葉林梅君醫生 Wei Yue Sun, MD 孫維躍醫生 Chinatown Kidney Care, PLLC 139 Centre St., Suite 703 New York, NY 10013 (212) 966-0808	NEUROLOGY 神經內科 Brooklyn 布魯倫 Yongming Mao, MD 茅永明醫生 Mountview Medical PC 829 57th St., 5th Floor Brooklyn, NY 11220 (718) 375-3738	NUCLEAR CARDIOLOGY 核心臟病學 Brooklyn 布魯倫 Chan Ma, MD 馬燦文醫生 Premier Renal Care, P.C. 128 Mott St., Suite 405 New York, NY 10013 (212) 966-0068	You Guang Ding, MD You Guang Ding M.D. 849 57th Street Suite 801 Brooklyn, NY 11220 (718) 576-6881	Yoke Helen Wong, MD 黃玉仙醫生 Rendr 百康仁德醫療集團 139 Centre St Ste 701 New York, NY 10013 (212) 966-4001	OPHTHALMOLOGY 眼科 Brooklyn 布魯倫 Wilson Ko, MD 何威信醫生 Wilson Ko, M.D., F.a.c.s., P.C. 128 Mott St., Suite 408 New York, NY 11355 (212) 732-0073	Flora Tsang, MD 136-16 35th Ave., Suite 1B Flushing, NY 11354 (718) 813-4770	
Yang Li, MD 楊麗醫生 Wei Yue Sun, MD 孫維躍醫生 Chinatown Kidney Care, PLLC 749 61st St., Suite 301 Brooklyn, NY 11220 (718) 576-6678	Yanping Yu, MD Four Season Medical PLLC 77 Bowery 3rd FL New York, NY 10002 (718) 680-8881	NUCLEAR MEDICINE 核醫科 Brooklyn 布魯倫 Lei Ding, MD 丁雷醫生 Lei Ding Medical PC 139 Centre St., Suite 102 New York, NY 10013 (212) 226-6780	NUCLEAR MEDICINE 核醫科 Brooklyn 布魯倫 Elizabeth Liang, MD 梁桂香醫生 Laurel Yap, MD 葉林梅君醫生 Wei Yue Sun, MD 孫維躍醫生 Chinatown Kidney Care, PLLC 39-16 Prince St., Unit 355 Flushing, NY 11354 (718) 886-6882	You Guang Ding, MD You Guang Ding M.D. 849 57th Street Suite 801 Brooklyn, NY 11220 (718) 576-6881	Stephen Wan, MD 萬三綱醫生 Stephen Wan M.D. PLLC 859 60th St., Suite CM1C Brooklyn, NY 11220 (718) 853-3188	Raymond Fong, MD 鄺理中醫生 Bingjing Roberts, M.D., PLLC 185 Canal St., Suite 306 New York, NY 10013 (212) 219-7786	Nancy Tsai, MD 蔡乃恩醫生 Advanced Eye Physician, PLLC 99 Elizabeth St., 2nd Floor New York, NY 10013 (212) 227-8837	
Chan Ma, MD 馬燦文醫生 Premier Renal Care, P.C. 6402 8th Ave., Suite 502 Brooklyn, NY 11220 (718) 567-8810	Weining Liang, MD W. Liang's Medical Office 132-34 41st Avenue #1 Flushing, NY 11355 (718) 886-1150	Xiao-Ke Gao, MD 高曉克醫生 Eastern Neurologic Services 196 Canal St., 3rd Floor New York, NY 10013 (212) 227-6500	Liren Kuang, MD 鄭立仁醫生 Rendr 百康仁德醫療集團 835 61st St., Suite 101 Brooklyn, NY 11220 (718) 676-1550	Xishan Zhang, MD 張錫山醫生 Comprehensive Neurological Services, P.C. 17 Elizabeth St., Suite 705 New York, NY 10013 (212) 233-3310	Linli Yan-Rosenberg, MD 閻琳麗醫生 Linli Yan-Rosenberg Physician, P.C. 825 57th St., Suite 102 Brooklyn, NY 11220 (718) 676-1550	Di Zhou, MD 周迪醫生 Victor Lin, OD 林東維醫生 Miuyi Wong, OD 黃妙怡醫生 Rendr 百康仁德醫療集團 1865 86th St., Brooklyn, NY 11214 (718) 362-6311	Rumei Yuan, MD 袁如梅醫生 Medical and Surgical Eye Specialist, PLLC 139 Centre St., Suite 610 New York, NY 10013 (212) 966-5880	
Reynaldo Tan, MD 陳金煌醫生 Cambridge Nephrology PLLC 8122 7th Ave., Brooklyn, NY 11228 (718) 836-0225					Queens 皇后區 Huifang Xiao, MD 肖會芳醫生 Xiao Huifang OB/GYN PC 41-61 Kissena Blvd., Suite A Flushing, NY 11355 (718) 939-3588	Weyihong Yan, MD 嚴衛紅醫生 Weihong Yan OBGYN PC 8311 Queens Blvd., Elmhurst, NY 11373 (718) 335-3888	Stephanie Becker, MD Stephanie Becker MD PC 120 Bethpage Road Suite 102 Hicksville, NY 11801 (516) 681-2220	Samuel Wong, MD 黃大德醫生 Samuel Wong, MD 125 West 79th Street New York, NY 10024 (646) 784-0002

Di Zhou, MD 周迪醫生	Nancy Tsai, MD 蔡乃恩醫生	Manhattan 曼哈頓	Garman T Ho, MD 何天倫醫生	Alexander Rances, DO 305 7 th Avenue Room 13C New York, NY 10001 (646) 647-0022	Cheuk W Lau, MD 劉灼偉醫生	41-60 Main Street Suite 204 Flushing, NY 11355 (718) 961-6678	Katherine Zeng, MD 曾楓醫生
Victor Lin, OD 林東維醫生	Advanced Eye Physician, PLLC 42-70 Kissena Blvd., Flushing, NY 11355 (718) 888-9838	Neil Mulchandani, MD 慕真單尼爾醫生	Chatham Medical P.C. 139 Centre St., Suite 607 New York, NY 10013 (212) 766-2800	Queens 皇后區	Amy Wu, MD 胡佩華醫生	Chun Ming Chen, MD 陳春鳴醫生	Yujing Chen, MD 陳毓青醫生
Rendr 百康仁德醫療集團 94 Bowery, 2FL New York, NY 10013 (646) 570-1033	Yufei Tu, MD New York Eye and Glaucoma Specialist PLLC 136-36 39 th Avenue 2 nd FL Flushing, NY 11354 (646) 530-8400	Yan Q Sun, MD 孫燕群醫生	Soho Otolaryngology PC 198 Canal St., Suite 403 New York, NY 10013 (212) 233-2266	Minsheng Pain Management & Anesthesia, PLLC 39-16 Prince St., Unit 353 Flushing, NY 11354 (718) 321-8066	Raymond Yung, MD 容禮滔醫生	Austin Lu, MD 盧寶光醫生	Rendr 百康仁德醫療集團 38-08 Union St., Suite 3L Flushing, NY 11354 (718) 939-5213
Queens 皇后區	Rumei Yuan, MD 袁如梅醫生	Queens 皇后區	Raymond L Yung MD, PC 217 Grand St., 6 th Floor New York, NY 10013 (212) 625-8069	Cong He, MD 何聰醫生	Gang Meng, MD 孟剛醫生	Wendy W. Chung, MD 鐘蔚醫生	Lingling Zeng, MD 曾凌凌醫生
Ilan Cohen, MD Diamond District Corneal PC 5650 Myrtle Avenue Ridgewood, NY 11385 (718) 456-9500	Medical and Surgical Eye Specialist, PLLC 42-35 Main St., Suite 3D Flushing, NY 11355 (718) 886-8318	Yuehuei An, MD 安躍輝醫生	Raymond L Yung MD, PC 136-36 39 th Avenue Suite 7 Flushing, NY 11354 (718) 353-6611	Raymond Yung, MD 容禮滔醫生	Cong He, MD 何聰醫生	Rendr 百康仁德醫療集團 42-11 Kissena Blvd., Suite 1C Flushing, NY 11355 (718) 886-0068	Katherine Zeng, MD 曾楓醫生
Ted Du, MD 杜濤醫生	Best Ophthalmology, P.C. 38-08 Union St., Suite 3H Flushing, NY 11354 (718) 661-3738	Staten Island 史德頓島	Yuehuei An Orthopaedics PC 136-36 39 th Avenue Suite 7 Flushing, NY 11354 (718) 353-6611	Queens 皇后區	Jinghua He, MD 赫靖華醫生	Yan Jin, MD 金燕醫生	Lingling Zeng Pediatric 136-20 38 th Ave., Suite 6H Flushing, NY 11354 (718) 762-3790
Raymond Fong, MD 鄭理中醫生	Samuel Wong, MD 黃大德醫生	Luna Xu, MD Insight Ophthalmology, PLLC 11 Ralph Place Suite 311 Staten Island, NY 10304 (718) 442-2711	Yan Q Sun, MD 孫燕群醫生	Chatham Medical P.C. 42-35 Main St., Suite 3L Flushing, NY 11355 (718) 461-2828	Chatham Medical P.C. 42-35 Main St., Suite 3L Flushing, NY 11355 (718) 461-2828	Dr. Meng Pediatric PC 815 59 th St., Unit A Brooklyn, NY 11220 (347) 663-1255	Wenjing Zhou, MD 周文靜醫生
Wilson Ko, MD 何威信醫生	Raymond Fong MD, PC 136-20 38 th Ave., Suite 6H Flushing, NY 11354 (718) 762-3790	Upstate New York 紐約上州	Ravi Radhakrishnan, MD Retina Consultants of Westchester P.C. 559 Gramatan Avenue Suite 202 Mount Vernon, NY 10552 (914) 699-2020	Otolaryngology 耳鼻喉科	Jimmy He Medical PC 136-19 41 st Ave., 2 nd Floor Flushing, NY 11355 (718) 886-8826	Prestige Pediatric Care PC 136-25 Maple Ave., Suite 206 Flushing, NY 11355 (718) 445-5437	Yongming Mao, MD 茅永明醫生
Joan Li, MD 李栩欣醫生	Wilson Ko, M.D., F.a.c.s., P.C. 136-25 Maple Ave., Suite 202 Flushing, NY 11365 (718) 358-5900	2 Stowe Road Suite 5 Peekskill, NY 10566 (914) 699-2020	Brooklyn 布魯倫	Jerry Huo, MD 賀繼賓醫生	37-12 Prince Street Suite 7D Flushing, NY 11354 (718) 886-8826	Han Zhang, MD 張漢醫生	Brooklyn 布魯倫
Wei Liao, MD Wei Liao, M.D., P.C. 131-07 40 th Road Suite E23 Flushing, NY 11354 (718) 888-9393	ORTHOPEDIC SURGERY 骨外科	Fung M. Chan, MD 陳峰醫生	OTOLARYNGOLOGY 耳鼻喉科	Albert Jen, MD 任安慎醫生	Wensong Li, MD 李蔚崧醫生	Li Kan Child Neurology P.C. 132-15 41 st Ave., Suite 2D Flushing, NY 11355 (718) 888-9443	Long Island 長島
Laiyin Ma, MD Ma Ophthalmology, PLLC 36-16 Main Street 9 th Floor Flushing, NY 11354 (917) 667-2655	Brooklyn 布魯倫	Yuehuei An, MD 安躍輝醫生	Brooklyn 布魯倫	NY Otolaryngology PLLC 38-08 Union St., Suite 3D Flushing, NY 11354 (718) 670-0006	Wensong Li Medicine P.C. 42-35 Main St., Suite 3A Flushing, NY 11355 (516) 775-8000	Josephine Jung, MD 戎愛珍醫生	Xinmei Li, MD 李欣梅醫生
Ankit Mehta, MD Bayside Eye Care Medical PC 164-05 Hillside Avenue 2 nd Fl Jamaica, NY 11432 (718) 206-2893	Yan Q Sun, MD 孫燕群醫生	Raymond L Yung, MD 容禮滔醫生	Brooklyn 布魯倫	Raymond L Yung MD, PC 38-08 Union St., Suite 7E Flushing, NY 11354 (718) 353-9346	136-25 Maple Avenue Suite 201 Flushing, NY 11355 (718) 886-8562	Rendr 百康仁德醫療集團 575 Hillside Ave Suite 302 New Hyde Park, NY 11040 (718) 886-7838	Queens 皇后區
Queens 皇后區	Long Island 長島	Raymond L Yung, MD 容禮滔醫生	Queens 皇后區	Queens 皇后區	Alexander Rances, DO Alexander Rances, DO P.C. 133-38 41 st Road Suite 2N Flushing, NY 11355 (718) 939-5200	Manhattan 曼哈頓	Li Kan, MD 甘荔醫生
Queens 皇后區	Long Island 長島	Fung M. Chan, MD 陳峰醫生	Queens 皇后區	Queens 皇后區	Cong He, MD 何聰醫生	Cheuk W Lau, MD 劉灼偉醫生	Li Kan Child Neurology P.C. 139 Centre Street Suite 501 New York, NY 10013 (718) 353-7626
Queens 皇后區	Long Island 長島	Yuehuei An, MD 安躍輝醫生	Queens 皇后區	Queens 皇后區	Wensong Li, MD 李蔚崧醫生	Austin Lu, MD 盧寶光醫生	Wenjing Tao, MD 陶文靜醫生
Queens 皇后區	Long Island 長島	Yuehuei An Orthopaedics PC 245 W. Main St., Bay Shore, NY 11706 (718) 353-6611	Manhattan 曼哈頓	Raymond L Yung MD, PC 863 50 th St., Suite M4 Brooklyn, NY 11220 (718) 853-2346	First Care Medical Group, P.C. 863 50 th St., Unit M5 Brooklyn, NY 11220 (718) 686-8880	Wensong Li Medicine P.C. 42-35 Main St., Suite 3A Flushing, NY 11355 (718) 886-9443	Josephine Jung, MD 戎愛珍醫生
Queens 皇后區	Long Island 長島	Fung M. Chan, MD 陳峰醫生	Manhattan 曼哈頓	Queens 皇后區	Jennifer Cheng, MD 鄭麗儀醫生	Rendr 百康仁德醫療集團 1865 86 th Street Brooklyn, NY 11214 (718) 975-5462	Yao Ming Wang, MD 王耀明醫生
Queens 皇后區	Long Island 長島	Yuehuei An Orthopaedics PC 245 W. Main St., Bay Shore, NY 11706 (718) 353-6611	Fung M. Chan, MD 陳峰醫生	Fung M. Chan, MD 陳峰醫生	Agnes So, MD 蘇麗冰醫生	Austin Lu Medical PLLC 139 Centre St., Suite 506 New York, NY 10013 (212) 966-5882	Premium Medical Care, P.C. 136-33 37 th Ave., Suite 1B/1C Flushing, NY 11354 (718) 888-9443
Queens 皇后區	Long Island 長島	Yuehuei An Orthopaedics PC 245 W. Main St., Bay Shore, NY 11706 (718) 353-6611	Manhattan 曼哈頓	Cong He, MD 何聰醫生	First Care Medical Group, P.C. 863 50 th St., Unit M5 Brooklyn, NY 11220 (718) 686-8880	Brooklyn 布魯倫	Ji-Qing Wei, MD 魏紀青醫生
Queens 皇后區	Long Island 長島	Yuehuei An Orthopaedics PC 245 W. Main St., Bay Shore, NY 11706 (718) 353-6611	Fung M. Chan, MD 陳峰醫生	Queens 皇后區	Ye Cheng, MD 程瞳醫生	Rong Xu, MD 許榕醫生	2111 E 15 th Street Brooklyn, NY 11229 (718) 336-9872
Queens 皇后區	Long Island 長島	Yuehuei An Orthopaedics PC 245 W. Main St., Bay Shore, NY 11706 (718) 353-6611	Manhattan 曼哈頓	Cong He, MD 何聰醫生	Ye Cheng Medical PC 5618 7 th Ave., Brooklyn, NY 11220 (718) 492-2008	Jianqiang An, MD Dr. An Pediatrics PC 133-29 41 st Road Suite 2C Flushing, NY 11355 (718) 961-6678	Rong Xu MD PC 39-16 Prince St., Unit 154 Flushing, NY 11354 (718) 321-0091
Queens 皇后區	Long Island 長島	Yuehuei An Orthopaedics PC 245 W. Main St., Bay Shore, NY 11706 (718) 353-6611	Fung M. Chan, MD 陳峰醫生	Queens 皇后區	Ye Cheng, MD 程瞳醫生	Qikai Yao, MD 姚其開醫生	757 60 th Street 4 th Floor Brooklyn, NY 11220 (718) 717-8788

Jack Yuan, DPM
Susan Zhao, DPM
Christopher Chow DPM P.C.
41-61 Kissena Blvd., Suite C
Flushing, NY 11355
(718) 888-1836

Shing Yuen, DPM
YUEN PODIATRY PC
85-10 Queens Boulevard
Elmhurst, NY 11373
(646) 520-7027

1810 College Point Blvd
Queens, NY 11356
(646) 520-7027

PSYCHIATRY
精神科

Brooklyn 布魯倫

Nicholas Guan, MD
關寧廣醫生
Rendr 百康仁德醫療集團
749 61st Street Suite 504
Brooklyn, NY 11220
(718) 280-5577

Queens 皇后區

Jianping Chen, MD, PhD
陳劍平醫生
Rendr 百康仁德醫療集團
35-27 38th Ave 2nd FL
Flushing, NY 11354
(718) 362-6966

Da Wang, MD
王達醫生
Da Wang, MD
38-08 Union St., Suite 6C
Flushing, NY 11354
(718) 886-3528

PSYCHIATRY &
NEUROLOGY
精神和神經科

Brooklyn 布魯倫

Nicholas Guan, MD
關寧廣醫生
Rendr 百康仁德醫療集團
749 61st Street Suite 504
Brooklyn, NY 11220
(718) 280-5577

Florence Shum, DO
NY NeuroCare Medical
Services, PLLC
8321 20th Avenue
Brooklyn, NY 11214
(718) 996-9888

Manhattan 曼哈頓

Lei Ding, MD
丁雷醫生
Lei Ding Medical PC
139 Centre Street Lobby 102
New York, NY 10013
(212) 226-6780

Xiao-Ke Gao, MD
高曉克醫生
Eastern Comprehensive
Medical Services, P.C.
196 Canal Street 3rd Floor
New York, NY 10013
(212) 227-6500

Page Yin, MD
DR YIN MEDICAL PLLC
86 Bowery 8th Floor
New York, NY 10013
(917) 727-2226

Queens 皇后區

Lei Ding, MD
丁雷醫生
Lei Ding Medical PC
136-20 38th Avenue Suite 7A
Flushing, NY 11354
(718) 886-0066

Weiyi Gao, MD
高唯一醫生
Weiyi Gao Medical PLLC
136-36 39th Avenue Suite 3
Flushing, NY 11354
(917) 563-1697

136-68 Roosevelt Avenue
Suite 4C
Flushing, NY 11354
(917) 563-1697

Florence Shum, DO
NY NeuroCare Medical
Services, PLLC
53-14 Roosevelt Avenue
Queens, NY 11377
(718) 784-1400

June Yin, MD
殷俊醫生
Flushing Neurology Services, P.C.
136-20 38th Ave., Suite 6G
Flushing, NY 11354
(718) 888-0968

PULMONOLOGY
胸肺科

Brooklyn 布魯倫

John Ashkar, MD
亞斯加醫生
Steven Badin, MD
巴沙迪醫生
Rendr 百康仁德醫療集團
355 Ovington Ave., Suite 202
Brooklyn, NY 11209
(718) 621-7100

Manhattan 曼哈頓

Thomas K. Chan, MD
陳建閃醫生
Thomas K. Chan, M.D.
198 Canal St., Suite 602
New York, NY 10013
(212) 693-1800

Queens 皇后區

Kenneth Sha, MD
謝立醫生
Pamela Htay-Sha, MD
王惠琪醫生
Flushing Chest Medical
Associates P.C.
136-20 38th Ave., Suite CF-B
Flushing, NY 11354
(718) 358-8889

RADIATION ONCOLOGY
放射腫瘤科

Manhattan 曼哈頓

John Paul Tracy Ng, MD
伍鵬智醫生
Tribeca Radiation PLLC
408 Broadway,
New York, NY 10013
(212) 925-8882

RADIOLOGY
放射科

Brooklyn 布魯倫

Rendr 百康仁德醫療集團
758 61st Street
Brooklyn, NY 11220
(718) 522-1118

835 61st Street Suite 101
Brooklyn, NY 11220
(718) 686-0895

Ultrasound only*
1865 86th Street
Brooklyn, NY 11214
(718) 975-8778

Vincent Yeung, MD
Flushing Radiation Oncology
Services
1737 Bath Avenue
Brooklyn, NY 11214
(347) 532-2888

Manhattan 曼哈頓

Rendr 百康仁德醫療集團
94 Bowery
New York, NY 10013
(212) 335-0328

Vincent Yeung, MD
Flushing Radiation Oncology
Services
47 Essex Street Ground Floor
New York, NY 10002
(347) 532-2888

Queens 皇后區

Mary Hu, MD
胡曉江醫生
Central Radiology, P.C.
137-10 Northern Blvd.,
Flushing, NY 11354
(718) 888-9180

Rendr 百康仁德醫療集團
142-38 37th Ave, #2D
Flushing, NY 11354
(718) 353-1555

Ultrasound only*
35-08 146th St, Ground Fl
Flushing, NY 11354
(718) 362-6988

Ultrasound only*
38-08 Union St #13A
Flushing, NY 11354
(718) 260-6800

Vincent Yeung, MD
Flushing Radiation Oncology
Services
136-40 39th Avenue BSMT
Flushing, NY 11354
(347) 532-2888

Staten Island 史德頓島

Helen Xiao-Li, MD
Cesaretti Oncology PLLC
1781 Hylan Boulevard
Staten Island, NY 10305
(718) 351-9750

Rendr 百康仁德醫療集團
Ultrasound only*
2455 Hylan Blvd.,
Staten Island, NY 10306
(718) 362-6882

Ultrasound only*
155 Bay St., C-2
Staten Island, NY 10301
(718) 290-9788

簡單！高品質！ Medicare Advantage 承保。



Your Provider 和 Wellcare

Wellcare 很榮幸與 your provider 合作，向會員提供高品質與便捷的服務，與誠信的醫療服務公司共同打造一個健全的網路，並且增進全體社區的健康與福祉。

所提供的計畫。Centene, Inc. 是與 Medicare 簽有合約的 HMO、PPO、PFFS、PDP 計畫，且是獲得核准的 D 部分贊助商。我們的 D-SNP 計畫與州政府 Medicaid 方案簽有合約。投保本公司計畫需視合約續約情況而定。† 本公司網絡中還有其他藥房 / 醫師 / 醫療服務提供者可供使用。醫療服務提供者還可能與其他計畫 / D 部分贊助商簽訂合約。

Y0020_WCM_80096C_FINAL2_C Internal Approved 08192021

請與我們聯絡

1-855-434-7095 (TTY 711)

每週 7 天，上午 8 點至晚上 8 點

WellcareNow.com

©Wellcare 2021

RHEUMATOLOGY

風濕病科

Manhattan 曼哈頓

Yaju Chang, MD
張雅儒醫生
Global Medical Associates, PLLC
41 Elizabeth St., Room 203
New York, NY 10013
(212) 334-9591

Queens 皇后區

Jun Lee, MD
Lee Rheumatology PLLC
142-04 Bayside Avenue
Suite 1U-3U
Flushing, NY 11354
(917) 525-4775

SPORTS MEDICINE

運動醫學

Manhattan 曼哈頓

Neil Mulchandani, MD
Mulchandani Medical PLLC
139 Centre Street Suite 102
New York, NY 10013
(212) 226-6866

UROGYNECOLOGY

婦科泌尿科

Brooklyn 布魯倫

Wellman Cheung, MD
張偉民醫生
CTU Medical P.C.
837 58th St., 5th Floor
Brooklyn, NY 11220
(718) 853-2828

Queens 皇后區

Wellman Cheung, MD
張偉民醫生
CTU Medical P.C.
136-30 Maple Ave., Unit 2H
Flushing, NY 11355
(718) 853-2828

UROLOGY

泌尿科

Brooklyn 布魯倫

Wellman Cheung, MD
張偉民醫生
CTU Medical P.C.
136-30 Maple Ave., Unit 2H
Flushing, NY 11355
(718) 853-2828

Manhattan 曼哈頓

Kin Wah Lui, MD

雷建華醫生
Kin W. Lui, M.D.
139 Centre St., Suite 738
New York, NY 10013
(212) 274-0151

George P.H. Young, MD
楊北恆醫生
1060 Fifth Ave., Suite 1E/F
New York, NY 10128
(212) 876-9802

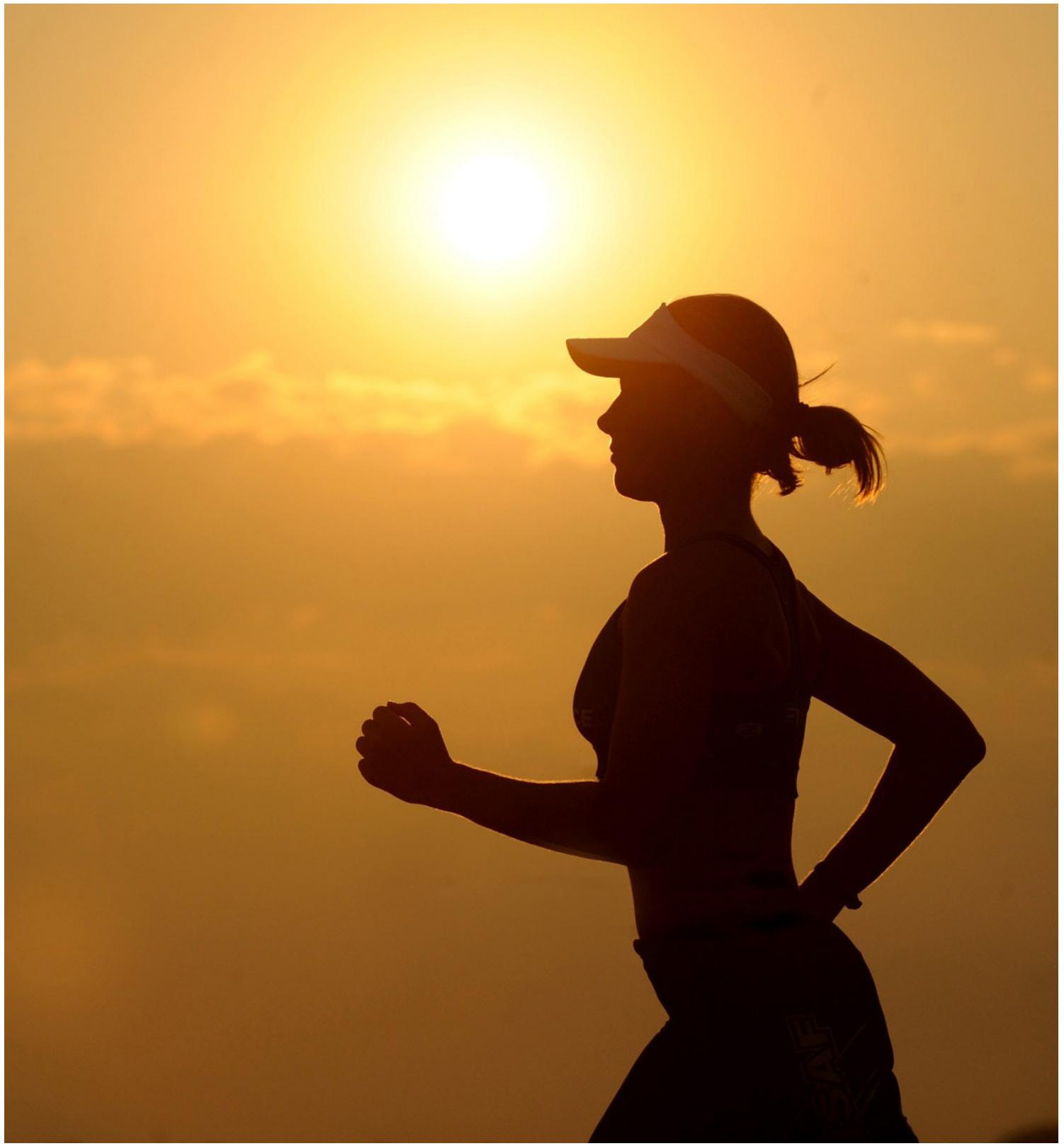
Queens 皇后區

George P.H. Young, MD
楊北恆醫生
1060 Fifth Ave., Suite 1E/F
New York, NY 10128
(212) 876-9802

Long Island長島

John G. Yuan, MD
袁家倫醫生
1129 Northern Blvd., Suite 307
Manhasset, NY 11030
(516) 498-3800

Yongpeng Gu, MD
顧永鵬醫生
Gu & Gao Medical PLLC
136-68 Roosevelt Ave., Suite 4C
Flushing, NY 11354
(917) 563-1697



Association of Chinese American Physicians
美國華人醫師會
131-07 40th Rd., Suite E32
Flushing, NY 11354
(718) 321-8798
<http://www.acaponline.org>



Chinese Community Accountable
Care Organization 美華醫療聯盟
94 Bowery, 4th Floor
New York, NY 10013
(212) 965-0222
<https://www.ccaco.org>



Eastern Chinese American Physician IPA, Inc.
美東華人執業醫師聯合會
131-07 40th Rd., Suite E32
Flushing, NY 11354
(718) 321-8893
<http://www.ecapipa.org>

