

三藩市日落區TARAVAL街及帝利市診所隆重開業



三藩市日落區Taraval街診所



帝利市Eastmoor街診所

服務灣區40年的東北醫療中心將於2011年12月重開位於三藩市日落區的診所，地址：

三藩市Taraval街2308號(夾33 Avenue)

診所營業時間逢星期一至星期五上午8點半至下午5點，中午12點至1點及星期六、日休息。會員可在週六到本中心位於日落區Noriega街的診所求診。

該診所設有四間診間，提供全面、低廉及優質的醫療服務。服務範圍包括內科、家庭科及婦科。員工通曉國、粵、英及西班牙語的許文玉醫生、林偉恆醫生及黃淑樺醫生將輪流坐診。

診所接受加州醫藥卡 (Medi-Cal)、紅藍白卡 (Medicare)、健康三藩市計劃 (Healthy San Francisco)、健康家庭計劃 (Healthy Families)、健康兒童計劃 (Healthy Kids)、多種私人或其它醫療保險及沒有醫療保險的人士。中心正在接受新會員，我們可以幫助您登記申請各種醫療計劃和公共保險。

本中心也開設了位於帝利市的新診所，專為居住聖馬刁縣的人士服務，地址：

帝利市Eastmoor街211號

診所營業時間逢星期一至星期五上午8點半至下午5點，中午12點至1點及星期六、日休息。

該診所設有12間診間，服務範圍包括家庭科及化驗服務。黃皓明醫生將在帝利市診所坐診，請到第5頁閱讀黃醫生的簡介。其它服務如藥房及健康輔導將在明年推出。

帝利市診所現在提供**免費血壓及糖尿病測試**，歡迎附近社區人士及居民參加。本中心的會員服務部專員可以解答您的問題並幫助您辦理會員登記或申請適合的醫療保險或醫藥補助計劃。

諮詢詳情/預約電話：(415) 391-9686 轉內線 8150

快將65歲嗎？ 如果您65歲(或以上)，就可能有條件申請免費的醫療保險。加州醫療補助計劃 (Medi-cal) 和聯邦醫療保險計劃 (Medicare) 為低收入的老人及其他符合資格要求的人仕提供醫療保險服務。加州醫療保險計劃及聯邦醫療保險計劃的涵蓋範圍包括預防保健、普通科或專科的門診、住院、及處方藥物。東北醫療中心的會員服務部可以解答有關以上計劃的問題，請致電(415) 391-9686 轉內線 8160 或 (408) 573-9686 轉內線 8160 查詢或預約時間。

iStart Smart! 「精英少年」計劃幫助孩子保持健康體重



撰稿：關麗麗醫生
東北醫療中心兒科專科部

在加州，每三個兒童和青少年中就有一個超重或肥胖。有很多因素可以導致此惱人的體重問題，但不良的飲食習慣、缺乏體力活動、以及看電視和用電腦的時間過長是最為常見的原因。

為了幫助孩子保持健康的體重，東北醫療中心已開設一個為期八週的免費健康課程——「精英少年」，以精采輕鬆的方式為參加者及其家人提供保健常識。東北醫療中心波

特羅區 San Bruno 街診所的關麗麗兒科醫生與加州大學三藩市分校的副教授 Jyu-Lin Chen 博士一起合作，為青少年特別製作一個合健康教育、體育運動及醫療服務為一體的課程。該課程為青少年提供實踐活動的同時，亦為家長／監護人提供講習班。目前已成功幫助幾批青少年控制體重及維持健康的生活習慣。

去年秋季，「精英少年」與鄰近華埠診所的電報山社區中心 (Telegraph Hill Neighborhood Center) 合作，電報山社區中心為青少年提供教室、體育館以及一個專業的健身教練。大約三十個青少年已在2011年參加了「精英少年」計劃，東北醫療中心將在2012年繼續開展此活動。有意者，請向您的兒科醫生查詢。

5-2-1-0 健康生活密碼



5

每天吃最少
5個水果及蔬菜



2

每天看電視，玩電子
遊戲，和用電腦的時間
不超過2小時



1

每天運動1小時
或以上



0

每天飲用0杯或減少飲
用汽水和果汁，嘗試用
水和低脂奶代替



東北醫療中心推出全新設計的中英文網站
www.nems.org

想了解本中心的最新動向、活動或健康知識嗎？請瀏覽我們新推出的中英文網站，網址：www.nems.org。本中心也設有 Facebook 網頁：www.facebook.com/NEMSSf，歡迎參考

2012年節假日各診所休息時間表

所有東北醫療中心的診所將在以下的公眾假期或員工會議日暫停辦公

| 一月 | 二月 |
|---|--|
| 1/2/2012 (週一) 元旦/西曆新年 全日休息 1/11/2012 (週三) 全體員工會議 上午8點半至1點休息 1/16/2012 (週一) 馬丁路德金恩紀念日 全日休息 1/23/2012 (週一) 農曆新年 全日休息 1/26/2012 (週四) 全體員工會議 下午12點至2點休息 | 2/20/2012 (週一) 總統紀念日 全日休息 2/23/2012 (週四) 全體員工會議 下午12點至2點休息 |
| 三月 | 四月 |
| 3/22/2012 (週四) 全體員工會議 下午12點至2點休息 | 4/11/2012 (週三) 全體員工會議 上午8點半至1點休息 4/26/2012 (週四) 全體員工會議 下午12點至2點休息 |
| 五月 | 六月 |
| 5/24/2012 (週四) 全體員工會議 下午12點至2點休息 5/28/2012 (週一) 亡兵紀念日 全日休息 | 6/28/2012 (週四) 全體員工會議 下午12點至2點休息 |
| 七月 | 八月 |
| 7/4/2012 (週三) 美國獨立日/國慶日 全日休息 7/11/2012 (週三) 全體員工會議 上午8點半至1點休息 7/26/2012 (週四) 全體員工會議 下午12點至2點休息 | 8/30/2012 (週四) 全體員工會議 下午12點至2點休息 |
| 九月 | 十月 |
| 9/3/2012 (週一) 勞動節 全日休息 9/27/2012 (週四) 全體員工會議 下午12點至2點休息 | 10/8/2012 (週一) 哥倫布日 全日休息 10/10/2012 (週三) 全體員工會議 上午8點半至1點休息 10/25/2012 (週四) 全體員工會議 下午12點至2點休息 |
| 十一月 | 十二月 |
| 11/12/2012 (週一) 退伍軍人日 全日休息 11/22/2012 (週四) 感恩節 全日休息 11/29/2012 (週四) 全體員工會議 下午12點至2點休息 | 12/25/2012 (週二) 聖誕節 全日休息 12/20/2012 (週四) 全體員工會議 下午12點至2點休息 |

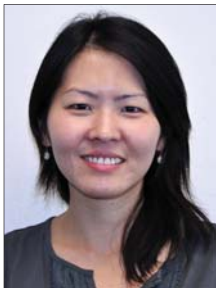


預防流感小常識

- 經常洗手! 用溫水及肥皂搓洗至少15至20秒
- 咳嗽、打噴嚏時要掩蓋口部
- 生病時留在家裡，不要上班或上學
- 要有充足的睡眠和休息
- 保持健康的生活習慣，例如均衡的飲食和每星期至少鍛鍊3次，每次至少20分鐘以上
- 定期看醫生做體驗及保健

東北醫療中心新醫護人員介紹

東北醫療中心很榮幸為大家介紹11位在過去一年加入的醫生和醫護師。從內科、家庭科到兒科，我們的新醫生和醫護師擁有各種醫療專業，為您提供高質素、獨特和貼心的醫療服務。請瀏覽www.nems.org/providers/，以獲取更多關於我們的醫護人員的資料。



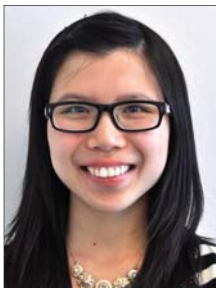
陳曼珩醫生
內科
國、西班牙、英語
三藩市華埠診所

陳曼珩醫生 (Dr. Sharon Chen) 於2011年12月加入東北醫療中心。她在加爾維斯敦市的德薩斯州大學醫學院 (University of Texas Medical Branch at Galveston) 取得醫學學位，並在喬治華盛頓大學醫學院 (George Washington University Medical Center) 完成內科醫療實習及見習醫生培訓。陳醫生通曉國語、英語及少許西班牙語，並持有美國內科醫學委員會 (American Board of Internal Medicine) 的認證。



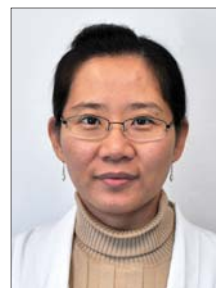
奇賈斯醫生
家庭科及皮膚科
西班牙、英語
Noriega街診所

精通英語及西班牙語的奇賈斯醫生 (Dr. Joseph Kerbleski) 於2011年10月加入東北醫療中心。他在新墨西哥大學醫學院 (University of New Mexico School of Medicine) 取得醫學學位，並在加州大學戴維斯分校醫療中心完成見習醫生培訓。對皮膚科醫學有專業興趣的奇賈斯醫生曾在加州大學三藩市分校醫療中心、Dermatology Services of Kingston、麻薩諸塞州的塔夫茨大學 (Tufts University) 完成皮膚科研究。



鄒曉茵 醫護師
家庭科
國、粵、英語
三藩市華埠診所

鄒曉茵醫護師 (Joan Chow, FNP) 在紐約哥倫比亞大學校護理學院 (Columbia University School of Nursing) 取得醫護師文憑後，於2011年6月加入東北醫療中心。鄒醫護師能說流利的國語、粵語及英語，對預防醫學及健康推廣有專業興趣。鄒醫護師閒時喜愛行山、旅遊、烘焙、以及抽時間陪伴家人。她持有美國護理認證中心 (American Nurses Credentialing Center) 的認證。



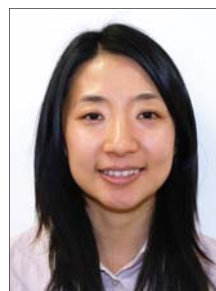
曾玉芳醫生
內科
國、緬甸、英語
三藩市華埠診所

曾玉芳醫生 (Dr. Thinn Thinn Khaing) 於2010年11月加入東北醫療中心。她在緬甸仰光第一醫學院 (Institute of Medicine I) 取得醫學學位，然後在紐約布朗士區的聖巴拿巴醫院 (St. Barnabas Hospital) 完成內科醫療實習及見習醫生培訓。曾醫生通曉國語、緬甸話及英語，並擁有美國內科醫學委員會 (American Board of Internal Medicine) 的認證資格。她對糖尿病照護有專業興趣，平時喜歡閱讀及抽時間陪伴家人。



周宇照醫生
家庭科
粵、台山、英語
三藩市華埠診所

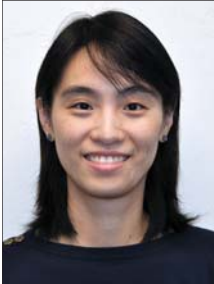
精通粵語、台山話及英語的周宇照醫生 (Dr. Jerry Jew) 於2011年12月加入東北醫療中心成為三藩市華埠診所的副醫務主任。他畢業於加州大學爾灣分校 (UC Irvine) 醫學院，並在醫學院附設的醫療中心完成家庭科醫療實習及見習醫生培訓。周醫生持有美國家庭科醫學委員會 (American Board of Family Medicine) 的認證，專業興趣包括預防醫學、甲狀腺疾患、組織醫學 (organized medicine)、及醫學專業領導。



廖巧惠 醫護師
成人科
國、台、英語
Noriega街診所

廖巧惠醫護師 (Alice Liao, ANP) 在賓州大學護理學院 (University of Pennsylvania School of Nursing) 取得醫護師文憑後，於2011年2月加入東北醫療中心。廖醫護師能說流利的國語、台語及英語，對糖尿病護理、老人護理及保健、以及哮喘護理有專業興趣。廖醫護師閒時喜愛行山、瑜珈、烹飪、旅遊和古典音樂。

NEMS HEALTH CURRENTS
東北醫療中心最新動向



蕭宛妮醫生
兒科專科
國、台、英語
三藩市華埠診所

蕭宛妮醫生 (Dr. Whitney Shiao) 於2011年9月加入東北醫療中心。她在富蘭克林大學醫學與科學學院的芝加哥醫學院 (Chicago Medical School, Rosalind Franklin University of Medicine and Science) 取得醫學學位，並在洛瑪連達大學兒童醫院 (Loma Linda University Children's Hospital) 完成見習醫生培訓。蕭醫生通曉國語、台語及英語，閒時喜愛音樂、電影、以及網球。



黃淑樺醫生
家庭科
粵、西班牙、英語
Noriega街診所、
Taraval街診所

精通粵語、英語及西班牙語的黃淑樺醫生 (Dr. Melissa Wong) 於2011年10月加入東北醫療中心。她在伊利諾州西北大學醫學院 (Northwestern University, Feinberg School of Medicine) 取得醫學學位，並在加州大學洛杉磯分校哈伯醫學中心 (Harbor-UCLA Medical Center) 完成家庭科見習醫生培訓。黃醫生持有美國家庭科醫學委員會 (American Board of Family Medicine) 的認證，專業興趣包括婦女健康及預防醫學。



黃皓明醫生
家庭科
國、粵、英語等
帝利市診所

在帝利市診所坐診的黃皓明醫生 (Dr. Helen Wong) 於2011年9月加入東北醫療中心。她在富蘭克林大學醫學與科學學院的芝加哥醫學院 (Chicago Medical School, Rosalind Franklin University of Medicine and Science) 取得醫學學位，然後在聖荷西O'Connor醫院完成家庭科見習醫生培訓。黃醫生通曉國語、粵語、台山話及英語。在業餘時間她喜歡烹飪、閱讀、手工藝、唱歌、以及抽時間陪伴家人和朋友。



翁于婷醫生
家庭科
國、西班牙、英語
聖荷西診所

翁于婷醫生 (Dr. Tina Wong) 於2011年9月加入東北醫療中心，現在於聖荷西診所坐診。她畢業於紐約州艾伯特愛因斯坦醫學院 (Albert Einstein College of Medicine)，然後在聖荷西O'Connor醫院完成家庭科醫療實習及見習醫生培訓。翁醫生通曉國語、西班牙語及英語，並擁有美國家庭科醫學委員會 (American Board of Family Medicine) 的認證。她對慢性病護理、國際/移民醫療衛生研究有專業興趣，平時喜歡背包旅行、旅遊、攀岩及烘焙。



黃善營醫護師
成人科
粵、英語
三藩市華埠診所

黃善營醫護師 (Jenny Wong, ANP) 在耶魯大學護理學院 (Yale School of Nursing) 取得醫護師文憑後，於2011年12月加入東北醫療中心。黃醫護師能說流利的粵語及英語，對婦女健康及青少年健康有專業興趣。黃醫護師持有美國專科護理士學會 (American Academy of Nurse Practitioners) 的認證，閒時喜愛行山、攀岩及烹飪。

除了以上提及的11位新醫生和醫護師外，我們也很榮幸為大家介紹於2011年7月以實習生身分加入東北醫療中心的秦祖欣牙醫博士 (Dr. Wendy Chin) 和 John Nguyen 牙醫博士。他們正在完成信義會醫療中心 (Lutheran Medical Center) 的牙科高等教育實習計畫 (AEGD)，並將於實習期後在東北醫療中心華埠診所牙科部坐診。另外，我們也非常榮幸有Jennifer Sung醫生 (半職) 加入華埠診所的眼科部。

諮詢詳情/預約電話：(415) 391-9686 轉內線 8150



婦女癌症檢查常識

- 子宮頸癌檢驗：女性21歲開始，每一至三年應作一次子宮頸抹片檢查。
- 乳癌檢驗：女性40歲開始，每一至兩年要作一次乳房掃描。

防止乙型肝炎：測試，接種疫苗，治療！



撰稿：林偉恆 醫生
東北醫療中心日落區診所主任

十個亞裔美國人中就有一個感染了乙型肝炎病毒 (Hepatitis B virus)。有些人是慢性感染，可以導致嚴重的併發症，包括肝硬化(疤痕和損壞)，肝功能衰竭和肝癌。事實上，

全球百分之八十的原發性肝癌是由慢性乙型肝炎引起的。在美國的亞裔男性中，肝癌成為第二大癌症殺手。

乙肝和愛滋病病毒的傳播途徑相似，都是通過血液和體液傳染。但是，乙肝病毒的傳播頻率多於愛滋病毒100倍。在亞裔美國人當中，有些是出生時已經從母親那裡受到感染。作為「無聲殺手」，許多受到感染的人在他們的肝臟開始遭到損害之前沒有任何症狀。因而，對乙型肝炎的診斷很容易被病人和醫生忽略。

既然如此，我們該怎麼做呢？「三藩市全民對抗乙肝行

動」(San Francisco Hep B Free) 提供以下提示：

- **測試**: 要求醫生為你做乙型肝炎測試。這是一個簡單的血液檢查，包括表面抗原 (HBsAg) 和表面抗體 (HBsAb) 測試。
- **接種疫苗**: 如果以上兩個測試都呈現陰性，說明你還沒有受到乙肝病毒感染。你應該注射三劑量的乙肝疫苗，保護自己的生命，避免將來受到感染。
- **治療**: 如果你已被確診為乙型肝炎，你應該每六個月復診一次，由醫生評估後確定你是否需要治療。定期復診能及時發現病毒對肝臟造成的損壞。

東北醫療中心是「三藩市全民對抗乙肝行動」的社區合作夥伴。這個全市性的活動旨在讓三藩市成為全國第一個消除乙型肝炎的城市。

本中心位於San Bruno街診所現在提供免費乙型肝炎測試及疫苗注射，服務時間為每週四下午2點至4點，歡迎參加！

THANKS TO ALL OUR FUNDERS AND SUPPORTERS!

NEMS would like to thank the following funders who supported us in 2011:

- Health Resources and Services Administration
- City and County of San Francisco
- San Francisco Health Plan
- Blue Shield of California Foundation
- Bothin Foundation
- California Dental Association (CDA) Foundation and Henry Schein Cares
- California HealthCare Foundation
- California Wellness Foundation
- ICF Macro International Inc. / National Eye Institute
- Jewish Vocational Service/Employment Training Panel of California
- Kaiser Permanente Northern California Community Benefits Program
- Mardelle Buss Fund (Marin Community Foundation)
- Reach Out and Read
- San Francisco Bay Area Affiliate of Susan G. Komen for the Cure
- UCSF University Community Partnerships (Small Grants Program)

DONATE TO NORTH EAST MEDICAL SERVICES

NEMS gladly accepts donations in support of our programs and services. To donate, please make checks payable to "North East Medical Services Foundation" and send to 1520 Stockton Street, San Francisco, CA 94133. Please make sure to include your name, address and phone number so that we may send you a donation receipt.

SF TARAVAL AND DALY CITY CLINICS NOW OPEN!



NEMS Taraval Clinic, San Francisco

North East Medical Services (NEMS) is pleased to announce the re-opening of our clinic at:

**2308 Taraval Street (@ 33rd Ave.)
 San Francisco, CA 94116**

Clinic hours are Monday to Friday from 8:30 AM to 12:00 PM and 1:00 PM to 5:00 PM. The clinic is closed on Saturdays and Sundays, but patients can visit NEMS' other Sunset district clinic at 1450 Noriega Street for care on Saturdays.

The Taraval Clinic features four exam rooms and offers quality, affordable, comprehensive health care services to people of all ages. Clinical services in Internal Medicine, Family Practice, and Gynecology will be provided on-site. **Dr. Judy Hsu, Dr. Jackie Lam, and Dr. Melissa Wong** (see page 11 for her profile) will be available to see patients on a rotating basis each business day.

NEMS accepts many public and private insurances and health programs, including Medi-Cal, Medicare, Healthy Families, Healthy Kids, and Healthy San Francisco. We also offer sliding fee discounts to uninsured patients.



NEMS Eastmoor Clinic, Daly City

NEMS is also excited to offer to residents of Daly City and San Mateo County a **new clinic** at:

**211 Eastmoor Avenue
 Daly City, CA 94015**

The Eastmoor/Daly City Clinic hours are Monday to Friday from 8:30 AM to 12:00 PM and 1:00 PM to 5:00 PM. The clinic is closed on Saturdays and Sundays.

The Eastmoor/Daly City Clinic features 12 exam rooms and currently offers medical services in Family Practice and basic lab tests. **Dr. Helen Wong**, Family Practitioner, will be available at the Daly City Clinic to see patients of all ages (see page 11 for her profile). NEMS plans to offer Pharmacy and Health Education in the near future.

NEMS is currently offering **free blood pressure and Diabetes testing** for nearby residents and community members. Member Services staff are also available to help you enroll into NEMS or other health care programs.

To make an appointment, please call (415) 391-9686 ext. 8150 and ask for the Taraval Clinic or Daly City Clinic!

TURNING 65 SOON? You may be eligible for **free health coverage** if you are 65 years or older. Programs such as **Medi-Cal** and **Medicare** cover comprehensive preventive, primary and specialty health care including medical office visits, hospitalizations, and prescription medicines. Please contact NEMS' Member Services Department at 415-391-9686 ext. 8160 for more information or to schedule an appointment.

iSTART SMART! HELPS KIDS STAY HEALTHY AND FIT



BY MONICA KWAN, MD
NEMS Pediatrics Department

About 1 in 3 kids and teens in California are overweight or obese. Many factors contribute to problems with weight, but poor diet, low physical activity, and long hours in front of the TV and computer are common.

To help kids stay fit, NEMS launched **iStart Smart!**, a free and fun 8-week class to teach kids about healthy living. **Dr. Monica Kwan** in the Pediatrics department at NEMS' San Bruno Avenue Clinic teamed up with **Dr. Jyu-Lin Chen**, an associate professor at the University of California, San Francisco (UCSF) to create iStart Smart! Together they have designed a program that combines health education, fitness, and medical visits. It includes hands-on activities for kids and a workshop for parents and caregivers, with a proven track record of helping kids improve their weight and maintain healthy habits.

Last fall, iStart Smart! partnered with **Telegraph Hill Neighborhood Center (Tel-Hi)** located just a few blocks



iStart Smart! participants play a fun, active game at the park.

away from NEMS' Stockton Street Clinic. Tel-Hi provided classroom and gymnasium space as well as a wonderful fitness instructor to help our kids get active. About 30 kids participated in 2011 and NEMS plans to keep the program running in 2012! **If you are interested in joining iStart Smart!, please talk to your NEMS Pediatrician.**

NEMS would like to extend a special thanks to the wonderful iStart Smart! team: **Allison Mac, Filmer Yu, Jeffrey Ng, and Nestor Fernandez.** Thanks!

5-2-1-0: IDEAS FOR HEALTHY LIVING



5

Eat at least **5 servings** of fruits and vegetables each day.



2

Limit TV, video games, and computer play to **2 hours or less** per day.



1

Get **1 hour or more** of physical activity every day.



0

Drink **less or 0** soda and juice. Try water and low-fat milk instead.

NEMS 2012 HOLIDAY AND MEETINGS CALENDAR

All NEMS clinics and services will be **CLOSED** on the following days and times in 2012 for holiday observances and regularly scheduled meetings. We apologize for the inconvenience and thank you for understanding!

| January 2012 | | February 2012 | |
|------------------|---|------------------|------------------------------------|
| 1/2/2012 (Mon) | Closed for New Year's Day | | |
| 1/11/2012 (Wed) | Closed 8:30am-1:00pm for Meetings | 2/20/2012 (Mon) | Closed for Presidents Day |
| 1/16/2012 (Mon) | Closed for Martin Luther King, Jr., Day | 2/23/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings |
| 1/23/2012 (Mon) | Closed for Lunar New Year's Day | | |
| 1/26/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings | | |
| March 2012 | | April 2012 | |
| 3/22/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings | 4/11/2012 (Wed) | Closed 8:30am-1:00pm for Meetings |
| | | 4/26/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings |
| May 2012 | | June 2012 | |
| 5/24/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings | 6/28/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings |
| 5/28/2012 (Mon) | Closed for Memorial Day | | |
| July 2012 | | August 2012 | |
| 7/4/2012 (Wed) | Closed for Independence Day | 8/30/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings |
| 7/11/2012 (Wed) | Closed 8:30am-1:00pm for Meetings | | |
| 7/26/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings | | |
| September 2012 | | October 2012 | |
| 9/3/2012 (Mon) | Closed for Labor Day | 10/8/2012 (Mon) | Closed for Columbus Day |
| 9/27/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings | 10/10/2012 (Wed) | Closed 8:30am-1:00pm for Meetings |
| | | 10/25/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings |
| November 2012 | | December 2012 | |
| 11/12/2012 (Mon) | Closed for Veteran's Day | 12/25/2012 (Tue) | Closed for Christmas Day |
| 11/22/2012 (Thu) | Closed for Thanksgiving Day | 12/20/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings |
| 11/29/2012 (Thu) | Closed 12:00pm-2:00pm for Meetings | | |

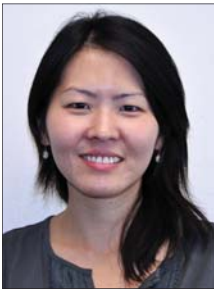


NEMS Launches New Website Design www.nems.org

Want to learn more about NEMS' new clinics, latest events, or get some helpful health information? Visit NEMS' newly redesigned website at www.nems.org, now available in English and Chinese! You can also visit our Facebook page at www.facebook.com/NEMSSf

NEW PROVIDERS

NEMS is very excited to introduce 11 new health care providers who have joined the health center in the past year. Our new providers, whose specialties range from Internal Medicine, Family Practice, and Pediatrics, offer top-notch health services with a personal touch. You can learn more about all NEMS providers at www.nems.org/providers/



SHARON CHEN, MD

Internal Medicine
 Stockton Clinic

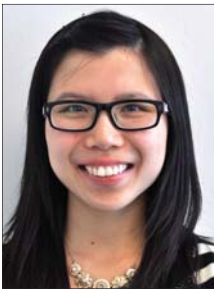
Dr. Sharon Chen joined NEMS in December 2011 after completing her medical residency and internship at the George Washington University Medical Center in Washington, D.C. She received her medical degree from the University of Texas Medical Branch at Galveston. Dr. Chen speaks Mandarin, Medical Spanish, and English, and is currently seeing patients at the Stockton Clinic in San Francisco. She holds a board certification from the American Board of Internal Medicine.



JOSEPH KERBLESKI, MD

Family Practice
 Noriega Clinic

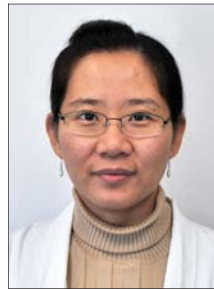
Dr. Joseph Kerbleski joined NEMS in October 2011 and is currently seeing patients at the Noriega Clinic in San Francisco's Sunset district. Dr. Kerbleski graduated from the University of New Mexico School of Medicine and completed his residency at the UC Davis Medical Center. With a professional interest in medical dermatology, he also completed fellowships at UCSF, Dermatology Services of Kingston, and Tufts University. Dr. Kerbleski speaks English and Medical Spanish.



HIU YAN (JOAN) CHOW, FNP

Family Practice
 Stockton Clinic

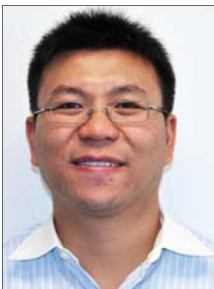
Joan Chow, FNP, is a Family Nurse Practitioner who joined NEMS in June 2011. Ms. Chow graduated from the Columbia University School of Nursing in New York City. She holds a board certification from the American Nurses Credentialing Center. Her professional interests include preventive medicine and health promotion. In her spare time, Ms. Chow enjoys hiking, traveling, baking, and spending time with family. She is fluent in Cantonese, Mandarin, and English.



THINN THINN KHAING, MD

Internal Medicine
 Stockton Clinic

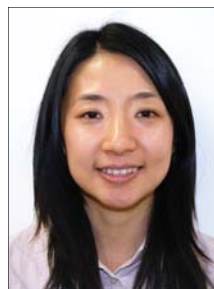
Fluent in Mandarin, Burmese, and English, **Dr. Thinn Thinn Khaing** joined NEMS in November 2010. She received her medical degree from the Institute of Medicine (I) in Yangon, Myanmar, and completed her medical residency and internship at St. Barnabas Hospital in the Bronx, New York. Dr. Khaing has a professional interest in diabetes care. In her spare time, she enjoys reading and spending time with family. She is board eligible with the American Board of Internal Medicine.



JERRY JEW, MD
 Associate Medical Director

Family Practice
 Stockton Clinic

Dr. Jerry Jew joins NEMS as the new Associate Medical Director for the Stockton Clinic. Dr. Jew graduated from the UC Irvine School of Medicine and completed his medical residency and internship at the UC Irvine Medical Center's Department of Family Medicine. His professional interests include preventative medicine, thyroid disorders, organized medicine, and physician leadership. He speaks Cantonese, Toisan, and English, and is board certified with the American Board of Family Medicine.



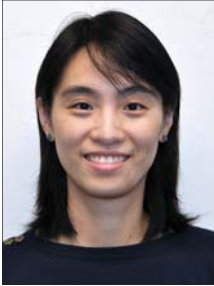
ALICE LIAO, ANP

Adult Medicine
 Noriega Clinic

Alice Liao, ANP, is an Adult Nurse Practitioner at the Noriega Clinic. She joined NEMS in February 2011 after graduating from the University of Pennsylvania School of Nursing. Ms. Liao speaks Mandarin, Taiwanese, and English and is board certified through the American Nurses Credentialing Center. Her professional interests include diabetes care, geriatric patient management, and asthma management. Ms. Liao enjoys hiking, yoga, travel, and classical music in her free time.

NEMS HEALTH CURRENTS
 東北醫療中心最新動向

NEW PROVIDERS (CONT'D)



WHITNEY SHIAU, MD
 Pediatrics
 Stockton Clinic

Dr. Whitney Shiao graduated from the Chicago Medical School at Rosalind Franklin University of Medicine and Science. She completed her residency in Pediatrics at Loma Linda University and Medical Center/Children's Hospital and joined NEMS in September 2011. Dr. Shiao is fluent in Mandarin, Taiwanese, and English. In her spare time, she enjoys playing tennis, watching movies, and listening to music. Dr. Shiao is available to see patients at NEMS' Stockton Clinic in Chinatown.



HELEN WONG, MD
 Family Practice
 Daly City Clinic

Dr. Helen Wong is a full-time Family Practitioner at the new Daly City clinic at 211 Eastmoor Avenue. Dr. Wong joined NEMS in September 2011 after graduating from Chicago Medical School at Rosalind Franklin University of Medicine and Science and completing her medical residency and internship at O'Connor Hospital in San Jose. Able to speak Cantonese, Mandarin, Toisan, and English, Dr. Wong has a special interest in women's health. In her spare time, she enjoys cooking, reading, arts and crafts, singing, and spending time with family and friends.



JENNY WONG, ANP
 Adult Medicine
 Stockton Clinic

Jenny Wong, ANP, joined NEMS in December 2011 as an Adult Nurse Practitioner. Ms. Wong graduated from the Yale University School of Nursing and is board certified through the American Academy of Nurse Practitioners. Her professional interests include women's health and adolescent health. Fluent in Cantonese and English, Ms. Wong enjoys hiking, rock climbing, and cooking in her free time. She is currently seeing patients at NEMS' Stockton Clinic in Chinatown.



MELISSA WONG, MD
 Family Practice
 Taraval Clinic,
 Noriega Clinic

Fluent in Cantonese, Conversational Spanish, and English, **Dr. Melissa Wong** joined NEMS in October 2011. She received her medical degree from Northwestern University's Feinberg School of Medicine and completed her medical residency at the Harbor-UCLA Medical Center's Family Medicine Residency Program. Dr. Wong has a professional interest in women's health and preventive medicine, and is board certified with the American Board of Family Medicine. Outside of NEMS, she enjoys spending time with her husband and family, reading, hiking, and travel.



YUETIN TINA WONG, MD
 Family Practice
 San Jose Clinic

Dr. Tina Wong is the newest physician at the San Jose Clinic, having joined NEMS in September 2011. Dr. Wong received her medical degree from the Albert Einstein College of Medicine in New York and completed her family practice residency and internship at O'Connor Hospital in San Jose. She is board certified with the American Board of Family Medicine and is interested in chronic care management and international/immigrant health. In her spare time, she enjoys traveling, backpacking, rock climbing, and baking. Dr. Wong speaks Mandarin, English, and some Medical Spanish.

In addition to the 11 new primary care providers that joined us in 2010 and 2011, NEMS is also pleased to introduce the following providers: **Wendy Chin, DDS**, and **John Nguyen, DDS**, who joined NEMS in July 2011 as part of Lutheran Medical Center's Advanced Education in General Dentistry (AEGD) Dental Residency Program. Dr. Chin and Dr. Nguyen will be seeing patients at the Stockton Street Dental Clinic in San Francisco.

NEMS is also happy to have **Jennifer Sung, MD**, among our panel of part-time ophthalmology specialists. Dr. Sung sees patients at our Stockton Street Optometry Clinic.



NORTH EAST MEDICAL SERVICES

東北醫療中心

1520 STOCKTON STREET
SAN FRANCISCO, CA 94133
(415) 391-9686

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三藩市華埠診所2012年1月6日
提供流感疫苗注射

**NEMS STOCKTON FLU SHOT CLINIC
ON JANUARY 6, 2012**

東北醫療中心華埠診所將於2012年1月6日提供流感疫苗注射。沒有醫療保險或擁有「健康三藩市計劃」的人士可以直接到本中心接受注射，並要交7元注射費。擁有其它醫療保險的人士，請和主治醫生預約和查詢有關費用。請致電415-391-9686轉內線8150查詢。

NEMS' Stockton Street Clinic will be offering a special flu shot clinic on January 6, 2012! Uninsured or Healthy San Francisco patients can drop in and pay a \$7 injection fee to get a flu shot. All other patients should make an appointment with their NEMS primary care physician first; fees may vary. Please call 415-391-9686 ext. 8150 for more information.

NEMS CLINIC LOCATIONS & BUSINESS HOURS 診所地址及營業時間

NEMS operates seven clinic locations throughout the San Francisco Bay Area, including five clinics in San Francisco, one clinic in San Jose, and our newest clinic in Daly City. Visit a convenient location nearest you!

CHINATOWN

三藩市華埠/北岸區
1520 Stockton Street
San Francisco, CA 94133
Mon-Fri 8:30-5:30 週一至五
Sat 8:30-5:00 週六
Closed Sun 週日休息
Pharmacy Available 診所設有藥房

PORTOLA

三藩市波特羅區
2574 San Bruno Avenue
San Francisco, CA 94134
Mon-Sat 8:30-5:00 週一至六
Closed 12:00-1:00 中午休息
Closed Sun 週日休息
Pharmacy Available 診所設有藥房

VISITACION VALLEY

三藩市訪谷區
82 Leland Avenue
San Francisco, CA 94134
Mon-Fri 8:30-5:00 週一至五
Closed 12:00-1:00 中午休息
Closed Sat & Sun 週六、日休息

SUNSET - NORIEGA

三藩市日落區Noriega街
1450 Noriega Street
San Francisco, CA 94122
Mon-Sat 8:30-5:00 週一至六
Closed 12:00-1:00 中午休息
Closed Sun 週日休息
Pharmacy Available 診所設有藥房

SUNSET - TARAVAL

三藩市日落區Taraval街
2308 Taraval Street
San Francisco, CA 94116
Mon-Fri 8:30-5:00 週一至五
Closed 12:00-1:00 中午休息
Closed Sat & Sun 週六、日休息



DALY CITY

帝利市
211 Eastmoor Avenue
Daly City, CA 94015
Mon-Fri 8:30-5:00 週一至五
Closed 12:00-1:00 中午休息
Closed Sat & Sun 週六、日休息



SAN JOSE

聖荷西
1715 Lundy Ave #108-116
San Jose, CA 95131
Mon-Sat 8:30-5:00 週一至六
Closed 12:00-1:00 中午休息
Closed Sun 週日休息