



Cancer Awareness, Resources, and Education

Fall 2016 Program

Programa de Otoño 2016

2016 年秋季 癌症關注、資源及教育講座



ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center



Community Wellness Center
1001 Potrero Ave, 2nd Floor, 2D35
Phone: 415-206-7464

2016 年秋季 癌症關注、資源及教育講座

日期：

10 / 17 / 2016 至 12/ 12/ 2016

時間：

逢星期一，下午 1:30 pm 至 3:30 pm

地點：

三藩市總醫院大樓二樓 2D35 室

癌症關注、資源及教育講座是什麼？

CARE — Cancer Awareness, Resources, and Education.

癌症關注、資源及教育講座是由三藩市總醫院及華埠公共衛生局一起舉辦。這講座是為在三藩市總醫院接受治療的癌症人士而設立。透過癌症關注及教育講座，我們希望能為癌症人士提供教育及支持。

在這為期六個星期的講座中，將有專業醫療人士講解癌症的資訊，並提供一些減壓與實用的自我照顧技巧，以鼓勵參加者彼此互動、親身體驗、及互相支持。

癌症的診斷在很多方面影響您的人生。透過癌症關注、資源及教育講座，藉此幫助您學習一些方法去增強您的身心健康。我們希望再沒有癌症人士要獨自去面對癌症。我們會向您介紹很多對癌症有經驗的人士，包括專業醫療人員和其他癌症人士。藉著講解，討論與活動，參加者將會對癌症及其治療有更多的認識，同時學習一些自我照顧的技巧，以達到彼此支持、互助的目的。

Chinese CARE Program Coordinator:

Lei-Chun Fung, MPH, MSW

Chinatown Public Health Center

華埠公共衛生局

馮梨珍保健教育主任

Tel: 415-364-7906

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癌症治療新方法

10/17/2016、星期一

癌症是指身體內的細胞不規律及不受控制的分裂，但引致癌症的成因不明。癌症人士按著癌症的階段來接受治療。通常，癌症人士需要接受多過一種的治療。癌症治療的新發展包括：在做手術時使用低破壞性和低侵略性的方法、在接受輻射治療時使用更準確及低傷害性的方法，及一些減少化學治療副作用的策略。在這一課，我們將會學習到癌症如何擴散和討論最新癌症治療方法的好處和風險。

講員：伍美文醫生



伍美文醫生畢業於中國廣州醫學院，移民美國後在三藩市州立大學獲臨床科學碩士學位，曾從事臨床實驗室數據資料分析研究和教學，在加州大學三藩市醫學中心任腫瘤放射治療師，之後通過美國醫生資格考試，獲得外國醫學畢業生在美國的行醫資格，繼而完成內科醫生訓練和腫瘤放射治療醫生訓練，取得加州醫生執

照和美國腫瘤放射治療醫生的專科執照。伍醫生現在是帝利市 Seton 院的腫瘤放射治療醫生。除了看病治病之外，她還積極參加為癌症病人組織的各種醫學教育活動。她的業餘愛好包括文學寫作、彈鋼琴和手工製作。

瑜伽可改善睡眠 (Yoga for a Better Night Sleep)

10/24/2016、星期一

當面對像癌症這樣危及生命的疾病時，身體出現疼痛、情緒緊張和心理變化都是正常的。瑜伽技巧專注於如何使用呼吸、聲音、默觀和輕量運動，來有效地調整身心靈，以支持復康的過程。在這一課中，我們將學習如何通過瑜伽來管理疼痛、處理壓力並改善思想及心態。

講員：Samya Boxberger 老師



Samya Boxberger-Oberoi是經過認證的瑜伽和默觀老師、一位成功的管理者、演說家、教練及《The Philosophy and Science of Yoga: The Power of Self-Expression 5,000 Years in the Making》一書的作者。她在印度喜馬拉雅與當地的瑜伽和阿育吠陀（傳統醫藥）醫生修行，並在學習期間獲得了認證。她現任教

於聖馬刁商會，致力於教授傳統瑜伽技巧，不但促進身體健康，更促進心理和精神健康。她還在南卡羅來納大學(University of South Carolina)獲得語言及語言學碩士學位。

中醫及中藥

11/21/2016、星期一

在中醫學裡，草藥、食療及針灸已被廣泛地應用於治療各種疾病。在這一課，我們將了解中藥對癌症防治的發展，學習怎樣預備一些具有抗癌以及防癌作用的中藥藥膳。李醫師還會為有興趣的參加者進行針灸治療。

講員：李凡瑾針灸醫師



李凡瑾醫師擅長於應用針灸及中藥治療中風後遺症、痛症、婦科病、癌症、失眠、消化系統疾病等。李醫師在2003年獲得加州針灸執照，並在米谷區開診所。李醫師曾在加州太平洋醫療中心擔任針灸及太極拳導師。李醫師畢業於中國廣州中醫大學，並在美國 South Baylo 大學完成中醫博士學位。

運動與癌症

11/28/2016、星期一

為什麼要運動？運動有什麼好處？研究不斷表明運動能大大提高癌症患者復康的機率。我們將了解運動對正在接受治療及已完成治療的癌症患者的各種好處。我們將著重談談乳腺癌患者可以做的運動，包括在治療過程中和治療之後，以及相關的淋巴水腫問題。我們會示範一些簡單的運動方法，以幫助不同程度的患者，可以定時做運動。

講員：Regan Fedric 主任



作為向日葵健身計劃(Sunflower Wellness)主任及癌症和鍛煉專員，Regan Fedric實現了體能和醫學相結合這個終身願望。她是一個有天賦的運動員，曾是孟菲斯大學(University of Memphis) 第I區籃球隊員，並在那裡獲得了運動生理學和生物學學士學位。畢業後，她成為了孟菲斯大學女子老虎籃球隊(Lady Tiger)) 的營運主任。Regan曾在Campbell診所任職物理治療師助理。她還是Lebonheur醫療中心YMCA的一個為哮喘和肥胖兒童所設立名為鷹圈(Eagle's Circle)

項目的創立者，並在Lebonheur市心臟康復計劃工作。2002年，Regan共同開發了向日葵健身計劃的前身IMPACT項目(結合醫療專業人員和認證培訓師)。Regan已累積了數千小時的臨床經驗，並成為為Smith Integrative、UCSF Helen Diller Cancer Center、Marin Cancer Institute和Kaiser Permanente各醫療中心綜合服務團隊成員。

簡易的季節性食譜

12/5/2016、星期一

在癌症治療過程中，均衡飲食是非常重要的環節。無論在治療前、治療中或治療後，進食合適的飲食能幫助你的身體更強健，心情更舒適。癌症患者在兼顧均衡飲食和治療過程兩方面可能會遇到一些挑戰，其實有很多方法可以令健康飲食變得生動及簡易。在這一課，你將會學習與癌症相關的健康飲食法，並學習如何使用簡易的方法用時令食材來煮出美味及對身體有益的食譜。

講員：吳藹媚, 註冊營養師



吳藹媚畢業於加州大學戴維斯分校，獲得臨床營養學學士學位。畢業後，她受僱於阿拉米達縣婦幼營養補助計劃，擔任助理營養師。在擔任助理營養師期間，她完成了由加州聖地亞哥州立大學協辦的營養實習訓練並考取了註冊營養師的執照。吳藹媚於2016年年6月開始受僱於三藩市公共衛生署的營養部門，擔任營養師。吳藹媚在中國出生，會講粵語和普通話，還會讀寫中文。她喜歡旅遊，學習不同的文化，和喜歡嘗試新的食物。

健康家居小貼士

12/12/2016、星期一

學習幾個小貼士，使你的家居環境更健康。我們將討論家裏的一些環境危害物，如何引起或加重哮喘等健康狀況，或威脅到兒童等弱勢群體。你將會學到一些小貼士和技巧，以保持一個健康的家居。

講員：Jian He 外展員



Jian He 是三藩市環境部的外展人員。他與社區和企業共同努力以實現三藩市零浪費、減少50%的單獨駕車出行及100%可再生能源供電的目標。Jian給企業和物業管理者提供技術援助包括：幫助他們減少浪費、提高能源利用效率、鼓勵其他交通方式及使用更健康有效的方法處理害蟲。爲了創造一個更美好的世界給下一代，Jian期望將這些信息推廣到他所服務的社區。



節日派對！

**First Unitarian Universalist
Church of San Francisco 教堂禮堂**

**法克林街1187號，夾加俐街
1187 Franklin St.**

San Francisco, CA 94109

2016年12月16日，星期五

下午5:30-9:30pm

讓我們載歌載舞，

享受美食，慶祝季節。

穿上您的舞鞋，與朋友共歡慶。

免費或低收費的輔助醫療與另類療法計劃

注意：在尋求任何這些計劃的服務前請先致電獲取最新資訊。

名字	地址	電話	語言 / 翻譯	服務	時間	收費
Quan Yin Healing Arts Center	965 Mission Street, Suite 405 www.quanyinhealingarts.org	861-4964	西班牙語，法語	針灸 按摩 氣功班	針灸(無需預約)： 星期二 12:30pm-3pm; 三2:45pm-3:15pm 按摩: 預約 氣功班:星期二 6pm	針灸:\$10 (建議捐贈) 按摩:\$40-\$90
American College of Traditional Chinese Medicine (ACTCM)	450 Connecticut St www.actcm.edu	282-9603	西班牙語，中文(預約)	針灸 按摩	夏季提供有限服務時間： 星期一至五8:30am-9pm; 六9am-5:30pm	有MediCal \$20或按收入收費
Glide Memorial	330 Ellis St www.glide.org	(415) 674-6000	電子翻譯服務	針灸 初級護理	星期一到星期五 8:30 am-5pm 初級護理 (無需預約) 星期一， 三： 8:30 am—12:00pm；二 8:30am；四12:30pm	針灸免費 MediCal Medicare- Healthy SF
Haight Ashbury Free Clinic	558 Clayton St www.healthright360.org	(415) 762-3700	西班牙語	初級護理 管理 針灸	需預約 星期一至五8:45am-4:30pm	免費

免費或低收費的輔助醫療與另類療法計劃

注意：在尋求任何這些計劃的服務前請先致電獲取最新資訊。

名字	地址	電話	語言 / 翻譯	服務	時間	收費
Southeast Health Center	2401 Keith Street	(415) 671-7000	西班牙語	針灸	無需預約，星期一，二 四 12pm	免費 MediCal
Yerba Buena Community Acupuncture	1819 McAllister St www.yerbabuenaacupuncture.com	(415) 409-1506	西班牙語 菲律賓語	針灸 按摩	需電話或網上預約 星期一，三，五 9am-7:30pm; 二，四 10am-7pm; 六，日 10am-5pm	療程： \$15-40 按摩： \$1-2/分鐘
Community Acupuncture Works	2889 24 th St www.caworks.org	(415) 861-0104	少許 西班牙語	針灸	星期一 3pm - 8pm; 二，四 2pm - 7pm; 三 10am—2pm; 五 1pm-6pm;	按收入 \$20-40, 初次另收 \$10
Circle Community Acupuncture	1351 Harrison St www.circleca.com	(415) 864-1070	西班牙語	針灸 按摩 草藥	需網上預約 星期一，二，四 10am-7pm; 三，五 9am-7pm; 六，日 11am-4pm	按收入 \$15-35 初次另收\$10

免費或低收費的輔助醫療與另類療法計劃

注意：在尋求任何這些計劃的服務前請先致電獲取最新資訊。

名字	地址	電話	語言 / 翻譯	服務	時間	收費
The Immune Enhancement Project in San Francisco	3450 16 th St www.iepclinic.com	(415) 252-8711	沒有	針灸 靈氣治療	針灸(無需預約)： 星期四1pm-3pm 靈氣治療：每月第一及第三個星期二 7pm	免費 不拒絕任何捐贈
Women's Community Clinic	1833 Fillmore St www.womenscommunityclinic.org	(415) 379-7800	西班牙語	針灸 (只限女性)	請於辦公時間內致電預約 辦公時間： 星期一，三，四 1pm-9pm; 二 9am-9pm; 五 9am-5pm; 六 9am-1pm 預約時間： 星期一，四 1pm-9pm; 二 9am-9pm; 三，五 9am-5pm; 六 9am-1pm	免費
Trans Thrive Asian Pacific Islander Wellness Center	730 Polk St, 4th Floor www.trans thrive.org	(415) 409-4101; (415) 292-3400	菲律賓語	針灸 (跨性別)	無需預約，星期 二，四，五，六 2pm-5pm 請提前到達並登記，額外服務請 瀏覽網站日期	免費

免費或低收費的輔助醫療與另類療法計劃

注意：在尋求任何這些計劃的服務前請先致電獲取最新資訊。

名字	地址	電話	語言 / 翻譯	服務	時間	收費
St James Infirmary	1372 Mission St www.stjamesinfirmary.org	(415) 554-8494; (415) 554-9634	西班牙語 電話翻譯服務	針灸 (性工作者), 按摩	針灸 (先到先得) 星期三 6pm-8pm; 5:55pm 開始登記 按摩 (先到先得) 每隔一個星期三 5:45pm. 請致電查詢每個星期的服務訊	免費
Rafiki Wellness Center	601 Cesar Chavez St www.bcoa.org	(415) 615-9945	沒有	針灸 按摩 健康檢查	每個月第一個星期六 9:30am-12pm	免費
Charlotte Maxwell Complementary Clinic (Low-income women with cancer only)	2601 Mission St, Suite #201 www.charlottemaxwell.org	(510) 601-7660	西班牙語 中文	針灸 草藥 按摩 順勢療法 引導式鬆弛療法	只限預約: 星期五 9:30am –1pm; 六, 日 9:30am – 5pm	免費

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What's New in Cancer Care

Monday, October 17th

Cancer occurs for unknown reasons, when cells divide without order or control. There are treatments available for people at all stages of cancer. Often, more than one type of treatment is needed. New developments in cancer treatment include: ways of doing surgery that are less invasive and less destructive; radiation that is much more precise and much less damaging; and strategies to ease the effects of chemotherapy. In this session, we will learn how cancer spreads and discuss the risks and benefits of new cancer treatments.

Speaker: Meiwen Wu, MD



Dr. Meiwen Wu graduated from Guangzhou Medical College in China. After she immigrated to the United States, she obtained her M.S. degree in clinical science, worked on clinical laboratory data analysis, taught at San Francisco State University, worked as a radiation therapist at the University of California, San Francisco, then passed all the US Medical Licensure Exams, and completed residency trainings in internal medicine and radiation oncology. She obtained her California Medical License and became a board certified radiation oncologist. Dr. Wu currently is an attending radiation oncologist at Seton Medical Center in Daly City. Besides clinical practice, she has been actively participating in cancer patient education. She enjoys writing, playing piano, and crafting in her spare time.

Yoga for a Better Night Sleep

Monday, October 24th

It is normal to experience physical pain, emotional stress, and psychological changes when dealing with a life-altering illness such as cancer. Yogic techniques that focus on how to use breathing, sounds, meditation, and light exercises have been effective in aligning the body, mind, and spirit to support the healing process. In this session, we will learn to manage pain, handle stress, and improve your state of mind with yoga.

Speaker: Samya Boxberger



Samya Boxberger-Oberoi is a certified Master Yoga and Meditation teacher, a successful executive, speaker, coach, and author of “The Philosophy and Science of Yoga: The Power of Self-Expression 5,000 Years in the Making”(Please keep book title in English). She earned her certifications in India while living in a Himalayan ashram and studying with local yogis and Ayurveda (traditional medicine) doctors. She currently teaches at the San Mateo Chamber of Commerce and is committed to teaching ancient proven yogic

techniques that promote not physical but also mental and spiritual wellbeing. Her academic background is in languages and linguistics. She holds a master’s degree from the University of South Carolina.

Chinese Medicine and Chinese Herbs

Monday, November 21st

In Traditional Chinese Medicine, herbal medicine, dietary therapy and acupuncture have been used extensively in treating a variety of illnesses. In this session, we will learn ways of combining foods and herbs to help strengthen our bodies and relieve symptoms related to cancer treatment. Ms. Li will also provide acupuncture treatments for those who are interested.

Speaker: Fan-Jin Li, L.Ac.



Fan-Jin Li specializes in Acupuncture and Herbs Therapy. She has treated patients recovering from strokes, chronic pain, women's health issues, cancer, insomnia, and digestive disorders. Ms. Li received her acupuncture license in 2003, and founded the Chinese Healing Art Acupuncture Center in Mill Valley. She served as an instructor in acupuncture and Tai-Chi at the California Pacific

Medical Center. Fan-Jin graduated from Guang Zhou University of Traditional Chinese Medicine (China) and completed her studies for her Doctorate Degree in Oriental Medicine at South Baylo University.

Exercise and Cancer

Monday, November 28th

Why exercise? What are the benefits? Research continues to emerge demonstrating that people with cancer who exercise can greatly increase their chances of survival. We present a variety of benefits of exercise for people going through cancer treatment, as well as for when treatment ends. We'll talk about what exercises you can do, with a strong focus on breast cancer, including during treatment and after, as well as issues related to lymphedema. And we'll demonstrate some simple exercises for people at any level to help you get started.

Speaker: Regan Fedric



As Program Director of Sunflower Wellness, Regan Fedric, Cancer and Exercise Specialist, realizes a life-long desire to bridge the worlds of fitness and medicine. A gifted athlete, she was a Division I basketball recruit at the University of Memphis, where she earned a B.S. in Exercise Physiology and a Minor in Biology. Upon graduation, she was also the Director of Operations for the Lady Tiger basketball team at U of M. Regan has worked as a PT Aide at the Campbell Clinic, was the developer of the Eagle's Circle at the Lebonheur Medical Center YMCA—a program for children with asthma and or obesity, and also worked in a cardiac rehabilitation program at Le-

bonheur. In 2002, Regan co-developed the IMPACT program (Integrating Medical Professionals and Certified Trainers), which was the predecessor to Sunflower Wellness. Regan has amassed thousands of clinical hours and is part of an integrative team that provides compassionate and progressive care to cancer patients at Smith Integrative, UCSF Helen Diller Cancer Center, Marin Cancer Institute, and Kaiser Permanente.

Seasonal Fruit and Vegetable Cooking

Monday, December 5th

Eating well is an important part of cancer treatment. Eating the right kinds of food before, during, and after treatment can help you feel better and stronger. Maintaining a nutritious diet can be difficult, and cancer treatment may present additional challenges, however there are many fun and easy ways to help us eat well. During this session you will learn about healthy nutrition as it relates to cancer while exploring how to prepare foods that are easy to make and in season. We will not only learn what foods are good for you but also how to make them taste great!

Speaker: Aimei Wu, RD



Aimei Wu graduated from University of California, Davis, with a Bachelor of Science degree in Clinical Nutrition. After graduation, she worked at Alameda County WIC program as a Nutrition Assistant. While working at the WIC program, she completed a year-long dietetic internship to become a Registered Dietitian through the San Diego State University WIC Dietetic Internship Program. Aimei joined the Feeling Good Project, Nutrition Services of San Francisco Department of Public Health in June 2016. Aimei was born in China; she speaks both Cantonese and Mandarin and knows how to read and write in Chinese. She enjoys traveling, learning about different cultures, and trying new foods.

Healthy Homes: Simple Actions That Make a Difference

Monday, December 12th

Learn easy strategies to keep your home environment healthy. We will talk about how certain environmental hazards in the home can cause or aggravate health conditions such as asthma or pose a threat to vulnerable populations such as young children. You will leave with easy home recipes and tips for keeping a healthy home.

Speaker: Jian He



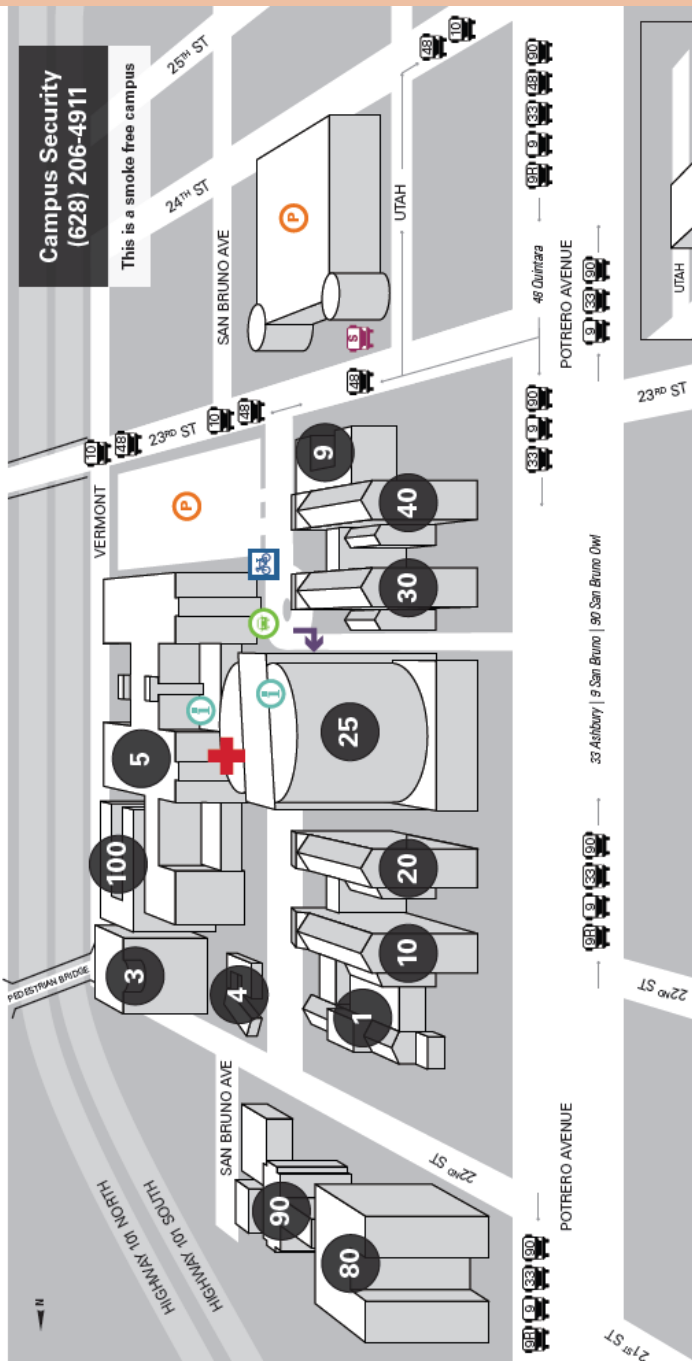
Jian He is an Outreach Associate at the San Francisco Department of the Environment. He works with community members and business owners to implement the City's goals of reaching zero waste, reducing drive-alone trips by 50%, and powering San Francisco with 100% renewable energy. Jian provides technical assistance to businesses and property managers to help them reduce waste, improve energy efficiency, encourage alternative transportation, and deal with pests using healthier and more effective methods. He loves spreading the message of sustainability in his community because he wants to leave a better world behind for his daughter.

Campus Map

1001 Potrero Avenue
San Francisco, CA 94110
(628) 206-2800



ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center



Key

+ Emergency Department Entrance
Entrada al Departamento de Emergencia
急診室入口

➔ Main Entrance
Entrada Principal
主入口

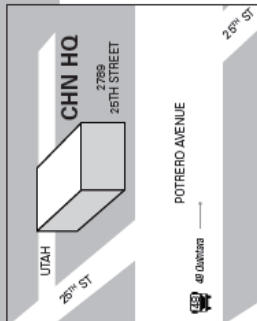
Ⓢ Patient Drop Off
drop off/pick up includes taxi,
Para Transit and personal transport
Entrega del paciente por vehículo
病人上下車的地方

i Information
信息

🚲 Shuttle Drop Off/Pick Up
Both UCSF and SFGH shuttles
Parada de los microbús gratuitos
免費公車停/接乘客站

P Public Parking
Estacionamiento publico
公共停車場

🚲 Staff Bike Cage
Estacionamiento para bicicletas
de empleados
工作人員自行車停



Campus Directory

1001 Potrero Avenue
San Francisco, CA 94110
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ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center



Department	Bldg	Floor	Unit/Room
Administration	Bldg 5	2nd	2A35
Adult Clinic - Richard Fine People Clinic	Bldg 5	1st	Outpatient Lobby 1M
Adult Urgent Care	Bldg 80	1st	Ward 81
Audiology	Bldg 5	4th	4M
Avon Breast Care Center	Bldg 4		
Blood Draw	Bldg 5	1st	Outpatient Lobby - 1C
Breast Surgery	Bldg 5	3rd	3M
Burn/Wound Clinic	Bldg 5	4th	4C
Cafeteria	Bldg 5	2nd	2C
Cardiology	Bldg 5	1st	1M
Carr Auditorium	Bldg 3		
CASAMC	Bldg 80	Basement	Ward 80
Cashier (2 Locations)	Bldg 5	1st	Main Lobby 1B1
Central Supply	Bldg 5	Ground	GL
Children's Health Center	Bldg 5	6th	6M
Clinical Laboratory	Bldg 5	2nd	2C
Dermatology	Bldg 90	2nd	Ward 92
Diabetes Clinic	Bldg 5	1st	1M
EKG	Bldg 5	4th	4C
Elective Admitting/Inpatient Eligibility	Bldg 5	1st	1C
Eligibility Enrollment Unit	Bldg 10	5th	1523
Emergency Department	Bldg 25	1st	
Endocrinology	Bldg 90	2nd	Ward 92
Environmental Health & Safety	Bldg 30	Ground	3100
Family Birth Center	Bldg 25	2nd	
Family Health Center	Bldg 80	1st & 5th	
Gastroenterology & Hepatology	Bldg 5	3rd	3D
Hematology	Bldg 80	6th	Ward 86

Departments Listed Alphabetically

Department	Bldg	Floor	Unit/Room
Human Resources	CHN Bldg	3rd	339
Imaging & Diagnostics - Inpatient	Bldg 25	Basement	B2
Imaging & Diagnostics - Outpatient	Bldg 5	1st	1X
Infant Parent Program	Bldg 9	1st	116
Infusion Clinic	Bldg 5	4th	4C
Inpatient Services	Bldg 25		
Intensive Care Units	Bldg 25		
Laboratory	Bldg 5	Outpatient Lobby	1C
Learning Center	Bldg 30	2nd	3200
Library (Barnett-Broggs)	Bldg 30	1st	3105
Lipid Clinic	Bldg 90	2nd	Ward 92
Lost and Found	Bldg 5	7th	7F8
Med-El Eligibility	Bldg 10	5th	1523
Medical Records	Bldg 5	2nd	2B1A
Nephrology	Bldg 90	2nd	Ward 92
Neurology	Bldg 5	4th	4M
Neurosurgery	Bldg 5	4th	4M
Occupational Health Services	Bldg 9	1st	115
Office of Patient Experience	Bldg 25	1st	Main Lobby Info Desk
Oncology	Bldg 80	6th	Ward 86
Ophthalmology & Optometry	Bldg 5	4th	4M
Oral Surgery	Bldg 5	1st	1N
Orthopedics	Bldg 5	3rd	3M
Otolaryngology	Bldg 5	4th	4M
OTOP	Bldg 90	3rd	301
Outpatient Dialysis	Bldg 100	3rd	359
Outpatient Eligibility	Bldg 5	1st	Outpatient Lobby

Department	Bldg	Floor	Unit/Room
Pain Clinic	Bldg 5	4th	4M
Patient Financial Services	Bldg 20	4th	2407
Pediatric Urgent Care	Bldg 5	6th	6M
Pharmacy	Bldg 5	1st	Outpatient Lobby
Plastic Surgery	Bldg 5	3rd	3M
Podiatry	Bldg 5	3rd	3M
Positive Health Program	Bldg 80	6th	Ward 86
Prayer & Meditation Rm	Bldg 5	2nd	2C
Pre-Operative Anesthesia Clinic	Bldg 5	4th	4M
Proctology	Bldg 5	3rd	3M
Pulmonary Clinic	Bldg 5	1st	1M
Pulmonary Sleep Clinic	Bldg 90	2nd	Ward 92
Rehabilitation Speech Therapy & Occupational Therapy	Bldg 5	Ground	110
Rheumatology	Bldg 90	2nd	Ward 92
San Francisco Health Plan	Bldg 10	5th	1523
SFGH Foundation	CHN Bldg	2nd	2028
Surgery Center	Bldg 25	Ground	1523
Surgical Clinic	Bldg 5	3rd & 4th	3M & 4M
Tattoo Removal	Bldg 5	6th	6M
TB Clinic	Bldg 90	4th	Ward 94
Urgent Care Center	Bldg 80	1st	Ward 91
Urology	Bldg 5	3rd	3M
Vascular Surgery	Bldg 5	3rd	3M
Volunteer Services	Bldg 5	7th	7F8
Weight Clinic	Bldg 90	2nd	Ward 92
Wellness Center	Bldg 5	2nd	2D35
WIC Program	Bldg 9	1st	Sep. Entrance
Women's Health Center	Bldg 5	5th	5M

Notes

A large rectangular box with a solid black border, containing ten horizontal dashed lines for writing notes.

Contact CARE at (415) 206-7464
[Sfghwellness.org/care](https://sfghwellness.org/care)

English CARE
Tuesdays, 5:30-7:30pm
@ Community Wellness
Center

Español CARE
Thursdays, 5:30-7:30pm
@ Centro de Bienestar
Comunitario

中文 CARE
Mondays, 1:30-3:30pm
三藩市總醫院大樓二樓
2D35 室