26th Quincy Lunar New Year Festival draws thousands

BY SYLVANA CHAN

Quincy ushered in the Year of the Horse with the 26th annual Lunar New Year Festival, held at North Quincy High School on Feb. 16. Approximately 8,000 people attended the event, making it one of the largest Lunar New Year celebrations in New England.

The celebration kicked off with a traditional lion dance followed by hours of live entertainment, exhibits, games and activities. Dozens of businesses, community organizations, social service groups and government agencies worked in collaboration with the South Cove Community Health Center and Quincy Asian Resources, Inc. to put on the event.

“This event represents a fantastic opportunity for members of the Asian and non-Asian communities to come together and plan an awesome cultural display for the entire community,” said John Brothers, executive director of QARI. He has been involved with the festival for the past 10 years. “Members of the Asian community are so proud of their New Year traditions and this is our chance to bring all of Quincy and the surrounding communities together to appreciate it.”

Brothers stressed the fact that the Quincy Lunar New Year Festival is not a festival solely for the Asian community; rather, it is an event for everyone to enjoy.

“A few years ago, we had Irish step dancers here and it was one of the most riveting performances for the Asian community because many had never seen anything like that before,” Brothers said. “Of course, it’s the same for the lion dance. Many people have grown up seeing that and others haven’t. It works both ways.”

This year’s entertainment schedule boasted 25 different performances. According to Denise Chan, co-chair of the Entertainment Committee at QARI, the performers came from various backgrounds and cultures, with ages ranging from three years old to 80 years old.

Seven-year-old Paco Lam was one of the festival’s main performers. He has been practicing Chinese martial arts at the Boston ShaoLin Kung Fu Center in Quincy for nearly three years. This is his second year participating in the festival and his stick-defense routine drew loud applause from the crowd.

None of this would have been possible without help from the festival’s more than 100 volunteers. Alice Luu, a graduate of North Quincy High School, has been involved with the Quincy Lunar New Year Festival since she was in middle school. Now a senior at Brandeis University, she continues to help out with the event whenever she can. This year, she assisted with the decorations. Her favorite activity, however, is doing arts and crafts with the children.

Paul Vu, a junior at North Quincy High School, is another volunteer. “I find it fun to help others and hang out with my friends at the same time,” he said.

The event was a great success in ringing in the Year of the Horse with a proper celebration for all of greater Boston to enjoy.

One Greenway project on track

BY LAN NGUYEN

One Greenway at Parcel 24 held a progress meeting on Feb. 26 at 38 Oak Street. The meeting was hosted by the Asian Community Development Corporation and New Boston Fund. Suffolk Construction, the general contractor for One Greenway, also attended.

Construction for One Greenway is currently underway at the corner of Knecland and Hudson streets. One Greenway will include a mix of 217 market-rate units, 95 affordable rental units, and 50 affordable homeownership condominiums. The 362 units will reside in two buildings. Affordable rentals and homeownership units for low and moderate household incomes account for 40 percent of all units. An underground parking garage will have 135 parking spaces for residents, in addition to the 50 parking spaces that will be open to the public for a market-rate fee.

Construction of the underground garage is in progress with contractors laying down the concrete foundation system which is estimated to be done in April. Starting in early May, steel will begin to go up for the first building that will house the market-rate and affordable units. Construction of the second building with 50 condominiums is estimated to begin in summer 2015. One Greenway will also include green construction technology such as central heating. Individuals who are interested in these units should contact Mary Lai, Housing Outreach Coordinator at ACDC at (617) 482-2380 ext 212 or mary.lai@actiancldc.org.

Workforce at One Greenway is slowly building up. Suffolk Construction is still looking to employ Boston residents, minorities and women to work on site. Interested individuals should contact Brian McPherson of Suffolk Construction at (617) 517-4446 or bmcpherson@suffolkconstruction.com and Ernie Carrier at (617) 799-1170 or ecarrier@suffolkconstruction.com.

Individuals who cannot speak English can still apply and should contact Lai.

HIGHLIGHTS

Elderly Health Special Edition

Restaurant Review: Yume Wo Kataru

PAGE 8

長者健康特刊

中文第四版至第六版

中文第第六版

A building update on One Greenway took place Feb. 26 at 38 Oak Street. (Image courtesy of Lan Nguyen.)
Event Calendar

MIT Sloan Asia Business Conference Saturday, March 1
MIT Media Lab Cambridge, MA

Slated keynote speakers are:
• Charatporn Jotikasthira, President, The Stock Exchange of Thailand
• Kazuhiro Gomi, President & CEO, NTT America
• Dr. Jeanie Han, CEO, Line Euro-America

... and many more!

Music Through the Ages Tuesday, March 4 7:30 p.m.
Bakalar Recital Hall at Brookline Music School
25 Kenward Road Brookline MA 02445

Join Brookline Music School Faculty Pianist Elizabeth Chladil for a free faculty recital of solo Elizabeth Chladil for a School Faculty Pianist Brookline MA 02445 Brookline Music School Bakalar Recital Hall at 7:30 p.m.

Music Through the Ages.
Hear free faculty recital of solo Elizabeth Chladil for a School Faculty Pianist Brookline MA 02445 Brookline Music School Bakalar Recital Hall at 7:30 p.m.

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Tufts Medical Center celebrated the Lunar New Year on Feb. 12. Mike Wagner, interim president and CEO of Tufts Medical Center, spoke about Tufts’ relationship with the Chinese community. (Image courtesy of the editorial team.)

Tufts Medical Center celebrated the Lunar New Year with a collection of Chinese ethnic performances on Feb. 12. A traditional lion dance by the Boston Chinese Freemasons Athletic Club kicked off the celebration. Student talent from Josiah Quincy School demonstrated traditional Chinese and musical performances at the event. Mike Wagner, interim president and CEO of Tufts Medical Center, attended the event for the first time after his appointment, and expressed his interest in Chinese culture. He also acknowledged Tufts’ close relationship with the Chinese community.

Wagner said Tufts Medical Center is committed to providing high-quality, low-cost medical services to residents in Chinatown and the greater Boston area. In response to the increase in Chinese-speaking patients, Tufts has also added many bilingual medical staff and interpreters who can speak Mandarin or Cantonese. He also mentioned that Frank Chin, also known as “Uncle Frank,” and Gov. Deval Patrick will be honored at the 2014 Working Wonders benefit on March 26. “Uncle Frank” will receive the Lifetime Achievement Award for his Chinese immigrant advocacy work in Boston’s Chinatown, while Gov. Patrick will receive the annual Ellen M. Zane Award for Visionary Leadership for his outstanding contributions in health care.

Chinese New Year celebration continues with ‘Cultures of China, Festival of Spring’

BY CANDICE CHEN

Though Chinese New Year came and went in January, the celebrations didn’t stop there in Boston. On Feb. 16, John Hancock Hall was full of Lunar New Year cheer and festivities during a New Year gala organized by the Overseas Chinese Affairs Office of the State Council and China Overseas Exchange Association.

The “Cultures of China, Festival of Spring” gala has been held all over the world since 2009. This year, famous Chinese singers and performers including Dong Wenhua, Cai Guoqing and Yang Hongji gave performances to hundreds of people in the gala.

The gala formally began with MC Hou Yong’s welcoming address. Hou, a famous Chinese actor, has received numerous awards for his performances in Chinese dramas and films, including the Huabiao Film Awards and the Golden Eagle Award.

The opening dance “Wish you a Happy New Year” was performed by Han Daojiang, Du Yan, Chen Mandan and other performers. Wearing traditional Northern Chinese costumes, the dancers used their movements and gestures to express their best wishes to everyone in the gala.

Following the dance, other musicians performed songs, Peking Opera pieces and also played traditional Chinese instruments such as the erhu.

In addition to the performances, Qiu Yuaping, the director of Overseas Chinese Affairs Office of the State Council, expressed her New Year wishes and anticipations in a news conference.

“We came to Boston for two goals. One is to say ‘Happy Chinese New Year’ to Bostonians; the other is to provide exciting performances to Chinese people in America,” said Qiu.

Qiu said the Overseas Chinese Affairs Office of the State Council is trying their best to ensure the fair rights for overseas Chinese people.

According to Qiu, overseas Chinese citizens can now use their passports as identification in China. For other affairs, overseas Chinese in America can look for local Overseas Chinese Affairs offices instead of going to New York.

“We are always working hard to protect our overseas Chinese and make sure they enjoy the benefits,” said Qiu.

Sun Guoxiang, the consul general of Consulate General of the People’s Republic of China in New York, Gov. Deval Patrick, Sen. Elizabeth Warren and other officials also sent their New Year greetings to the gala attendees.

Report on Asians released in Boston

BY MARSHA MA

Asian Americans Advancing Justice and Boston Chinatown Neighborhood Center released an Advancing Justice report on Asian Americans in Boston on Feb. 14 at the Boston Foundation. The panel discussion included (left to right) Trinh Nguyen, Miki Akimoto and Giles Li. From U.S. Census data, the report found Asian Americans are the fastest-growing racial group in the Northeast, with Chinese-American individuals comprising the largest ethnic group in Boston at 26,000 in 2010. (Image courtesy of Marsha Ma.)
Salim Kabawat, Hepatitis B is the lead-

Evil, Speak No Evil.”

the 2013 World Hepatitis Alliance cam-

of people who participated in spreading

MAP for Health’s efforts from last year’s

ness for hepatitis. The mural continues

on Feb. 18 in an effort to raise aware-

South Cove Community Health Center

Diagnostics to create a mural for the

organizer of a team of
growing problem.

people should be concerned about this

of See No Evil, Hear No Evil, Speak No

According to Quest representative

Salim Kabawat, Hepatitis B is the lead-

cause of hepatic cancer, and more

People

By KENNY SUI-FUNG YIM

According to Quest representative

Salim Kabawat, Hepatitis B is the lead-

cause of hepatic cancer, and more

people should be concerned about this
growing problem.

To paint the panels, Andrea Macha-
do, the MAP for Health Program Direc-
tor for Asian Pride, organized a team of
dedicated youth to participate in the proj-
et.

“Youth come from all across Boston
to take advantage of the safe space of the
center to participate in sex-positive dis-
cussion and education,” she said.

The youth volunteers from MAP for
Health used bright acrylic paints to cre-
ate the mural, which they found to be a
challenging but rewarding medium.

They took particular pride in carrying on
the message of the three monkeys – that
of See No Evil, Hear No Evil, Speak No Evil – a motto that MAP for Health Man-
aging Director, Josephine Tsui, explains
symbolizes the difficulty in expressing
the pain of hepatitis.

The mural will be on permanent
display at the South Cove Community
Health Center as a constant reminder to
doctors and patients alike of why hepati-
tis cannot be silenced.

Eugene Welch, executive director of South Cove Community Health Center; Josephine Tsui, managing director of MAP for Health; Salim Kabawat from New England Region Clinical Pathology Medical Director; and Melissa Wong, chairwoman of the board of directors of MAP for Health on Feb. 18 at South Cove Community Health Center. (Image courtesy of Kenny Sui-Fung Yim.)

MAP for Health partnered with Quest Diagnostics to create a mural for the

South Cove Community Health Center on Feb. 18 in an effort to raise aware-

ness for hepatitis. The mural continues

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Mayor Marty Walsh spoke at the Wong Family Benevolent Association's banquet on Feb. 16 at Empire Garden. (Image courtesy of Julia Wong.)

Wong Family Association celebrates Chinese New Year

BY JULIA L. WONG

The Wong Family Benevolent Association of Boston held their New Year’s banquet on Feb. 16 at Empire Garden in Chinatown. Many officials of the state attended, including Mayor Marty Walsh, Councilor-at-large Michelle Wu, Treasurer Steven Grossman, Senator of the Second Suffolk District Sonia Chang-Diaz and state representatives Tackey Chan and Donald Wong.

Vibrant and energetic lion dances opened the celebration and welcomed the Year of the Horse. The Women’s Auxiliary Group followed with a poem-song about the Wong family. Walsh wished others to extend their well wishes by shaking hands with constituents at each table.

Beyond well wishes, the banquet allowed the Boston Chinese community to celebrate with friends, both old and new. A community member celebrated her 101st birthday, receiving a special wish from Walsh in Chinese. The association also celebrated the accomplishments of high academic achievers with scholarships. Like every year, the banquet brought together tradition and harmony, and filled the hearts of its members with hope for the new year.

A hand for a paw

BY TIFFANY DU, TSERING LHADON AND SUZAN ZHUANG

While the first two quarters of our senior year ended with worries and stresses, some students from Malden High School came up with ideas for service projects for this spring. After weeks of planning and discussing, we decided to create a service project that focused on helping animal shelters in every way possible. However, while our personal motivation came from learning the importance of protecting and taking care of animals, we also are qualified to work on this project.

An animal shelter is a facility that houses and aids homeless, lost or abandoned animals; mostly dogs and cats. The goal of animal shelters is contributing to public health by keeping animals that otherwise would be free on the streets. The aim of animal shelters is to provide homeless animals with a safe, loving and caring environment until they are adopted by new owners, placed in a new home or adopted into new organizations. Volunteering at animal shelter and getting donations of animal items will provide a safer and happier place for animals to live.

By constructing a project to assist animal shelter, we hope to ensure a safe and healthy recovery for abused and abandoned animals, so that they may be able to find a loving family in the future. Because many people are owners to domesticated animals, they can communicate with these animals on a personal level with their generous contributions. Not all animals are lucky enough to have a family that can take care of them and give them a home. There are abundant amount of animals in the world that are emotion- ally, mentally and physically tortured every single day. If a person is in a similar situation, they have the opportunity to speak up and fight for what’s right but animals don’t have a voice. Therefore we decided to work on a service project that incorporates us and the animals together.

The purpose of this project is designed for the animals that currently live in the animal shelters in our community. Not many people in our community understand the benefits of helping animals, focusing on volunteering at animal shelter and collect- ing donations of animal materials will help both students and members from our community to be aware of taking care and protecting those homeless animals. We believe this project will be helpful to those animals that are in need. We also hope that this project can bring more teens and adults together and allow them to share the greatness of helping animals.

We need your help to reach our goal. Donations are highly encour- aged. Contact us at sylv@gmail.com or (617) 426-9492 x 205.

Mark the Dates!

CHINATOWN
CCBA
90 Tyler Street
Thursdays, 11 a.m.–1 p.m.
March 13
April 10

Boston Water and Sewer Is Coming to Your Neighborhood

A Boston Water and Sewer Commission Community Services Department representative will be in your neighborhood at the place, dates, and times listed above.

Our representative will be available to:  
- Accept payments. (Check or money order only–no cash, please.)  
- Process elderly or disabled persons discount forms.  
- Arrange payment plans for delinquent accounts.  
- Resolve billing or service complaints.  
- Review water consumption data for your property.  
- Explain BWSC customer programs.

Need more information? Call the Community Services Department at 617-989-7000.

Boston Water and Sewer Commission
980 Harrison Avenue • Boston, MA 02119 • www.bwsc.org

HAMILTON GREEN APARTMENTS
311 LOWELL STREET
ANDOVER, MASSACHUSETTS 01810

Waitlist open on 2/24/2014 through 3/24/2014
Waitlist applicants will be chosen by lottery

Rental Amounts and Minimum and Maximum Income Limits as of 1/1/2014

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Tenants pay for Electricity only – Utility Allowances are as follows: 1BR - $49; 2BR - $65; 3BR - $80

*Minimum income requirements do not apply to Section 8 Voucher holders.
All utilities, except electricity are included in rent. Voucher holders are eligible. Applications are available at the property daily between 9:00 a.m. and 5:00 p.m., Monday – Friday or call the office at 978-623-8155,TTY:711 or 800-439-0183.

Application Deadline: March 24, 2014
Healthy diet and exercise can prevent or control diabetes in elderly

BY KA HEI KAREN LAU AND DR. ZHIHENG HENRY HE

In the United States, over 25 percent of the population is 65 years of age or older. Unfortunately, the risk of developing diabetes is significantly increased in this particular population. Other factors that may contribute to this increased risk include Asian ancestry, being overweight, having a family history of diabetes or a history of gestational diabetes or prediabetes.

Diabetes is a condition in which the body cannot properly handle nutrients from food, which eventually leads to elevated blood glucose. Type 2 diabetes is the most common type of diabetes among Asian Americans, especially seniors. It can be prevented or delayed by eating healthy and staying active. If you have been diagnosed with diabetes, you will also benefit from this healthy lifestyle, which will help you control your blood glucose and prevent diabetes complications, such as heart disease, loss of vision, kidney failure or loss of limbs.

A healthy meal plan for people with or at risk of diabetes is not much different from a healthy meal plan for the general population. A healthy diet should provide your daily nutrient needs and also help you manage your blood glucose levels. When planning your meals, follow a ratio of 2:1:1: for every two servings of non-starchy vegetables (e.g. leafy greens), one has serving of grain products or other starches (e.g. pumpkin), and one serving of protein (e.g. fish and chicken).

As you get older, your caloric needs decrease, and sometimes, your appetite decreases as well. It is important to choose food with high nutritional value but low caloric density to meet your needs without gaining unneeded extra weight. Try to include vegetables of different colors (green, purple, red, yellow and white), whole grains (e.g. brown rice) and lean protein (e.g. tofu, skinless/low-fat chicken or meat and fish) at each meal. Also try to limit the use of processed food and condiments to help lower your sodium intake. This will help you better control your blood pressure, which often increases as you age and is a complication of diabetes.

Like healthy eating, exercise is crucial to diabetes management and prevention as well as to overall health. Exercise helps lower blood glucose. Try to do aerobic exercises for 150 minutes at a moderate intensity each week, such as walking faster than your usual pace, or doing some higher intensity chores. If possible, also include 15 minutes of exercise after each meal to prevent the post-meal blood glucose surge. Doing muscle-strengthening exercises twice a week, such as carrying your groceries in a basket instead of using a cart, is a good way to improve strength, fitness and blood glucose control. In addition, include exercises that improve your balance and coordination, such as tai chi or dancing. These will help in preventing falls, which cause severe injuries among seniors.

If you have been prescribed medications, follow the regimen as prescribed. If you have concerns including drug interactions, call your doctor’s office; do not stop or adjust the medication without talking to your doctor. Always bring all your drugs, herbal medications, supplements, glucose meter, and blood glucose records to all your doctor’s appointments. These provide important information for your health care team to understand your condition better and provide you with better overall care.

Everyone is unique, and so each effective regime to bring diabetes under control is highly individualized. This is especially important for seniors. Diabetes in seniors tends to have other co-existing health issues, such as heart disease, poor eyesight, limited mobility, impaired memory, being frail and having low sugar. Overly rigid control over diet may increase the risk of hypoglycemia and can actually hurt one’s health. Therefore, it is critical to establish a personalized blood glucose goal, meal plan and exercise regimen with your doctor, registered dietitian and exercise physiologist for the care plan that fits your needs.

K. Hei Karen Lau is a registered dietitian and certified diabetes educator in the Asian Clinic at Joslin Diabetes Center. Dr. Zhiheng Henry He is an endocrinologist in the Asian Clinic at Joslin Diabetes Center.

Higher blood omega-3s associated with lower risk of premature death among older adults

BY THE HARVARD SCHOOL OF PUBLIC HEALTH

According to a recent study by the Harvard School of Public Health (HSPH) and the University of Washington, older adults who have higher blood levels of omega-3 fatty acids – found almost exclusively in fatty fish and seafood – may be able to lower their overall mortality risk by as much as 27 percent and their mortality risk from heart disease by about 35 percent. Researchers found that older adults who had the highest blood levels of the fatty acid lived, on average, 2.2 years longer than those with lower levels.

“Although eating fish has long been considered part of a healthy diet, few studies have assessed blood omega-3 levels and total deaths in older adults,” said lead author Dariush Mozaffarian, associate professor in the Department of Epidemiology at HSPH. “Our findings support the importance of adequate blood omega-3 levels for cardiovascular health, and suggest that later in life these benefits could actually extend the years of remaining life.”

Previous studies have found that eating fish, which are rich in protein and heart-healthy fatty acids, reduces the risk of dying from heart disease. But the effect on other causes of death or on total mortality has been unclear. With this new study, the researchers examined biomarkers in the blood of adults not taking fish oil supplements in order to provide the best assessment of the potential effects of fish consumption on multiple causes of death.

The researchers examined 16 years of data from about 2,700 U.S. adults ages 65 or older who participated in the Cardiovascular Health Study (CHS), a long-term study supported by the National Heart, Lung, and Blood Institute.

After adjusting for demographic, cardiovascular, lifestyle and dietary factors, Mozaffarian and his team found that three fatty acids – both individually and combined – were associated with a significantly lower risk of mortality. Docosahexaenoic acid, or DHA, was most strongly related to lower risk of coronary heart disease death, especially due to arrhythmias. Docosapentaenoic acid (DPA) was most strongly associated with lower risk of stroke death, and eicosapentaenoic acid (EPA) most strongly linked with lower risk of nonfatal heart attack. None of these fatty acids were strongly related to other, noncardiovascular causes of death.

Overall, study participants with the highest levels of all three types of fatty acids had a 27 percent lower risk of total mortality due to all causes. When the researchers looked at how dietary intake of omega-3 fatty acids related to blood levels, the steepest rise in blood levels occurred when going from very low intake to about 400 mg per day.

“The findings suggest that the biggest bang-for-your-buck is going from no intake to modest intake, or about two servings of fatty fish per week,” said Mozaffarian.
Symptoms
The majority of patients with early stage colorectal cancer do not have symptoms. If the cancer has progressed, patients may experience blood in the stool, change in bowel habits, or anemia or low blood count. If the cancer has progressed, then patients may have abdominal pain, abdominal distention, and nausea or vomiting.

Family and dietary factors
Colorectal cancer is uncommon before the age of 40, but becomes more common between ages 40 to 50 and beyond. If you have family members with colorectal cancer or with colon polyps, then you may have a higher risk of developing colorectal cancer. Risk factors for colorectal cancer that you can potentially avoid include: dietary inactivity, unhealthy diet that is heavy in red meat, smoking, alcohol abuse and obesity.

Conversely, regular physical activity, a diet rich in fruits and vegetables, garlic and/or fish, may help protect you from colorectal cancer.

Prevention
The most important way to decrease your risk of developing colorectal cancer is to discuss with your doctor whether you should receive colorectal cancer screening. In general, people age 50 and over should obtain a test to detect and prevent colorectal cancer. This test is usually a colonoscopy. A colonoscopy is a test performed by a physician who specializes in the digestive system. This involves a careful examination of the entire colon while you are safely sedated.

Another possible test to prevent colorectal cancer is a special stool test. It is important that you discuss with your doctor whether you should obtain a test to detect colorectal cancer, because this is the only way to detect the disease before it develops.

Acid reflux: “What is that burning?”

Gastroesophageal reflux disease or “GERD” is one of the most common reasons that people visit their primary care provider. GERD typically presents with a burning sensation that starts in the stomach and radiates up the chest. Some people may also have a bitter taste in the back of their throat. Still others may experience heartburn, indigestion, nausea, chest pain or a chronic cough.

GERD occurs when acid in the stomach escapes through the lower esophageal sphincter and travels up the esophagus. Lying flat may also cause the acid in the stomach to enter the esophagus. Acidic foods and drinks, alcohol, coffee, tea, and spicy foods often make these symptoms worse.

Acid reflux medication. (Image courtesy of Flickr user Judson/PeoplesFront.)

Acid reflux medications (H2 receptor antagonists, proton pump inhibitors) may help reduce the amount of acid produced and reduce the frequency of reflux. However, you may need to try different medication, in various combinations, before finding the right treatment for you.

What you should know about Hepatitis C

What is hepatitis C? Hepatitis C is a virus that can cause inflammation of the liver. Your liver is an important part of your health. It is responsible for detoxifying (cleaning) the blood of harmful substances, aiding in digestion, and making proteins. When these functions cannot be carried out properly, this puts you at risk for many complications. Hepatitis C is a virus that is transmitted through blood and can lead to cirrhosis (irreversible scarring of the liver) and even liver cancer. Many people do not even know they have hepatitis C, as there are often no symptoms until the disease progresses. Unfortunately, there is no vaccine currently available for hepatitis C.

How do I know if I am at risk for hepatitis C? Hepatitis C is extremely common. The World Health Organization reported in 2013, “every year, 3-4 million people are infected with hepatitis C. About 150 million people are chronically infected and at risk of developing liver cirrhosis and/or liver cancer. More than 350,000 people die from hepatitis C-related liver diseases every year.”

You may be at increased risk if you are born between 1945-1965, work in the health-care field, have ever used IV drugs, have ever received a blood transfusion, have HIV, were born to a mother who was infected with hepatitis C. Remember, hepatitis C is only spread through contact with contaminated blood. You cannot get it from hugging, kissing, coughing, sharing utensils or from close personal contact.

Getting tested
Screening for hepatitis C can be done through a simple blood test. If your results show presence of infection, your provider will verify your genotype. A genotype is essentially the genetic makeup of the virus. Determining your genotype is important for understanding how hepatitis C affects you personally and helps providers to make recommendations for which of several medications can be used. Once you know your genotype, you do not have to be tested again, as it stays the same throughout treatment. There are six genotypes (1-6) that have been identified for the hepatitis C virus. Each genotype has a slightly different medication regimen and length of treatment.

The good news
Hepatitis C is curable! After discussing with your provider whether treatment is appropriate for you at this time, the next step may be starting a therapeutic regimen. Therapy will include a combination of medications consisting of a nucleotide polymerase inhibitor, ribavirin, and/or interferon for duration of 12 to 24 weeks. The treatment time depends on your genotype and whether you have been treated for hepatitis C in the past.

Clearance rates with the latest medications are promising! Cure rates for treatment- naive (never treated in the past) is around 90-95 percent for genotype 1, the most common. For more information about screening and treatment, you may contact the GI/Hepatology Division at Tufts Medical Center or your local doctor to ask for screening.

Kathleen Coleman is an MSPN in gastroenterology at Tufts Medical Center and Holly Milch is an RN/SPN at Massachusetts General Hospital School of Health Sciences.
Restaurant Review: Yume Wo Katare

BY LING-MEI WONG

If you’re looking for some hot, soupy bliss to warm your belly against the bitter New England chill, look no farther than Porter Square. Yume Wo Katare elevates pork and ramen to a singular culinary art, making it the perfect antidote to this winter season.

There is nothing else on the menu, apart from noodles and your choice of two or five slices of juicy pork cha-su ($12 and $14, respectively). Takeout cha-su is also sold for $15. While the menu offers add-ons such as garlic, extra cabbage and bean sprouts, the pork-flavored ramen broth is the star of the show.

And what a broth it is. Decadent pork bone permeates each mouthful, complementing the rich and unctuous thick-cut cha-su and chewy hand-pulled noodles. Yume Wo Katare’s ramen is unapologetically heavy, with the fatty pork generously seasoned with salt. Boiled vegetables alleviate the richness somewhat, but take your time savoring each soupy spoonful rather than gulping it down in one go.

To offset the creamy texture of the broth, it’s best to pour yourself a glass of water or order hot tea ($2), which comes in a heated metal can.

At the end of their meals, sated customers are told either “Good job” for finishing the ramen and meat, “Next time” for not finishing or “Perfect” for slurping down the ramen, meat and soup. While the meal is gloriously delicious, it is a heavy one. Try not to put yourself in a self-induced food coma for the sake of being declared “Perfect!” by everyone in the restaurant. Whether you earn a “Next time” or “Perfect”, you are sure to walk out of Yume Wo Katare in a blissful, pork-induced daze.

Yume Wo Katare occupies a modest space in the heart of Porter Square, with roughly 20 seats arranged in three rows facing an open kitchen. Since its opening in 2013, lines out the door have been intimidating, although less of a problem closer to its 11 p.m. closing time. The restaurant is closed on Sundays and Mondays.

Pork ramen from Yume Wo Katare. (Image courtesy of Ling-Mei Wong.)

Yume Wo Katare (夢を語れ)
1923 Massachusetts Avenue
Cambridge, MA 02140
(617) 714-4008
www.yumewokatare.com

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