

Are you of Asian descent? Then you might be susceptible to certain health problems that you might not be aware of. CARE, the Center for Asian Health Research and Education, at Stanford University is here to improve the health of Asians everywhere. Keep reading to learn more about your health and common issues that Asians face today.



Center for Asian Health Research and Education
Improving the Health of Asians and Asian Americans

References

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Health Risks for Asians

Learn more about the risks you could be facing

Improving the Health of Asians and Asian-Americans Everywhere

Contact us at stanfordcare@stanford.edu. You can learn more about CARE and how to support us at care.stanford.edu

1. Diabetes

The Risk: Asians with a BMI over 23 are susceptible to diabetes.



The Next Step: Monitor your BMI and get screened.

2. Depression

The Risk: It is reported much less frequently in Asian populations.



The Next Step: Asians may have different symptoms from depression than other groups. Discuss with your doctor.

3. Gout

The Risk: Those of Chinese descent can have a serious skin reaction when using the medication Allopurinol.

The Next Step: Get tested for HLA-B*5801 or take Uloric (febuxostat).



4. Gastric Cancer

The Risk: Korean, Japanese, and Chinese people particularly have several times higher risk for developing gastric cancer.



The Next Step: Consider endoscopic screening.



5. High Cholesterol

The Risk: The cholesterol drug Crestor, also known as rosuvastatin, can double the drug levels in Asians compared to Caucasians.



The Next Step: Start at the lowest 5 mg dose and monitor effects carefully.

6. Cardiovascular Disease

The Risk: South Asians are at a higher risk at a young age, 25% of men have their first heart attack by age 40.



The Next Step: Get screenings for diabetes, cholesterol levels, and hypertension. Also consider a coronary calcium scan.

7. Alcohol Flush Syndrome

The Risk: East Asians commonly flush after consuming alcohol secondary to a variant in ALDH2, known as ALDH2*2.



The Next Step: Flushing is not healthy and drinking alcohol for those who flush is associated with a higher risk for esophageal cancer.

8. Hepatitis B

The Risk: Hepatitis B is more commonly found among Asians.



The Next Step: Get tested for Hepatitis B.

9. Nasopharyngeal Cancer

The Risk: This disease is found more commonly in many Asian sub-groups.



The Next Step: Learn more at care.stanford.edu