1. **Problem:** Some epidemiological data suggest that the prevalence of major depressive disorder is lower in some Asian countries, like China, and in some Asian-American populations, than the prevalence in the general U.S. population. Several explanations have been proposed.
   - **Action:** Research needs to be conducted with Asian-American populations to study these suggested discrepancies in the diagnosis of major depressive disorder.

2. **Problem:** Nasopharyngeal Cancer is a disease far more endemic in Southern Asia than anywhere else in the world.
   - **Action:** Because we have so many people of Southern Asian ethnic origin in our catchment area, our program cares for many patients with nasopharyngeal carcinoma. We have a very robust program including clinical trials and translational and basic science research concerning nasopharyngeal carcinoma.

3. **Problem:** East Asians, particularly Koreans, have up to 16 times higher risk of gastric cancer
   - **Action:** Consider Endoscopic screening

4. **Problem:** All Asians have a higher risk of diabetes at a Body Mass Index (BMI) of < 23.
   - **Action:** Know your BMI and get screened for diabetes

5. **Problem:** South Asians have a higher risk of cardiovascular disease at a young age with 25% of men having their first heart attacked by age 40.
   - **Action:** Get screened for diabetes, cholesterol and high blood pressure. Consider coronary calcium scan.

6. **Problem:** Alcohol flush syndrome (ALDH2*2 variant) is associated with a higher risk of esophageal and head/neck cancer.
   - **Action:** Avoid alcohol if you flush.
7. **Problem:** Crestor (rosuvastatin) was found to result in twice the drug levels in Asians vs Caucasians.
   - **Action:** Start at the lowest 5 mg dose and monitor carefully.

8. **Problem:** In people of Chinese descent, allopurinol, a common medication for preventing gout, can lead to a serious skin reaction.
   - **Action:** Get HLA-B*5801 testing or use Uloric (febuxostat) instead.

9. **Problem:** Hepatitis B is common among Asians.
   - **Action:** Get screened for Hepatitis B.