

ACMA News

Wishing all our members and friends a Happy 2009 and prosperous Year of the Ox

Special Interest Articles:

- President's Report
- ACMA Young Achiever Award
- ACMA International Conference - China

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President's Message



2008 has been a busy year for ACMA. I hope that 2009 will be even busier and that the Association will grow and prosper.

The AGM was as always, a chance for the Membership to keep the Management Committee on its toes. Overall, in terms of finances and membership, the past year was successful. Membership numbers increased. Our bank balance dropped a little

mainly due to a donation of \$5000 made to the China Earthquake Appeal, and to a fall in sponsorship.

Four past MC members did not stand for re-election. Drs *Ken Wong, Xan Phung, Ken Loi, and Dick Kuo* have each served the Association over a number of years in various capacities and their hard work and enthusiasm will be missed. Drs *Charley Zheng* and *David Ha*, were elected to the incoming MC and will be put to work very quickly. I welcome these two young doctors to the Management Committee.

The new Office Bearers are Dr *Leslie Lim* (Senior Vice-President), Dr *Alex Ting* (Vice-President), Dr *David Chung* (Secretary), and Dr *Lorna Lee* (Treasurer). The other members of the MC are Drs *Ida Soo, Seng Chua, Stephen Li*.

I would like to pay a special tribute to Dr *Ida Soo* for her work as Chair of the Education Subcommittee. At a time when pharmaceutical companies have placed more and more restrictions on their sponsorship, she was able to ensure that our Monthly Educational Seminars continued throughout the year. Her act will be a difficult one to follow,

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ACMA Young Achiever Award

The Management Committee has called for nominations from members for the ACMA Young Achiever Award.

The recipient of the award will be nominated by an ACMA member and will be less than forty years old at 31st October 2009.

The recipient will be acknowledged widely by colleagues for academic achievement, leadership, community service, re-

search, charitable works, sporting achievement, and/or career development. The nominee does not necessarily need to be a member of ACMA.

The award will be judged by a panel of past Presidents of ACMA. The panel may decide not make the award, or to give more than one award. The awards will be presented at the ACMA Annual Dinner.

If you know a young achiever, please make the nomination by letter, phone, fax, or email to Beatrice or Dorothy at ACMA House. The Honorary Secretary will contact you for more details.

Nominations close on 30th April 2009.

Dr Stephen Hing

Apology: The Editor unreservedly apologise to Dr Ian Cheng and readers of this Newsletter. The sub-editing of his Profile in the September 2008 issue of this Newsletter could have created a negative perception of Dr Cheng. No such intention was meant.

2nd ACMA International Conference 2008, Jiuzhaigou.



Stephen & Heather



Rhinoceros Lake



Panda



Maria



Adi and Joseph

Our recent conference in Jiuzhaigou, China was a great success. It was the 2nd ACMA International (China) Conference. It follows the success of the 1st ACMA International (China) Conference in Beijing some years ago when we had a conjoint meeting with the Chinese Medical Association. Between the 1st and 2nd China conferences, we had also organized an ACMA Silk Route Tour in 1992. The success of the recent China conference and tour is partly because of experience gained from our Silk Route Tour.

One of the aims of our “international” conference is to network with doctors in other countries. Being an organization of Chinese Australian doctors, obviously networking with doctors in China takes priority. I am glad to report that we have had some achievements during this trip.

I would like to thank Ms Helen Shen from the Medical Education and Research Consortium (Event organizer) and New Asia Pacific Travel (Travel agent) for their support to make this conference so successful. Based on lessons learned from our Silk Route Tour, we had specified some criteria. These included:

- (1) Best hotels
- (2) Best cuisines
- (3) Leisure pace
- (4) Flexible schedules
- (5) Good tours

Our organizer and travel agent have delivered these stringent criteria beyond our expectation. The major complaint from our doctors and their spouses is: “The food is too good! We have gained weight!”

The venue of the core conference was in the spectacular Jiuzhaigou (Nine Villages Valley) in Sichuan, a province in south-western China. Jiuzhaigou is a nature reserve in the north of Sichuan. It lies at the southern end of the Minshan mountain range about 330 km north of Chengdu, the provincial capital of Sichuan. It is part of the

Jiuzhaigou County (formerly Nanping County) in the Aba Tibetan Qiang Autonomous Prefecture of north-western Sichuan province, near the Gansu border. Naturally we had had a taste of Tibetan culture when we were there. The Jiuzhaigou valley covers at least 240 km² with buffer zones covering an additional 400 to 600 km². Its altitude ranges from 1,998 to 2,140 m (at the mouth of Shuzheng Gully) to 4,558 - 4,764 m (on Mount Ganzigonggai at the top of Zechawa Gully). Mountain sickness is a therefore known hazard. Interestingly the locals have some herbal drinks specifically for mountain sickness. Most of our female delegates had bought herbal drinks and oxygen tanks while many male delegates thought they were overcautious. At the end it was mostly the men who suffered from the mountain sickness.

The disastrous earthquake in Sichuan in May this year had not caused any damage in Jiuzhaigou. However, the two roads leading into Jiuzhaigou were damaged. The air route was the only way to get in and out of Jiuzhaigou. Fortunately we had not planned to use the land route. It was not so fortunate for the locals. They were devastated by the financial loss. The damaged land route had made it impossible for the local tours to get into Jiuzhaigou and the airfares are too expensive for them. Instead of 30,000 visitors per day during the peak season in October, there were only 3,000. Furthermore, many people chose to stay away from Sichuan. That actually harmed the locals as we have learned that our presence was the best way to help them to recover. Interestingly, the fact that people were staying away had given us some unique experience. The first day when we arrived at the Intercontinental Jiuzhai Paradise, the grandest hotel in Jiuzhaigou, it appeared the 23 of us had booked the whole hotel. Instead of going to the Grand Theatre to see the Spectacular Cultural Show, the performers brought the show to us as a “private show”, an experience that

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JIUZHAIGOU

only kings and queens could enjoy. When we went for sightseeing, there were no crowds and no queues. This does not usually happen in China!

We had met with doctors from the Dujianyan People's Hospital and government officials from the Provincial Foreign Affairs Department. This hospital is performing as a front-line hospital for the quake victims. The Shanghai Government has sent 260 medical volunteers to help in this province. Some of the cardiologists offered their services in this hospital. However, the needed equipments have often been relying on donation. The reason of the meeting was because Dujianyan People's Hospital had appealed to the ACMA for donation of digital subtraction angiogram (DSA) device. Japan had published articles on post-earthquake rescue guidelines. The first phase (within hours) is to send in rescuers and deliver heavy equipments to rescue survivors. The second phase (within days), which follows the first phase almost simultaneously, is to restore basic

communication and transport. The third phase (within days) is to prevent disease outbreaks. This includes delivery of clean water (food is not a priority at this stage), repairing damaged sewage, and disinfecting the affected areas. The fourth phase (within a week) is to provide food, shelter, better medical services (blood bank, hundreds of haemodialysis machines and X-ray machines, infectious disease control teams), adequate medical personnel and medicines. Doctors will continue to savage limbs from crushed syndrome. Once this stage is passed, they will then consider amputation and rehabilitation. This is why they are asking for DSA device and donations are now mostly focusing on provision of artificial limbs.

We had also met with other Chinese doctors and visited health facilities in other cities. We had visited a hospital solely dedicated to cardiovascular disease in Beijing. This hospital has a 200-bed coronary care unit! We had also managed to deliver high quality conference sessions. A high quality 40-CME points programme had also been provided to our GP colleagues.

Pollution control in Beijing is surprisingly good. There was a blue sky when we arrived in Beijing. People are more polite. No one spits on the ground. Traffic congestion is not as bad as some years ago. There are fewer smokers when compared with Europe. The city is decorated by many beautifully designed high rise buildings. It has truly transformed into an international city.

The last stop was in Hong Kong. The men and the ladies split up to do their own shopping (or banking). We had also enjoyed a traditional yum cha at the Luk Yu Tea House, a restaurant established in Hong Kong in the 1930's which is frequented by movie stars, celebrities, doctors and lawyers.

In summary, we have had a perfect conference and tour in China. We are looking forward to organizing a European Conference in 2009 and a China Silk Route Conference in 2010.

Dr Stephen Li

President's Message

and I am sure that Dr David Ha will appreciate Ida's advice as he takes over the Education portfolio.

The *ACMA Meet the Experts Conference* will be held in Niseko, Japan from 4-11th January, so whilst we may not have a white Christmas, some of us are looking forward to a snowy New Year. The *Chinese New Year Dinner* will be held on Sunday 1st February and a Theatre Party to see the *Wind of Shaolin* is on Sunday 22nd Feb.

Subscription Notices are due to be mailed out soon, and I commend to members the option of making a donation to the *ACMA Charitable Trust*.

On behalf of the Management Committee I would like to wish all members and their families a very *Merry Christmas and a Happy New Year*.

Dr Stephen Hing



**Year of the Ox
1 January 2009
ACMA Dinner: 1 Feb 2009
Come Join Us!**

Change of Helm at ACMA Charitable Trust

Although the ACMA Charitable Trust is an independent entity, the Trustees are appointed by the President of ACMA on the recommendation of the Management Committee.

The terms of *Dr Patrick Tan*, *Prof Wai On Phoon*, *Dr Ian Quek*, and *Mr Geoff McIntyre* have come to and end. *Dr Fook Ying Chiew* who was also a Trustee passed away earlier this year. These Trustees have served well with *Dr Patrick Tan* as Chair, and deserve our gratitude for their achievements over the past five years. Perhaps one of *Dr Tan's* greatest achievements has been to attain Tax Deductibility status for donations made to the Trust.

I would like to welcome the following persons as Trustees of the ACMA Charitable Trust for the next five years - *Dr George Han*, is a long-time member of ACMA and past MC member; *Mrs Margot-Lynne Lee*, is a nurse, teacher and Dragon Boat Volunteer; *Mrs Catherine Lam*, has a background in Social Work and Law and has vast administrative experience in the Federal Court, and the Dept of Immigration; *Mr Trevor Fairbairn*, recently Registrar of the NSW Guardian-ship Tribunal; and *Mr Immanuel Choyce*, Ethnic Community Liaison Officer, NSW Police. We wish them well in their role as Trustees.

Donations are still being accepted to the China Earthquake Appeal.

Dr Stephen Hing

Corrections and Clarification to AGM Reports

The **President's Report** which was tabled at the AGM had been approved by the Management Committee. There was an error in the second paragraph in the copy that had been circulated with the AGM Agenda. The correct wording of the second paragraph is -

"At the last AGM *Dr Patrick Tan* and *Dr Ida Soo* had settled on an acceptable outcome of the dispute which had been a problem for some time. Both *Ida* and *Patrick* have been great contributors to ACMA and I am very grateful for their efforts. I would like to thank *Dr Reg Leong*, who chaired the Consultative and Advisory Subcommittee."

The President's report made mention of a **donation** to support the Australian Olympic Team. This donation was in fact made to the China Earthquake Appeal, and not the Olympic team. It was made at a dinner organised to support both the Australian Olympic team and the China Earthquake victims.

An amount of \$45,730.05 was listed as "Other" under a Current Liabilities in the **Financial Statements** circulated to members and tabled at the AGM. This amount represents funds received from sponsors in the 07/8 financial year, but earmarked for activities in the following year.

Dr Stephen Hing

18th ACMA Annual Dinner and Dance

This major event in the ACMA calendar was held on Saturday 8th November at the Stamford Grand Hotel at North Ryde. This was a departure from our usual city hotel venues, but the Stamford Grand had a great ballroom and the service was impeccable. *Dr Tony Chu* as MC, ensured that we all had a great time and that things flowed smoothly. *Dr Michael Tjeuw*, Returning Officer, announced the results of the ACMA Management Committee Election held the week before at the AGM. *Dr Stephen Hing*, President, gave a short speech introducing the new MC, thanking the past members of the ACMA Charitable Trust, and introducing the new Trustees.

Qantas Airlines donated a return ticket to Hong Kong as a prize for the raffle held to raise funds for the Trust. This prize was won by *Mr Robert Bradshaw*, brother-in-law of *Dr Andrew Kan*. *McIntosh* of Mosman donated the use of a Mercedes Benz car for a weekend- won by *Dr Gabriel So* and presented by *Mr James Parish*. Experien Finance donated a bottle of Moët Champagne, which was presented by *Mr Michael Fazzolari* to *Miss Jocelyn Hing*, who thought she might have just turned 19. Other prizes included Shopping Vouchers dinner for two at the Stamford Hotel. The raffle raised \$1060 for the Trust. Thank you to all who bought tickets.

Music was provided by the Radio Bandits, who played some ACMA favourites and had us all up on

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Common Hand Injuries in General Practice

3 surgeons from the HAND INJURY CENTRE (Phone 1300 00 4263) spoke about Managing Hand Injuries in General Practice

Dr Jake LIM

Jake spoke about the Initial assessment of an injured hand and to identify those injuries that need to be referred immediately. He covered all the common injuries including crush injuries, tip amputations, nail bed injuries, tendon and nerve injuries, fractures and dislocations.



Dr Tim Papadopoulos

Tim spoke about common hand conditions seen in General Practice, Carpal Tunnel Syndrome, Trigger Finger, Dupuytren's contracture and Ganglion Cysts. He spoke about appropriate investigations, timing of surgical management and outcomes.



Dr Naveen Somia

Naveen spoke about how to 'minimize risk' in hand injuries, how to decide time critical injuries, which bites are more dangerous, implications of an "innocent-looking" laceration caused by glass, not to ignore a cut over a joint, how splinting and elevation can reduce pain.



ACMA

Golf Championship Competition

9th Nov 2008

Camden Lakeside Country Club
Catherine Field

Stroke

1. Robert Lim (83)
(on countback)
Championship Trophy
2. Mick Pich (83)
3. Ban Nee Lim (87)

Stableford

1. Kenneth Thong (38)
2. Paul Chay (35)
3. Stephen Lim (32)

Womens

1. Jin Liew (45)
2. Shirley Tam (38)
3. Shirley Teo (36)

Nearest the pin

3rd hole – Robert Lim
16th hole – Paul Chay

Longest Drive

5th hole – MC Foong
13th hole – Raymond Yap

ACMA Chinese New Year Dinner 2009

Join Us to Celebrate the Year of the Ox

Sunday 1 February 2009 - 5.30 pm for 6 pm dinner start

Fisherman's Wharf Seafood Restaurant
1st Floor, The Sydney Fish Market, Bank Street, Pyrmont
Park at the Fish Market – free with stamped voucher

Delicious New Year Menu

Lion Dance

HSC High Achiever Award

Music and Dancing

ASAP before 19 January 2009 – dial ACMA or logon website

Dinner Dance

the dance floor. Many were disappointed when the band had to pack up at the end of the night.

Thanks are due to *Dr Ida Soo*, and *Mrs Fifi Lai*, who tasted the food, tested the venue, and sampled the wines, and then decorated the tables. Thanks for a great evening. A big thank you also goes to Douglass Hanly Moir Pathology, Barratt & Smith Pathology and Castlereagh Imaging who as our Gold Sponsors, were the major sponsors of the event. We were pleased as always to have *Lisa and Dennis So* and *Dr Andrew Tan and Mrs See Tan* with us. Thanks also to McIntosh of Mosman, Experien Finance and Qantas Airlines, who were sponsors too.

Dr Stephen Hing

