

## Special Interest Articles:

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- CME Points

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## President's Message



I am pleased to report that in spite of a downturn in activity around the world, your Management Committee has been as active as ever working for the benefit for all members.

After the very enjoyable Chinese New Year Dinner in early February, about

30 ACMA members and family saw the **Wind of Shaolin** at the State Theatre.

The cast comprised a group of Shaolin Monks and a dance troupe. Like some others, I was disappointed that the kung-fu expertise of the monks was not fully demonstrated, and the plastic swords and spears also detracted from the authenticity of the production.

Others, with an eye for ballet, were well satisfied.

If any member has an idea for a future Theatre Party, please contact me through the ACMA office.

The closing date for the ACMA Young Achiever Awards has passed. The results will be announced at the Annual Dinner in November.

With this newsletter, come flyers for our **Annual Scientific Conference** in October, and the Meet the Experts Conference in January. The ASC subcommittee has already put hours of effort in to

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## You Can Be A Mentor

It has been the ACMA's endeavor to engage junior doctors, to increase their awareness of ACMA, and to recruit them to participate in our Association. A **Mentoring Program** has been proposed to link up existing members with junior doctors to provide guidance, advice, assistance.

Many junior doctors enter the public health work force and are not certain about their career paths. Some words of wisdom would be most valuable and will hopefully serve as an attractive motivation for them to join the ACMA. The Mentoring Program will allocate individual

juniors to an existing member on a one-on-one basis. The two doctors will meet at a mutually convenient time, to establish the relationship and plan how the mentor could assist the mentoree. The exact nature of the relationship is up to the two individuals. There are potential benefits to both mentor and mentoree. If you have any ideas as to how this program could run, or if you would like to offer to be a Mentor, please contact Beatrice or Dorothy at ACMA Office, or email Owen Ou Yang or Hera Chan at [office@acma.org.au](mailto:office@acma.org.au)

Owen OuYang/Hera Chan

## China E'quake

Dr Stephen Hing, President, ACMA presenting \$5000 from ACMA to the Deputy Consul General of the People's Republic of China, Ms Li Yanduan on 29 Jan 2009.

The occasion was the CAF Double Celebration 2009 of Australia Day and Chinese New Year.

The Hon. Malcolm Turnbull, MP was the Guest of Honour and Keynote Speaker.



## The MC Young ACMA

This year ACMA Management Committee members have agreed unanimously to establish a new subcommittee – **Young ACMA**.

Part of the aim of the Young ACMA subcommittee is to recruit more junior members and to bring more energy, enthusiasm and growth to ACMA and to realise ACMA as an age-group diverse association that will be beneficial as the new-comers take on more responsibility in the future.

Anyone with ideas for this Subcommittee should contact Owen ([owenouyang@gmail.com](mailto:owenouyang@gmail.com)) or Hera ([hwh.chan@gmail.com](mailto:hwh.chan@gmail.com))

I am currently the research fellow at the Craniofacial Unit in Children's Hospital at Westmead. I enjoy the ability to act upon a problem, the manual dexterity and the intellectual thought process of a surgical case, therefore a career in surgery becomes evident to me.

Being born into a family from Hong Kong and growing up in Taiwan, I am fluent in both Cantonese and Mandarin. Naturally, the welfare of Australian Chinese doctors and also the Chinese-speaking communities is particularly important to me. This is why I became actively involved in ACMA.

I am glad to be the co-chair person of the young ACMA subcommittee this year. I look forward to the opportunity of broadening our association by increasing awareness to young Chinese doctors to participate in our educational, social and also community events.

**Dr Owen Ou Yang, Young ACMA Subcommittee**



This year, I am working as an obstetrics and gynaecology senior resident at Westmead Hospital whilst pursuing postgraduate studies.

It is a privilege to have the opportunity to work with a group of enthusiastic doctors towards providing benefits and support for ACMA members and ultimately the wider Chinese community in Australia.

I hope that, through the Young ACMA Subcommittee, we would be able to involve more medical officers in all our events, be that educational, social or even community and charity work.

As the co-chair of the Young ACMA Subcommittee, I would love to hear new ideas and suggestions from all members so please don't hesitate to contact me and I look forward to all the fun and challenges ahead.

**Dr Hera Chan, Young ACMA Subcommittee**

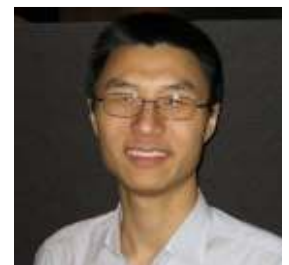


I graduated from UNSW in 2006 and am currently working as a SRMO in O&G. I love aquariums, ponds, fish, turtles and almost everything to do with them. I enjoy team sports, particularly cricket, soccer and tennis (doubles of course!) If I had not done medicine, I probably would have gone into the finance industry - and maybe jobless by now!

The dream of my life would be to buy a house overlooking the Hastings River, with a vegetable patch in the yard, and every now and then catch some bream (from the balcony overlooking the river) for dinner.

I would really encourage anyone to let the committee know of anything at all that can be done to improve ACMA; either at our talks, or by dropping Beatrice an email. And please encourage those around you to join us so that ACMA can grow and provide more benefits to all our members.

**Dr Charley Zheng, Membership Subcommittee**



### Mark These in Your Diary:

#### Badminton

9 May, 23 May, 6 June: 2 – 3 pm  
Epping YMCA (2 Courts)

#### Tennis

20 September: 9 – 5 pm  
Cintra Park, Burwood (6 courts)

#### Golf

26 July & 22 Nov: 7.30 tee-off  
Camden Lakeside Country Club

**President's Message – con'd**

visiting various venues and refining the chosen site to ensure that we will have a great time. A rigorous program has been drafted helping us to manage some of the conditions that affect Chinese Australians more than most. We may even pick up a few tips for our own wellbeing. Most of us have been to Terrigal before and are aware of its convenience and great atmosphere. It is bound to be enjoyable for all members, and their families.

The **Meet the Experts Conference** on the snow in Niseko, Japan, in January this

year was such a great success for delegates and their families that I have responded to pressure, and booked the same venue for January 2010. No matter what your skiing ability or inability, this is a great way to have fun, meet with colleagues, and visit Japan and at the same time learn lots about various specialties, and pick the brains of the resource people. Come along to the Information night and find out more.

The **Buffet Dinner** on 30<sup>th</sup> May is not just for those interested in Japan, but is a great opportunity to have arguably Sydney's best buffet dinner, with arguably Sydney's best and friendliest group of doctors and their

families. Please come along and enjoy yourself.

Later this year ACMA will be assisting CanRevive, together with the Cancer Council, to run a **Cancer Awareness Day**. Please watch for more details.

When I remember what my shares are worth today, compared to a year ago, and when I think about the threat Swine Flu and other maladies; I am reminded of the fleeting nature of the life given to us all - so make the most of it. Do something unexpectedly nice for someone every day. And most of all - **Enjoy yourselves**.

Dr Stephen Hing

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## From ACMA (WA)

Hello All

You and your colleagues may be interested in the first Australian Hepatitis C e-learning program which went live about 2 weeks ago.

This has been developed through Edith Cowan University in collaboration with the tertiary teaching hospitals in Western Australia. The e-learning course is free and targets doctors, nurses and health care workers.

There are 3 modules - the first two modules are basic and intermediate modules and a computerised certificate will be generated at the end of each module. There are CME points attached.

The third module is an advanced module, it is specifically developed for GP prescribers in WA. The Dept of Health in WA will register WA GPs who successfully completed the 3rd module as S100 prescribers.

The website for the program is:  
["http://hepc.ecu.edu.au"](http://hepc.ecu.edu.au)

Thanks!

Wendy Cheng

## Chinese Language Resources

Many thanks to Dr Stephen Li for telling us about this resource. The NSW Multicultural Health Communication Service hosts many medically-oriented articles that are very useful for the doctor and patients.

Below is a screen-capture of some titles.

- How safe are children's playgrounds? [pdf] | [resource details]
- How can genetic counselling help? [pdf] | [resource details]
- What should you do if you think your child is using illegal drugs? [pdf] | [resource details]
- What is cerebral palsy? [pdf] | [resource details]
- Preparing for a healthy menopause [pdf] | [resource details]
- Good health for travellers overseas [pdf] | [resource details]
- Preventing dog bites and other problems with pets [pdf] | [resource details]
- How to enjoy the outdoors without damaging your skin [pdf] | [resource details]
- Problems with asthma? What you can do at home [pdf] | [resource details]
- Rock fishing - make it safer [pdf] | [resource details]
- How to get your children moving [pdf] | [resource details]
- Help for infertile couples [pdf] | [resource details]
- Loving care for people with terminal illness [pdf] | [resource details]
- When snoring is a problem [pdf] | [resource details]

The articles are also listed by topic in alphabetical order, such as under A are Allergy, Asthma etc.

One of the languages is Chinese.

Check them out at:

<http://www.health.nsw.gov.au/mhcs/languages/Chinese.html>

Leslie Lim

## Useful Free Software

I have found the following programs very useful for everyday computing.

### PrimoPDF

[www.primopdf.com](http://www.primopdf.com)

PrimoPDF is a "Completely free PDF creator – Create PDF files from 300+ file types".

I find that it is more stable than the Adobe program for large files such as this newsletter on my computer. For everyday creation of PDF files, it is more than good.

### Axiomx PicSizer

[www.axiomx.com](http://www.axiomx.com)

This website was offline for about a year but is now back again!

This program is very useful for batch resizing (up and down sizing) graphics of jpg, gif, bmp, tif, tga and png formats. Digital photographers, take note!

### FreeCommander

[www.freecommander.com](http://www.freecommander.com)

I use this in place of Windows Explorer. It has more functions than WE, such as double pane view (I wish it has triple), batch renaming, identifying same-name files and inverting the selection for transfer, to name a few.

Leslie Lim

## ACCMA 2009

Dr David Chung and myself were the NSW representatives at the ACCMA Conference which took place at the Parmelia Hilton Hotel, Perth, from April 10-12.

We arrived to very warm weather over 30C for the 3 days, which was a shock after the low 20's in Sydney prior to our departure.

There were 14 people who attended from Sydney and each state was well represented. Delegates were able to learn about how Eastern Medicine can improve health in areas like weight loss and pain management.

The social program included cocktails and a scrumptious Chinese banquet, and an optional tour to the Swan Valley

At the AGM, the management agreed that the ACCMA can play a more active role in promotion of good health practices in the community, but to attract more recognition from important health bodies, it was agreed to that the ACCMA will look into reincorporation again.

I would like to thank Dr Seng Law, Dr Wendy Cheng and their committees for their great hospitality and organisation of a great conference.

The next ACCMA conference will be held in Auckland, in April 2010

Dr Ida Soo



### The ACMA (NSW) Annual Conference

will be held from

Sat 3 Oct to Mon 5 Oct 2009

at

Crowne Plaza Terrigal, Central Coast

This is very family friendly venue  
Across the road is the beach  
The weather will be warm  
There will be plenty of things to do for the whole family

**Mark the Date in Your Diary!**



## CME Points etc

*Did you know that the requirements of RACGP and of Medicines Australia, are making the organisation of our monthly Seminars more difficult than ever before?*

The RACGP requires huge amounts of administrative work, including a Needs Assessment, Learning Objectives, Patient Safety Objective, Complaint mechanism, and Feedback forms. All this must be submitted weeks in advance of a meeting and followed up afterwards. About one in six events, is selected at random to be audited - and then the details are gone over with a fine tooth comb. As well as this RACGP stipulates that there should be no banners or products displayed at the front of the meeting room, and that the speaker and the topic cannot be selected by the sponsor, if points are to be awarded.

Medicines Australia is the voluntary association of the pharmaceutical companies, which regulates advertising and marketing to doctors. It publishes a "blacklist" of restaurants which are considered to be too extravagant for doctors' meetings. It publishes a guide on acceptable menus (NO scallops, NO lobsters!) and prohibits the attendance of non-medical persons at the seminar - this is why non-medical spouses can no longer listen to the talk.

These regulations make the task of Drs **Lynda Lee** and **Josephine Wu** (who apply for CME points) unenviable, and job of Drs **David Ha** and **Ida Soo**, to organise sponsorship, very difficult. We should all be grateful to these four doctors who volunteer to do this for us.

Dr Stephen Hing

### Australian Chinese Medical Association

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Pictures of the events featured in this issue are on the web.

Editor: Leslie Lim

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