

Special Interest Articles:

- President's Report
- ACCMA Conference
- Alana Forster's Bursary Report

Some Highlights:

Events Calendar 2

Charitable Trust 2

Profile - Dr Karl Ng
3

Mandarin Class Dates
3

Alana Forster 3

GPCE 4

President's Message



2010 is becoming one of the busiest years in the history of ACMA. Every week or so there is another ACMA activity occurring. I encourage members and spouses to check this Newsletter and our flyers, to see what's happening.

One of the best features of ACMA is the friendly welcoming nature of its members. You can be sure that you will be welcome at any ACMA event.

Even if you know no-one when you arrive, you will surely have many friends by the time you leave.

The **Monthly Educational Seminars** have been very well attended. The topics have been varied and interesting - Liver Cancer, HSV infections, and Botox and the EEG.

GPs can get CPD points for attending these seminars, but other medical practitioners also benefit by keeping abreast of what's happening in various specialties, and by networking and meeting other members. Spouses can accompany members for the dinner, at a minimal cost, subsidised by

ACMA, not by the sponsor.

The **ACMA Charitable Trust** has been busy selling Entertainment books. The raffle at the recent Chinese New Year Dinner raised almost \$2000 for the Trust.

Some Trustees and others are already training for the City to Surf run in August and will be approaching you to sponsor them in aid of the Trust. Please consider making a tax-deductible donation as the end of this financial year approaches.

Please see the separate column in this newsletter to see what the Trust has been up to.

continued back page

ACCMA Conference 2010

The Australasian Council of Chinese Medical Associations conference was held at the Stamford Plaza Hotel in Auckland over Easter. Six NSW members attended and enjoyed the conference; also meeting delegates from interstate and NZ; and visiting the Minus 5° Ice Bar.

David Ha and I attended the AGM of ACCMA. At the AGM, discussion focused on the reincorporation of the ACCMA. The 2009 AGM had voted in favour of reincorporating. At this AGM, the main determinant of whet-

her this was feasible was thought to be compliance costs.

Adrian Mar and Theong Low from Melbourne are very keen for ACCMA to be more active as a national body.

The young ACMA in Auckland (called YACMA) now has over 100 medical students and they played a big role in the running of the Auckland conference-doing registrations, making sure delegates were seated after teas, etc. The YACMA annual fee is \$40 and many of their events are supported by the parent group. They are

allowed to go to 3 education events, conference (smaller fee), they have a careers night, camps and BBQs.

The 2011 ACCMA conference will be held in Melbourne during June long weekend. The 2012 conference will be hosted by Qld, instead of SA, and will be held at the new Resort World on Sentosa Island in Singapore. They are trying to organize an optional 3 day cruise to Langkawi after wards. It will be held in Easter and I am told this does correspond to April school holidays in 2012.

Dr Ida Soo

ACMA CHARITABLE TRUST

Chinese Parents Association

The trust recently provided a modest sponsorship for a women's health project organised by the Chinese Parents Association – Children With Disabilities Inc (CPA).

The CPA is a non-profit, non-religious, incorporated charitable organization established in 1988 in Sydney by a group of parents with children with disabilities.

The donation of \$800 will buy 20 exercise mats for relaxation exercises and assist in the costs of 12 monthly seminars on health for Mandarin and Cantonese speaking mothers and grandmothers caring for disabled children.

Keep up the good work, CPA!

City2Surf 2010

Sunday 8 Aug

Calling All Walkers/Runners

The iconic Sydney2Surf Fun Run will take place on Sunday August 8, 2010. Entries are now open for registration.

Dr George Han is calling for enthusiastic ACMA members and their families - walkers/runners/sponsors -

to raise funds for the ACMA Charitable Trust. We raised over \$9,000 last year thanks to all your very generous support and participation.

What you have to do:

1. register yourself online at city2surf.com.au
2. register by June 9 to receive early bird offer of \$50 per adult and have your race pack mailed to you
3. drop George Han an email at acmatrustnsw@gmail.com to let him know you will join the ACMA City2Surf Fun Run Team.

He would love to hear from you!

Professor Wai-On Phoon,

Founder-Chairman of the ACMA Charitable Trust, has generously offered a special 10% to all ACMA Members on his fully illustrated publication "Occupational and Environment Health – A Practical Manual" by Phoon and Parekh, 2007. The book costs \$55 retail, but is now available to all ACMA Members for \$49.50, with 10% of all such proceeds donated to the ACMA Charitable Trust. The publication will be available at the next ACMA

monthly education seminar.

A Big Thank You

to all members who have generously supported the ACMA Charitable Trust and bought the 2010/2011 Entertainment Books from us this year.

The Entertainment Books, which are available only through the fund-raising efforts of community and charity groups, features many of the area's best restaurants, cafes, hotel accommodation, attractions, and activities - all with valuable 25% to 50% discount coupons and other 2 for 1 offers. Remember, \$13 goes to the ACMA Charitable Trust for every book you purchased from us. The books will be available for a limited time only from ACMA Office, Cathy Lam, and at the ACMA monthly education seminars until July.

Suggestions, comments, feedback welcomed! The Trustees can be contacted at

acmatrustnsw@gmail.com

Cathy Lam

ACMA Events For 2010



16: Educational Seminar



21: Educational Seminar
29: Finance Matters for Young Doctors
TBC: Winter Golf



5: Finance Matters for Young Doctors
8: City2Surf
12: Finance Matters for Young Doctors-
18: Educational Seminar
19: Bowling Night - North Strathfield
29: Educational afternoon at Zoo or Q Station - tbc



3-5: Young ACMA Conference at Thredbo
22: Educational Seminar
TBC: Tennis and Family Fun Day
26: Soccer Friendly vs AVHPA



2-4: Annual Scientific Conference- Palazzo Versace

17-24: ACMA 3rd International Conference- "the Silk Road"

20: Educational Seminar

29: AGM



6: Annual Dinner and Dance- le Montage, Leichhardt

TBC: ACMA Golf Championship

17: Educational Seminar



2-4: 3rd ACMA Meet the Experts Conference - Niseko Japan



6: Jersey Boys- Theatre Party - Theatre Royale

TBC = To Be Confirmed

ACMA Bursary 2010

ACMA has created a bursary valued up to \$2000 to assist a medical student with Elective Term expenses. The successful applicant should be able to demonstrate interest in Chinese Community Health either in Australia or in China.

Applicants should submit a CV and Elective Term proposal via email to the office of ACMA (office@acma.org.au) by 30th June 2010*.

Applicants may be required to be interviewed in person or by telephone. The winner of the bursary will be notified by 31st August 2010. The award will be presented at the Annual Dinner of the Association on 6th November 2010.

The winner will be required to submit a report on his or her Elective Term for publication in the ACMA Newsletter.

(* New date-line – Editor)

ACMA Profile:

Dr Karl Ng

Consultant Neurologist & Neurophysiologist, MBBS (Hons 1), MRCP, FRACP, CCT (UK)

Graduating with honours, **Dr Ng** is an Australian trained consultant neurologist who is Director of Neurophysiology at Royal North Shore Hospital, Honorary Associate at the Kolling Institute of Medical Research, and Conjoint Senior Lecturer at Northern and Central Clinical Schools of the University of Sydney medical program.

He possesses a second specialty accreditation obtained for Clinical Neurophysiology, a separate specialty stream in the UK.

He is an invited reviewer for several peer-reviewed international journals and editorial advisory board member for VirtualNeuroCentre.

He has published many original scientific articles and reviews in several international peer-reviewed neurology journals, with a particular

expertise in novel methods of assessing the peripheral nerve utilising axonal nerve excitability techniques.

His clinical and research interests include **peripheral neuromuscular disorders, epilepsy and multiple sclerosis**.

In his rooms (Sydney North Neurology and Neurophysiology, Level 2, 511 Pacific Hwy, Crows Nest, Ph:(02)94675900, Fax:(02)94675901 – for referral form and map, see www.virtualmedicalcentre.com.au), a comprehensive neurological service is offered including **consultations, nerve conduction/EMG, EEG, evoked potentials and botulinum toxin injection** for medical disorders.



Mandarin Classes

Class dates

July: 26
August: 2, 9, 16, 23, 30
Sept: 6, 13, 20
Oct: 11, 18, 25
Nov: 1

Fees: \$100 per semester

If you are interested in taking part in these classes, please register your interest with Beatrice or Dorothy in the ACMA Office (9873 6222) or email office@acma.org.au

Members

Did you know that a prospective member can attend once, with the compliments of ACMA, a monthly educational seminar, and then decide whether or not to join the Association?

The prospective member must be the guest of, and be accompanied by a Member. Please RSVP in advance to the ACMA Office.

If a friend or colleague joins the Association at your recommendation, you will get a **free ticket** to attend the Annual Dinner and Dance on 6th November 2010. The new member must note your recommendation on the Application for Membership form.

If a new member joins **now**, he or she only pays half the annual fee, and can have immediate membership benefits from now until the end of the year.

Interns don't have to pay the joining fee. Doctors within the first three years of graduation, only pay half the Annual Subscription, i.e. only \$90 pa.

So please encourage all your friends and family, who are doctors, to JOIN UP.

ACMA Bursary 2009

Alana Forster

Medical student (Year VI)
Port Macquarie Rural Clinical School,
The University of New South Wales

ELECTIVE CLINICAL PLACEMENTS CHINA & THAILAND: Dec 09 - Mar 10

With the generous support of ACMA, I undertook clinical placements at the First Affiliated Hospital of Kunming Medical College (FAHKMC), the Dali No. 2 People's Hospital (DN2PH) in Yunnan Province and the Siriraj Hospital (Mahidol University) in Bangkok.

Additionally, as a designated Australian student ambassador I attended the 23rd East Asian Medical Students Conference on Men's Health in Kuala Lumpur.

I was also invited to present and facilitate a workshop on Traditional Chinese Medicine (TCM) at the 59th Annual General Assembly of the

continued next page

GPCE 2010

For the first time, ACMA participated in the General Practitioner Conference and Exhibition, held at the Dome at the Homebush Bay Showgrounds 21-23 May 2010. We set up a booth displaying posters and photos of our recent activities, including ACMA Charitable Trust and our Community Health events.

We participated in the Passport Stamp promotion, in which delegates had to collect stamps by visiting various booths in order to enter into a prize draw. There was a lot of interest in our photo display. Many members dropped by to say hello, and new and past members were signed up. A number of medical students also called by, and were told of the ACMA Elective Term Bursary.

Thanks are due to the volunteers who manned the booth, including Drs Hera Chan, David Ha, Karen Kong, Lynda Lee, Anita Lui, Hooi Saw, Amelia Siu, Eddie So, Josephine Wu, and Richard Yip

Dr Stephen Hing



Drs Kevin Chan
& Hooi Saw



Drs Amelia Siu
Lynda Lee
& Anita Lui @ GPCE



ACCMA Delegates 2010



ACCMA Delegates at
Minus 5° Bar

Alana Forster

International Federation of Medical Students' Association in Bangkok.

FAHKMC

I had four weeks with the Dept of Neurosurgery, witnessing many complex procedures, including decompressive surgery for an Arnold-Chiari malformation, and v-p shunt insertion on a 2 year old boy with communicating hydrocephalus.

I experienced a truly unique aspect of medicine with the Dept of TCM. I observed treatments in acupuncture, moxibustion, Tui-na, steam therapy, and gained exposure to the amazingly complex field of herbal medicine.

I was fortunate to be in Kunming during the Chinese New Year period. I was invited to the annual Dept of Neurosurgery Chinese New Year dinner. There was an incredible 30 course banquet of goat, pigeon and buffalo & wonderful local specialities: who knew that you could eat over 60 different types of flowers native to the Yunnan area?!

The Peggy Health Centre, DN2PH

I participated in medical work at the Centre, the first Chinese institution dedicated to AIDS education and treatment. A large migrant workforce, increasing rates of prostitution & IV drug use have fuelled the escalating HIV problem in the area. I witnessed firsthand the devastating effect of AIDS-related complications: CMV encephalopathy, progressive multifocal leucoencephalopathy, pneumocystis carinii pneumonia to name two.

I also visited a local NGO involved in AIDS education and awareness in the Dali area. The staff from Bless China International highlighted the many challenges facing successful AIDS treatment and prevention.

Problems surrounding HIV treatment are not availability of HAART drugs like I had assumed, but rather from community stigma and failure to educate at risk populations.

Siriraj Hospital

With the Siriraj Hospital paediatric surgical team in Bangkok, I gained exposure to a variety of rare childhood presentations: oesophageal atresia and cystic hygromas, anorectal malformations, just to name three! I assisted in a variety of corrective and palliative surgeries, including corrective surgery for a neonate with the extremely rare H-type oesophageal atresia.

I also actively participated in the Newborn Tongue-tie Clinic. It was incredible to see firsthand the improvement of a simple frenuloplasty on the lives of many Thai women and their infants. I found being exposed to the Thai medical system highlighted differences between developed and developing countries. Residents were required to be creative in helping kids remain mobile on the ward: creating chest drains using plastic drinking bottles and making paediatric-size catheter bags from medical packaging!

I would like to thank ACMA for their kind assistance and support. I am extremely grateful for the opportunity to broaden my horizons; and to gain insight into modern medical practice in resource poor, culture-rich environments. I met many wonderful medical personnel. I found my elective experience fascinating, eye-opening, challenging and at times bewildering; yet ultimately satisfying and very rewarding.

Alana Forster

Alana's full report is downloadable on ACMA site in the "ACMA Magazines" page - Ed



Alana Forster with
Wong Yisheng (mentor) &
Li Yisheng (Dept Head)



Peggy Health Centre



Herbal Medicine being
prepared at the Hospital
pharmacy

For Lease - Specialist Medical Suites & Sessional Rooms

Suites are now available in brand new modern medical premises in Campsie.

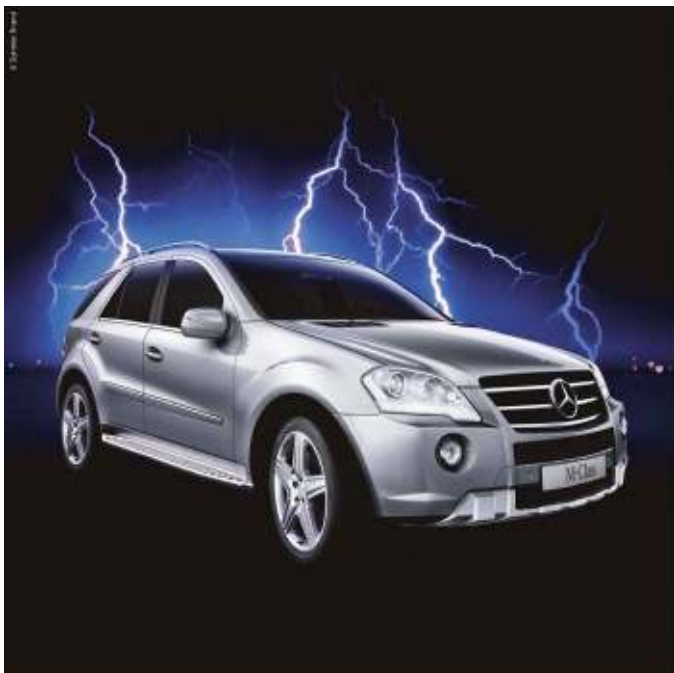
Well established General Practice and Pathology already on site.

Property offers a huge potential client base of mainly Chinese speaking patients.

Main Street frontage and close to transport.

For further information, please contact 0411 037 732

campsiemp@gmail.com



M-Class.
More wicked than ever.

The spirited M-Class with complimentary Vision Package and Rear Entertainment System is only available at McIntosh of Mosman for a limited time, so you'll need to be lightning fast. Please quote the word "wicked" when you contact one of our Sales Consultant on 9988 8888 or email sales@mcintosh.com.au to receive this exclusive offer with your new M-Class.

Complimentary Vision Package and Rear Entertainment System on ML 300 CDI, ML 350 and ML 350 CDI

Over **\$8,750**

- Bi-Xenon headlights with Active Light Function
- Harman/ardon® LOGIC 7™ surround sound system
- Glass electric sunroof with tilt/slide function
- Rear Entertainment System (dual screens, headrest mounted)

worth of additional value included*

*Offer only available for vehicles ordered and delivered by 30th June 2010 unless stated prior.

Mercedes-Benz

Dr Stephen Hing from page 1

The **Community Health Subcommittee**, comprising Drs Stephen Li, Amelia Siu, and Danforn Lin, have been very active on our behalf, running weekly radio programs and newspaper columns. We recently purchased a high-power digital recorder to enable recordings of community health messages by members, to be played as short announcements on Chinese radio.

There is big demand for speakers from our Association. The Community Health Subcommittee has hosted a few delegations from various hospitals and regions of

China. This has been mutually beneficial for the Chinese visitors and for the Association.

ACMA was founded on the 20th September 1990- this year is our **20th Anniversary** Year. We owe a great debt to the Founders of the Association, who had the vision of a vibrant Association serving the Australian Chinese Community, its members and their families. I feel very proud to be a member.

Stephen Hing

Silk Road 2010 – Seats Available

The Early Bird Discount has been extended to 15th July to encourage more delegates to join in.

Accommodation and travel facilities on the Silk Road portion will be luxurious. Together with the pre- and post- Silk Road packages (at nominal costs) the whole conference promises to be very enjoyable as well as educational.

So do come and join me on the Silk Road, the more the merrier.

Leslie Lim

Australian Chinese Medical Association

31 Rembrandt Street, Carlingford, NSW 2118 TEL: 02 9873 6222 FAX: 02 9872 4777

Postal Address: PO Box 2328 Carlingford Court NSW 2118

web: www.acma.org.au email: office@acma.org.au

Each Newsletter and Pictures of the events featured are published on the web.

Editor: Leslie Lim

If
you
could

advance your **finance payments**,
why wouldn't you?

Your final opportunity to capture maximum tax deductions for the current fiscal year ends on 30 June 2010. Benefit by considering pre-payments in advance and capture a tax deduction in the current tax year.

Update your practice equipment and fitout now and be best placed to treat your patients' needs. To find out more about Investec Experien's range of finance structures contact your local banker, call **1300 131 141** or visit www.investec.com.au/professionalfinance.



Out of the Ordinary®

 **Investec**
Experien

**Asset Finance • Commercial Property Finance • Deposit Facilities • Goodwill & Practice Purchase Loans • Home Loans
Income Protection & Life Insurance • Professional Overdraft**

Investec Experien Pty Limited ABN 94 110 704 454 (Investec Experien) is a subsidiary of Investec Bank (Australia) Limited ABN 55 071 292 594 AFSL 234975. All finance is subject to our credit assessment criteria. Terms and conditions, fees and charges apply. We reserve the right to cease offering these products at any time without notice. Investec Experien is not offering financial or tax advice. You should obtain independent financial and tax advice, as appropriate.