



# MY ACMA

Official Newsletter of the Australian Chinese Medical Association



# Australian Chinese Medical Association

The Australian Chinese Medical Association (ACMA) Inc in NSW was formed on the 20th September, 1990. ACMA is also a foundation member of the Australasian Council of Chinese Medical Associations across Australia and New Zealand. Membership is open to all registered medical practitioners in Australia.

## THE AIMS OF THE ACMA ARE:

- To promote professional standards for its members
- To provide a forum for professional and social exchange amongst members
- To promote and conduct continuing medical education and research
- To respond to community issues affecting its members
- To acquire knowledge and respond to health issues affecting the Australian Chinese community
- To contribute to deserving charitable causes and organisations
- To promote mutual understanding and liason with other medical organisations

## CONTACT DETAILS:

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**Facebook:**

[www.facebook.com/acmansw](https://www.facebook.com/acmansw)

**URL:** [www.acma.org.au](http://www.acma.org.au)

## SUBMISSIONS, CORRECTIONS AND ENQUIRIES:

Please do not hesitate to send to Andrew Lam (Publications) at [publications@acma.org.au](mailto:publications@acma.org.au)



### Statement on Bullying and Harassment

ACMA is a forward thinking professional Association which seeks to treat all people with respect. The Association values the opinions of all members. ACMA will not tolerate bullying, harassment, or discrimination. ACMA is governed by the Constitution, which includes a clauses regarding disciplining of members.

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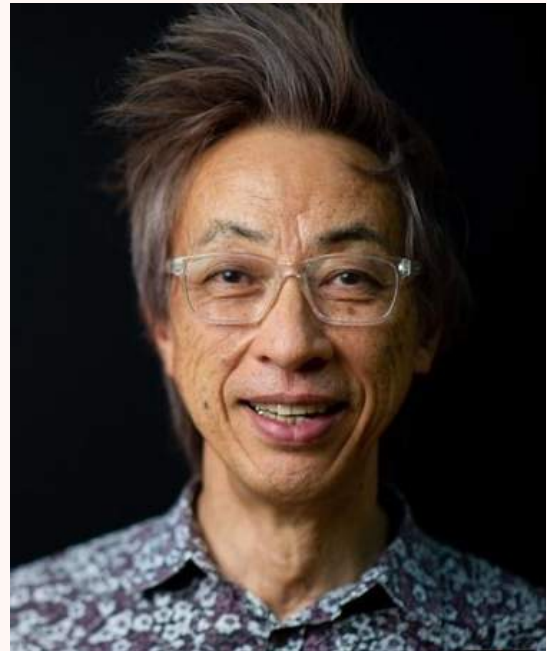
# President's Report

## Stephen Hing, ACMA President

2021 has been an eventful year already, for ACMA. The next AGM is only months away. How time flies! I am grateful, and excited over and over when I consider how things have progressed. Last year, the Association and the rest of our lives, were severely affected by the Covid-19 pandemic. It's so pleasing that the virus has largely been kept at bay, in Australia and now we are returning to face to face meetings, and we can enjoy networking events, and social events once more.

As you may know, the current Management Committee set a task for itself, to balance the budget and to bring members more of what they enjoy, and as well, to increase our membership. Through the hard work, and unpaid hours, of the MC members, I am confident that we will achieve these goals.

We had a spectacular welcome to the Year of the Ox at our CNY Celebration at the Eight Restaurant in February. It was so good to meet up with fellow members and their friends and families and it was very encouraging that so many members



attended. The Year of the Ox is often said to be a difficult year, but for ACMA, I am confident it will be very successful one.

We resumed our educational program at the beginning of the year, with webinars, and then returned to face to face meetings at which we can hear the speaker, with better engagement, concentration, and ask questions of the speaker, getting immediate answers, complete with body language. These dinner meetings have been well attended. Tony Chu, together with new MC member Dr Menolly Lee (who happens to be the daughter of members Ton Lee and Susan Chu and the niece of Tony), organised a



very successful Ask Me Anything career night for young doctors and medical students. This event also showed to us that we still have a lot of work to do to make students and young doctors aware of the Association. We are currently looking at how we can fund an Elective Term Bursary and some academic prizes, to promote ACMA to students and young doctors.

We have had a number of new members, especially interns and RMOs, join in recent months. This bodes well for ACMA as these young doctors are our future. We welcome these new members.

There are also reports in this issue, of a Medical Update Conference in Gippsland, Victoria and a bushwalk at Blackheath in the Blue Mountains. Both of these events confirm members' interest in staying fit, and in combining exercise with keeping up to date.

As I write this report for MyACMA, I know that the final steps are being taken to organise a Winter Warming Karaoke Dinner, to raise funds for the ACMA Charitable Trust. I understand that there has been an enormous response and I anticipate that it will be a fundraising success, due to the efforts of Trust Chairperson, Linda Tang, and ACMA

member Gabriel So. Who would have guessed so many members were interested in singing (and eating!)? Again I want to say how gratifying it is to work with all the current MC members, who go out of their way to serve the Association, and thus to serve all members. We are conserving funds and operating without a paid secretariat. Treasurer Dr Ken Ho, Secretary Dr Alex Ting, Membership Subcommittee Chair A/Prof Michael Suen, Education Subcommittee Chair Dr Reg Leong, Conference Subcommittee Chair Dr Ida Soo, and in fact all the MC have been putting in many hours, to keep the Association running smoothly and to gradually improve our systems. I also want to thank Douglas Hanly Moir Pathology for its continuing support for the Association.

Work Hard, Happy Travels!



# Educational Seminar

## "Out Damned Spot!"

In the words of Lady Macbeth - "Out Damned Spot!"

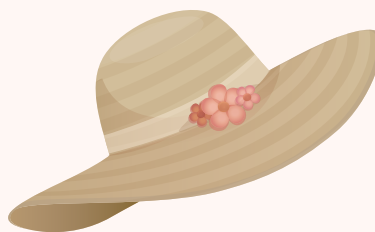
ACMA's latest educational seminar was run by Dr. Esther Myint (Histopathologist/Cytopathologist) on the assessment and management of pigmented skin lesions. In her presentation, she outlined some of the suspicious clinical signs for pigmented skin lesions and recommendations for surgical resection. An enlightening, educational night was had by all, with several take home points made for us to keep an eye out for in our every day practice!



### Take Home Points:

1) Lesions that need to come out are - Skin of low cumulative sun damage,, intermittently sun exposed, most commonly in the back. They must have a macular area and 3 of the following:

- Non well-defined border
- Size  $\geq 5$  mm
- Colour variation
- Uneven peripheral contour
- Erythema



2) Include the following in your clinical notes when you send a specimen:

- History
- Age of patient, gender and anatomic location
- Size of lesion
- Clinical description and level of suspicion
- Dermatoscopic features
- Photograph



3) Recommendations for Surgical Margins for Resection

Tumour thickness	Clinically measured surgical margin
In situ	0.5 – 1.0 cm
Less than or equals to 1.0mm	1 cm
1.01 – 2.0mm	1 – 2 cm
More than 2mm	2 cm
Lentigo <u>maligna</u> subtype	Wider margins maybe necessary

# Leongatha Medical Conference

Leongatha, Gippsland, VIC, 18-23rd April 2021

A group of 10 intrepid souls participated and contributed to a journey of academic discovery in the context of applied health and wellbeing through an innovative active conference format that involved interactive presentations with dedicated exercise time by way of cycling and hiking.

For many of us, it was the first time we had been passengers on an aircraft since the start of the COVID-19 pandemic. However, presentations about COVID-19 vaccinations, quarantine, masks and airline preventative measures reassured us, as we proceeded along in our conference travel “bubble”.



**"How many doctors  
does it take to fix a  
flat tyre?"**



We applied the learnings from talks on staying healthy in older age, diets and Tai Chi by cycling and walking through South Gippsland’s cool temperate rainforests and bucolic rolling hills surrounded by tall trees, lush meadows, wetlands and waterfalls; the “chi” from breathing the fresh clean outdoor air was tangible. Nonetheless, our dietary resolve was sorely challenged when we visited the numerous epicurean villages of South Gippsland famous for flavoursome beef, rich dairy products and fresh seasonal fruit and vegetables.





We resolved to apply the wisdom from practical topics on advanced care plans, managing difficult patients, handling patient complaints, medical apps, digital security and the various case studies presented on our return home. The group cycled about 160km, starting from scenic Phillip Island to the end of the “long jetty” (800m long) at Port Welshpool. We visited the southernmost part of the Australian mainland at Wilsons Promontory and concluded by hiking the Strzelecki Ranges at Tarra Bulga National Park.

It was a brilliant and memorable conference experience.

**Ian Cheng**



# Blue Mountains Bush Walk

23rd May 2021



On Sunday 23rd May, a small group of ACMA members enjoyed a great day bushwalking from Evans Lookout (near Blackheath, in the Blue Mountains) down into the Grand Canyon valley, and then back up again. Starting with smiles on our faces, and full of energy, with each step down further and further into the rainforest at the bottom of the valley, we knew there would necessarily be a step back up. Nevertheless at the end of our 7km walk (some members of the group recorded 13,000 steps on their wrists), and even though our legs were thoroughly exhausted- we still had smiles on our faces! Thank you Ida Soo for organising the expedition and ensuring a safe trek and perfect weather. The scenery was spectacular.





## 13,000 steps and 7km later....



After the bushwalk, we enjoyed a great lunch, with continued great company, at a local gastro-pub. Hopefully there will be another walk later in the year, and I encourage everyone (no matter what level of fitness) to join in.

**Stephen Hing**



# Young Bloods: Ask Me Anything!

On Tuesday 25th May 2021, ACMA held its first Young Bloods "Ask Me Anything!" event at Burwood RSL. In contrast to the standard careers night, "Ask Me Anything" was an awesome night of networking, mentorship and overall fun for doctors-in-training and medical students. The event was organised by MC members Tony Chu, and Menolly Lee, and through their influence and social media expertise, many young doctors and students became aware of ACMA for the first time and attended.



We had a lot of delicious food, drinks, many prizes and even a photo-booth! (Thanks to Dr Ken Ho). We received a lot of positive feedback from our attendees, with many wishing there was more time to network. Many thanks to all our mentors, sponsors and volunteers for all their help and support, as without them, this event would not have been possible! Mentors made themselves available to be asked anything in a casual informal setting. The Young Bloods had a great opportunity to find about training programs and working life in a variety of specialties on one- to-one (face to face) settings! They also collected stamps from the mentors and sponsors to go in a draw for a new mobile phone and other prizes.



It was good to see people staying around until the very end, chatting and catching up with friends. We hope to run more events like this and to make more young doctors aware of ACMA.

Our generous sponsors for the night were Douglass Hanly Moir, MIGA, Bongiorno and Medfin. Stay tuned for more ACMA updates!

**Menolly Lee**



# New ACMA Members



**Dr. Menolly Lee**  
**Junior Medical Officer**  
**ACMA Management Committee**  
**Young Bloods**

Dr Menolly Lee has been a part of ACMA events since she was 6 weeks old! She is currently a JMO at St George Hospital. She is also a casual academic at UNSW Medicine. In her spare time, Menolly enjoys eating and travelling, and is an amateur food photographer. ACMA remains a valuable platform for doctors in training for professional networking, education as well as socialising. Menolly hopes to increase the participation of DiTs in ACMA and help further promote ACMA in the community.



**Dr. Andrew Lam**  
**Resident Medical Officer**  
**ACMA Management Committee**  
**Publications**

Andrew is currently a PGY2 Resident based between Bankstown and Campbelltown Hospitals with an interest in Intensive Care Medicine. He spent most of his time at Liverpool hospital as a student from UNSW and after graduating in 2019, he has stayed in the Southwest-Sydney District for his JMO years. He teaches as a conjoint UNSW associate lecturer and has a weekly medical education podcast "Medspresso" - aimed at providing practical clinical knowledge at a Medical Student/ JMO level. Outside of work, he loves his sports (volleyball, badminton, oztag) and heading down to the snow to board.

# New ACMA Members



**Dr. Samuel Seit**  
**Skin Cancer and Cosmetic**  
**Medicine| Entrepreneur**

Samuel specialises in Skin Cancer and Cosmetic Medicine. Having served as a trainer and examiner in the ACCS, CPCA and the American Board of Laser Surgery, he has also lectured and chaired numerous national and international conferences and mentored many doctors. He is the Global Medical Director for Speclipse (real time skin cancer diagnosis using AI). His other professional interests include assisting doctors in wealth creation and property investments



**Dr. Eric Xu**  
**Resident Medical Officer**  
**ACMA Subcommittee | Young**  
**Bloods**

Eric is a resident currently working at St George Hospital who has an interest in anaesthesia. He spent his final years of medical school at St George, graduating in 2019 and continuing to work as a junior medical officer. He is a UNSW conjoint associate lecturer, teaching Phases 1-3 for UNSW students. He is actively involved in quality assurance, participating in audits with several departments. He was involved in leadership roles during medical school, being elected as UNSW MedSoc President and involved in UNSW O-week organisation. In his time off, Eric enjoys playing futsal, swimming and competing in chess.

# New ACMA Members



**Dr. Simon Luk**  
**Resident Medical Officer**  
**ACMA Subcommittee | Young**  
**Bloods**

Simon is presently a PGY2 Resident based at St George Hospital and is completing training under the Royal Australian College of Physicians. He is presently a conjoint associate lecturer with the St George and Sutherland Clinical School. His main areas of interest outside of medicine include hiking and camping in the great outdoors, tennis, snowboarding, board games, cooking and brewing coffee.





# Investment Strategies & Private Wealth Solutions for Doctors



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## How Should You be Growing & Protecting Your Wealth

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Book a COMPLIMENTARY Private & Confidential 'Financial Health Check.'

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**William Quach**  
Senior Private Client Adviser  
Tel: 02 8216 6528  
Email: wquach@ords.com.au



**Larry Tee**  
Private Client Adviser  
Tel: 02 8216 6571  
Email: ltee@ords.com.au



**DOWNLOAD** William Quach and Larry Tee's presentation titled 'Investment Strategies & Private Wealth Solutions for Doctors in a COVID-19 World'



DOUGLASS  
HANLY MOIR  
PATHOLOGY

# Proudly supporting ACMA

Douglass Hanly Moir Pathology (DHM) is a highly respected and well-established pathology practice, serving doctors and their patients throughout NSW.

We have more than 95 specialist pathologists offering an outstanding breadth and depth of expertise. Our pathologists warmly encourage doctors to contact them if they can be of assistance in any way.

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P (02) 9855 5222

E [pathologist@dhm.com.au](mailto:pathologist@dhm.com.au)

**Dr King Tan**  
Pathologist, DHM



# The benefits shine through with MIGA

Dear Doctor

Australian Chinese Medical Association of New South Wales (ACMA NSW) has partnered with MIGA as its Preferred Medical Indemnity Partner and we are pleased to advise details of a special offer available to doctors who are members of ACMA NSW. The arrangement between ACMA NSW and MIGA offers some very attractive benefits to our members including discounts on medical indemnity premiums.

Under the partnership, MIGA has also committed to providing ACMA NSW members with tailored risk management education, supporting ACMA Young Bloods and our Scientific Conference and provide updates on medico-legal trends and developments.

If your insurance is due this June, please contact Nihal D'Cruz at MIGA to help you with a quotation to compare with your current renewal.

Your sincerely

**Dr Stephen Hing**

President, Australian Chinese Medical Association – New South Wales

Note: ACMA can only provide factual information about MIGA's products. You should consider your own personal situation and speak to MIGA staff for further information and advice on the products and services available.

## Special offer for ACMA NSW members

### Up to 15% discount

A reduction on the premium that MIGA would otherwise charge<sup>4,5</sup> – compare us with your current medical indemnity renewal

### 75,000 bonus Qantas Points

When you first insure with MIGA between 30 June 2021 and 31 July 2021, plus earn one Qantas Point for every eligible \$1 paid to MIGA<sup>1,3</sup>

*We're here for you night and day, providing:*

### Medico-legal support

24/7 emergency support from experienced medico-legal solicitors

### Dedication and experience

Receive personal care, quality service and expert advice tailored to your needs

### Risk education

Specific to your area of practice – with a 10% premium discount on completion<sup>2</sup>

### Broad policy cover

We ensure you are well protected, providing real value for money in an ever-changing health care environment

### Easy Pay by Direct Debit with no fees

Annual or monthly via your bank or credit card



Security and support when you need it  
from the experts in medical indemnity  
**1800 777 156** [www.miga.com.au](http://www.miga.com.au)

## ACMA NSW Group Arrangement

Members of ACMA NSW who newly insure with MIGA have access to the following discounts off the cost of their medical indemnity insurance with MIGA as follows:

- General Practitioner Non Procedural – a 15% reduction on MIGA's standard base premium<sup>4</sup>
- General Practitioner Procedural and Specialists – a 10% reduction on MIGA's standard base premium<sup>5</sup>.

In order to receive the discount, doctors must be a current member of ACMA NSW (which ACMA will validate). The discounts are inclusive of and not in addition to other discounts that might apply<sup>6</sup>.



## Earn Qantas Points on your insurance

MIGA has partnered with Qantas Business Rewards and Qantas Frequent Flyer to reward our members with Qantas Points on payment of their medical indemnity insurance. We appreciate in our current environment you may not use the points right now for overseas travel, but they are there to reward you. You can use them at Qantas Hotels, the Qantas Store, Qantas Wine, for domestic travel or when international travel resumes.

### Earn 75,000 bonus Qantas Points

For a limited time, when you first insure with MIGA as a doctor in private practice for cover commencing on or after 30 June 2021 and on or before 31 July 2021 you can earn **75,000 bonus Qantas Points**<sup>1</sup>. In addition, you can also earn **1 Qantas Point for every eligible \$1 paid** to MIGA as a Qantas Frequent Flyer or Qantas Business Rewards member<sup>3</sup>.



## Call us for a quote today

We make moving your insurance to MIGA as easy as possible by assisting you to make informed decisions and to help you with any queries you have.

*Your dedicated MIGA staff members are:*



**Nihal D'Cruz**

Manager – Corporates & Intermediaries

[nihal.d'cruz@miga.com.au](mailto:nihal.d'cruz@miga.com.au)

1800 777 156



**Aura Rivera**

Client Relationship Officer

[aura.rivera@miga.com.au](mailto:aura.rivera@miga.com.au)

1800 777 156

## About MIGA

MIGA is a national provider of medical indemnity insurance products and associated services to the medical profession across Australia. We are experts in medical indemnity – it's all we do, it's our sole focus and we are here for you. Our commitment is about always being there for our members, offering what we believe is quality cover at competitive premiums with dedicated staff providing the highest level of personal service and support and expert advice.

Our policy will cover you for claims made for incidents that may have occurred in the past (this is often referred to as retroactive cover) and includes automatic cover for public hospital work that you undertake or have undertaken for which you are not otherwise indemnified.<sup>7</sup>

**Over 120 years' experience** *Supporting doctors since 1899*

<sup>1</sup> 75,000 bonus Qantas Points offer only available to registered Australian medical practitioners who first insure with MIGA in a fully insured category, as a doctor in private practice, for cover commencing on or after 30 June 2021 and on or before 31 July 2021, and who pay in full by 31 July 2021 or enter into a direct debit arrangement with MIGA by 31 July 2021, and have paid their first instalment and have not exercised their rights to cool off or had their insurance cancelled by MIGA, as per the terms of the Policy. MIGA Terms and Conditions for bonus Qantas Points for Fully Insured are available at [www.miga.com.au/qantas-bonus-tc-pp](http://www.miga.com.au/qantas-bonus-tc-pp).

<sup>2</sup> The risk management discount applies to the insurance premium at your next renewal and not to other charges such as membership fees, GST, ROCS levy or stamp duty. For full terms and conditions, please refer to the Risk Management Program materials.

<sup>3</sup> A business must be a Qantas Business Rewards Member and an individual must be a Qantas Frequent Flyer Member to earn Qantas Points with MIGA. Qantas Points are offered under the MIGA Terms and Conditions ([www.miga.com.au/qantas-tc](http://www.miga.com.au/qantas-tc)). Qantas Business Rewards Members and Qantas Frequent Flyer Members will earn 1 Qantas Point for every eligible \$1 spent (GST exclusive) on payments to MIGA for Eligible Products. Eligible Products are Insurance for Doctors: Medical Indemnity Insurance Policy, Eligible Midwives in Private Practice: Professional Indemnity Insurance Policy, Healthcare Companies: Professional Indemnity Insurance Policy. Eligible spend with MIGA is calculated on the total of the base premium and membership fee (where applicable) and after any government rebate, subsidies and risk management discount, excluding charges such as GST, Stamp Duty and ROCS. Qantas Points will be credited to the relevant Qantas account after receipt of payment for an Eligible Product and in any event within 30 days of payment by You. Any claims in relation to Qantas Points under this offer must be made directly to MIGA by calling National Free Call 1800 777 156 or emailing [clientservices@miga.com.au](mailto:clientservices@miga.com.au).

<sup>4</sup> The 15% discount only applies to the insurance premium and not the membership fee nor to any levies and charges.

<sup>5</sup> The 10% discount only applies to the insurance premium and not the membership fee nor to any levies and charges.

<sup>6</sup> Not available to ACMA NSW Members currently insured with MIGA until their next renewal on 1 July 2022 and then only if at least 20 ACMA NSW Members newly insure with MIGA by 31 March 2022. This will be reviewed by mid-April 2022. The ACMA NSW discount is also not available to doctors who are eligible for and insure under the MIGA Starting in Private Practice arrangement.

<sup>7</sup> Subject to the policy terms and conditions.

Insurance policies available through MIGA are underwritten by Medical Insurance Australia Pty Ltd (AFSL 255906). The terms and conditions of the insurance provided by Medical Insurance Australia Pty Ltd are fully contained in the Policy Wording and any applicable endorsements. This document does not form part of the Policy Wording. MIGA has not taken into account your personal objectives or situation. Before you make any decisions about our policies, please read our Combined Financial Services Guide and Product Disclosure Statement, and Policy Wording and consider your own needs. Call MIGA for a copy or visit our website. © MIGA May 2021