



ACMA



My ACMA

DECEMBER 2021

Official Newsletter of the Australian
Chinese Medical Association



*Merry
Christmas!*

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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SUBMISSIONS, CORRECTIONS AND ENQUIRIES:

Please do not hesitate to send to Andrew Lam (Publications) at 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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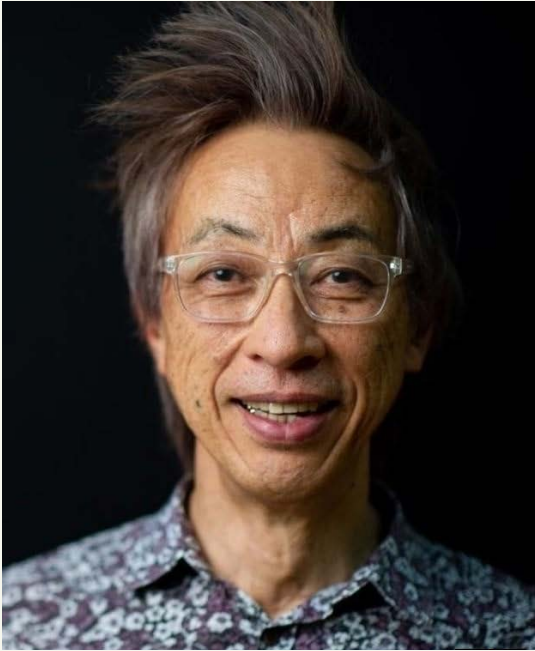
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DOUGLASS
HANLY MOIR
PATHOLOGY

"We take it personally"

President's Address



Stephen Hing, ACMA President

The AGM was held on 19th October. I would like to thank all the members who attended the AGM, showing support for the Association, for the democratic process, and for good governance of ACMA. Two members stood down from the Management Committee- Dr Reg Leong and Dr Tony Chu. Both of these members have busy lives and a wealth of wisdom and experience. They made a huge contribution over the past year. Tony Chu chaired the SMIC subcommittee (Social Media, Innovation and Creativity) and paved the way for the Association to reach out to young doctors in a relevant and creative format. He has opened new channels to engage with members. Reg Leong has chaired the Education Subcommittee and despite the limitations imposed by the Covid pandemic he provided a very enjoyable, informative, and useful program. I want to thank both Tony and Reg for their commitment to ACMA.

A new Management Committee of 12 members was elected- comprising two new faces- Dr Susan Chu and Dr Simon Luk. Their profiles are included elsewhere in the newsletter. They have shown generosity, collaboration and enthusiasm in standing for the election and I welcome them both to the MC and look forward to working with them this year. The following office bearers were elected- Dr Stephen Hing (President), Dr Ida Soo (Senior Vice-President), Prof Stephen Li (Vice-President), Dr Alex Ting (Secretary) and Dr Kenneth Ho (Treasurer). The other members of the Management Committee are Dr Michael Suen, Prof Vincent Lam, Dr Menolly Lee, Dr Andrew Lam, and Ass Prof Tony Pang.

The Covid Pandemic has greatly affected activities of ACMA. The recent lockdown, which started in June, forced a last-minute cancellation of an educational seminar which was to be held at Phoenix Restaurant, Rhodes. Our Winter Buffet was cancelled. A Covid Conference, planned for August, in NZ was cancelled due to the lockdown. Our Annual Conference, which was to be held in Bowral in October, has been postponed to October 2022. Our Annual Dinner was to be held on 6th Nov, was cancelled before it was announced. Our Education program was cancelled for the remainder of 2021, however our new Education Subcommittee Chair, Dr Susan Chu, has been quick off the mark, and has organised a dinner seminar for 1st December. The Meet the Experts conference, planned for Japan next January has been cancelled. I am hopeful that a full calendar can be undertaken in 2022. This will include our Chinese New Year celebration, our educational seminars, bushwalking, and other activities.

The ACMA Charitable Trust, which is administered by its own board, at arm's length from ACMA, has begun a fund raising campaign to support the Australian Nursing Home Foundation. A reception room at the new Gordon facility, currently under construction, will be named for ACMA and the ACMA Charitable Trust. I encourage members to support the Trust and make a donation to this campaign. Donations to the ACMA Charitable Trust are tax deductible. If members have suggestions for the Trust regarding possible recipients of the Trust's funds they should contact me, or Linda Tang, the Chair of the Trust. The payment of trust funds is highly regulated and in fact does limit the freedom of the Trust board to support various entities.

The Management Committee would like to wish all members and their families a Merry Christmas and a Happy New Year. We look forward to good times in 2022.



ACMA Charitable Trust - Support Australian Nursing Home Foundation

The ACMA Charitable Trust was founded on 19 November 1992 by the Australian Chinese Medical Association (ACMA), with a mission “to reach out and improve medical education, health awareness and the wellbeing of our community.”

ACMA Charitable Trust had an expansive past beneficiaries based on our mission targets, and to name some including the following:

- Australian Nursing Home Foundation
- CanRevive
- Giant Steps
- Northcott Disability Services
- Sun Yat-Sen University affiliated teaching hospitals
- Woodbury Autism Education & Research



Recently, the trustee board had agreed to support the Australian Nursing Home Foundation (ANHF) for their new residential aged care facility at Gordon in Northern Sydney. In line with our vision and mission, the support of the ANHF Gordon project will help Chinese elders, to honour, respect and assist those who had built the foundation of the prosperity we are enjoying today; and to allow them to have most culturally appropriate aged care they deserve.

The request of the Trust ‘s sponsorship to a naming right of one of the Gordon facility rooms (a target of \$30,000) by ANHF, would not just set a permanent record of footprint of ACMA Charitable Trust & ACMA for our charitable works, it will contribute to a permanent facility for the practical need of the ANHF Gordon aged residents in future.

As always generously supported by the ACMA members, I would like to ask all your support again for this meaningful charitable cause. Whether we can fully donate for the ANHF request or as a partial lump sum would largely depend on everyone of the ACMA members’ support.

Donations can be made directly to below bank account:

The ACMA Charitable Trust

St George Bank

BSB: 112879

A/C: 429628423

(Ref: ANHF Donate)



ACMA Charitable Trust

Est. 1992

After a donation is made, please email the ACMA Charitable Trust Treasurer Mr Ben Or (benedict@chats.com.au) for notification, and Ben will then follow up with issue of tax receipt on your donation.

Linda Tang

Australian Nursing Home Foundation

Australian Nursing Home Foundation (ANHF) is a non-profit organisation specialising in the provision of culturally-appropriate aged care services for the Chinese and South East Asian communities in Sydney. Established in 1980, ANHF is now one of the largest non-profit providers of culturally and linguistically diverse aged care in Australia, offering a wide range of services including residential aged care, Commonwealth Home Support Program (CHSP) and Home Care Packages, Community Visitors Scheme (CVS) programs and specialised community housing for seniors. The Foundation has headquarters based in Burwood, and operates a number of facilities across the Greater Sydney region, including Earlwood, Hurstville, Campsie, Eastwood, Ultimo, Hornsby, Chester Hill, Bonnyrigg Heights, and Greenfield Park.

ANHF strives to use its decades of experience, existing footprint, resources, connections and network to promote awareness of culturally-appropriate aged care services to the Cantonese, Mandarin and Vietnamese speaking communities. We are committed to engaging with individual consumers and their families to provide tailored care services and enable them to maintain their independence, dignity and to continue to live life as comfortably as possible.



ANHF continues to embark on its mission of providing culturally-appropriate care in Australia through the construction of a new residential aged care facility at Gordon. Located in a quiet residential area in Northern Sydney, the new 84-bed nursing home with 72 single ensuite and 6 double-bed ensuite rooms will cater to the ever-increasing demand for Chinese-specific aged care in Sydney. Designed by Boffa & Robertson and constructed by Grindley Construction, the new facility will blend traditional Chinese motifs into a modern Western design. The facility is due to be completed in late 2022.

ANHF is pleased to have the support of ACMA and the ACMA Charitable Trust.

Ada Cheng, CEO ANHF



ANHF

AUSTRALIAN NURSING HOME FOUNDATION

澳華療養院基金

Culturally Appropriate Aged Care Since 1980

2022 Management Committee

At the AGM on the 19th October, a new Management Committee consisting of 12 members was elected. We would like to thank Dr. Reg Leong and Dr. Tony Chu for their previous work with the ACMA Management Committee, and welcome Dr. Susan Chu and Dr. Simon Luk who have stepped up to fill their shoes.

The following office bearers were elected:

Dr Stephen Hing (President)
Dr Ida Soo (Senior Vice-President)
Prof Stephen Li (Vice-President)
Dr Alex Ting (Secretary)
Dr Kenneth Ho (Treasurer)

Dr. Michael Suen (Membership)
Prof. Vincent Lam (ACMA House)
Dr. Menolly Lee (Young Bloods)
Dr. Andrew Lam (Publications)
A/Prof. Tony Pang (IT)
Dr. Susan Chu (Education)
Dr. Simon Luk (Assistant Secretary)



Dr. Susan Chu - General Practitioner

Susan Chu graduated from UNSW with Honours. Susan has been a GP for over 25 years and is currently practicing in Bella Vista. She is a GP Synergy supervisor and has been involved in training GP registrars for more than 15 years. She teaches medical students from the Universities of Sydney, Western Sydney and Newcastle. Susan has also been a RACGP and Diploma Child Health Examiner. She has been an ACMA member since her internship and is happy to share her experiences working in general practice and give advice for GP training.



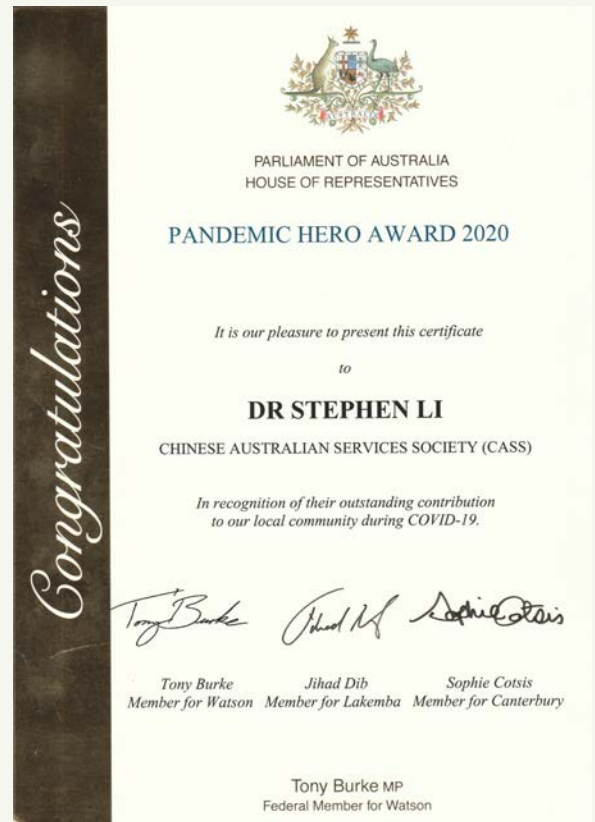
Dr. Simon Luk - Resident Medical Officer

Simon is presently a PGY2 RMO who is based at St George Hospital and presently completing his basic physician training under the Royal Australasian College of Physicians. Alongside his clinical duties he is also an active conjoint associate lecturer with the St George and Sutherland Clinical School, UNSW. Outside of medicine his main areas of interest include hiking, snowboarding, board games, cooking, and brewing coffee. Simon is a member of the management committee and hold the position of the assistant secretary.

ACMA's Role in the COVID Pandemic

Australia, in particular NSW, has achieved amazing COVID-19 vaccination achievement. The vaccination rate has jumped from less than 10% in July to almost 95% (first dose) with more than 91% fully vaccinated by mid-November. Such achievements do not happen spontaneously. There is a group of unsung heroes working behind the scenes to make this happen so that Australia can be reopened, our economy can be restarted, and Australians can have their freedom back. The ACMA is one of those.

The ACMA has been playing an important role during the COVID-19 pandemic from the very beginning. Our Chair of Community Health Subcommittee, A/Prof Stephen Li, was appointed as the NSW Health pathology-endorsed COVID-19 Educator for the Chinese Australian community in February 2020. However, demands for information was high due to the general “fear of unknown” atmosphere in Australia so that Stephen’s works have quickly expanded to cover many other culturally and linguistically diverse communities. ACMA’s (in collaboration with other community and/or government partners) webinars have been attracting 3,500 to 4,000 participants per session, and the ACMA was also approached by peak national bodies such as FECCA (Federation of Ethnic Communities Council of Australia) and Migrant Council of Australia to assist in COVID-19 education and COVID-19 vaccine promotion.



An Agency contracted by the Federal Government to run COVID-19 vaccine promotion has also told us that the Federal Government is very happy about the achievements in NSW, and invited us to assist in targeting communities in other states starting with Victoria and Queensland. Since July this year, we have delivered altogether 88 radio talks, podcasts and webinars (4 to 5 talks per week), and more than 400 talks since February last year.

Our COVID-19 educational project is the finalist in the NSW Health Pathology Awards (under the category “To keep people safe and healthy”) and Stephen has been recognised as a Pandemic Hero by the Australian Parliament in 2020 and an Unsung Hero by the Aged & Community Services Australia (ACSA), the national peak body in aged care services in Australia.

Winter Warming Charitable Karaoke Night

Fun, fun, fun! It was a lovely night of fun and joyful camaraderie for those who attended The ACMA Winter Warming Charitable Karaoke Night held at the Marigold Restaurant on 18/6/21, organised by the ACMA Charitable Trust. ACMA members and friends all had a fantastic time enjoying the scrumptious banquet while being serenaded by the amazing multi-talented 'part time' singers!

The idea of the night was to have fun while we raise funds. People could pay to sing themselves, pay for other people to sing or stop singing, or just contribute by buying some raffles to win any of the 10 great prizes! Props were also provided for singers to complete their persona on stage.



Microphone covers were provided as an infection control measure, complete with masks and hand sanitisers as we enjoyed the night in a safe and responsible way. In fact, we were lucky to be able to go ahead with the event before the lockdown was announced a week after that. A total of \$12k was raised on the night as members and friends showcased their singing talents while contributing generously to a great cause. \$2000 was donated to CanRevive as pledged and \$10000 was raised for Youth Mental Health Collaboration organised by Wahroonga Rotary Foundation.

The success and smooth running of the night was spearheaded by the team of ACMA Trust members led by the super organised Chair Linda Tang. A special huge thanks must be awarded to Dr Gabriel So, the ex-chair of the Trust, who single handedly set up the sound system, and managed the karaoke songs nominated by the singers.

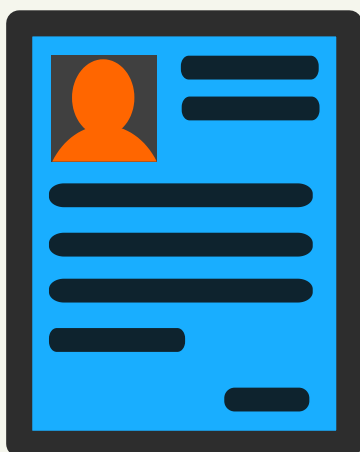
The night concluded with everyone standing up with their mobile phone lights waving and singing to the finale song of “Friends” led by Dr Sam Seit. It was indeed a fabulous night of fun and friendship!

Fifi Lai



Young Bloods - Mock Interview Workshop

On July 28th, ACMA held its first ever Interview and CV workshop organised by the Young Bloods subcommittee (Eric Xu, Simon Luk, Andrew Lam and Menolly Lee). The aim of this workshop was to give young doctors that extra edge in applying for jobs for next year. Due to COVID restrictions the workshop was held virtually over Zoom, and involved small groups of attendees rotating between different interview stations.



It was a huge success with a turnout with 7 mentors and 28 delegates, and there was even a waitlist for attendees. We have received immensely positive feedback as many found this experience extremely valuable and rewarding. It certainly helped to alleviate some of the nerves for all those who managed to get a spot! Following the event, we gained much traction and doubled our Young Blood members. For our young ACMA members, we subsequently held one-on-one interviews over Zoom. Our young ACMA members are extremely grateful and appreciative of the mentoring and advice we have received.

Thank you to our awesome interview panel (Dr Stephen Hing, A/Professor Tony Pang, A/Professor Vincent Lam, A/Professor Thomas Lam, Dr Frank Yan, A/Professor Daniel Lin, Dr Young Yu) for generously volunteering their time to help us during our workshop, and our mentors who additionally helped out for our one-on-one sessions (Professor Howard Lau, A/Professor Raymond Ko, Dr Keith Ong, Dr Eugene Ng, Dr Jennifer Lim, Dr Julia Chen, Dr Choon Li and Dr Eric Li). Your pearls of wisdom were greatly appreciated by us young doctors.

The Young Bloods Committee hopes to hold more events like this in the future to help promote further participation of young doctors as part of the ACMA!

Menolly Lee

Young Bloods - How to Build a Better CV

On Tuesday 9th of November, ACMA Young bloods held their 3rd event of the year - "How to build a good CV" at Burwood RSL, aimed at junior doctors and medical students on the job application process and the building blocks of a good CV, presented by a multidisciplinary panel of speakers to a total of 32 attendees.

Together they discussed the ins and outs of the NSW job application process for junior doctors, with specific focus on the difference between medical, surgical and critical care pathways. With many of our attendees entering in the work force next year, or looking for more senior training positions on the horizon, it gave a great framework to guide how to approach their career progression in the coming year.

A huge thanks to Bongiorno who kindly sponsored our event, our panel of speakers (Dr Andrew Lam, Dr Eric Xu, Dr Owen Chan, Dr Daniel Zhang, Dr Simon Luk) and our 2 volunteers (Natalie and Larissa Lee). We received a lot of positive feedback from our attendees with 11 new ACMA membership applications following the event and from Tony from Bongiorno who reported he was "extremely impressed with how the event was run and with the people who attended,".



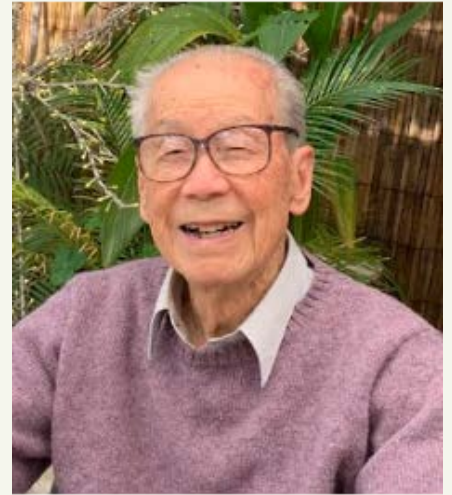
Menolly Lee

Member Spotlight:

Dr. Joseph Cheung OAM

Where were you born?

I was born in Shanghai on a freezing Christmas Eve . My father was an ENT professor at the Sun Yat Sen University in Guang Zhou (Canton,). Our family moved to Canton and later to Hong Kong in an attempt to evade the invading Japanese army. My older brother was a dental surgeon in Sydney, and my younger brother was a practicing neurosurgeon in Hong Kong until he moved back to Sydney .



What is your earliest memory?

I still just recall riding on the back of one of my father's students in a swimming pool , at the time I was about 2year old. The young swimmer

was very caring and encouraged me to swim riding on his back just for fun. I reckon I was lucky to know how to hang on to him tight.

Where did you first study and work?

I studied medicine at the University of Sydney and graduated in 1960 (so did my two brothers , on separate occasions). I completed my internship at the Canterbury Hospital and the Royal Adelaide Hospital. Since then I have worked in Sydney, Newcastle, St Mary, Hong Kong, Canada, Melbourne, and then back to Sydney until the start of the Pandemic.

What have been the highlights of your career?

Two events - a research work at the Ottawa General Hospital pathology department where we learned a massive amount about cancers - both micro and macro.

The second event being honoured an OAM Australia for my medical contribution to the community and the service to ACMA (Victorian chapter)

Any advice for new Interns?

Take good care of your body and mental health - keep off smoking, binge drinking, gambling. To exercise regularly. maintain reasonably good health before you can help your patient better.

Your secret for a long happy life?

Can't get away from regular exercise, healthy diet and lifestyle. Maintain contact with your family, friends and the community. Maintain happy outlook and laugh often.

Dr Cheung has written a book entitled Total Health and Fitness Revolution-The Secrets to Longevity and Healthy Ageing, Combining the Traditional Wisdom of the East with the Science of the West. (available on eBay)

Spill the Tea - The ACMA's Official Podcast

With the onset of the COVID Pandemic and 2nd wave in NSW, ACMA sought out a new medium to reach out to its members. In the context of our increasing proportion of younger junior members in response to the success of "Young Bloods" events, headed by Menolly Lee, the "Pathways" series was created. In this series, Andrew Lam speaks to prominent physicians/surgeons about the path that lead them to their specialty, as they share stories of their own life/career and advice that they might give to juniors wishing to go down the same path.

So far, we've released episodes covering Upper GI Surgery (Prof. Vincent Lam) and Gastroenterology (A/ Prof Meng Ngu) with plans for further specialties including Paediatrics and Anaesthetics to be explored in the near future. For past and future episodes, you can tune in on Spotify or Apple Podcasts to our channel! (Links and QR Codes Below)



Prof. Vincent Lam
Upper GI Surgeon

Spotify:

https://open.spotify.com/show/1c8iOh00LroaTLDKH8rDPC?si=hAo5_JImRKeHN2JxYkrcDw



A/ Prof Meng Ngu
Gastroenterologist

Apple Podcasts:

<https://podcasts.apple.com/au/podcast/acmaspilltheteas-podcast/id1580161156>



ACMA Zoom Chat

On 7 September 2021, the monthly ACMA Zoom Chat was launched. In a conversational-style interview, we explore interesting aspects of a doctor's life - including memorable cases, lessons learnt and maybe a joke or two. To be honest, it's not stuff you'll learn from a textbook or journal! So please don't expect your standard lecture, graphs or CPD points. However, if you value comparing notes and learning from your peers, then that's what we're offering here. In essence, the ACMA Zoom Chat is about Members speaking frankly with Members. In doing so, we believe the attraction is twofold. Informality and Community.

So far, we've interviewed Dr Reg Leong, who has a fascinating medical journey. Born in South Africa and emigrating to Australia once he graduated, Reg has been a GP in Sydney for 44 years.



Next, we interviewed Prof Stephen Li. Besides being a Chemical Pathologist and Clinical Lipidologist, Stephen is also heavily involved in public health, including being on Community Radio for 25 years.



So please join us at our next ACMA Zoom Chat on the first Tuesday of the month at 7.30pm. Members, please check your emails for the zoom link.

Tony Chu

Sheraton Buffet

On a cool grey day, 37 ACMA members and their families, attended the Feast Buffet at the Sheraton Grand, in Sydney. Despite the weather, everyone was excited to catch up with friends over a scrumptious seafood buffet finishing with a huge selection of desserts. The Buffet had been postponed from June due to the pandemic and we were all grateful for the chance to dine out and meet with friends again.



It was also good to see a number of younger, new members attend this function, and I hope we can continue to get more of these Young Bloods participating in the social functions next year.

Ms Trish Killen and Mr Johan Mare represented Douglass Hanly Moir. I would like to thank Douglass Hanly Moir, for their ongoing support of ACMA over so many years.



Ida Soo, Chair, Social Subcommittee

ACMA Scientific Conference Update

The Annual ACMA and ACCMA Scientific Conference, had to be postponed, due to ongoing Covid lockdown restrictions. As agreed to, in the contract with Milton Park Hotel, the money paid to the venue, has been carried forward and the conference will be run over the October long weekend 2022. The new dates for the ASC will be Saturday 1-3 October 2022. Venue will still be at Milton Park Country House Hotel and Spa, Bowral.



Doctors and their families who have already paid for rooms and registered, will still retain their original room bookings. There will be an opportunity for other interested members, to register for the conference early 2022. A new round of flyers will be emailed around March 2022. Due to the popularity of Milton Park as a wedding venue, we envisage we will not be able to book any more rooms there. It is recommended that members intending to go to the Conference, and not have any

accommodation yet, look at booking nearby hotels, ASAP. Most venues still offer flexible cancellation, up to 48 hrs prior, so it is ideal to obtain the best room rate, early. Suggested nearby hotels, include Peppers Manor House, Peppers Craigieburn Bowral, Links House, Briars Lodge and air BnB.

We look forward to seeing as many ACMA members and families attend this relaxing and informative weekend.



Ida Soo

New ACMA Members



Dr. Joyce Woo
Obstetrician/Gynaecologist

Dr Joyce Woo is an Obstetrician Gynaecologist with a special interest in Obstetrical and Gynaecological ultrasound. She holds the Diploma in Diagnostic Ultrasound and has completed three years of sub-specialist training in Obstetrical and Gynaecological ultrasound. She has worked as an Ultrasound fellow in Nepean Hospital, Royal Prince Alfred Hospital, The Royal Women's Hospital and Ultrasound Care.

She holds membership with a number of professional associations including ISUOG, ASUM and RANZCOG. She has done research on cervical elastography, screening of the second trimester fetal heart using three-dimensional volume sweep and screening of cervical length using Pocket-sized Ultrasound Machine.

She is delighted to be part of the team at Ultrasound Care and committed to providing compassionate and comprehensive care to her patients.

She is a mother of two and loves spending time with her family. She loves having good food, going for bushwalks with family and friends and baking.



Dr. Michael Cheung
Plastics Registrar

Hello! My name is Michael Cheung, PGY3 unaccredited plastic surgery registrar at Auburn Hospital. I was a JMO at Westmead Hospital and went to Canberra at PGY2 working as an unaccredited plastic surgery registrar. Currently, I am working towards getting into plastic surgery SET training program in the near future. Outside of work, I enjoy travelling (pre-covid) and spending quality time with family and friends. I am hoping to meet other ACMA members in future social and networking events.



Dr. Michelle Bai
Junior Medical Officer

I am currently an intern at the St George and Sutherland Hospitals. My career interests are in surgery and O&G because I love the procedural aspects of medicine and I have a particular interest in women's health. I also enjoy teaching medical students and do so regularly in my role as a Conjoint Associate Lecturer at UNSW. Outside of work I enjoy playing badminton, dabbling in film photography and making sewing projects. Having grown up within the Australian Chinese community, I am excited to join the ACMA to advocate for the healthcare of this community. I look forward to meeting many of you at future events to learn about your work and hear any life or career advice you have to share!



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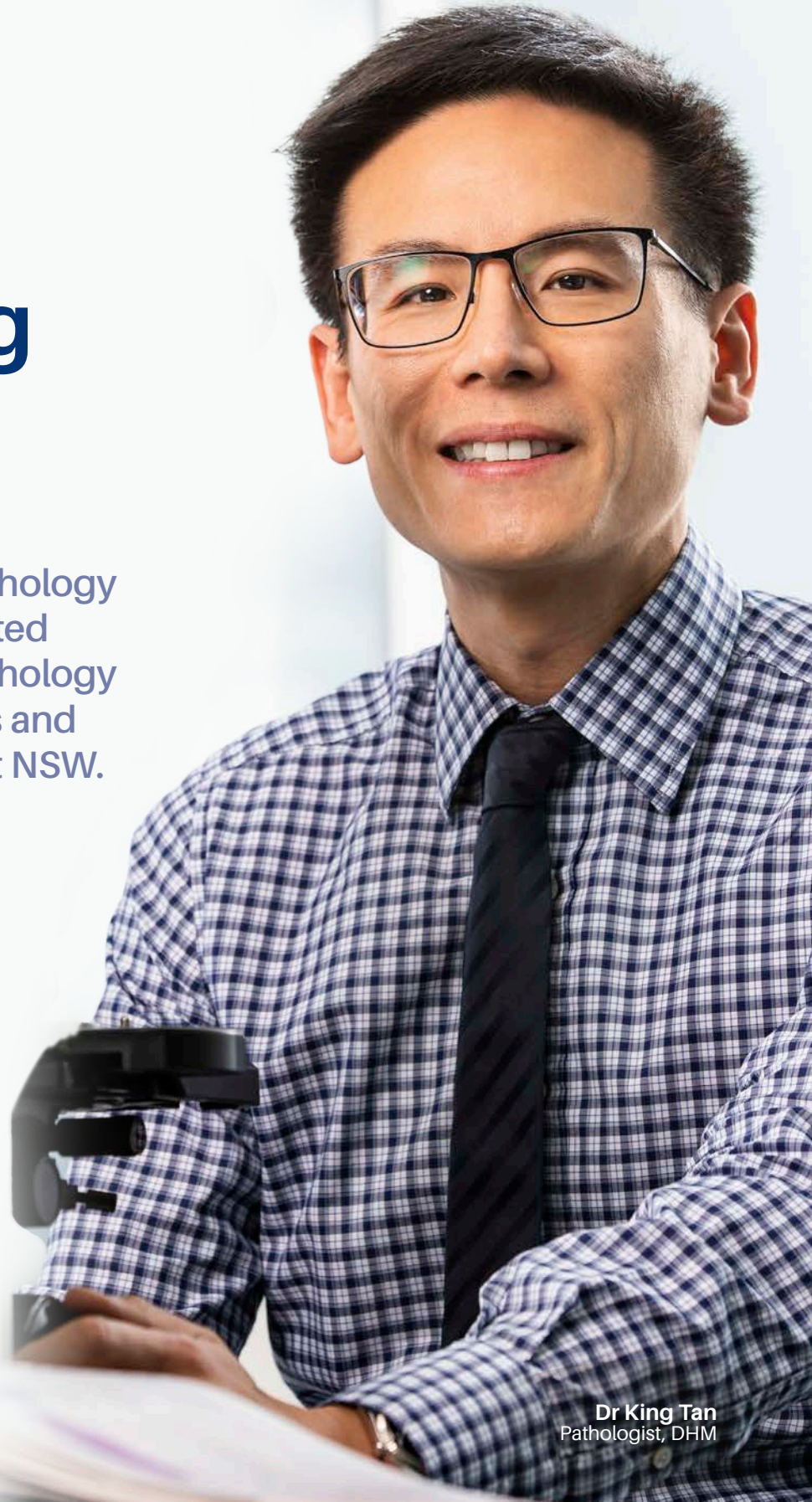
Proudly supporting ACMA

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.

P (02) 9855 5222

E pathologist@dhm.com.au



Dr King Tan
Pathologist, DHM

ACMA CORDIALLY INVITES YOU TO AN EVENING SEMINAR ON

MEDICINE AND THE LAW



Speaker: Timothy Bowen | Senior Solicitor
Advocacy, claims & education MIGA

Kindly sponsored by MIGA *Our preferred indemnity*

Date	Location	Cost
Thursday 24th Feb 2022 7pm for a 7:30 start	Mama Mulan Lv 1, The Concourse Chatswood NSW 2067 (free parking after 6 pm at Westfield)	ACMA Members - free Non-ACMA - \$60 (Doctors only event)

LIMITED TO THE FIRST 60 RSVPS

Please RSVP by 21/02/22 | education@acma.org.au | Chairperson Dr Susan Chu
Please inform of any dietary requirements