

My ACMA

AUGUST 2022

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:

Email: office@acma.org.au

Facebook:

www.facebook.com/acmansw

URL: www.acma.org.au

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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ACMA Events Calendar

August 2022

14-20th August - Covid Conference in NZ- Hamilton, Waitomo Caves, Mt Ruapehu, Rotorua, Auckland.

24th August - "Hidden in Plain Sight- Syndromic Tumours" at The Eight Restaurant, Haymarket by Dr Esther Myint (Anatomical Pathologist DHM)

September 2022

21st September - Educational Respiratory Seminar by Dr. Ben Kwan, at Le Montage (TBC) sponsored by Chiesi Australia Pty Ltd

October 2022

1-3rd October - Annual Scientific Conference, Bowral

11th October - Annual General Meeting at Crystal Seafood Restaurant, Strathfield

Date and Venue TBC - Educational Seminar by Prof. John Sinn, sponsored by Nestle

November 2022

9th November - "Interesting Case Presentations" at Crystal Seafood Restaurant, Strathfield by Dr Nick Taylor (Chemical Pathologist) sponsored by DHM

19th November - ACMA Annual Dinner (Celebrating the 30th Anniversary of the ACMA Charitable Trust) at Fullerton Hotel, Sydney

December 2022

28 Dec- 4 Jan - Practice Management Conference - Sapporo, Japan- tbc

January 2023

4-11 Jan 2023 - Meet the Experts Conference - Furano, Japan- tbc

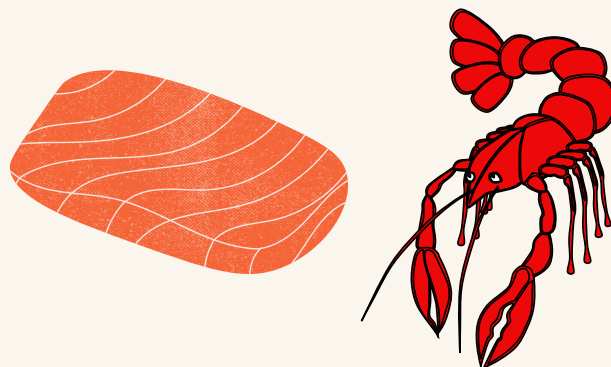
April 2023

Sun 23 - Sat 29 April 2023 - Prepare for Winter Conference, Shimanami Kaido, Japan,

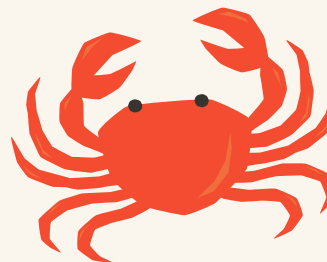
***Looking to advertise in our Special Commemorative Booklet for the
ACMA Annual Dinner? Please Email: president@acma.org.au
\$400 for full page, \$200 for half page***

Langham Winter Buffet

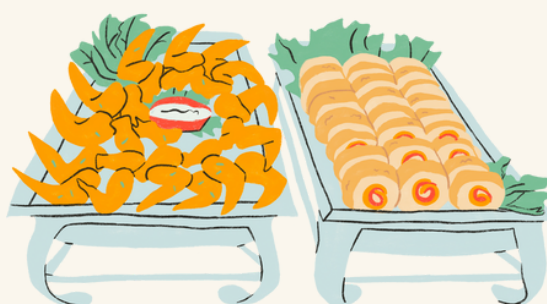
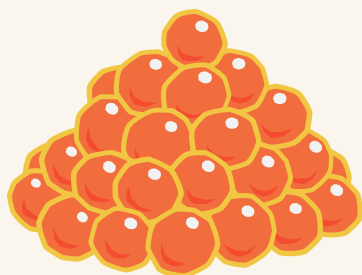
The ACMA winter buffet was held at the Langham Hotel Sydney, on Sat 4th June 2022. On a dry cold winter's night, 31 ACMA members and their families, attended this delicious extravaganza. Members started with the endless supply of prawns, crab, sashimi and oysters, accompanied by the ½ grilled lobster.



Then it was time to move onto the hot food with assorted carvery, fresh to order grilled meats, and other assorted cuisines. The meal finished with every attendee trying each of the mini desserts and gelato.



Unfortunately, Douglass manager Trish Killen, had to withdraw at the last minute, but I would like to thank Douglass Hanly Moir for their ongoing support of the ACMA which has allowed us to run many of our social activities at a subsidised price. Afterwards, many of the members walked down to Circular Quay, to enjoy the wonders of Vivid, and walk off the excesses of the evening.



Careers Night 2022

ACMA held a Careers Night on the 21st June at Burwood RSL. It was a night filled with high yield advice, as well as many laughs, delicious food and drinks. We had a great turnout with 33 attendees (10 young doctors, 23 medical students) and 13 mentors.



Many thanks to our mentors: Dr Stephen Hing, Prof Stephen Li, Prof Tony Pang, Dr Frank Yan, Dr Richard Chan, Dr Samuel Seit, Dr Lilian Zou, Dr Joe Chang, Dr Gary Tran, Dr Tony Chu, Dr Linda Zheng, Dr Kenny Chan, Dr Susan Chu and Dr Ton Lee who kindly volunteered their time. We hope our young members and medical students are now inspired to pursue their chosen career!



Educational Workshops

Updates in Cervical Screening - 25th May 2022

by Prof. Annabelle Farnworth (Director of Cytopathology at DHM)

On Wednesday 25th May we had an educational seminar on the updates in cervical screening - an Educational Seminar, sponsored by DHM at Eight Restaurant.

The 5 year Cervical screening started at the end of 2017. Prof Farnsworth discussed how useful the HPV screening has been compared to the previous 2 yearly pap smears.

She also informed us about the new patient self-collecting cervical screening tests for 25-74 years old that were going to be rolled out.



Interventional Neuroradiology - 29th June 2022

by Dr. Andrew Cheung and Dr. Alexander McQuinn

Sponsored by LifehealthLink, we dined on 2 courses of peking duck and crab noodles while listening to our two speakers Dr Andrew Cheung and Dr Alexander McQuinn talking to 71 attendees about their specialised neuroradiology skills in extracting clots from blood vessels of stroke patients, treatment of cerebral aneurysms and AVMs. While watching videos

demonstrating Dr Cheung's and Dr McQuinn's amazing skills inserting coils and stents to affected patients, everyone had a great time feasting on the never ending crab banquet, listening to the amazing neurosurgical radiology talk and finally chatting up with friends.



Educational Workshops

Syncope and Stroke - 19th July 2022

By Dr. George Lau and Prof. Neil Simon

On Tuesday July 19th May, ACMA held an educational event on Syncope and Stroke at The Palace Restaurant, Castlereagh St, Sydney, sponsored by Medtronic.

Despite the rain and the start of our 3rd Covid wave, 35 doctor members came to listen to our speakers Dr George Lau and Prof Neil Simon discuss causes and recent updates in the management of syncope and stroke. We discovered that 90% of syncopes involved abnormal movements. Examples were shown by watching videos of medical students overseas involved in syncope studies falling over and having short seizures!

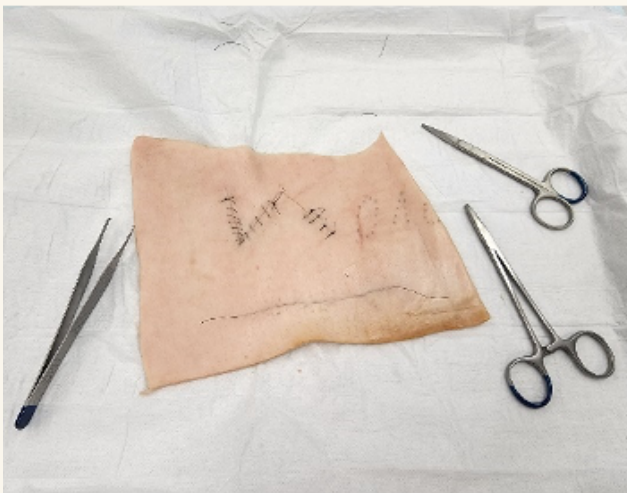
There was plenty of food to eat which included seafood soup, King crab noodles, scallops, coral trout etc. with left overs



Suturing Workshop

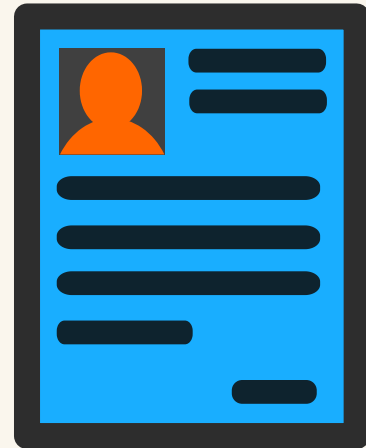
On Wednesday 6th July 2022. 30 members including hospital doctors and GPs, and some medical students attended the workshop which was held in the Bob Dylan Auditorium at the Douglas Hanly Moir labs at Macquarie Park. The workshop was preceded by refreshments and a tour of the labs, an impressive facility due to its rigorous protocols, skilled personnel, automation, and scale.

The Workshop was led by Dr Michael Cheung, registrar at Westmead Hospital, with ACMA President, Dr Stephen Hing, as Number One assistant. Michael explained the basics of suturing in a screen presentation and then participants set out to repair some severe porcine wounds under the guidance of the tutors. Interrupted, continuous, mattress, and buried sutures were all tackled, with enthusiasm, but mixed success. Some very neat needlework was produced. The whole evening was very instructive and gave participants a great opportunity to improve their practical skills. We wish to thank the organiser Dr Menolly Lee, as well as Drs Michael Cheung and Stephen Hing. We are also very grateful to DHM for making their facilities available and for providing supper and the suturing hardware. A big thank you also goes to Ms Trish Killen, the Business Manager for ACMA at DHM, whom with her assistants made the whole event run smoothly.



Young ACMA - Interview Workshop

In July Young ACMA also held “You’re Hired 2022: a mock interview workshop” over Zoom, assisting doctors-in-training in interview preparation skills to help them advance in the next stages of their careers. We had 15 attendees and 5 mock interviewers rotate between 3 stations, where each candidate had a practice interview. Our attendees found this very helpful in guiding their further preparation for job interviews, and were grateful for all the constructive feedback provided on the night. A big thank you to Dr Stephen Hing, Prof Tony Pang, Prof Vincent Lam, Prof Daniel Lin and Dr Richard Chan for volunteering their time on the night.



“Let’s Talk about Cancer Screening” - A Conversation needed in the Chinese Community

On Saturday 16th July, some ACMA doctors participated in a cancer screening educational event organised by CanRevive, ACMA and HKMSA, funded by the Multicultural Health Week. The function was held at the new CanRevive Western Sydney Centre at 113 Hawkesbury Road, Westmead. Speakers included Prof Michael Suen, Dr Ton Cheow Lee and Dr Susan Chu from ACMA and Ms Janis Hui (Med 3 UNSW) and Mr Zeno Cheung (Med 5 UNSW) from the HKMSA. There were 40+ attendees which was already a full house as the venue is relative small.



Excellent talks were given by Michael on bowel cancer screening and by Ton on breast screening. Susan handled the Q and A on cervical cancer screening, while the medical students from HKMSA talked about cervical screening.

Apart from the opportunity to spread the word about cancer screening, this was also a great opportunity for ACMA to collaborate with CanRevive and with the Hong Kong Medical Society of Australia. Thank you to Dr Stephen Li, Chair of ACMA Community Health Subcommittee for coordinating this event



Spill the Tea - The ACMA's Official Podcast

In the 2nd half of 2022, we aimed to diversify the scope of ACMA's "Spill the Tea" podcast by diversifying outside of our "Pathways" series. In May, we spoke to Dr. Stephen Li on his contribution as an advocate for community health, in particular his significant impact on the Chinese community in Australia as part of the ACMA and other benevolent organisations.

In another upcoming episode, we will also speak with Dr. Reg Leong on his experiences growing up and working in the South African healthcare system before he moved to work as a GP in Sydney, Australia. Together we hope to get a refreshing view on the impact of universal healthcare on our population, while also exploring the cultural and social impacts that ultimately affects how we manage our patients.



Community Health
with A/Prof. Stephen Li

Spotify:

[https://open.spotify.com/show/1c8iOh0OLroaTLDKH8rDPC?
si=hAo5_JImRKeHN2JxYkrcDw](https://open.spotify.com/show/1c8iOh0OLroaTLDKH8rDPC?si=hAo5_JImRKeHN2JxYkrcDw)



**An International View of
Healthcare**
with Dr. Reg Leong
(COMING SOON)

Apple Podcasts:

[https://podcasts.apple.com/au/podcast/ac
maspilltheteas-podcast/id1580161156](https://podcasts.apple.com/au/podcast/acmaspilltheteas-podcast/id1580161156)

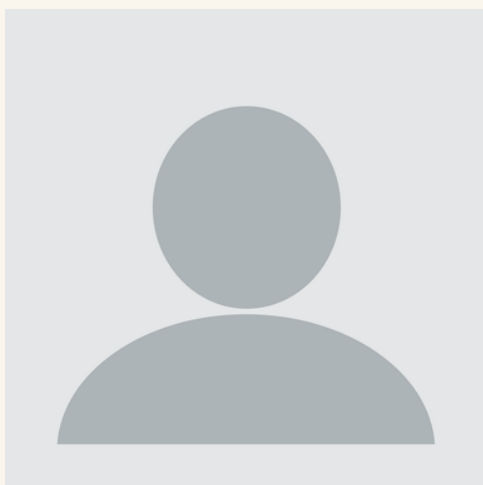


New Member Profiles



Dr. Brendon Lee
PGY 3 Locum Medical Officer

Brendon W.H. Lee is a PGY3 doctor with a special interest in medical education, ophthalmology, and vision science. He will complete a full-time Master of Philosophy (Health and Medicine) with University of Sydney in 2022 while also working as a surgical assistant and locum doctor. He has been awarded several competitive research scholarships and travel grants, authored over 15 peer-reviewed publications, and had his work featured on ABC Radio National. Outside of medicine, he is passionate about spreading the joy of music and has toured internationally playing the violin. In addition, he holds a Diploma in speech and performing arts and has acted in various charitable stage productions. He is an avid badminton player and loves to discover 'hidden' hiking spots in NSW. He is currently attached to the Westmead Institute for Medical Research and Prince of Wales Hospital and aims to attain entry into ophthalmology specialist training.



Dr Simon Tang
Radiologist

Simon Tang is a native of Hong Kong who emigrated to Australia 1978. He attended the University of Sydney from 1980-1984 and graduated with an MBBS before interning at RNSH. He completed FRANZCR Radiology training At Concord / RPAH, then returned to HK 1994, working at a public hospital before moving to a private hospital. He started iRad, a private radiology practice in HK in 2005, completing XRay, CT, MRI, and US. This started with one clinic in Central and grew to 5 clinics on both sides of Hong Kong harbour. He retired from this practice in 2021 and returned to Australia to live, now working part time at Lumus Imaging. He is married to Amy Pang, also a Radiologist trained in HK and likes golf, travelling and reading.

ACMA & ACMA Charitable Trust GALA DINNER

An invitation to our Annual Gala Dinner in celebration of the 30th Anniversary of the ACMA Charitable Trust.

Music, gourmet food & wine, a dance floor, entertainment, raffles and more !!!

Date: Saturday 19 November 2022

Venue: Heritage Ball Room , The Fullerton Hotel
No. 1 Martin Place Sydney

Time: 630 for 7pm

Dress code: Black tie

Cost: \$140 pp ACMA Members
\$160 pp Non-Members

RSVP by Friday 4 November 2022 to events@acma.org.au, specifying your name and number of tickets required.

Full Payment to
Acct name : ACMA
BSB : 032-069
Acct No: 655 239

Looking to advertise in our Special Commemorative Booklet for the ACMA Annual Dinner?
Please Email: president@acma.org.au
\$400 for full page, \$200 for half page

Organised By:



ACMA Charitable Trust
Est. 1992



Save the Date

Practice Management Conference

The Grand Hotel, Sapporo, 30 Dec 2022 - 4 Jan 2023

This year's **Practice Management Conference** will be held in **Sapporo, Hokkaido, Japan**. It will commence with a Welcome Reception on 30th Dec 2022 and delegates will depart on 4 Jan 2023. It will be followed by the **12th Meet The Experts Conference** in **Furano**. The draft program for the Practice Management Conference is outlined below and includes ample time to see the sights and to explore Sapporo, as well as time to discuss issues of running a medical practice. The conference will be beneficial to all medical practitioners, and to other health care professionals and staff. The venue is **The Grand Hotel, Sapporo**, which is a large highly rated hotel. It is situated in the centre of Sapporo, close to shops and other attractions.



Fri 30 Dec 2020	Delegates meet at New Chitose Airport Hotel. Welcome Reception
Sat 31 Dec	Transfer to conference hotel via RERA Outlet shopping mall, Edwin Dun Museum, and Makomanai Takino Cemetery. Conference NYE Celebration
Sun 1 Jan	Conference and free time.
Mon 2 Jan	9am-3pm - Guided tour of Sapporo- Chocolate factory, TV tower, Ramen Alley etc 3pm Conference
Tue 3 Jan	Morning - Conference Afternoon and evening- Guided tour incl Asahi Beer Factory and Genghis Khan BBQ Dinner.
Wed 4 Jan	Delegates Depart. Transfer to New Chitose airport, or to Furano for the 12 th MTE Conference.

The dates of the conference are definite.. Flights can be booked based on these dates.

Land package includes 5 nights twin share accommodation with breakfast, transfers and sightseeing as outlined above, and Genghis Khan BBQ Dinner. 138,000 JPY pp (approx. \$1500AUD). Book through Daisuke Mizukoshi at Pitt Travel (Tel 9264 7384, email dai@japanpackage.com.au). Booking required by 31st August 2022.

There will also be a conference registration fee payable to ACMA to cover the cost of meals and the conference. This fee is likely to be about \$500 depending on the number of delegates.

Further Information: Stephen Hing (Conference Convenor) stephen.hing@gmail.com 0414571166

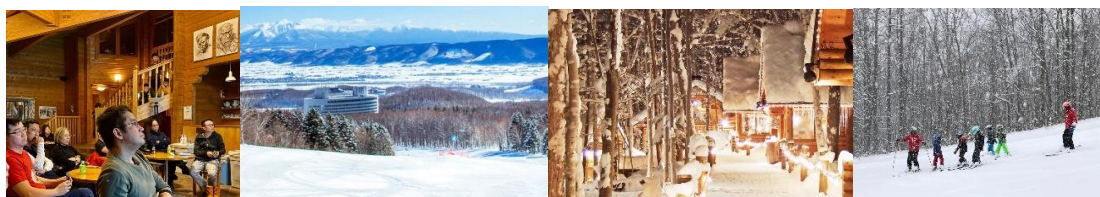


Save the Date

12th Meet the Experts Conference

New Prince Hotel, Furano, Hokkaido, Japan, 4 -11 Jan 2023

The **12th Meet The Experts Conference** will run from 4th – 11th January 2023 and follows on from the ACMA Practice Management Conference in Sapporo. The New Prince Hotel is situated on the Furano ski field, and is ski-in, ski-out. It offers great conference facilities, as well as ski rental, a guest laundry, and a natural hot spring. The conference provides a great opportunity to keep up to date, to get to know your medical colleagues, and to share clinical tips and experiences. Furano is 2½ hours by bus, north of Sapporo. Delegates will be transferred from Sapporo (for those attending the Practice Management Conference) or from Sapporo's New Chitose Airport.



Program Outline

Wed 4 Jan 2023	Delegates travel to the New Prince Hotel, Furano. Welcome Reception
Thurs 5	Morning skiing, , afternoon Conference, Dinner
Fri 6	Morning Skiing, afternoon Conference, Dinner
Sat 7	Morning Skiing, afternoon Conference, Dinner
Sun 8	Excursion to Furano etc. Conference, Buffet Dinner
Mon 9	Morning Skiing, afternoon Conference, Dinner
Tue 10	Morning skiing, afternoon Conference, Farewell dinner.
Wed 11	Delegates depart

The venue, and dates are confirmed. Flights can be booked based on these dates. Accommodation packages will be offered by Pitt Travel, including transfers, 7 nights accommodation, breakfast and transfers- 132,000JPY (approx. \$1450 AUD) pp tbc. Booking required by 31st Aug 2022. There will also be a registration fee payable to ACMA.

The conference will be relevant to all doctors and other medical practice staff.

Further Information:

Stephen Hing (Conference Convenor) president@acma.org.au 0414571166,



First Notice – Save the Date

Conference Theme: Prepare for Winter Conference

Shimanami Kaido, Japan, Sun 23 - Sat 29 April 2023

The **ACMA Prepare for Winter Conference** will run from 23-29th April 2023. It will begin at the Hotel Cycle in Onomichi, which is situated between Osaka and Hiroshima, 3.5 hours by train, south west of Tokyo. We will follow the route of the famous Shimanami Kaido, a spectacular chain of bridges linking many small islands between the mainland (Honshu) and the island of Shikoku. Apart from updating our medical and management knowledge to be ready for winter, we will have the opportunity to slowly wander along, roughly following the Shimanami Kaido, seeing the many fishing villages, shrines, parks and other sites, staying in small traditional hotels and enjoying delicious Japanese fare; including a visit to a chocolate factory, a sea water hot spring a pirate museum etc. . Participants will be able to ride bicycles on dedicated paths, from village to village or travel in a bus following the same route. The cyclists will ride for 2-3 hours each day on easy paths at a very leisurely pace. The conference will return to Onomichi on the final day



Program Outline

Sun 23 rd April 2023	Delegates meet at the Hotel Cycle, Onomichi. Welcome Reception
Mon 24 th	A day in Onomichi. Fit the bikes. Test run. Conference. Hotel Cycle
Tue 25 th	Cycle (24km) or bus to Setoda. Conference. Stay at Juicy Fruits (Hotel)
Wed 26 th	Cycle (22km) or bus to Omishima. Stay at Sawaki (Ryokan)
Thur 27 th	Cycle (23km) or bus to Hakatajima. Conference. Stay at Setouchiso (Ryokan)
Fri 28 th	Cycle (23km) or bus to Imabari. Conference. Stay at Imabari Kokusai Hotel
Sat 29 th	Cycle or bus back to Onomichi (76km) Conference ends

We will be accompanied by a local tour guide in the bus and a local cycle guide (who will assist with any bike issues). The bus will take those who do not want to cycle, and all our luggage. The cost will be about \$2300pp twin share incl breakfast and a few dinners. (and less if you don't want a bike). Electric bikes are also available. If you want to cycle, you must already know how to ride a bike, but you don't need to be experienced. The route is pretty flat apart from an optional ride up to a lookout. If you get tired, the bus will pick you up. We anticipate a mixed group- half cycling / half not cycling.

Further Information, incl more details of the itinerary- from Stephen Hing (president@acma.org.au)



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**Douglass Hanly Moir Pathology
(DHM) values our long-term
relationship with doctors.**

Our comprehensive pathology service:

- 24-hour operation, 365 days a year
- Ready and convenient access to our pathologists
- Expertise in all major pathology subdisciplines, including biochemistry, haematology, immunology, molecular biology, microbiology, genetics, histopathology and cytopathology
- 500 plus collection centres across NSW
- An extensive courier network

**For further assistance, please contact
Trish Killen (Business Development
Manager), tkillen@dhm.com.au**

Dr Ian Tang
Haematologist, DHM