

澳華醫學會

MyACMA

OFFICIAL PUBLICATION

February 2019 Edition



ACMA Annual Dinner - ACMA Foundation Fellowship and ACMA Honorary President Awards recipients

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 liaison with other medical organisations

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SUBMISSIONS, CORRECTIONS, ENQUIRIES

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PRESIDENT ADDRESS

It is my great honour writing to you in the first ACMA official publication, MyACMA, in Year 2019. This year is the year of "Earth Pig", with its main characteristics being communicative, popular among their friends and with a strong sense of time keeping. ACMA will continue its role in providing a networking forum to enhance communication, friendship and collaboration among its members. We will reach out to other organisations and Chinese community that can create a long-lasting, timeless relationship.

ACMA's 28th Annual Charity Dinner was held at the Sir Stamford Hotel in October 2018. It was a hugely successful event enjoyed by all the attendees. ACMA Foundation Fellowship and ACMA Honorary President Awards were offered to a group of esteemed members who had significant contributions to ACMA in previous years.

I would also like to take this opportunity to thank Ms Zita Dettori and Douglas Hanly Moir Pathology for their ongoing support to ACMA. It is with this long history and relationship between our two organisations that ACMA can continue to evolve and develop.



With a busy schedule in the next few months, I would like to give all of you a snapshot of some of our focuses in Year 2019:

1. Providing a networking forum for our members

All our networking events were a great success in Year 2018. The feedback from both our sponsors and members were both very positive. They all enjoy this modern way of "learn by playing". The combination of education and networking does provide a great value for our members and a good opportunity for them to get to know each other. We will continue to arrange these popular events. Make sure you get your apron and paintbrush ready!!

2. Endorsing ACMA's next generation and their busy parents

For a long time, members with young kids found it difficult to attend ACMA's activities. In order to look after the unique need of this group of members, and also nurturing ACMA's next generation, we formed the Youth Development and Enrichment Group in the last 12 months. This group ran the first activity for ACMA in Year 2019, where kids and families had a wonderful lunch event learning Lion Dancing, traditional Chinese New Year foods and even writing "fai chun" (a traditional decoration with lucky messages in Chinese New Year). This also provides a new way to reach out to new members, who otherwise would normally find it hard to attend our other activities. More activities will be organised by this subcommittee during each term break in the coming year .

3. Working closely with local Chinese community organisations

We will continue to strengthen our close and long-term relationship with renowned Chinese community organisations such as CanRevive, WayIn Network and CASS. It is via these different community channels where ACMA can provide its medical expertise directly to our local Chinese community.

4. Exploring international collaboration

The World Association of Chinese Doctors is an academic, non-profit organisation formed by Chinese doctors from 13 different countries around the world. With its aim to

improve communication and collaboration among Chinese doctors from different countries, ACMA has the privilege to host their Annual Director Meeting in Sydney in April 2019.

On behalf of ACMA management committee, I would like to wish all of you have a wonderful and prosperous year ahead. We would also wish to see all your happy faces in our upcoming activities in the near future! Kung Hei Fat Choi!!!



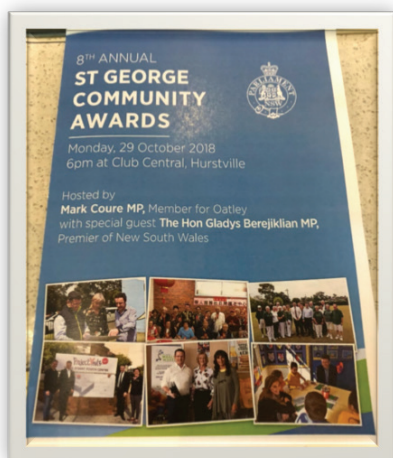
ST GEORGE COMMUNITY AWARDS

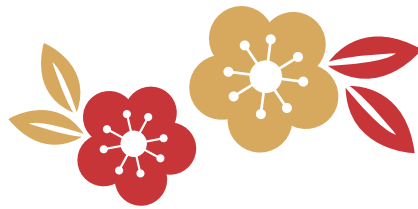
ACMA has been granted the Community Group Achievement Award at the eighth annual St George Community Awards Night on 29th October 2018.

The St George Community Awards recognises individuals, community groups and businesses which have made an outstanding contribution to the local community.

The Community Group Achievement Award acknowledges the work of a community organisation, group, school club, which has contributed to the broader community.

The night was hosted by Mark Coure MP, member for Oatley with special guest the Hon Gladys Berejiklian MP, Premier of New South Wales. Senior Vice President Prof Danforn Lim represented ACMA on the night.





ATTENDANCE AT THE CHINESE LUNAR NEW YEAR CELEBRATION DINNER RECEPTION ORGANIZED BY THE CONSUL GENERAL OF THE CONSULATE GENERAL OF THE PEOPLE'S REPUBLIC OF CHINA IN SYDNEY

The Chinese Lunar New Year celebration hosted by the Consul General of the Consulate General of the People's Republic of China in Sydney was held on the 31st January, 2019. Senior Vice President Prof Danforn Lim and Vice President (External Affairs) A/Prof Seng Chua represented ACMA at the event. This reception provided a good platform for ACMA to network with embassy representatives as well as other community organization leaders.



NETWORKING EVENT – PASTA BATTLE

On November 3rd, 2018, ACMA held the networking event – Pasta Battle at Bondi Junction, sponsored by our partners Douglas Hanly Moir. The event began with an educational seminar by Dr Andrew Broadfoot on Gluten-sensitive enteropathy and lactose intolerance. Current availability of diagnostic testing was discussed and generated a great interest amongst our members who attended.

Members then moved to the Salt Meat Cheese to begin the pasta making workshop. Members donned on their

aprons and began mixing and kneading the flour under the guidance of the chefs. A quick snack break consisting of a meat and cheese platter was held while the dough was resting. Finally, members were able to continue fashioning their dough into pasta and ravioli. It was a fun and challenging experience and members were able to enjoy a delicious meal at the end.





NETWORKING EVENT - CHRISTMAS COOKING



ACMA held our last networking event of 2018 - Christmas cooking at Metro Hotel Marlow Sydney Central on 8th December 2018. The event was sponsored by Douglass Hanly Moir Pathology (DHM), a long-term partner of ACMA. Sponsor representatives from DHM came to the event and prepared a full box of Christmas gifts for ACMA members. Dr. Grahame Caldwell from DHM introduced the latest updates from the laboratory and answered questions from the members during the educational seminar.

ACMA representatives presented Christmas gifts to Dr. Caldwell and DHM representatives at the end of the seminar.

Members then had the opportunity to cook in the cooking area on the third floor. Chefs from Victors Food professionally taught over 40 registered members and their families and friends. The whole event lasted for over 4 hours with fantastic food, lots of laughter and great memories for the end of the year.





ACMA 2018 ANNUAL DINNER



On October 13, 2018, the ACMA held its Annual Dinner at the Sir Stamford Hotel in Sydney. President Professor Danforn Lim delivered a welcome speech, highlighting the achievements of ACMA over the past year including improving the well-being and health of the Chinese community through radio, Chinese newspapers, health care talks and public seminars. Honorary President and Foundation Fellow Awards were granted to our members who have actively contributed to ACMA and participated in community activities. These members helped build ACMA into the dynamic organisation it is today and ACMA would like to acknowledge all their great contributions.

The evening began with a magical hula hoop performance, which started the event with a bang. While enjoying the scrumptious dinner, the singing from the Disney Magical Trio brought the event to a climax. The 3 Way Split Band provided us with a relaxing and cheerful atmosphere throughout the night. An onsite photo booth also provided attendees with entertainment throughout the event. The event concluded with a lucky draw with wine and other gifts sponsored by DHM and Maxmillian Group.





10TH MEET THE EXPERTS CONFERENCE - JAPAN

37 delegates and family members attended the 10th Meet The Experts Conference held at the Lotte Arai Hotel, Myoko, Japan from 5-12th January 2019. As usual, a large range of topics was covered in a friendly relaxing environment that encouraged questions and discussion. This conference covered a range of items, of interest to all doctors (and also their spouses).

This year's program included a great session on Preventative Physio- Preparing for Holidays which included practical instruction of what we should tell our patients (Mrs Fifi Lai). Other topics covered included Wound Infection (Jeremy Hsu), Autologous Fat transfer (Nicole Yap), Diverticulosis (Peter Dutton), and How Sure can you be? (Kevin Le), as well as updates on Childhood Allergy (Catherine Wong) and Myopia (Stephen Hing), Digital Imaging (Adrian Liu) and various case presentations and

workshops. Ken Lai explained his thoughts on Neuroscience, Ken Wong explained the mechanics of investing offshore, and Ken Ho explained his thoughts on Culture, Language, and Medicine. All delegates participated and enjoyed the presentations.

As well as the scientific program, we had time for networking on the ski slopes. Some of us were first-timers and others have been skiing for years, but still needed more practice. We all were all grateful for the fresh snow and great fun.

The Japanese experience is always wonderful, and the food and hospitality were enjoyed by all.

If only the conference could have lasted longer!



EDUCATION SEMINAR- MIGA INFORMATION EVENING

On 29th November 2018, 40 of our members and their spouses attended our education seminar event. Mr Timothy Bowen, Senior Solicitor of MIGA came to present Medicine in a new world- eHealth, Social Media and other emerging challenges. The talk

was inspiring and members raised lots of questions. Members who attended were able to claim a 10% reduction on indemnity premium from MIGA upon workshop completion plus take home action plan.





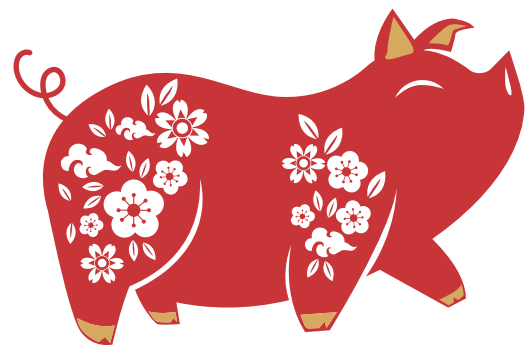
ACMA YOUTH DEVELOPMENT AND ENRICHMENT GROUP - CHINESE NEW YEAR CELEBRATION

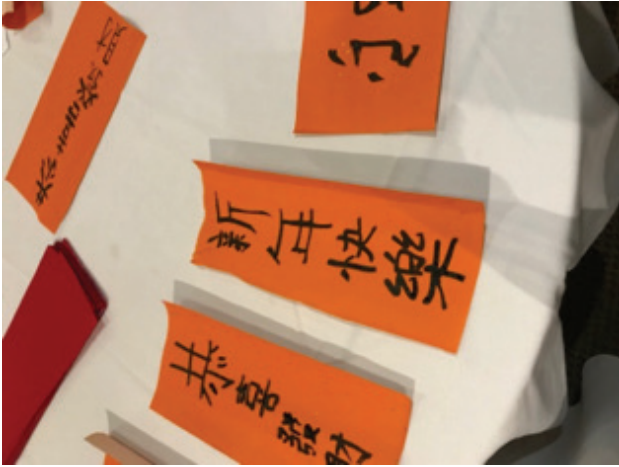
On January 19th, 2019, 38 members and their children participated in the Chinese New Year Celebration event held by the ACMA Youth Development and Enrichment Group.

A lion dance performance kicked off the event, with the mighty red-haired lion winning the applause and cheers of the audience. Children then had the opportunity to learn some lion dancing moves, play with the instruments and the lion and of course take plenty of photos with the lion.

Members and their children were then able to enjoy a delicious yum cha lunch. The piggy bun obviously was the most popular dessert amongst the children, celebrating the Lunar Year of the Pig. The process of pan-frying traditional radish cake was also demonstrated.

After lunch, the children gathered around two tables and enjoyed time with their parents to create a New Year greeting card and writing traditional Spring Festival couplet with Chinese calligraphy brushes. The children took their own New Year cards and expressed their wishes of good fortune to their families and friends. Parents also joined in and wrote festival couplets with traditional chinese calligraphy brushes.







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ACMA cordially invites you to an informative evening seminar

Date	Wednesday 27 th February 2019
Venue	King Dynasty Chinese Restaurant 600/1 Anderson St, Chatswood NSW 2067. Tel: 9413 9388
Parking	Free parking at Westfield Chatswood
<hr/>	
6:15 pm	Registration
6:30 pm	Welcome and entrée served
6:35 pm	*Update on renal stones Dr Dominic Lee *What's new for prostate cancer? Prof Howard Lau *Transvaginal Mesh Saga in Australia: Whose fault is it and is it still safe to be used? A/Prof Vincent Tse *Non-mesh surgical treatment options for stress urinary incontinence – case-based discussion. Dr Audrey Wang
8:30 pm	Dinner

Kindly sponsored by:



Douglass Hanly Moir Pathology is a Partner of ACMA in 2019

For Catering purposes, RSVP is essential

Dinner Meeting free for financial ACMA members; **Non-members \$55 pp**;
(Prospective members may attend once only as the guest of a member,
with the compliments of ACMA)

Final Year Medical Students \$15 pp (limited to the first 12 RSVPs);

ACMA Members to pay for their **spouses \$10 pp**

(spouses welcome to join the dinner following the seminar)

Subsidy of Medical Students and members' spouses by the ACMA

(not derived from industry funding)

RSVP & payment by 22/02/2019 Tel: 9267 5977 / Fax: 9267 0003 /

Email: office@acma.org.au

This Category 2 activity has been approved by the RACGP QI&CPD Program.

Total Points: 4 Activity Identification Number: 151986



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Proudly supporting ACMA

Douglass Hanly Moir Pathology (DHM) and Barratt & Smith Pathology (BSP) are highly respected and well-established pathology practices, serving doctors and their patients throughout NSW.

The specialist pathologists at DHM and BSP offer 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



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