

屋崙中華醫學會通訊

acma
news

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president's message

August Moon is upon us. The winter has gone and about time too. One of the colder winters we have had in recent times, despite the bleakness there were a few warm spots. The All Blacks would seem to have peaked too early for the world cup next year, with tremendous efforts in winning the Tri-nations and the Bledisloe cups. (Sounds rather like the last pre-world cup year, let's hope this isn't the case). Even Tiger Woods has managed to string together some consecutive wins. The association has had some successful events during this period including the biennial conference held at the Auckland City Hospital. I understand it was a good turn out by our members and we had good support from other doctors around Auckland. As usual we are thankful for the Health Care Industry supporting the conference, for without them the event would be a mere shadow of itself. We more or less managed to break even which I have to say, is a definite bonus as the conference organiser.

I should note Diagnostic MedLab has been one of our strongest supporters of ACMA. I would like to thank them for all the assistance they have provided over many years. ACMA have had a close relationship with DML, one that has worked well with a good understanding from both sides. At present we have a pathology service that actually works and works well compared to many other services that continue to plague the practice of medicine. It would seem like weird banana republic politics that they should lose the Pathology contract to a bid that raises serious doubts over quality and quantity.

Though it seems like we are only half way through the year the end is near, and coming fast. We need to thank the committee for their hard work holding the association together provided pro bono. The YACMA and ACMA committees I think have done a great job this year. Some are getting a bit frayed around the edges. So next time you meet one at the Sunday meetings give them a pat on the back. I urge members to put up their hand to come and help out with the committee for 2007. We take all comers tall ones, short ones, round one, thin ones even the ones that only eat Chinese food. The same stalwarts continually put up their hands to keep the association alive. It would be great to have some new blood to ensure the survival of the association.

Happy August moon!

Dr Colin King

EXPERIENCE IN A PACIFIC ISLAND

- MUDMAN AND MAYHEM

Dr Colin King

Dr Colin King (ACMA President) spoke on his recent trip to Papua New Guinea (Auz-Aid), Mt Hagen and Lae, mainly.

At Papua New Guinea:

- Dennis (brother + urologist) was there too.
- There was 90% unemployment rate with 80% illiteracy rate.
- Colin was helping in theatre craft and anaesthesiology.
- No HIV prevention measures.
- Equipment substandard & some gear antiquated and often reused.
- Unsafe practices of left over IV medication to be used for next patient operations – examples included prostatectomy (massive prostate 250g) and nephrectomy.
- Colin also recalled one incident where “the hotel kicked out Australian doctors”...

At Mt Hagen:

- Kokola trail groups visit Mt Hagen.
- Ethnic culture embraced.
- HIV and TB quite common
- Port Monesby Hospital visited – near modern facilities!
- Private hospitals are more updated with NZ\$250 a night and many surgical options available.

At Lae:

- The Lae hospital was built by Japanese.
- WWII barracks become the hospital.
- Equipment there was substandard.
- Various patients were treated, e.g. elephantitis with a massive scrotum “needing a wheelbarrow to cart it around”.
- Colin also attended a cultural show of mud men.
- In 2 weeks, 1 spider bite prophylaxis – the key to health!

TREATMENT RESISTANT DEPRESSION

Dr Amanda Wheeler

To treat mild to moderate depression involves cognitive and antidepressants.

- St John’s wart helps mild depression.
- TCAs, SSRI, SNRI, MAOI (when other agents don’t work)
- Some times added are Lithium, Buspirone, Bupropion, etc.
- Older medications are nearly equally effective but the adverse effects of the older drugs led to the preference for new drugs to be used.

Medication usually responds in 4 -6 weeks.

- If response minor (20%) can increase the dose.
- Treat 4-6 months after improvement/remission (sometimes 12 months) to prevent relapses.
- 3 years for people who keep relapsing!

If no remission of treatment, change medication!

- Consider venlafaxine for resistant improvers.
- Treatment with SSRI for atypical, <25yrs with personality problems.
- Treatment with SNRI for >40yrs, melancholia.

TCAs may causes apathy, sedation, anticholinergic effects, weight gain, sexual dysfunction.

- Lethal in overdose, requiring slow titration to 75-150mg a day.

SNRIs may have side effects of sexual dysfunction, tachycardia, hypertension, sweating and dizziness, insomnia, nausea, agitation.

- Treatment 150 -375mg/day (50% less if hepatic or renal disease)
- NOT recommended for use in pregnant patients or those with recent MI.
- Needs special authority for application of venlafaxine

Refer to specialist if:

- no improvement after 2 drugs,
- have tried venlafaxine and failed,
- suicide tendency persists
- severe depression other co-morbidities e.g. bipolar, psychosis.

– Prepared by Dr Trevor Young

– Edited by Paul Cheng



Hello YACMA members, it is that time of the month again to update on our activities with YACMA!

Our career's afternoon went with a success with the rather sort of different pick of specialties to talk with us this year, including anaesthetics, respiratory medicine, and the new A&M branch.

Popularity was seen by the huge amount of food consumed at the event.

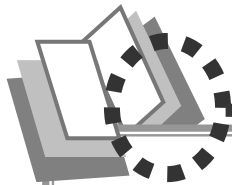
Our upcoming events include the fun dinner and fund-raising karaoke. The fun dinner is just around the corner (details to be announced soon) so make sure you don't miss it!

The fund-raising karaoke preparation is heating up thanks to the hard work of the pre-clinical reps, Michael and Vivian.

Alas! That's YACMA for now! See you next month! (Remember there is also end of year BBQ! - more food!)

PS: Just a point, nominations and elections for next year YACMA student representatives are now open for anyone. This is a really cool opportunity and I fully recommend it! So send your emails in now!

*Gladys Ko
Clinical rep*



Key Reminder

Upcoming Asian ACC Forums...

The Chinese Forum is on:

Date: 10 October 2006, Tuesday

Time: 10 am - 12 pm (lunch provided)

Place: Kingsgate Hotel, 187 Campbell Road, Greenlane

This is the first Chinese Forum put on by ACC. As Chinese Community leaders and as treatment providers I urge you all to make time to go to this. You will be amazed at what you don't know about ACC. The more we know about the services ACC offers, the better information we can offer to our patients. Give your feedback about how ACC can improve its service for your patients, and how it can better work with YOU as treatment providers!

Dr Catherine Hong