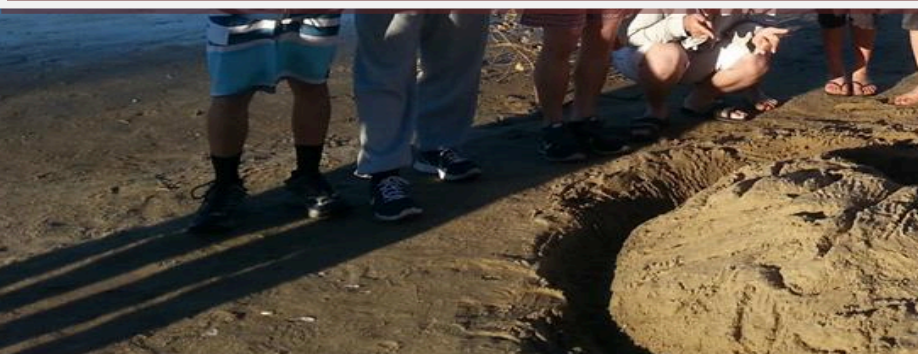


THE ACMA NEWSLETTER

July 2014



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PRESIDENT'S WELCOME

Dear Members,

Our highlight for the year has been the 9th Biennial conference on June 28 held at Waipuna Conference Centre. This event was very successful, attended by medical doctors as well as nursing and other auxiliary peoples. It was also the coming together of old colleagues who had not been seen for some time. This year we were well sponsored by a multitude of vendors. We are reviewing this year's performance and will be in discussion about how we can best use the talent that has come together to produce this quality conference. Watch this space. I would like to thank all of the attendees who have helped to make this a successful event, as well as the speakers who this year we celebrate the 9th biennial conference as the first to have all Chinese speakers. This is indeed an auspicious occasion as our longstanding members have pointed out.



We also had a post-event gathering to help foster support for our new members and again an excellent sponsored event at the family-friendly Attic Restaurant on Tamaki Drive. We will hold further family-friendly events from this year to encourage more member interaction beyond the clinical meetings. Again we will make further announcements in the next few weeks.

I would like to remind all members that we need to be more involved with our training colleagues who would benefit from our collective experiences not only to help them be the best they can be but to enable connections to be made and reinforced with our organisation. Dr Kristine Ng has kindly volunteered to spearhead this initiative and to be the visible person for members to offer support for this scheme. We need General Practitioners, Surgeons, Physicians and other experienced Medical Officers who can provide direction and support to young minds who will be our future. Kristine Ng will tell you it should not be an onerous undertaking. I would encourage you all to think back to your training days and of the help that would have been helpful to you.

So now coming back down from a high of the conference we need to steer our way through the rest of the year and have a couple more clinical meetings and a social family friendly gathering probably in Spring which you will hear about in the next few weeks.

To our new members welcome and to our loyal members, help us through the year with your ongoing generous support and I would like you to think about participating in steering our ship the ACMA for the next year.

Keep well, see you all soon.

Dr Adrian Wan

President ACMA 2014

2014 ACMA TEAM

ACMA President
Dr Adrian Wan

Vice President
Dr Derek Luo

Past President
Dr Kate Yang

Secretary
Dr Richard Yu

Treasurer
Dr Benson Chen

Webmaster
Dr Carlos Lam

**Social Events
Coordinator**
Dr Joey Siu

General Committee
Dr Stanley Loo
Dr Weng-Key Chan
Dr Paul Cheng
Dr Michael Chu
Dr Alexander Ng
Dr Kristine Ng
Dr Derek Luo
Dr Andrew To
Dr Gee Hing Wong
Dr Michelle Wong

YACMA President
Kevin Liu

Membership Secretary
Alwin Lim

Student Clinical Reps
6th Year - Maryanne Ting
5th Year – Debra Yeh
4th Year – Vincent Jeong

**Student Preclinical
Reps**
Kenji Kawamura
Harry Yoon
Frank Zhang

Newsletter Editors
Maggie Pan
Elizabeth No
Paul Liao
Vicky Tai

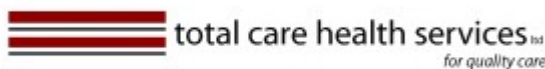
ACMA NEWS

ACMA Conference

On June 28th the 9th Biennial ACMA conference was successfully held at Waipuna Hotel and Conference Centre. With a theme of *“To the Future, Chinese Health in New Zealand”* incorporating sectors of allied health, internal medicine, surgery and mental health it was a very informative yet thought provoking event. It has been the first conference with 100% Chinese speakers and we are very glad to have had many members attending the event!

Conference notes will soon all be available online. Refer to pages 7-8 of the newsletter for brief summaries of each presentation.

We would like to thank all the sponsors, whom have made this event possible.



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Also, a huge thank you to the Conference Organising Committee for putting together an excellent conference.

Organising Committee: Dr Adrian Wan, Dr Derek Luo, Dr Carlos Lam-Yang, Dr Richard Yu, Kevin Liu, Alwin Lim, Vincent Jeong and Justin Sung. Thank you team!

Welcome Function

On June 29th, 'New Members Welcome Function' was held at the Attic Restaurant in Mission Bay. This event provided a great opportunity to meet other ACMA members and to discuss future plans in a social setting.

Thank you to everyone who attended!

Next CME: September 14th

Details will be released soon.

Honorary Secretary Position Available

Due to current secretary, Dr Richard Yu relocating to Whangarei, this position has become available. Please indicate interest by emailing president@acma.org.nz.

Thank you to **Dr Richard Yu** for all the hard work you put in for ACMA. We really appreciate it!



YACMA NEWS

YACMA Retreat (3rd-6th July 2014)

This year the famous YACMA retreat was held at the Omokoroa Thermal Holiday Park with both keen new faces of second year students and the returning third and fourth year students participating. Omokoroa, a little town a few minutes outside of Tauranga, provided the perfect place for the group to get to know each other through activities like sand sculpture competitions on the beach, human wheelbarrow races, ice cream eating competitions and last but not least a hot thermal spa for the chilly weather!



We really enjoyed retreat this year. It has been one of the first times that everyone got to know each other so well! Thanks to everyone who filled these four days with laughter and priceless memories that we won't forget! Last but not least thanks to the YACMA Exec for organising this trip, and we can't wait till the one next year!

Special thanks to YACMA Exec members for organising the event and ACMA for financial support. Could not have done it without your guidance and help!

ACMA WEBSITE

This year ACMA has launched a new website! Many thanks to Dr Carlos Lam (ACMA webmaster) and Eileen Zhou (YACMA webmaster) for their hard work putting it together.

Visit the website (<http://acma.org.nz/>) to stay in tune about what is happening within our organisation. There will be regular updates on upcoming events such as CMEs and social events.

To make it easier for you to navigate our website and to allow you to access member-restricted information such as current and previous newsletters (which contain CME notes), conference notes and photos from past events, please register with the website.

Click the grey 'Register' button on the top right corner of the page to do this.



After clicking 'Register', you will be taken to this Registration Page (right). Fill out your details and a password will be emailed to you.

Login with your Username and Password from the home page of the ACMA Website through the red 'Login' button on the top right of the home page (see picture above) and you will have full access to all the contents of the site.

Register For This Site

Username *

Email Address *

First Name *

Last Name *

Phone Number *

Choose Organisation *

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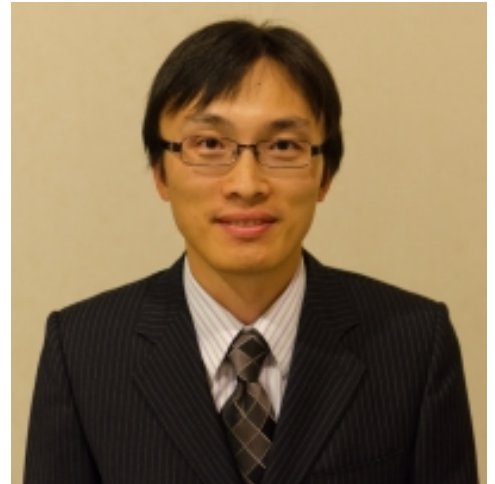


CAPTCHA Code

A password will be e-mailed to you.

An INTERVIEW with Dr Andrew To

Dr Andrew To is a Cardiologist at Waitemata District Health Board. He trained as a Cardiologist at Greenlane Cardiovascular Service and did his post-fellowship training at the Cleveland Clinic in Ohio, USA. There he worked for two years as the advanced clinical and research fellow in multimodality cardiovascular imaging. Currently he is the Director of cardiovascular CT and works as a consultant cardiologist at Waitemata Cardiology at North Shore and Waitakere Hospitals. He has maintained his keen interest in imaging, therefore, he is involved in cardiovascular imaging research and incorporates imaging skills in the management of cardiovascular diseases.



1. Can you tell us more about your specialization?

Cardiology is my passion and it is true that I like almost everything within cardiology. But unfortunately, no one can do everything so I have chosen non-invasive imaging within cardiology. The main divisions within Cardiology include interventional cardiology, electrophysiology and non-invasive imaging. I am fortunate enough to be able to do not only echocardiography, which is the bread-and-butter of cardiac imaging, but also cardiac CT and cardiac MRI.

2. What inspired your interest in Cardiology? What do you like most about it?

I have always had a great interest in physiology. I love cardiac physiology.

3. When working as Cardiologist Consultant, what does a daily schedule look like?

Our schedule will scare all of the medical students and junior doctors off! I am in the hospital on most weekdays from 7.30am till 6pm. We are also on call for 24/7 one week in four. There is not much free time left after hours as we are often working on medical stuff after hours. Often emails bounce around different consultants late in the evenings even when we are not on call. Of course, I am doing this interview at midnight!

4. You did your subspecialty training in Ohio, USA, which is very cool, can you tell us more about your experience?

The Cleveland Clinic is an awesome place for cardiology. It's been ranked the best cardiology hospital in the US every year since 1995. The Heart and Vascular Institute is a mammoth place, larger than Auckland Hospital. But more importantly, the people working there are all top specialists from all over the world, but they are also nice, approachable and willing to teach.

The non-medical experience in the US was probably more interesting to your readers, however. There are many more funny stories to share than there is space here. Just to give one example, driving in heavy snow in Ohio is lots of fun but full of danger. There was one time when there was sudden heavy snowfall that overwhelmed the excellent ploughing capacity of an already very well-prepared city. The end result was that thousands of people working in the clinic are all snowed in at the same time, and had to stay for hours in the evening before heading home.

8. We heard that you are actively involved in cardiovascular imaging research. Can you tell us more about this?

I cannot say that I am overly active in research, although I am very passionate about it. There is a problematic lack of time in my current schedule. Having said that, the North Shore cardiology systems are all electronic; this makes research projects quite easy to do from our site.

9. What piqued your interest in ACMA and joining the exec? And what areas would you like to see ACMA focus on in the future?

In the 1990s, I was for a few years in the exec as a student member. We helped in the inaugural ACMA conference! ACMA is one of the most worthwhile and meaningful associations that I have been involved in. It is all about Chinese (and possibly also Asian) health in New Zealand. I, as a Chinese Kiwi, feel the burden of promoting Chinese health within the health sector. ACMA is the right platform for this.

5. What do you miss most about Auckland University Medical School?

Assignments, essays, assessments, OSCEs, and finals... just kidding... I miss the free time!

6. Any words of wisdom for medical students?

Remember passion, diligence, empathy and most importantly, humility.

7. What do you enjoy doing in your spare time?

Church, music and dining out! Hurray! My latest recommendations? Eight thirty at Ponsonby Central for coffee; La Voie Française for their Croissants; and Orphan's Kitchen for a nice casual dinner!

Thank you Andrew ☺



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Restaurant Review #3 by Maggie Pan

Restaurant of the Year: [Masu, Japanese Fine Dining.](#)

One has great expectations when entering Masu, the place recently awarded Top Auckland Restaurant of 2014. After two weeks of full bookings, I finally managed to secure a table. So was the wait worth it?

Walking into the front door, I immediately knew the service would be immaculate. Steaming hand towels, waiters that introduce all the food arriving at the table, glasses that are never devoid of water, I can say this is one of the best restaurant services in Auckland. And the atmosphere (even when filled) has a perfect buzz, so that you can talk to company without shouting or on the other hand awkward silences. The drinks menu is an extensive list of Japanese beers, sakes, umeshus and with cocktail concoctions mixed with the aforementioned. But having worked as a bartender previously I would say after a few.



Food-wise, first of all, everything was served like a piece of art, presented so beautifully you cringe to destroy with your chopsticks. But how did it all taste? Let's say it was a rollercoaster ride, some dishes were just heaven, some, not so great. The signature dish, the robata grilled deep sea cod lived up to its name,

melting in your mouth with a flaky buttery texture and a right aftertaste of miso balanced by the sourness of preserved radish. However the Alaskan king crab hotpot as my mother said *"was like the congee you could get at the local takeaway shop except ten times the price."* Likewise were other items, the soft shell crab Maki roll another signature piece was beautifully served still crispy, but some other sushis and sashimi were your run of the mill, only miniaturized. Masu tries to renew our take on Japanese fine dining, attempting exotic combinations of flavours (Salty miso icecream for one!) at times succeeding in creating a masterpiece but at times missing the mark.



So the verdict? Save Masu for a special occasion, it has a charm that leaves you dazzled (from the down to earth waiters, to the classy bar, to the picturesque dishes) but stick with the signature dishes to avoid disappointment and a bill that leaves you wondering if you just ate a diamond.

Food 3+1/5

Service 5+1/5

Atmosphere 5/5

Price \$\$\$\$\$



ACMA Conference

Below are the brief summaries of each presentation:

The Older Chinese Patient presented by **Dr Yumin Lin** which covered aspects such as the barriers they faced, the demographics of the future years, problems they face such as dementia and the different ways to diagnose dementia.

Healthy Options for Chinese Diet presented by **Aida Lee** informed us about nutritional issues Chinese face, healthier options that suit Chinese and a few case studies revolving around the Chinese diet.



Asian Health Support Services presented by **Sue Lim** showed us the importance of culture and language specific services and informed us about the current services Waitemata DHB offer for the Chinese population. CALD Cultural competency online training was also presented.

Cultural Competency in Pharmacy presented by **Eric Ho** touched on topics such as differences in attitudes towards western medicine, immigration support services, difficulties experienced by immigrants and barriers to care such as stigma and misunderstandings.

Updates in Ophthalmology presented by **Dr Shuan Dai** covered two topics that are high in prevalence in the Asian population being myopia and glaucoma. We learnt about the social and economic burden of myopia, the complications and the treatments. We also heard about how early detection of glaucoma is the key, the diagnosis and the treatments for it.

ENT - Hear and Now presented by **Dr Michelle Wong** informed us about age related hearing loss especially in the Asian population; how it happens, how it ties in with dementia, mental decline, psychological wellbeing hence why we as health professionals cannot ignore this problem.



Updates in Gynaecology presented by **Dr Melinda Hii** covered topics such as cervical ectropion, HPV and infertility and how these may affect Chinese patients. We also learnt about the pathologies, the diagnosis and management plans tailored for Chinese patients.

General Surgery Update presented by **Dr Sze-Lin Peng** touched on topics such as cultural expectations of Chinese in terms of surgery in areas such as the breast, the thyroid and the intestine specifically in cases of diverticulitis.

Oncology Update presented by **Dr Louis Lao** showed us how important multidisciplinary approaches were using the example of non small cell lung cancer and especially how targeted therapies are the treatments of the future. We also learnt how Asians are more prone to EGFR mutations hence the importance of overcoming barriers to treatment in oncology.

Endocrinology Update presented by **Dr Pui Ling Chan** touched on the pituitary gland and the problems that may occur when there is hypopituitarism which is associated with all cause mortality. We also learnt about the treatments available.

Neurology Update presented by **Dr Edward Wong** showed us the picture of how a high proportion of Chinese mortality and morbidity was due to haemorrhagic stroke hence the importance of a quick diagnosis for the best treatment. We learnt about the different diagnostic methods and treatments available for haemorrhagic stroke.

Cardiology Update presented by **Dr Andrew To** investigated the cardiovascular health amongst the Chinese New Zealanders and the risk factors specific for the Asian population, including diet and differential body fat distribution. We were also introduced to the pharmacogenetics and CHAINZ, which is a programme organised to reach out to the Chinese population in NZ to raise public health awareness.



Development of Chinese Mental Health 30 years presented by **Dr Sai Wong, Patrick Au, Sue Lim and Kitty Ko** took us on a journey of the different stages of development from 1975 to now of the Chinese mental Health Services in Auckland. We learnt about population changes, the low service utilization rate and how this problem can be changed. We were taken through an examination of service models, characteristics of cultural competency, different models of delivery and Chinese mentalities that may become a barrier to seeking mental health treatment and how this will be further developed in the future.