



ACMA NEWSLETTER



NOVEMBER 2025

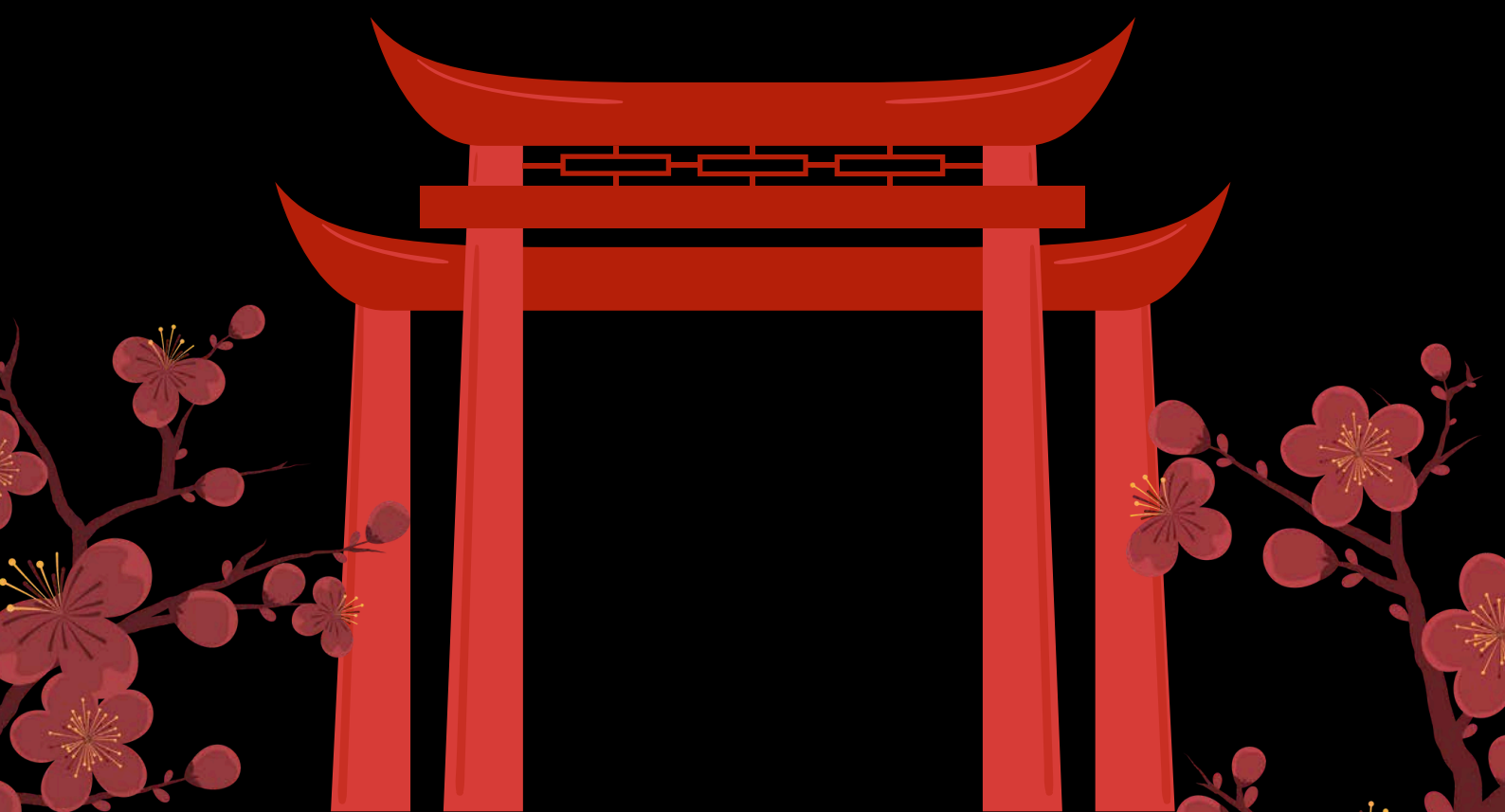


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ACMA PRESIDENTIAL ADDRESS

Dear ACMA Members,

As we approach the end of another successful year, I would like to take this opportunity to thank everyone who has contributed to making 2025 a memorable year for ACMA Auckland.

Firstly, a special thanks to **Dr Ming Han Lim** for organizing the CME dinner on 14 September 2025 and **Dr Jessie Liu (Jnr)** for organizing the AGM dinner on 11 November 2025. We received excellent feedback from both events, and it is truly encouraging to see such a strong turnout at our AGM. Your participation shows that we are moving in the right direction as an association.

This year, we also launched our **new ACMA website**, with valuable contributions from myself, Dr Joanna Lan, Mr Danny Seto, Dr Jessie Liu (Jnr), Dr Carlos Lam, and Dr Linda Lum. We welcome your feedback and any corrections to help us continue improving the website and better serve our community.

Events Held in 2025

Continuing Medical Education (CME) Sessions

- Treasure Kitchen – 9 March 2025
- Grand Park Chinese Seafood Restaurant – 29 June 2025
- Lobster Palace Restaurant – 14 September 2025
- Golden Fortune Chinese Restaurant – 15 November 2025

Social Gatherings and Networking Events

- Pub Quiz – 15 August 2025
- Badminton – 4 October 2025

Volunteer and Community Outreach Activities

We encourage all members to help grow the ACMA community. **Share our new website with your colleagues**—more members mean more connections, more learning opportunities, and more fun!

We are also inviting members to **join ACMA's Executive Team**, helping to guide the future of ACMA and develop new skills. If you are interested, please email me at **president@acma.org.nz**.

Finally, we welcome **potential sponsorship for our CME events**. Your support helps us continue providing high-quality educational experiences for our members.

Thank you all for your continued support. I wish you a joyful **Christmas and New Year celebration**, and I look forward to another successful year together in 2026.
Warm regards,

Dr Albert Low
President, ACMA Auckland

YACMA PRESIDENTIAL ADDRESS

大家好, 大家好

Hello everyone. As the year comes to a close, I, on behalf of the 2025 YACMA Executive Committee, would like to thank our members for making this year one for the history books. If you missed our Annual General Meeting, I couldn't emphasise enough that this year has been a record-breaking year, with a record number of membership sign-ups, events, and the best committee I have ever worked with. It is impossible to describe how highly I regard my executive committee with so few words, and it is ultimately their decisive management, proactive planning that have been a key driver to the success of YACMA this year. I am very excited to see what the 2026 committee have in store, as it really does seem like they have some very large shoes to fill.

We are also fortunate to have ACMA continue to support us throughout this year, with funding and, more importantly, the committee playing a key role in introducing joint events between the two committees this year. It is through their support that we have seen excellent networking opportunities open up between students and doctors via a non-clinical setting, where both committees have enjoyed a quiz night and a badminton event filled with plenty of competition and memories to be relived in the future.

Last of all, I would like to thank you, our members, for being part of such a memorable year, as it is through your support which encourages us to keep finding ways to keep you entertained throughout your medical career, and based on your feedback and our amazing event turnout, it clearly reflects that YACMA is an organisation that brings something for everyone.

As I conclude this year with my final address as president, I wish everyone a wonderful time as we head into a season of festivities, and I hope that your holidays are well spent with family and loved ones in a way that brings you joy. Please remember to stay safe, slip, slop, slap, and wrap while you're enjoying the amazing time ahead. I absolutely cannot wait to see you all in 2026 for the new academic year.

Best Wishes over the Festive Season,

Nicholas Ngu
2025 YACMA President



SEPTEMBER CME

NOVEMBER CME

ACMA IN THE COMMUNITY

ACMA X YACMA QUIZ NIGHT

ACMA X YACMA SPORTS DAY

ACMA SEPTEMBER CME

On the 14th of September, ACMA hosted it's second CME of the year at Lobster Palace. This evening featured Dr Eva Fong and Dr Jason Du.

Dr Fong provided a practical update on the latest development in prolapse, and incontinence management. Dr Du then delivered an insightful overview of the evolving evidence behind PSA screening, discussing why PSA is an effective test, how it functions as a risk-stratification tool, and the pardigm shift in diagnosing and manging prostate cancer.

ACMA EVENTS



ACMA NOVEMBER CME

ACMA's most recent CME was held on November 15 at the Golden Fortune Chinese Restaurant. The session featured an insightful presentation by Dr. Micheal Chu on the management of pancreatic cystic lesions. Dr. Chu guided attendees through a series of case studies, using an evidence-based approach to explore how these lesions are best evaluated, monitored, and managed.

Thank you to all who joined us for this informative and engaging event.




**Allevia
Hospitals**

Saturday 15
November

CME

BENIGN OR MALIGNANT?

While most pancreatic cystic lesions are benign do not progress onto cancer, they often raise significant concerns for both patients and their GPs. In this informative session, Dr Michael Chu will overview management of these lesions using case studies and evidence-based approaches.

🕒 5:00 - 9:00PM

📍 Golden Fortune Chinese Restaurant, Highland Park



SPEAKER:

MICHAEL CHU

HEPATO-PANCREATICO-BILIARY AND
LAPAROSCOPIC SURGEON

ACMA IN THE COMMUNITY

ACMA, joined by several YACMA volunteers, had a strong and meaningful presence at both Treasuring Our Seniors (15 June) and Asian Hauora Day (30 August). Our team provided free health checks for attendees and helped raise awareness about key health-screening programmes in our community.

ACMA EVENTS



ACMA X YACMA QUIZ NIGHT

Quiz Master Dr Carlos Lam Yang hosted a night to remember - one filled with fierce competition, sharp wit, and friendly banter. This event was especially meaningful as both ACMA and YACMA came together, creating an atmosphere of true fellowship and community.

A huge thank you to the ACMA team and our YACMA Clinical Representatives for their incredible mahi in bringing this evening to life!

Pictured:

- Top Left: Winners of the Loser's Award
- Top Right: Teams placing Second Equal
- Middle: The Winning Team of the night



ACMA EVENTS

ACMA X YACMA SPORTS DAY

On 4 October, ACMA and YACMA reunited again with a fun (and exhausting) day of badminton! This was a good chance for the two clubs to mingle and socialise in a new setting, and was a great success! Thanks to those who came to show off their skills, or to just play with new people for fun.

ACMA EVENTS





YACMA EVENTS

**YACMA X TEASOC
HIGH TEA**

BADMINTON NIGHT

CAREERS NIGHT

YACMA RETREAT

YACMA X TEASOC HIGH TEA



YACMA and TeaSoc collaborated to host a delightful High Tea last August 10th. TeaSoc is a newly established student club at the University of Auckland, and this was their first major event. YACMA is grateful and enjoyed being part of it.

Attendees were served an appetising selection of pastries and tea in the beautiful and serene ambience of the Wintergarden Café. It was a lovely afternoon of conversation and connections.

BADMINTON NIGHT

Following the success of our previous YACMA Badminton Night, we hosted another fun and energetic evening for our members. YACMA students enjoyed two hours of relentless rallies at HIWA, the new recreation centre at UOA. The energy was high, and members of all skill levels had a great time on the courts.

YACMA EVENTS



CAREERS NIGHT

YACMA's annual Careers Night was held on September 24 at Grafton Campus. Fourteen medical professionals from a wide range of specialties were invited to speak to aspiring medical students. Attendees gained valuable insight into diverse career pathways within medicine. Special thanks to Bobby Tao, YACMA Mentorship Officer 2025, for organising such a well-rounded and engaging event.

YACMA EVENTS



YACMA RETREAT

YACMA held its annual retreat on November 16–18 in Rotorua, giving students a well-deserved chance to unwind after a busy year. Highlights included white-water rafting at Kaituna Cascades, along with scenic hikes through the Redwoods and around Blue Lake. Overall, it was a fun and memorable event. A huge thank you to our YACMA 2025 Pre-Clinical Reps, Joy, Carolyn, and Hugo, for organising a fantastic trip !

YACMA EVENTS





EDITORS' PLAYGROUND

EDITORS' WORD SEARCH

EDITORS' ADDRESS



EDITORS' WORD SEARCH

K A M G L B H Y D R O N E P H R O S I S M Y B U
C D W X C R T Y M O T S O L O C A O X Y E U P F
J D H Z C W S I S E T N E C A R O H T H Q C Z K
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B A C N M S Q Y O H O Y R O F J I B H D Z S G K
C H E M O T H E R A P Y O J I Y P E W V S M N U
O V R E T E K Y T N T U L P I M E C Z E I A A U
S J X W I F T N O D D B X I G Q D H O P Q T L K

CARDIOMYOPATHY

HYDRONEPHROSIS

THORACENTESIS

TONSILLECTOMY

AMNIOCENTESIS

PARACENTESIS

RADIOTHERAPY

CHEMOTHERAPY

ANGIOGRAPHY

ANGIOPLASTY

COLOSTOMY

RADIOLOGY

EDITORS' ADDRESS

“All good things must come to an end.”

What an incredible 2025! Thank you for taking the time to read our November newsletter. We are truly grateful for the opportunity to serve as your YACMA Editors and to showcase the many events, stories, and achievements that ACMA and YACMA have brought to life this year. It has been an honour and a privilege to be part of such an inspiring community.

We are thrilled to warmly welcome Ashley Lee, Claudia Song, Shia Dunning, and Victoria Guo as the new YACMA Editors for 2026. YACMA's visuals, storytelling, and reporting are in excellent hands.

With heartfelt thanks,

YACMA Editors 2025
Alyana, Veronica, and Josh



ALYANA



VERONICA



JOSH