



ACMA NEWSLETTER

December 2022



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PRESIDENTIAL ADDRESS

As another year draws to a close it is time to reflect on achievements and activities. Covid yet again disrupted the timing and presentation of our events. We did manage to review the Constitution with an eye to the future. However there remain future challenges.

My inbox “pinged” . My heart sank as I read the subject title “ from the Health and Disability Commissioner “.

It took an anxious hour of replying back, waiting to receive a password , unlocking the letter and then reading the letter. Once I felt the immediate relief that neither I nor ACMA was the subject of the complaint I then realised the Health and Disability Commissioner had made the most basic and common mistake that has haunted ACMA as an organisation ever since its inception .

The complaint was in regard to a Traditional Chinese Medicine Practitioner. Because of the seriousness of the complaint the deputy HDC had decided it was in the public interest to write to me, President of ACMA and requested my response. In the office of HDC it seems the name of ACMA is linked with Traditional Chinese medicine. If the HDC office has this wrong, what do the general public, doctors, health officials and community groups really think when they read or hear our name?

That is a true challenge and one for the next executive to ponder.

Merry Xmas and Happy New year of the Rabbit.

Dr Linda Lum

YACMA PRESIDENTIAL ADDRESS

Hi YACMA & ACMA Members!

I hope you are starting the summer with a well-deserved break! Since the last newsletter we've held our online AGM, and recently our annual YACMA retreat. While the weather wasn't the greatest, I am pleased to hear that everyone enjoyed the exciting banana boats at Whitianga, the sandcastle building at Hot Water Beach, or the card games back at the resort. And who could forget the BBQs and crab congees -- really warmed us up in the heavy wind and rain! Thanks again to everyone for supporting and being apart of YACMA for another year. On behalf of the exec team, I hope everyone enjoyed our new take on YACMA as we continue to build on what it stands for, while trying new things out. And finally, a big shout out to my lovely exec team! I am honoured that I get to lead and work with such a committed and enthusiastic group. I am confident that YACMA will continue to grow with Michel as the new President, and I personally can't wait to see what he has to bring to YACMA in 2023.

Wishing you all a merry Christmas and Happy New Year with friends and family!

Bosco

YACMA PRECLINS ADDRESS

 What a year it has been!

We were so excited to start the year off with our annual O-week activities. However, COVID restrictions put a dampener on our plans. The return of in-person events came quickly and it was great to see so many members enjoying our yumcha and winter social events. Our communication skills workshop was also well received by second year members and non-members and it was warming to see people feeling more confident after this session.

Despite the rocky start to the year, we are so grateful to be able to have finished on a high note with our summer retreat to the Coromandel. We made the most of the sub-optimal weather and everyone had a blast. It was fun making new friends, trying new things and relaxing for a few days.

While 2022 wasn't as smooth sailing as we thought, we learnt a lot through the ups and downs and challenges that came our way. We are so grateful to have been your pre-clinical reps for this year.

So as we sign out, we want to say a big thank you to our YACMA community. We hoped you enjoyed the events this year and we look forward to seeing everyone again in 2023!

Rachel, Jason and Wen

CME 4

After a winter break ACMA resumed its evening CME meetings at Pearl Garden Newmarket in September , There a keen audience listened to Dr Anne Craig present the use of Medicinal Cannabis especially for chronic pain. We also learnt about the long history of the use of cannabis around the world in various forms. It was good for the mind and spirit to get together again. A special thanks to Tilray for sponsoring the evening.



CME 5

For variety ACMA held a midday CME in October, Dr Nicky Edwards presented a talk on the four pillars of heart failure treatment and answered the question of iron therapy to be considered the fifth pillar. Oral iron therapy is poorly absorbed so in this instance is best given intravenously. This was followed by lunch at the New Canton Kitchen Epsom. Many thanks to Aspen for their sponsorship of this CME.



ACMA AGM

The AGM is the last and biggest meeting of the year. This year we meet at Chow Foo restaurant in Albany. The AGM review ACMA and YACMA activities, the finances, the student elective winners and the new ACMA executive. The updated Constitution was approved by attending members and proxies, This was followed by a short presentation on Menorrhagia and Medicinal cannabis , The main CME talk was presented by Dr Joel Yap on the acute red eye and herpes zoster, To round off the topic Dr Linda Lum presented a talk on Shingrix, the new Shingles vaccine. ANZ presenters Jay Wu and Nee Cullum discussed private and business banking. Finally we listened to the student elective winner 2022 , William Xu, present his elective experiences. The evening was rounded off by a festive Chinese banquet. Thank you to GSK and Auckland Eye and ANZ for sponsoring this event.



ACMA AGM



ACCC CHILDREN'S DAY

After a year long hiatus the ACMA health check stall ran at the Auckland Chinese Community Center children's day at the ACCC Mangere centre in October.

Student and doctors were busy checking blood pressure and BMIS. We were joined for the day by students from the University of Auckland studying human nutrition. They were seeking subjects for a residential prediabetes study



YACMA X LAW SOCIAL EVENING

On the 3rd of September, Chinese Law Club (CLC) and Young Auckland Chinese Medical Association (YACMA) came together for the first time at GoGo Music Cafe! It was a great evening, and was a fun opportunity to get to know other UoA peers over some tasty kebabs.



YACMA RETREAT

With exams finished and Summer stretching out ahead, YACMA enjoyed going on its annual Summer retreat from the 21st to 23rd of November, in the Coromandel.

Some activities we enjoyed included banana boating, volley ball, sand sculpture competitions, going to hot water beach, enjoying good food and much more!

What a great way to end the year!!



YACMA RETREAT



STUDENT ELECTIVE SCHOLARSHIP

This year's scholarship candidate, William Xu, was given the ACMA student elective scholarship. He approached his elective with the aim to gain both clinical and research experience within the world of general surgery in a regional context (in Whangarei hospital).

Here are some of the key slides from his presentation at the AGM

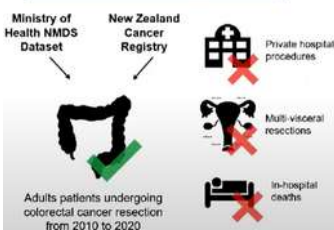
Aims

1. Define the **30-and 90-day readmission rate** after colorectal cancer surgery
2. Investigate the **clinical reasons** for readmission
3. Investigate the **risk factors for unplanned readmission** after colorectal cancer surgery, including hospital variation

Methods

Ethics: Auckland Health Research Ethics Committee (AH23701)

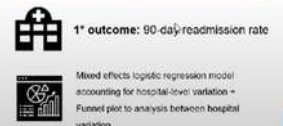
Inclusion/Exclusion Criteria



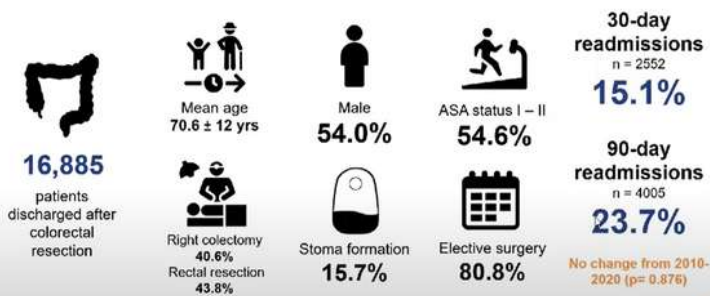
Variables



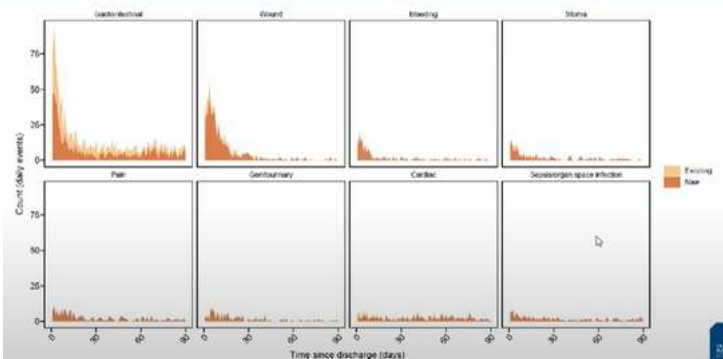
Analysis



Results



Reasons for unplanned readmission



Factors associated with readmission

Extent of cancer (metastatic vs localized)	OR 2.1 (1.8-2.4, p<0.001)	✗	- NZDep 2013 index - Ethnicity - Hospital volume - Discharge location
Acute surgery	OR 1.12 (1.11-1.25, p<0.001)		
Higher C3 comorbidity scores (>3 vs 0)	OR 2.47 (1.50-4.05, p<0.001)		
Rectal resection (vs left colonic resection)	OR 1.36 (1.24 – 1.5, p<0.001)		

Conclusions

1. 23.7% of patients are readmitted within 90-days after colorectal cancer surgery
 - No improvement over the last decade.
2. Readmissions are often for post-discharge complications
 - Obstruction, ileus, nausea and vomiting, surgical site infection and stoma-related complications.
3. While patient comorbidities are associated with readmission, their explanatory power is poor.
4. Current clinical strategies to address readmissions appear ineffective.
 - Novel strategies to prevent complications, and better educate, support and monitor patients after discharge are needed

Congratulations to
Serena Peng and Nicole Xue
for receiving the ACMA scholarship in 2023

NEW MEMBERS

Keshan Xie, GP, Birkenhead

Tony Ryu, GP, Birkenhead

Henry Wei, Gastroenterologist, Greenlane

EXEC 2023

President: Jessie Liu

Vice President: Gee Hing Wong

Treasurer: Danny Seto

CME/Sponsorship: Linda Lum

Membership Officer: Albert Low

Membership Secretary: Jessie Liu (student)

Secretary: Ang Liu

Community Liaison: David Wu, Carlos Lam Yang

RMO Social Officer: Brian Tse

Webmaster ACMA: Brian Yeom

CHAINZ Webmaster: Tenwei Liu

General Member: Gary Wu, Christina Tieu,
Cliff Ah Kit

Farewell to Wendy He from the ACMA executive.

SPONSORS



GSK



ANZ



AUCKLANDEYE
Life Changing Eye Care



WAITEMATA
ENDOSCOPY

A partnership with
Southern Cross Hospitals



aspen

NEW ZEALAND



TILRAY
MEDICAL



MORE BENEFITS FOR YOU

Medical professionals play an important role in New Zealand communities. This package offers special personal banking benefits that will help make your money go further.

HOW DO I GET THESE ANZ BANKING PACKAGE BENEFITS?

To get, and keep, ANZ banking package benefits on accounts, products, and services you have with us, here are the eligibility criteria you must continue to meet:

- Be registered for the banking package with us
- Remain

You can also register a New Zealand family trust if you're a non-independent trustee, or a 'look through company' if you're a director.

PACKAGE BENEFITS

ANZ HOME LOAN

Save with interest rate discounts

- Fixed rate:
- Floating rate:
- Flexible rate:

We apply fixed-rate discounts to new fixed-rate periods only. Discounts are off our standard interest rates and don't apply to bridging (tideover) finance.

Fee savings

If you get a new or have an existing ANZ Flexible Home Loan, we'll waive the Monthly Account fee.

ANZ PERSONAL CREDIT CARD

We'll waive the Annual fee (including additional card fee) for the first 12 months on one new or existing ANZ personal credit card.

ANZ PERSONAL LOAN

You'll get a discount of 0.25% p.a. off a new ANZ Personal Loan (minimum loan \$3,000).

ANZ LIFE & LIVING INSURANCE

If you ask when you apply, you'll get a 15% discount on premiums when you take out a new ANZ Life & Living Insurance policy.

Eligibility, lending and underwriting criteria, terms, conditions, fees and exclusions apply. Interest rates and fees are subject to change. Related or third party insurers underwrite ANZ insurance products. ANZ doesn't guarantee those insurers or any of their products. ANZ may receive a commission on any policy it arranges. A copy of our Reserve Bank Disclosure Statement and General Terms and Conditions are available on anz.co.nz or on request from any ANZ branch, free of charge.

WAITEMATA ENDOSCOPY

WE

have reduced wait
times for Colonoscopy
& Gastroscopy

In addition to the opening of our second, state of the art endoscopy room at our West Clinic, the Waitemata Endoscopy Group is providing increased capacity with reduced wait times by matching patients with the availability of our experienced Specialists within 7 working days* of an Open Access referral.

By referring to the Waitemata Endoscopy Group, we bring access to private endoscopy services and peace of mind with our multi-disciplinary team that has been serving the Waitemata and Auckland community for over 14 years.

waitemataendoscopy.co.nz

*T&C's apply. Visit our website for further details.

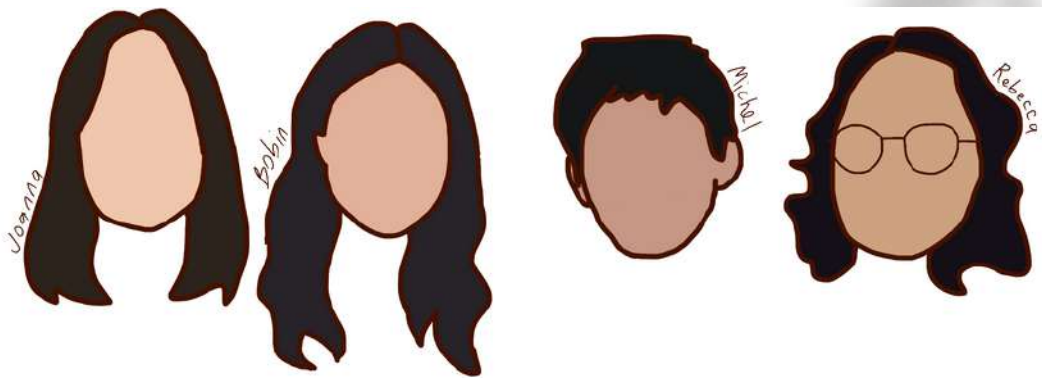


WAITEMATA
ENDOSCOPY



a joint venture with Southern Cross Healthcare

MESSAGE FROM THE EDITORS



How fast has this year gone?

All these events have been very exciting, and we have enjoyed being your editors this year.

We wish you all the best, and hope you have a restful Christmas season and a Happy New Year!

Finally, for more photos and more info on future events, follow us @:

[Facebook]

YACMA - Young Auckland Chinese Medical Association

[Editors Facebook account]

Yacma Editors

[Instagram]

yacma.uoa

Rebecca, Joanna, Michel, Bobin