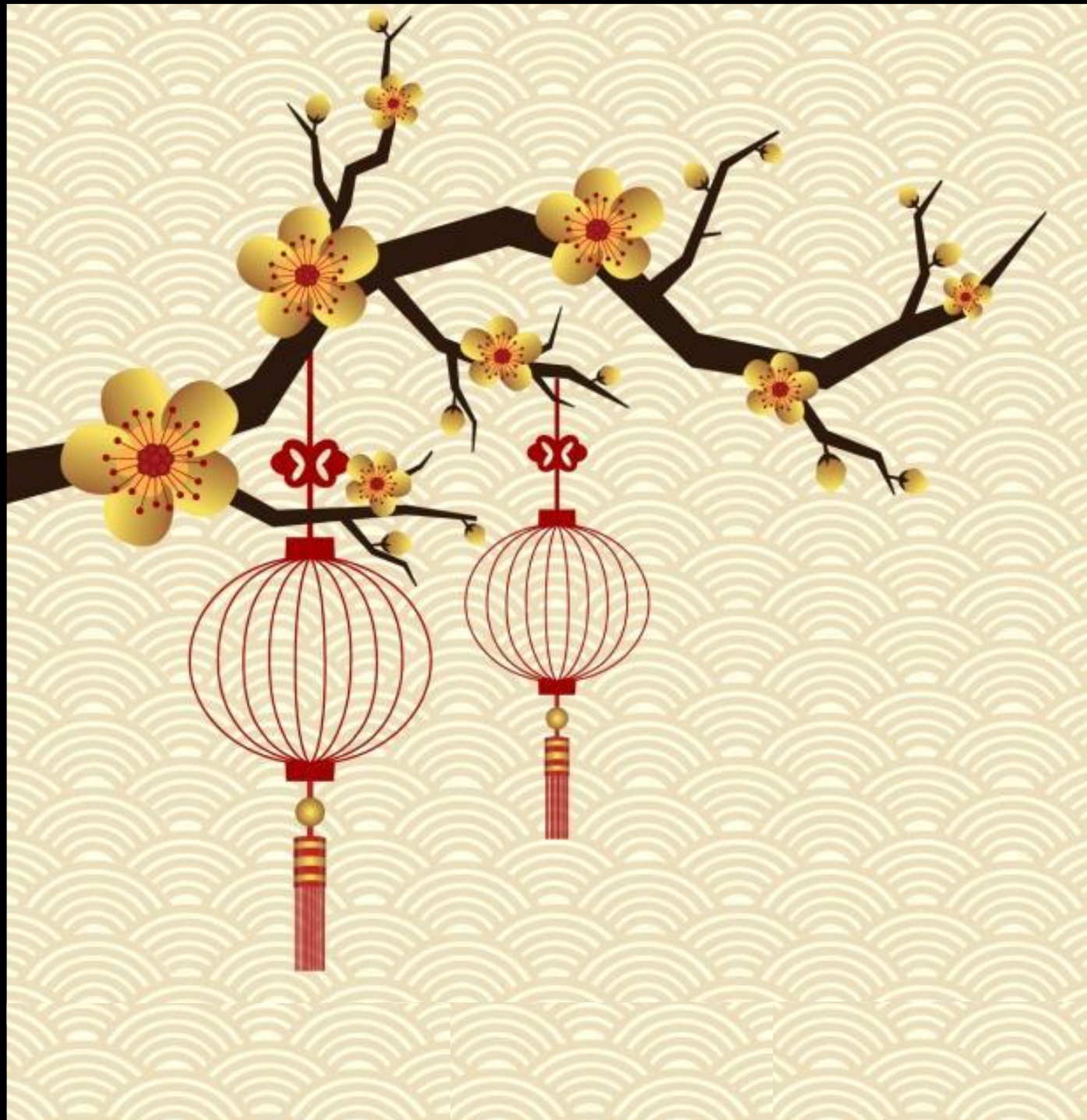




ACMA NEWSLETTER

September 2017

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ACMA PRESIDENT'S ADDRESS



Dear all

The ACMA calendar has been very busy. On the 19th August 2017, we held our inaugural ACMA community education event in the Greenlane Christian Centre auditorium. We had two great talks on renal disease, given by Dr Gary Wu, GP, and Dr Daniel Lin, renal physician. The feedback from those attended was overwhelmingly positive. It was a fantastic learning experience for us, as we have managed to organize this at relatively short notice. The executive team feels that it would be worth pursuing this again in the future, with a planned event in September 2018. We would very much need your help in promoting this event. If you have connections or ideas about this event, please let me know.

One of the challenges for ACMA is the issue of sponsorship. It is disappointing that the last two CME meetings have been unsponsored. While the sponsorship team has tried very hard in securing sponsorship, pharmaceutical sponsorship rules have been very stringent, and ACMA would like to strictly stick to the the GP college requirements re CME sponsorship. We have to be very creative in securing sponsorship. The executive team will establish ACMA sponsorship guidelines, so as to achieve consistency; and also put together sponsorship packages, so as to increase attractiveness to sponsors.

The executive team will continue our conversation with the New Zealand Medical Association in order to increase future collaborations to fulfill the advocacy roles of ACMA for the Chinese community. One of the initial thoughts include a group membership scheme and mutual benefits, so as to increase both ACMA and NZMA membership.

As we highlighted last time, we would like to explore the potential of employing fund manager to help ACMA beat inflation. Dr Gee Hing Wong, our ex-president, has kindly volunteered to come up with a proposal. The executive team will consider this and present its recommendation to the members in the upcoming AGM.

Our AGM is set on the 19th Nov 2017, venue to be advised. We look forward to meeting everyone there.

Again, we would like to invite all ACMA members to consider giving back to ACMA by joining the executive team. Please give it some thoughts and let us know if you are happy to help.

Andrew

Executive Committee 2017

ACMA EXECUTIVE 2017

Andrew To	President
Derek Luo	Community Health Awareness (CHAINZ)
Carlos Lam	Immediate Past President
	CME/Sponsorship Co-Ordinator
Adrian Wan	Vice President
Alwin Lim	Events Co-ordinator
Joevy Lim	Webmaster
	Treasurer
Joey Siu	Secretary
Kristine Ng	Membership Secretary
Gary Wu	Venues Co-Ordinator
Michelle Wong	General Committee Member
Judy Huang	(RMO/Social Events Co-ordinator)
Kevin Liu	General Committee Member (Mentorship)
	General Committee Member (Mentorship)
	General Committee Member
	General Committee Member
	General Committee Member

YACMA EXECUTIVE 2017

Ye Li	President
Joevy Lim	Membership Secretary
Brian Tse	TI Rep
Karen Chung	5 th year Rep
Eileen Song	4 th year Rep
Daniel Wen	Preclinical Rep
Katherine Sung	Preclinical Rep
Vicki Huang	Preclinical Rep
Vicky Tai	Mentorship Officer
Jonathan Chang	Webmaster
Thita Uiyapat	Editor
Liam Davis	Editor
Steven Ling	Editor
Jaja Buabut	Editor

Recent event
4/8/2017

CAREER'S EVENING

Generously sponsored by MAS, YACMA was highly privileged to have a bunch of talented doctors to come and talk to young medical students about career pathways in their own specialties. Thank you all panelists : Dr. Judy Huang (Gastroenterology), Dr. Gary Lau (Cardiology), Dr. Michael Lee (Oncology), Mr. Li Hsee (General Surgery), Ms. Michelle Wong (ENT Surgery), Mr. Albert Yoon (Orthopaedic Surgery), TBA (Plastic Surgery or Urology), Dr. Joan Yeung (Paediatrics), Dr. Andrew Tse (Anaesthetics), Dr. Cindy Ooi (O&G), Dr. Carlos Lam (Urgent Care/GP), Dr. Jessie Liu (GP). Students were fueled with pizza and refreshments before the interview and the evening flew flawlessly with loads of useful information starting from how each of them got hooked by the magic of each specialty and how they proceeded to follow up on their dreams. The turnout was great and we received generous amount of positive feedback from the students.



Communication Skills Workshop

Recent event
28/8/2017

On the 28th of August, YACMA held its annual Communication Skills Workshop for the second-year medical students. Starting off with Thom Nguyen, a 5th year medical student, who was kind enough to give a talk on his way of history taking - with some highlighted tips and tricks. All of this in effort to teach the nervous second years an easy way of taking histories with things to keep in mind.

After Thom's world class presentation, around 10 altruistic tutors consisting of 3rd and 4th year medical students each created a group with 2-3 second years. With the tutors acting as patients, the second years practiced their history taking skills in the setting of typical patient scenarios.

We want to thank all those that organised the event, those that tutored, and the second years that attended. It takes the participation of everyone for these events to succeed, which is much appreciated by all. Can't wait to see some of you newbies become tutors in next year's Communication Skills Workshop!! Thanks again everyone!!



Recent event
19/8/2017

ACMA Free Health Talks + Health Check

The ACMA Free Health Talks and Health Check was held on the 19th August at the Greenlane Christian Centre. We provided free health checks for members of the community and Drs Gary Wu and Daniel Lin gave presentations on the importance of renal health. It was an excellent opportunity to inform the wider community about preventative health measures and to give them the chance to interact with healthcare professionals from various specialties. We hope this will lead to better health outcomes amongst the Chinese community.



19th November 2017

UPCOMING EVENTS

ACMA annual general meeting (AGM)!!!

As the end of the year proceeds, ACMA traditionally holds a general meeting in which the members and the committees will get together for a delicious meal accompanied by inspiring talks from our special guest speakers. This event is generally the biggest food event of ACMA so keep an eye out as the spots will be limited!



INTERVIEW WITH THE DOCTOR

DR. Marcus Ang, MBChB FRNZCGP



1) Could you tell us a bit more about yourself and your work?

- I am originally from Malaysia and I moved to New Zealand in 2004. I graduated from University of Auckland medical school in 2006. I am married with 2 kids. I am a GP practicing in Silverdale medical centre. We are in combined looking after around 1,500 patients and our main focus is to be an integrated family health care centre. I work 4 days a week in GP clinic, 1 day in private emergency primary care and 1 day in sleep clinic which is 8 months old. Currently, I am taking master courses in sleep medicine which I aim to finish in 2-4 years. Apart from work time, I enjoy competitive badminton which I play for the North Harbour club.

2) Before becoming engaged in primary care, you were interested in surgical pathology before. In fact, you receive training for it. What made you decide to shift career pathways from training in surgical pathology which I assume is quite specialised to become a GP and sleep specialist?

The reason I shifted the career pathway early on was because of a mixture of personal and family circumstances rather than the course itself. However, I really enjoyed the surgical pathology training in Palmerstone North. After I moved back to Auckland, I got invited to start working in private primary care. I saw it as a good opportunity so I started working as a GP from then on. One of the beauty about being a GP apart from it being family friendly is that there are a lot of varieties that you could chose from for the sleep medicine, I have only been recently interested in over around a year and a half ago when I saw a significant number of obstructive sleep apnoea. After that I took a short course about apnoea management in Sydney and decided that this is what I want to do as subspecialty and so I proceeded to enroll in master courses.

One beauty of being a GP is the very attractive work-life balance. My timetable is mostly flexible and that is very family friendly. I have two young children and it is nice to be able to spend time with them. Moreover, being a GP is a generally broad specialty and thus allows you to pursue all types of possible subspecialty such as dermatoscopy and ear suction in which I have special interest in.

3) As sleep medicine in primary care is new to New Zealand. Could you tell us a bit more about that.

The main issue that is currently being seen in primary care clinic is obstructive sleep apnoea which is mainly caused by mechanical obstruction of the upper airway. This can be easily managed by CPAP which is currently available for the specialty clinics. However, this issue is very common and I believe that it is very useful for primary care givers to be able to identify and take the first step in initial management the same ways GPs can manage depression or hypertension. Therefore, I am working on promoting primary care sleep medicine in New Zealand. In collaboration with Sleep GP Australia, I am introducing New Zealand this subspecialty and offering details for training if needed to our GPs. I hope that in the future, sleep problems will be commonly managed in primary care and that we could provide more effective treatments to all patients.

4) We thought it would be interesting to ask you about your sleep pattern as a sleep GP? Would you be able to tell us how you sleep?

Of course (laugh) I normally aim to sleep around 6-8 hours a night. But because my work timetable sometimes varies and I have a lot of activities, my bed time often varies too. In general, I sleep at 11.30 and wake up at 7.30.

5) You are also multilingual. You speak all English, Mandarin and Cantonese. How particularly helpful is that in terms of promoting health of Chinese community? Any examples of your experience with your patients?

I am from Malaysia and we speak a few languages there including English, Mandarin, Cantonese and Malay. I believe, just in general, being able to communicate with your patients in their own language helps you understand their problems better because it reduces barriers for patients who don't speak English natively. I feel like patients are willing to tell you in more details about their ideas and expectation. Overall, I think it is very helpful especially for primary physicians to be able to communicate in multiple languages.

6) Outside work time, what are you activities that you enjoy doing when you are free?

I really enjoy spending time with my family and watching my 2 children grow up happily. I also play competitive badminton for the North Harbor Club. Being GP is very good in terms of life balance and that it allows you to have spare time for your personal interest.



YACMA PRESIDENT'S ADDRESS



Dear ACMA and YACMA members,

Wow the time has just flown by! These past couple of months have been very eventful. A milestone was reached as the Chinese Health Forum was organized and held by ACMA, which promoted health and wellbeing to the Auckland Chinese population. ACMA and YACMA members also helped with the Asian Health and Wellbeing Day alongside WDHB.

YACMA members had the privilege of hearing from several speaker panels at careers evening, and improved our Chinese speaking skills at the very first translation workshop.

We are nearing the end of the year, many thanks to the 2017 executive for all their hard work and we look forward to welcoming new executive at the AGM. See you all there!

Best regards,

Ye



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OVERALL

Overall, I think it is one of a 'must try' place. The ambience was really good and the food was awesome. However, would give this place a four out of five only because the toilet was a little bit dirty and my food came a little bit too slow that I actually thought they have already forgotten about my order (took them 20 mins to serve my food which is actually form a cabinet).

I will go back to Chuffed, because I enjoyed the vibe of the place and sitting out in the warm courtyard. I would also love to come back to try one of their hot chocolates topped with homemade marshmallows because I heard that it is amazing as well. In addition, it's open super early at 7am - good for city office workers/ uni students needing a caffeine fix - and I notice it's also made the ranks of the Metro top 50 cafes.

EXPERIENCE

ATMOSPHERE

The atmosphere and look of this cafe is super unique and cute! Very soothing and relaxing. They have an adorable fireplace in the covered outdoor seating. Like a little secret oasis!

SERVICE

The staff are super cool and friendly! They were attentive and really made sure that we get what exactly we wanted. More importantly, they were super helpful and took care of us very well.

FOOD

THE FOOD WAS AMAZING! Literally, everything we ordered taste great. Their coffee was one of the best coffee I have ever tasted in Auckland. I ordered bacon quiche which looked fairly simple but very delicious. The saltiness of bacon and the creaminess of egg goes well with their homemade spicy tomato sauce. I also had the caramello milkshake, which had a good dark chocolate kind of flavour. My friend ordered provolone and gruyere cheese toasties with gherkin and branstion pickle which was warm, crispy and cheesy. She loved it so much that she almost ended up ordering more of it



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Overall

I want to start off by apologising for the lateness of this newsletter. I had recently been in hospital after surgery. The surgery involved removal of a few lobes of my liver and a kidney – for selling on the black market and repaying the bill for dining at bambina newmarket.

Jokes aside; bambina is a quaint, modern and quiet café – set aside in the back streets of bustling newmarket on teed street, concealed further by recent roadworks. With floor to ceiling windows, high ceilings and some lcd lighting, it is a quite an open and bright setting – allowing for good instagram pictures, of course.

EXPERIENCE

The place also had a personal feel to it with many close 2 seated tables; accompanied by a large table that seats many and makes it seem like you're sitting with lots of friends. Overall the atmosphere was relaxing and welcoming – you would definitely feel right at home with your apple watch and latest iphonex.

I went on a rainy day, and following the rainbow, i certainly arrived at a place requiring a pot of gold. With the minimum price of a proper meal at \$17.50 (a salad doesn't count – no matter how much trendy people and vegans/vegetarians say it is), and being a poor student – you could say i was quite cynical about the prices.

Regardless if you want to add it to your instagram repertoire, i would recommend going along and having a quick brunch.

Now to talk about the actual food:

Ordered and tasted by myself and acquaintance were the lamb cutlets (\$22) and eggs benny on potato gratin(\$19).

Lamb cutlets: seen on the photo below – are deceiving. At \$22, there was probably one mouthful of actual lamb per cutlet. Mostly salad, supported by some bread – the size was disappointing. However, the meal itself tasted fine, with perfectly cooked lamb and a salad well-seasoned with (surprisingly good) plum and feta.

Size: expected café size, but still 3/10

Actual taste/texture/combination: 7.5/10

Eggs benny: just like any eggs benedict anywhere, with a unique-not-so-unique flair by switching out the bread for potato. I didn't prefer the potato base, but my acquaintance who is a city-kid who frequents cafés did enjoy it – so depends on your taste.

Size: 9/10 – surprisingly fulling

Taste/flavour: 6/10 – made just like every other eggs benny, nothing terrible but nothing special.

I didn't try the cabinet food or drinks, but other friends have tried and have only said good things. Drinks/coffees fairly priced and cabinet food is as expected, good taste and expensive – the full café experience.



QUIRKY MEDICINE

Quirky" Penn Study Shows Women Less Likely to Hold Academic Medical Leadership Roles than Men with Mustaches



“The lack of women in leadership roles in medicine is well-documented, but despite the eccentricities of the study, our results show that even when you focus solely on men with mustaches – which are rare – women are still outnumbered across various specialties,” said lead author, Mackenzie Wehner, MD, MPHIL.

13% of department leader positions at top academic medical institutions in the US are held by women, while nearly 20% are held by men with mustaches. The findings of the tongue-in-cheek study, an analysis of more than 1,000 headshots of department leaders at top National Institutes of Health-funded academic medical institutions, provide a new context for examining gender disparities in the field. The study is co-authored by researchers at the Perelman School of Medicine at the University of Pennsylvania, and published this week in *The BMJ* Christmas issue, an annual edition filled with lighter takes on scientific issues.

Researchers analyzed 1,018 medical department leaders by searching the institutional websites of the selected medical schools to identify leaders, such as the chair, chief or head of each specialty. For each department leader, the team recorded the medical specialty, institution, gender, and presence of mustache.

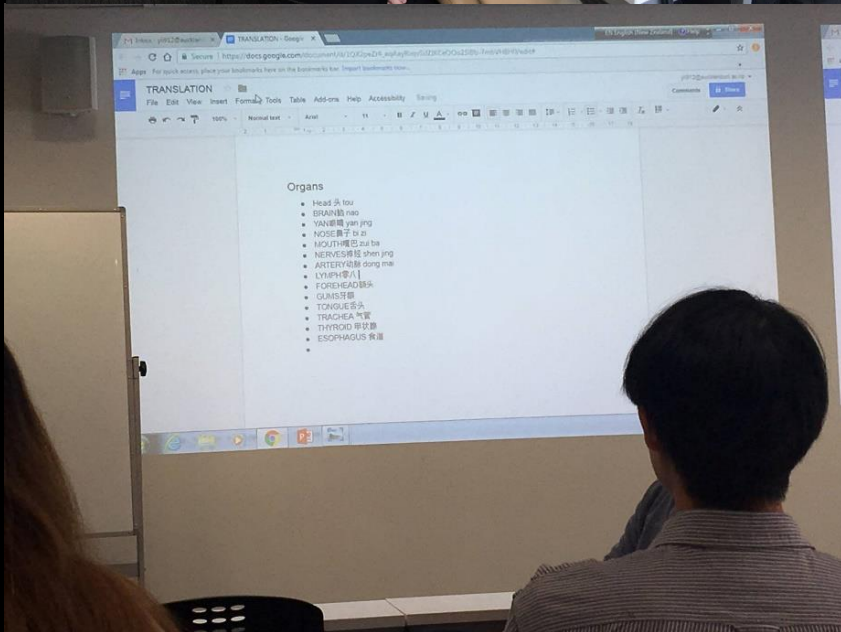
Results showed that of the 20 specialties examined, only five (obstetrics and gynecology, pediatrics, dermatology, family medicine and emergency medicine), had more than 20 percent female department leaders, compared to ten specialties where men with mustaches made up more than 20 percent of department leaders.

To close this gap, the authors point to the need for additional efforts to implement policies against gender discrimination and introduce family benefits equally across gender – including paid paternity and parental leave – as well as implementing predefined hiring criteria, job flexibility, and tenure clock extensions

CAREERS EVENING PHOTOS



TRANSLATION WORKSHOP PHOTOS



COMMUNITY HEALTH DAY PHOTOS



CME 3 PHOTOS

