



ACMA NEWSLETTER

July 2017

Table of Contents:

President's Address	3
Executive Committee 2017	4
Recent Events	5
Upcoming Events	9
Interview with a Doctor	10
YACMA President's Address	12
Café Review: Food Truck Garage	13
Café Review: Bread and Butter	14
Quirky Medicine	15
Message from the Editors	16
Photo Gallery	17

ACMA President's address

Dear all

It is amazing that it is already July, and the shortest day of the year is now just behind us. Time certainly flies.

The 2017 ACMA conference was certainly a great success. We would like to thank the entire conference committee and all the volunteers for working so hard; as well as all the speakers who made the conference a success. As we look forward, please mark your calendar for the 2018 ACMA conference on the 5th May 2018.

The next CME will be held on the 27th August 2017, a relatively quick turnaround; and the AGM on the 19th Nov 2017.

The committee is most excited about the ACMA health talk 2017 to be held in Greenlane Christian Centre on the 19th August 2017, 2-4pm. Dr Gary Wu and Dr Daniel Lin have kindly agreed to speak. Target audience will be the general public, with the language being Mandarin Chinese. Our YACMA members will also be responsible for the health check stand. This is a new initiative that ACMA aims to be more active in the years ahead. We will definitely need a lot of volunteers from both ACMA and YACMA members to make this run smoothly. I would very much encourage everybody to get behind this new initiative and do what we can.

One final issue to mention is that currently ACMA has a small amount of cash asset accumulated over the years, currently in term deposits. The ACMA committee would like to explore new ways to invest and protect this asset so that we will not be too far behind inflation. We know that there are many experts in the area within ACMA and we would love your input in how best to approach this. If you have any suggestion, please email me and help us out. We will aim to bring forward a proposal towards the end of the year.

Andrew





ACMA屋仑中华医学会 2017免费健康讲座



宝贝你的肾脏

主讲人：

吴刚宇医生 Dr Gary Wu

家庭医生 MBChB (Otago), FRNZCGP



慢性肾脏病预防 与治疗大行动

主讲人：

林卓彦医生 Dr Daniel Lin

肾脏内科医生 MBChB (Otago), FRACP

讲座免费入场

日期

2017年8月19日 周六

下午2 - 4pm

地址

Greenlane Christian Centre

17 Marewa Rd, Greenlane

现场及Countdown超市均可停车

联络我们

talk@acma.org.nz

www.acma.org.nz

**Auckland Chinese Medical
Association (ACMA)**

屋仑中华医学会 特邀众多知名医学专家为奥克兰华人举办免费中文健康讲座，帮您打消健康疑虑、解决疾病困扰，讲座后更有免费体检服务。

赞助商



Executive Committee 2017

ACMA EXECUTIVE 2017

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



ASIAN HEALTH AND WELL-BEING DAY

Asian Health and Well-being Day was from 9.30am to 1.30pm on April, 29th at Te Tuhi Centre, Reeves Road, Pakuranga. The purpose of the event was to provide the free education presented in the English, Chinese, Korean and Hindi languages, with the aim to help Asian residents understand and better use health services. At the event, ACMA and YACMA members provided health checks and information about health to the participants. It was also a great opportunity for us to inform the patient about preventative health measures such as heart and diabetes checks, and cervical and breast screening which would help the patients get the better healthcare for themselves resulting in better health outcomes

RECENT EVENTS



YACMA QUIZ NIGHT

The annual YACMA Quiz Night was held in the evening of the 10th May at the University of Auckland Grafton Campus. Over 60 people battled in groups of 6 (or fewer), testing their knowledge about categories ranging from geography to songs of the 90s. It was a great way to cap off a hard day's work at university. Congratulations to the winning team and we hope to see an even bigger turnout next year!

RECENT EVENTS



CME No. 2

Yacma's second CME took place at Enjoy Inn restaurant in Greenlane. We had Dr Daniel Lin who is a renal physician and Dr James Liang, a haematology physician giving interesting presentations about Renal Anaemia as well as Haematology Topics for GPs. The food was awesome as always thanks to our wonderful executive team. It was a warm and cozy night with great company! Thank you all members for joining.

RECENT EVENTS



YACMA RETREAT

YACMA retreat took place at Blue lake Rotorua this year. From the 30th of June to 2nd of July Yacma's members were engaging in tons of activities which allow members from all cohorts to get to know each other and have fun!! Although the weather wasn't on our side, the retreat was still a blast!! Thanks to support from ACMA, we went to the Waikite Valley Thermal Pools and dipped ourselves in the cozy hot pools. We were sad to leave this wonderful holiday destination. The executive team did an amazing job at organising this event. We thank everyone who came and made this trip an unforgettable one!!

ACMA & YACMA'S UPCOMING EVENT

Here are lists of our interesting upcoming events that are happening.

Some of the events dates are still to be finalised. Please keep updated with our Facebook page.

**Communication skills
tutorial for second year**

**Clinical skill workshop
for third year**

Translation workshop

CME3

Chinese health forum

华人健康讲座

19th August 2017

Careers evening

4th September 2017

**ACMA &YACMA SOCIAL EVENT
To be announced, stay tuned!**

INTERVIEW WITH THE DOCTOR

This month, the editors were honored to interview Mr. Li Hsee, who is known for his work as an acute and trauma surgeon at Auckland city Hospital.

1) Could you tell us a bit more about yourself, what do you enjoy doing outside work etc.?

I grew up in the USA. My family's background is Taiwanese. However, I completed all my surgical training in New Zealand. Outside of work, I enjoy spending time with my family and travelling to different international destinations.



2) Could you tell us a bit more about your work?

I am the current Clinical Director of General Surgery at Auckland City Hospital. I am also the chairman of the New Zealand Trauma Committee of the Royal Australasian College of Surgeons. I specialise in Trauma and Emergency General Surgery. Over the past decade, I have facilitated the development of the Acute Surgical Unit at Auckland City Hospital and also being the foundation Surgeon for the Unit. I am actively involved in various International Surgical Organisations. I also have private practice for common general surgical conditions.

3) What inspired you to become a trauma surgeon?

I have had good mentors in Trauma Surgery; Professor Civil in New Zealand, Dr Fred Brenneman in Canada and others. I had first-hand experience seeing and learning from these great trauma surgeons in their clinical skills of saving critical patients' lives. Trauma work can be challenging at times but it is the critical decision making coupled with my mentors' dedication to trauma surgery that inspired me to pursue a career in Trauma Surgery.

4) Do you have any advice for Young Doctors or medical registrar interested in your specialty?

If you are interested in Trauma Surgery, the career path is usually completing a surgical fellowship in general surgery first then getting onto a trauma fellowship here or abroad. These past few years, trauma and emergency surgery are evolving together as a speciality in its own right. There are not many of us in New Zealand and Australia in this speciality. However, with the development of Trauma and Acute Surgical Units in Australasia, we are seeing more and more trainees signing up to do what I do.

5) What does a typical day look like for you?

I am usually at work before 7 am. I attend and chair the surgical handover meeting, then ward round and operating theatre. I don't usually finish until around 6pm. Being in charge of acute cases, we operate on a variety of cases ranging from minor to life threatening critical patients. I often don't know what is on my operating list until the morning. In addition, I attend trauma calls when patients are brought in to our resus room. Their trauma and acute surgical pathologies are unpredictable. I also attend critical patient calls when I am not on call after hours and overnight. Now I have taken the role of the Clinical Directorship, I have a lot more administration duties.

6) You speak Mandarin, how do you find this helpful in particular to promotion of Chinese health?

I don't know the language well but I can get by. I learned it by osmosis from family members and friends. There is an increase in the Chinese population here in New Zealand. It is very important that we work together to represent this group of patients. I see in my daily ward round, there are many patients of different ethnicity and many are Chinese. Equally, there is also an increase of Chinese decent medical and nursing staff. Especially for the elderly patients, they often have language barrier and are unfamiliar with the NZ health care system. It is our duty as doctors in the community and in the public hospitals to promote equality and excellence in health care for all cultures in particular Chinese health. Removing the language barrier is usually the first step in developing a good rapport and trust with these patients.

7) What is the best part of your job?

At times, surgical decision making can be difficult but I feel satisfied that I have done my best in providing expertise and excellent health care to our surgical patients. The pathology we attend to is never boring. I also feel very privileged in my current position that I am able to foster and mentor junior doctors who are interested in the direction of a surgical training career.

YACMA President's address

Dear all,

What a great year it's been for YACMA so far! We hope that the second years are settling well into med school as well as into the YACMA family. We've had a great success and food at the Welcome BBQ and yumcha. Members got to show off their trivia knowledge and chopstick skills at our annual quiz night. At the recent Asian Health and Wellness Day, we had a chance to give back to



the community through helping with health checks. We've kicked off our YACMA mentorship programme, where older students will pass down their knowledge. Most recently, the YACMA retreat held at Rotorua was a great time for everyone to relax and foster collegiality. YACMA has had a fruitful year of fun, friendship and mentorship so far, and we look forward to seeing you at future events!

Ye Li

YACMA's president

FOOD TRUCK GARAGE

Shed 1, City Works Depot, 90 Wellesley St West Auckland CBD

Call 09 973 2305

info@thefoodtruck.co.nz

Café review

Their mission is to show that fast food can be good food. Food Truck Garage makes simple, fresh food that tastes good and healthy. That means they use real food, rich in nutrients, vitamins and minerals.

FAST FOOD... MADE GOOD

I went to Food Truck Garage for lunch with my friends and I would say that it was such a great experience. When I walked in, there is a cool industrial vibe at this place which is very fitting for its location at the City Works Depot. The staff were friendly and we were greeted & seated upon arrival. We chose to sit inside as it was nice and warm, however there is also some lovely outdoor seating available. The menu has some great options. We ordered the burrito bowl with free-range Aztec chicken, chipotle prawn soft taco, and we also got natural soda for drinks. All of the food was served fast and everything was enjoyable.



The burrito bowl with Aztec chicken was super yummy. I was hearty and filled with fresh and delicious ingredients. It was a surprise for me that a plate of food filled with heaps of vegetable can actually be tasty. The spicy mayo sauce on top was creamy and added a good kick to the dish. While, the Aztec chicken was warm and flavorful. Another dish that we ordered is shrimp soft taco. I think that the portion is a little bit too small for the price, however, the flavor was spot on.

Overall, it was a great experience at Food Truck Garage. I would recommend you guys to try out this cool place with healthy and tasty food. For me, I would definitely go back! ☺

Bread & Butter

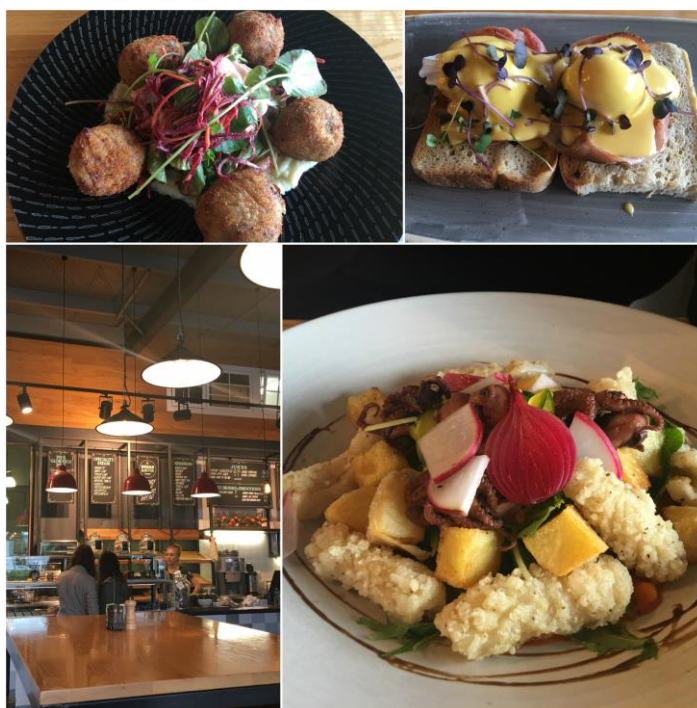
34 Westmoreland St. West, Grey Lynn
P. 09 378 9111
E. greylynn@breadandbutter.nz

Café review

Bread & Butter specializes in traditional European sourdough breads. All breads are made from certified organic ingredients. Their cakes and pastries, savouries and pies are made according to traditional recipes that place utmost importance on taste and original style. More importantly, they use local, spray-free, and organic produce according to seasonal availability.

TRADITIONAL RECIPE - ORGANICS INGREDIENTS

Bread & Butter cafe is a popular Auckland cafe and bakery that serve great coffee and have fantastic service. Me and my friends went there without a booking and they gave us a table fairly quickly. I was pleasantly surprised by how good the food was from what appears to be a bakery. I really enjoyed the pork croquettes. Came with celeriac puree, apple, walnut, carrot, beetroot and fennel remoulade - everything on the plate worked - yum! Wasn't the biggest portion ever and was reasonably expensive but as a light lunch it was, in my opinion, excellent. My friends ordered Crispy Squid & Baby Octopus, hazelnut romesco, crispy potato, pickled vegetables & rocket salad and Eggs Benedict which were amazing as well.



In conclusion, Bread & Butter is a nice weekend brunch spot. Everything was beautifully prepared and really tasty, the food was fresh, well-presented and the staff are very friendly. Moreover, the place has fairly extensive brunch menu with options to suit pretty much everyone.

QUIRKY MEDICINE

Low Cholesterol Levels & Violence

Lowering cholesterol could trigger changes in brain chemistry that encourage violent behavior, according to a report!

Dozens of studies support a connection between low or lowered cholesterol levels and adverse violent outcomes in certain populations.



According to a study by Mufti RM, Balon R, and Arfken CL, there is a strong association between low cholesterol levels and violent behavior (odds ratio = 15.49), an association that was not due to age, race, sex, or diagnosis. The finding was consistent whether mean levels or dichotomized levels of cholesterol were examined. The reason for this may be because cholesterol levels directly affect the activity of serotonin, a brain neurotransmitter implicated in the control of violent behaviors. It is possible that lowered cholesterol levels may lead to lowered brain serotonin activity; this may, in turn, lead to increased violence. Studies in monkeys may support such a relationship. Two separate studies conducted in the early 1990's revealed that monkeys assigned to diets low in fat or cholesterol showed significantly lower brain serotonin activity. Finally, three separate neurological studies (in 1989, 1990, and 1994) agreed that in humans, low brain serotonin is linked to increased impulsive violence, including homicide, arson, and suicide.

Source:

Mufti, R. M., Balon, R., & Arfken, C. L. (1998). Low cholesterol and violence. *Psychiatric services*, 49(2), 221-224.

<http://articles.mercola.com/sites/articles/archive/2008/01/02/low-cholesterol-linked-to-violence.aspx>

<https://www.liverdoctor.com/low-cholesterol-is-associated-with-a-higher-risk-of-suicide-and-violence/>



Message From Editors

Dear ACMA members,

It is a pleasure of us to greet you all again! We are delighted to deliver our second newsletter. We hope first half of the year has been fantastic. ACMA is working constantly to promote community health and well being. We appreciate your support. We hope you enjoy our newsletter from the informative events updates to the light hearted cafe reviews. We are looking forward to greeting you again in the next newsletter.

Editors team ❤️















