



March 2018



ACMA
Newsletter



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ACMA President's Address

Dr Andrew To

Challenges and Opportunities

Dear all

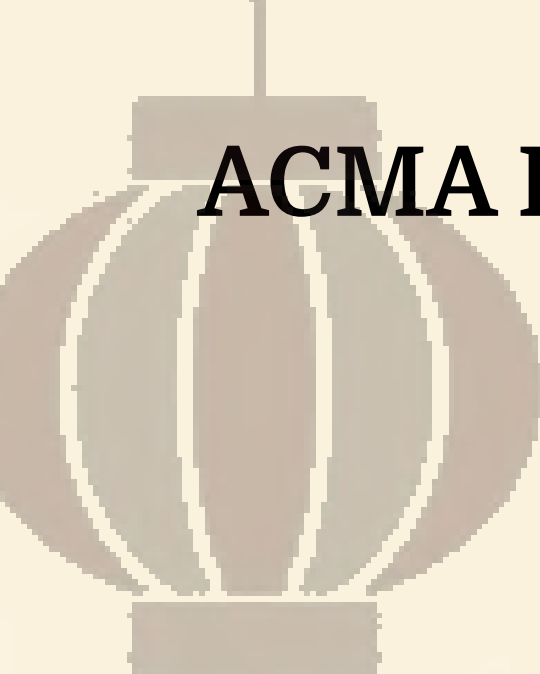
It is again my privilege to serve as ACMA president this year. The ACMA committee has been hard at work in the last few months, planning for the year ahead. All the events will no doubt be outlined in the rest of the newsletter, suffice to say that we are most excited about the upcoming conference in May 2018.



Challenges

As we look forward to another busy year, we acknowledge the many challenges faced by ACMA in the short and medium term.

- Our mission – Throughout the years, ACMA has transformed into a multi-faceted association. We facilitate medical education for colleagues and others. We provide collegial support and mentorship for doctors and medical students. We promote health in the Asian community and give back to the community at large. These three tasks have been the main focus of ACMA, though how we spend our limited resources in these three tasks has also been our main challenge. At the same time, the Auckland CME market is saturated with free CME events and other much bigger CME events. ACMA may not be able to compete with those.
- Membership and Leadership – Members join ACMA for different reasons, although such reasons usually tie in with the above-mentioned goals. How well we achieve these goals probably determines both how likely doctors are going to join ACMA, and how keen members are in engaging in leadership positions. Can we do better? What do you think?
- Finance – Sponsorship has been a problem for a number of years and this problem is not unique just for ACMA. The shift of focus from individual CME evenings to annual conference has already improved our overall sponsorship success. There appears to be a limit, however. If so, how should we structure the year within these constraints?



ACMA President's Address

Dr Andrew To

Opportunities

- We identified many opportunities for ACMA to play a leading role in health promotion in the Asian community. We will hopefully be organizing a community health event with other community groups in the second part of the year, similar to last year. Please help and support us!
- Do you know of doctors who share the same passion as you do for Asian Health in Auckland? Please help us invite them to join ACMA. Let us grow this community, as it is the only way of keeping the ACMA community strong and ensuring that we have a diverse group of people with different talents. For those who have been members for a while, please consider joining the ACMA executive team and serve in the ACMA community. This has been a very rewarding experience for me personally, and I am sure that you would also find the same.
- Looking at our finances, the success of the ACMA conference will be key for the sustainability of the organization. Please help us put our conference firmly in the Auckland CME map beyond our own members, by inviting your colleagues, peer group members, fellow GPs/specialists to attend. Our conference caters well for every doctor working in New Zealand, and need not be limited to Chinese speaking doctors. Please help us.

Take care, and enjoy the nice autumn weather!

Andrew

YACMA President's Address

Katherine Sung

Dear Members,

On behalf of the entire YACMA executive team, I'd like to extend a warm welcome to you to our YACMA family. We are a supportive association with exciting events and I hope you hop on board for the journey with us in 2018 and get amongst!

We have already had a busy start to the year with numerous successful health checks in communities for our parent organisation – ACMA, thanks to our dedicated YACMA volunteers.

The exec team are constantly working hard to bring you exciting social and educational events and looking ahead, we have quiz night, tutorials and our grand getaway retreat lined up for you. But before all that, make sure you keep your eyes peeled for our next event – our well-loved annual yumcha! We are pumped for all the upcoming events this year and we can't wait for another year of quality bonding, experiences and learning and food with our new and existing members.

This year, we have a tight exec team and we only hope to project that to the rest of the group and bring us all closer together. We hope you can make new connections and strengthen existing ones through YACMA this year.

Can't wait to meet you all and cheers to a delightful year ahead!

Best regards, Katherine Sung



EXEC Committee 2018

ACMA EXECUTIVE 2016

Andrew To	President, CME/Sponsorship Co-ordinator, CHAINZ committee member
Derek Luo	Immediate past president, CME co-ordinator, sponsorship co-ordinator, CHAINZ committee member
Carlos Lam	Vice president, Events co-ordinator
Adrian Wan	Treasurer
Dr Vicky Tai	Secretary
Ye Li	Membership Secretary, Venues Co-ordinator
Kristine Ng	General Committee: Mentorship co-ordinator
Gary Wu	General Committee: Mentorship co-ordinator
Judy Huang	General Committee: Media and Advertising
Kevin Liu	General Committee: RMO Representative
Brian Tse	General Committee: Social Representative
Michelle Wong	General Committee
Dr Wilson Young	General Committee

YACMA EXECUTIVE 2016

Katherine Sung	President
Ye Li	Membership Secretary
Karen Chung	TI Rep
Johnathan Chang	5th year Rep
Vicki Huang	4th year Rep
William Xu	Preclinical Rep
Kevin Yi	Preclinical Rep
Tina Zhang	Preclinical Rep
Eileen Song	Treasurer
Eric Chong	Mentorship Coordinator
Nicholas Quek	Webmaster
Johnson Cheuk	Newsletter editor
Sarah Liu	Newsletter editor
Tracy Zhang	Newsletter editor
Savesh John	Newsletter editor



Meet the ACMA Exec

Dr Andrew To - President

Andrew is a cardiologist, and the Director of Cardiac CT at North Shore Hospital, Auckland, New Zealand. He has particular interest in Chinese heart health and community health promotion, and is a co-founder of the Chinese Health Awareness in New Zealand initiative within the Auckland Chinese Medical Association.



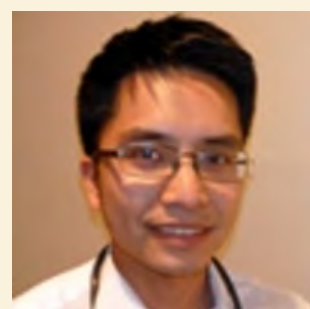
Dr. Derek Luo - Immediate past president, CME co-ordinator, sponsorship co-ordinator

Derek is a Chinese New Zealander of Taiwanese descent. Born in Wellington, Derek grew up in Hong Kong and is able to speak Mandarin and Cantonese. He completed his specialist training in General Medicine and Gastroenterology and became a specialist in 2007. He is passionate about serving the Chinese community, Asian Health affairs as well as medical education and mentorship. Derek is a keen runner and has two energetic daughters, aged 9 and 11, and is married to Catalina, a GP.



Dr. Carlos Lam - Vice president, Events co-ordinator

Carlos is a Peruvian-born Chinese New Zealander who studied medicine at the University of Otago, graduating in 2008. He has many interests but is particularly passionate about community and charitable work, Asian Health, and mental health. When time permits, he likes to go on long hikes, travels overseas, dine out in style and spend time with his strong-spirited 4-yr old sassy lass, cheeky monkey boy and his GP partner.



Dr. Adrian Wan - Treasurer

Adrian is a New Zealand born Chinese of Cantonese origin and currently Vocational Primary Care doctor in Urgent Care and General Practice. Involved with ACMA since inception as a student member. Joined the ACMA committee in 2007 and privileged to have held position of Secretary, Treasurer and President. Keen to see ACMA be more involved in student development and advocacy as well as supporting its members through networking.



Dr Vicky Tai - Secretary

Vicky is a House Officer at Auckland City Hospital. Vicky has been involved with ACMA/YACMA since her third year of medical school and was previously the Membership Secretary in 2015. Vicky looks forward to returning to the ACMA executive, is excited to meet ACMA members and to be part of organising social, educational and community events in 2018. In the future, Vicky sees herself pursuing a career in internal medicine or general practice. Outside medicine, Vicky's interests include playing tennis, practicing yoga and travelling.



Meet the ACMA Exec



Ye Li - Membership Secretary, Venues Co-ordinator

Ye is a 5th year medical student at the University of Auckland. To date, she has spent a third of her life equally in China, the United States, and New Zealand. She takes pride in her multi-cultural background, and is passionate about improving Asian health awareness and outcomes in New Zealand. Ye enjoys being involved in student organisations, with a particular focus in YACMA as a pre-clinical representative in 2016 and president in 2017. Apart from clinical medicine, she enjoys being involved with research. Outside of medicine, she enjoys playing violin, cross country running, and mentoring high school students as an academic tutor.



Dr. Kristine Ng - General Committee: Mentorship co-ordinator

Kristine is a rheumatologist in public (Waitemata DHB) and private practice on the North Shore. She is Malaysian Chinese, born and raised in Malaysia and has been in New Zealand for over 20 years. Kristine has been involved in the ACMA committee for a number of years. She established the ACMA/YACMA mentorship program in 2014 and enjoys working alongside the medical students to encourage their personal and professional development. In her spare time, she enjoys family time and keeping fit with running and Zumba classes.



Dr. Gary Wu - General Committee: Mentorship co-ordinator

Dr Wu graduated from the University of Otago in 2003. He completed his GP registrar training in Hamilton/Te Awamutu and obtained his General Practice fellowship in 2011. Gary has special interests in minor surgery, pediatric health, chronic conditions and health/wellbeing promotion. At his spare time, he enjoys reading and watching sports.



Dr. Judy Huang - General Committee: Media and Advertising

Judy was born in Taiwan and grew up in Auckland and is a New Zealand trained Gastroenterologist. Judy speaks both Mandarin and Taiwanese fluently and likes to be involved in the community and Asian Health. She has a broad interest in General Gastroenterology and Hepatology, including nutrition and intestinal failure.



Dr. Brian Tse - General Committee: Social Representative

Brian is a long time South Auckland and a first year house surgeon at Counties Manukau DHB. He was the TI-Rep of YACMA in 2017 and has since been promoted to the rank of social representative of ACMA after a highly successful year. He enjoys quality late nights with his PS4, unblocks his coronaries with tennis and gym, and loves all things Japanese tuna. Brian has a high taste for quality Scotch whisky, Italian leather, floral shirts, and enjoys good music and film. Brian is instantly recognisable as the only male doctor in Middlemore Hospital with a manbun, so be sure to look out for him in your local hospital or your next ACMA event.

Meet the ACMA Exec

Dr. Kevin Liu - General Committee: RMO Representative

Kevin is currently a PGY2 House Officer working in the Auckland region. This is his 2nd year on ACMA executive committee, having also previously served 4 years on the executive of the student association (YACMA), 2 of which as president. He has a keen interest in Chinese culture and is fluent in the language. He is an avid reader of the literature and history and enjoys watching the occasional drama series or TV show. Kevin has a huge passion for Ophthalmology, having fallen in love with the specialty since medical school, and hopes to pursue a career in the field in the future. His personal hobbies include orchestral and chamber music playing, wing chun martial arts and self-teaching various miscellaneous skills like cursive handwriting, origami and alveolar trills.



Dr. Michelle Wong - General Committee

She is a Consultant at Auckland City Hospital and a Senior Lecturer at Auckland Medical School. Michelle has a specialist interest in diseases of the ear and general ENT including childhood ear and hearing problems, surgery for ear infections and problems with the bones of hearing. Her general scope of practice includes general childhood ENT problems, nasal diseases and surgery.



Dr. Wilson Young - General Committee

Wilson is a retired public health physician, a former Medical Officer of Health at the Auckland Regional Public Health Service. He is vocationally registered both in Public Health Medicine and in Medical Administration. Wilson was a founding committee member of ACMA back in 1988, was on its Executive Committee for many years, and served as President in 2001. He is currently the Deputy Chair of the Chinese New Settlers Services Trust.



Dr. Gee Hing Wong - General Committee

Gee Hing Wong is a General Practitioner at East Coast Bays Doctors. He served as the President for the Australasian Council of Chinese Medical Association in 2010, and the Auckland Chinese Medical Association Inc in 2009-2010. Outside of medicine, he holds a Master of Management, with a special reading interest in the economic history of the twentieth century.



Brian Yeom - Webmaster

Brian is a 4th year medical student at the University of Auckland, currently based at Waikato Hospital. A NZ-born South Korean, Brian graduated from Pakuranga College in 2013. Brian has a strong interest in Asian health and a passion in helping and contributing towards his community. Brian has a strong interest in research. Brian is a keen guitarist, a hockey player, avid fan of Manchester City and lover of Agatha Christie books.



Recent Events



2018 ACMA/YACMA Exec Handover

Early in February, the annual executive handover meeting took place at Dr. Michelle Wong's lovely house in Albany. We were welcomed by a wholesome potluck style dinner and array of delicious desserts over which the ACMA and YACMA exec exchanged experiences. It was an opportunity to break the ice and discuss ideas for upcoming events as well as start planning for the ACMA Conference. Not to mention the exec were able to enjoy the night catching up and swimming in Dr. Wong's pool. There are many events lined up on the ACMA/YACMA calendar and no doubt a busy year lies ahead for us!



YACMA Exec team bonding camp

2018 was the first year the YACMA exec team held a team bonding event over the Waitangi weekend in sunny Raglan. We took the opportunity to bond over some literal leaps-of-faith off the Raglan Bridge, the less-than-optimal cooking equipment and a 30-minute wait for what turned out to be some of the best fish and chips we've ever had. Suffice to say, the two days has brought us closer together and we're ready to bring YACMA one of its most exciting, fun and fulfilling years yet!



ACMA Family Day at Cornwall Park

ACMA's Family Day at Cornwall Park brought together ACMA doctors as well as their families for catch-ups and time outside in the sun. The children were kept busy playing while the adults enjoyed each other's company. What a way to enjoy the end of February!



CME 1

The first CME of the year was held at Grand Park Seafood restaurant in Green Lane West, Epsom. Before the talks began, there was an initial meet and greet session with doctors and medical students playing a "lock and key game", where members had to complete a medical term by finding the correct member with the other half of their piece. Those who matched were in the draw to win a mysterious prize.

The evening started off with a quick introduction from the vice ACMA president, Dr Carlos Lam. Unfortunately, Dr Andrew To was unable to attend and sent his apologies in advance. Following this, was our speaker, Professor Sally Merry. Professor Sally Merry, the Creator of SPARX and a Psychiatrist gave a talk about using e-therapy and its relevance to general practice. She discussed her creation of SPARX (a computerised self-help game designed for 12-19 year olds) to help those who are feeling down, depressed or anxious to feel better.

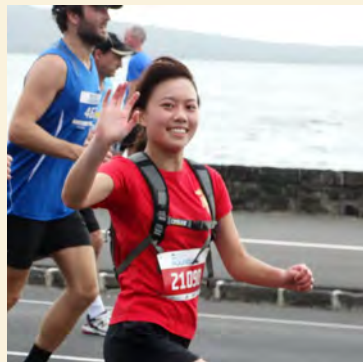
Evidence showed that SPARX gave teenagers an independent tool to build resilience and take control of their own lives and has been extremely successful in randomised control trials. Finally, she discussed how E-therapy could be integrated into clinical medicine, therapy and general practice. *Perhaps games are an alternative to tackling anxiety and depression?* After the talks, came a selection of delicious variety of Chinese mains, fresh fruits for the attendees. The CME was a huge success and both medical students and Doctors enjoyed the evening!



Round the Bays 2018

On the 4th of March ACMA made its return to Round the Bays with a team of 24 doctors and members of their families signing up to complete the charity run. Spanning 8.4km from Auckland CBD to St Heliers Bay, the run followed a beautiful scenic route with Rangitoto island in the distance as they ran around Mission Bay.

A special congratulations to Dr. Derek Luo who has claimed the title of the fastest ACMA member, with an impressive time of 42:31 minutes! After the run everyone came together for a relaxing (and healthy!) lunch to recover and rest. Round the Bays was definitely an event both keen runners and walkers could enjoy and no doubt ACMA will be back again.



YACMA Introduction Barbeque

Our annual YACMA welcome barbeque was another huge success, with a bigger and better turnout than we've ever had! With our barbeque set up just outside Grafton, it attracted both new and old YACMA members as well as students from other specialties. This provided an opportunity for members to socialise and meet each other, as well as increasing the awareness of YACMA to non-members. Sausages and hash browns were enjoyed by everyone and given out faster than they were cooked. It was the perfect way to wrap up our second week of uni!



Community Health Checks

ASB Chinese New Year Health Check

We kicked off the year with our first health-check to celebrate Chinese New Year. With thousands of visitors at the event, our volunteers were kept busy. It was a great opportunity for our non-Chinese YACMA volunteers to pick up some essential phrases for communicating with Chinese patients. At the same time, our Chinese volunteers brushed up on their clinical terminology. One elderly woman tried to explain to us that she had a history of some sort of heart condition. After 10 minutes, we still could not figure out what she was saying except for the word "shaky" (颤动). In the end, our doctors pitched in and we discovered that it was atrial fibrillation all along. (心房颤动)



WTV Chinese New Year Health Check

2018 marks the first year ACMA has brought its free health checks to the Vodafone Events Centre for the WTV Chinese New Year festival. We were busy with health checks an hour before the supposed start time. The event itself was busy and bustling despite the drizzle with the variety of cultural stall and food drawing quite the crowd on the rainy Saturday night.



Botany Town Centre Health Check

ACMA once again attended the annual botany community day alongside on a beautiful March summer day. Our team stuck through the blistering hot weather, made significantly easier by the food and live music.

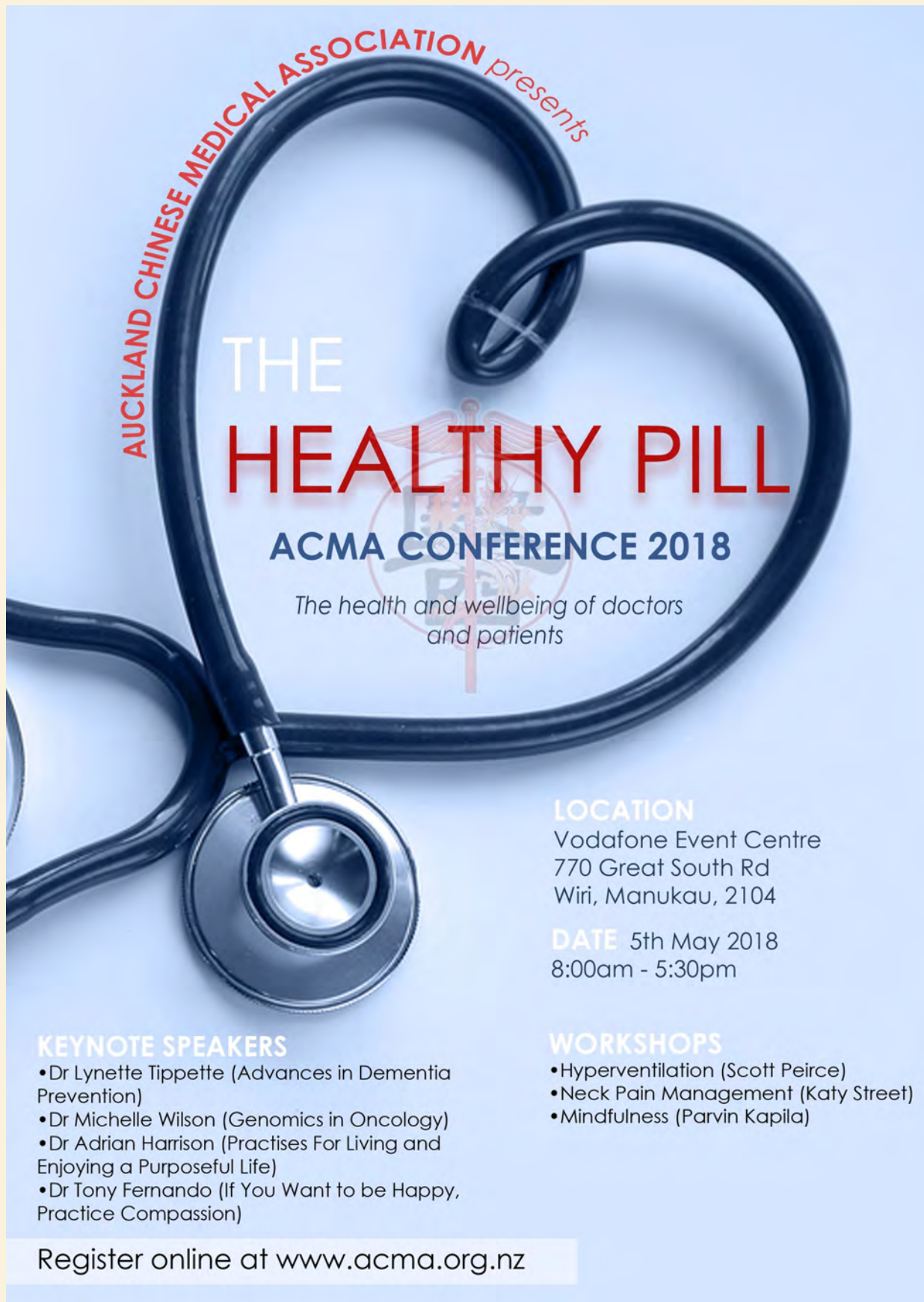




Upcoming Events

YACMA Yumcha	mid-April
ACMA Conference	5th May
YACMA quiz night	mid-May
CME 2	24th June
YACMA retreat	Early July
Winter Laser-strike	18th August

ACMA Conference 2018



AUCKLAND CHINESE MEDICAL ASSOCIATION presents

THE HEALTHY PILL

ACMA CONFERENCE 2018

*The health and wellbeing of doctors
and patients*

LOCATION
Vodafone Event Centre
770 Great South Rd
Wiri, Manukau, 2104

DATE 5th May 2018
8:00am - 5:30pm

KEYNOTE SPEAKERS

- Dr Lynette Tippet (Advances in Dementia Prevention)
- Dr Michelle Wilson (Genomics in Oncology)
- Dr Adrian Harrison (Practises For Living and Enjoying a Purposeful Life)
- Dr Tony Fernando (If You Want to be Happy, Practice Compassion)

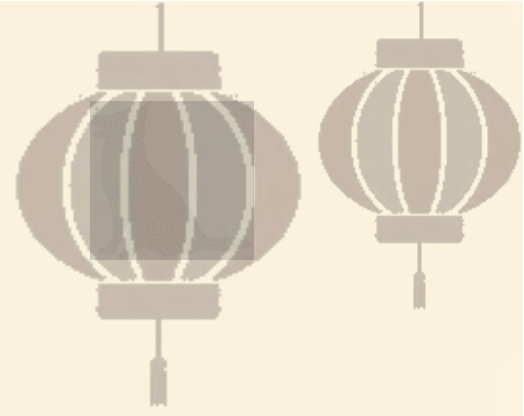
WORKSHOPS

- Hyperventilation (Scott Peirce)
- Neck Pain Management (Katy Street)
- Mindfulness (Parvin Kapila)

Register online at www.acma.org.nz

NOTE: Location changed to Vodafone Events Centre

An Interview with Dr Ah-Kit



We are honoured to be able to interview Dr Ah-Kit who was willing to share his experiences as a GP within the NZ health care system.

Could you tell us a bit about yourself? Your background, experiences and current job etc...

I am a 2nd generation NZ Chinese Kiwi, grew up in a small rural Waikato Town of Putaruru. My parents, like many of their generation, were market gardeners and then moved into the fruit shop business. Me, I graduated from University of Auckland Medical School in 1982 and now happily married with 3 adult children. I have been a GP for the past 32 years and currently own 1/2 share in a A&M clinic in Manukau City. I'm also doing a diploma course in Dermoscopy and my other interests include travel, fitness and self-development.



What was the path you took to get to where you are today?

My journey started in Hamilton whilst doing my GP training which led to an 11-year partnership in a suburban GP practice. I subsequently sold my 1/2 share in that practice and moved to Auckland in 1997 for family reasons. Initially I worked as a locum but eventually bought into the practice which I currently own a 1/2 share - Bakerfield Medical and Urgent Care.

Describe a typical day of work for you. What are your key responsibilities?

My typical day will be seeing booked patients in the morning or afternoon and seeing walk in, acute patients for the rest of the day. This is a good balance between looking after long term/ chronic patients and acute patients with minor injuries like fractures.

At the end of the day I tend to spend up to an hour on paper work, filing results, making referrals to hospitals, sending texts to patients and teaching registrars and students.

Dr Ah-Kit



What is your GP practice like?

Our practice is an ACC and Cornerstone accredited low access, high needs practice. Onsite we have X-ray/Physio/Chemist /Acupuncturist/Nurse specialists for CVD risk and Diabetes Assessments/ Orthopaedic specialist and Rehabilitation clinics.

We open 8am to 8pm every day and look after an enrolled population of around 12,000 patients and a high number of casual walk-in patients. We employ a number of GP locums and provide training experience for medical students/ GP registrars/ nursing and paramedic students.

Essentially, we provide a convenient high quality integrated clinic experience for our patients.

Our Practice is a Low access practice so our fees are low - even so some patients still struggle to pay us. Other patients may be well off and elect to enrol with us with lower fees so the system is not well targeted to those most in need.

What aspects do you enjoy and dislike about your career?

Most rewarding aspects about my career would be dealing with the people, seeing the difference we can make in their lives, the continuity of care, the variety of work as well as the flexibility and rewards of being a business owner.

Least rewarding aspects are the business compliance issues i.e. the laws and regulations we must comply to in running a business, dealing with complaints and demanding patients as well as the ongoing paper work.

What are your experiences like with the NZ health care system and patient care in your practice?

Our practice population reflects the ethnic diversity of South Auckland so we see a wide spectrum of health issues and patients from many backgrounds and cultures.

Because we are an urgent care clinic with X-ray we also tend to get a large variety of sports and industrial accidents ranging from sprains, minor fractures, dislocations and our nurses are able to cast fractures.

If you could give one advice to current medical students and/or new graduates going into the workforce, what would it be?

Get a good mentor. If one is thinking of working as a GP, either as a locum or buying in, I can definitely say that a larger practice is going to offer much more interest, variety and flexibility. There are so many advantages in buying into a practice but you need to have mentors that help you navigate through the process and learn the business skills that we are not taught at medical school.



The ACMA editors present....

A Quick Guide to the CME

- CME stands for Continuing Medical Education and consists of education events and talks which are designed to develop, maintain and increase the knowledge of doctors.
- Here at ACMA, our CMEs are open to all both doctors and medical students so no matter what stage of education you are at, there will always be something to take away.
- The CMEs are a great chance to meet fellow Doctors from a range of specialties.
- At every CME is a fascinating talk covering medical topics ranging from robotic surgery to video games that help combat depression.
- CMEs are followed by a scrumptious dinner so what reason is there not to attend!
- Look out for our next upcoming CME on the 24th of June.





FOOD REVIEW

Tao Dumplings

Tucked in the centre of Newmarket is this little gem that creates eastern delicacies with a western twist. With a variety of dumplings, both traditional and fusion, Tao is the place to go for a quick lunch trip from Auckland Hospital or Grafton Campus. We ordered their seafood, beef, chicken, vegetarian and cheese dumplings along with shu mai and har gow. The dumplings had soft pastry and just the right amount of broth inside. They arrived in nostalgic bamboo steamers, reminiscent of yumcha restaurants. Interestingly,

each type of dumpling was coloured to match the "theme" of their filling; green for vegetarian, red for beef... The black seafood dumplings were especially eye-catching.



The combinations of beef and carrot as well as chicken and sweet-corn created dumplings that are sweeter than what you might expect from authentic yumcha. However, they are nonetheless a great taste experience that we'd definitely have again. On the other hand the cheese dumpling with a cheese and bacon filling were an...*interesting* taste experience. The seafood dumplings were a show stopper. Coloured a mysterious black and filled with a juicy combination of sea bass, calamari, prawn and scallop, it was one of the better seafood dumplings we've had the pleasure of having.

The dumplings were on the slightly pricier side; about \$5 for 4 dumplings. We expected them to be bigger and think they'd be more suited as side dishes rather than the main meal. If you are looking for something more authentic Chinese, this place might not deliver that experience. However if you are willing to splurge, you can look forward to great tasting dumplings that are definitely worth the dollars (you should still try the cheese dumplings if you're feeling adventurous). They're also less fatty than your standard dumpling so your waist will thank you too.

Overall: Great for a quick bite/meal with a group of friends. We enjoyed the ambience, food, staff and will definitely be back.



Message from the **Editors**

Happy Chinese New Year to our ACMA and YACMA members!

We hope you've enjoyed reading our first newsletter. We're very excited to be your Editors for this year and look forward to showcasing what ACMA and YACMA have been up to while providing some interesting reads.

This year we're looking into trialling an interactive online newsletter format which will include everything in our current pdf version but will allow readers to browse through photo galleries and watch videos of our events which can be accessed anywhere and anytime. Our Editors Snapchat has also launched this year and will be a way we keep our members updated real-time at ACMA/YACMA events. If you haven't added us already then we'd love for you to add us on snapchat or scan the code below. That's all from us for now, wishing everyone a successful year ahead!

Love from your Editors,

Johnson Cheuk, Savesh John, Sarah Liu and Tracy Zhang



Photo Gallery

YACMA Exec Team Bonding



ASB Showgrounds Health Check



Photo Gallery

WTV Chinese New Year Health Check



ACMA Family Day



Photo Gallery

YACMA Introduction Barbeque

