



ACMA NEWSLETTER

May 2022



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PRESIDENTIAL ADDRESS

Hi ACMA and YACMA members,

After two years of waiting and watching and preparing, Covid entered and spread through the Auckland community in February and March . However as the majority of the population had the protection of vaccination the health system did not collapse as feared.

In this environment, planning CME is challenging which is why we recorded the Imperial palace Chinese New Year event and presented the Second CME online. Heading into winter, we will once again start our in person CME and we hope you will take the opportunity to meet up with your fellow ACMA members again to share the challenges of the past two years.

Our winter social -charity event is a Pub Charity Quiz in support of children with Downs syndrome. Please join me!

YACMA PRESIDENTIAL ADDRESS

Hey everyone!

On behalf of the exec team I'd like to welcome you all to YACMA! If you're a veteran member, it's great to have you back again; and if you're someone joining for the first time, thank you for signing up!

With the COVID restrictions gradually lifting, we were able to bring back highlight events such as YUMCHA, which was met with an amazing turnout! And when in-person teaching resumes in May, we'll organize a stall at the club expo -- stop by and grab a free donut/Gong cha! We have also started to collaborate with different interest groups to bring you some mock progress test questions on Instagram. Another plan we have is to hold a revision event before the second PT. Of course, we're still going to bring back the Winter Social Event, and the end-of-year retreat -- more details to come!

None of this will be possible without the support of our parent organization ACMA, and our sponsors such as MAS and Gong cha. We have received more funding than ever before so you can be sure that our events are going to be bigger and more exciting this year!

YACMA PRESIDENTIAL ADDRESS

Finally I'd like to thank the entire exec team for their amazing work, from the pre-clinical and clinical reps' planning, to the editors' designs and promotions, as well as the behind-the-scenes jobs by our membership secretary, mentorship officer, treasurer, and webmasters. It's a privilege to work with you all and I'm sure we can bring YACMA to new heights together.

We have lots planned for the months to come, so keep an eye out for the announcements soon!

Best of the luck for the year ahead!

Bosco Yue

YACMA President 2022

YACMA PRECLINS ADDRESS

We are Jason, Wen and Rachel and we're incredibly excited to be your preclinical representatives for 2022!

Making new connections has been difficult with covid restrictions, especially for this year's new medical cohort as we started with online classes. Enabling new connections to be built is a major priority for us as preclinical representatives. We are excited to hold several social events this year such as the orientation week club exposition, yumcha, winter social and the end of year retreat. These events also include an element of Chinese culture, which is an important aspect of promoting wellbeing in students of Asian descent.

We are grateful for ACMA's support and this year, we wish to strengthen our bond. We hope the various events planned this year can help ACMA and YACMA members alike, form lasting connections within the Asian medical community.

We all know the pains of late night studying and early morning lectures, so we want to emphasise the point of having fun! Having a healthy work life balance is something that we hold dearly to our hearts as aspiring doctors. That's why we think it's important to have amazing events such as the winter social and the legendary summer camp! Our wish is that everyone gets out and makes some unforgettable memories. We can't wait to meet and greet you all in person!

- Wen, Rachel and Jason

MEET THE 2022 EXEC

Dr Linda Lum - President

General Practitioner // BHB, MBChB (Auckland), DipObs, FRNZCGP

Linda is a New Zealand born Kiwi-Chinese. Growing up in Takapuna, she trained at Auckland University School of Medicine in the late 1980's.

Afterwards she gained a Diploma in Obstetrics and Gynecology. She has been working in General Practice since 1994 and is a Fellow of the Royal New Zealand College of General Practitioners with a special interest in women's and children's health. She also has an interest in Asian public health, having been a past President of the Auckland Chinese Medical Association and an Executive committee member for some nineteen years.



Jessie Liu - Membership Secretary

Medical Student // The University of Auckland

Jessie is a fifth-year medical student at the University of Auckland, placed at Waitemata Hospital for 2022. She was born and raised in New Zealand, and her parents are both from Fujian, China. In 2017, Jessie graduated from Saint Kentigern College and knew she wanted to pursue her passion for healthcare. Through YACMA and ACMA, she would like to give back to the Asian community that has been the backbone of her life in NZ. Jessie enjoys hiking, travelling, and playing board games in her spare time.

Danny Seto - Treasurer

BCom (University of Auckland), CA (CAANZ)

Danny is a New Zealand born Chinese, and grew up on a market garden in Mangere, Auckland. He studied at University of Auckland, and began his career in auditing. He now has a role in finance, accounting and information technology at Mitsubishi New Zealand Ltd, an investment company. His connection with ACMA began in 1990 when his partner, Dr Belinda Luey, first joined the ACMA committee. He spends as much time as possible with his partner and they enjoy cycling, good food, travelling, movies and music together.





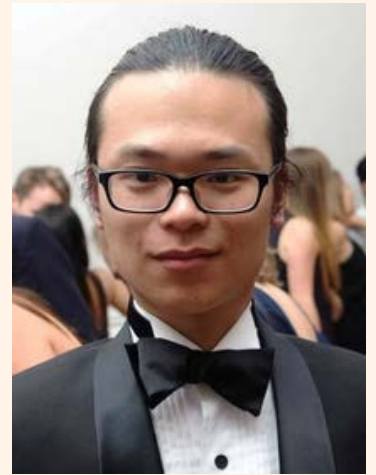
Dr Kwan Leng (Albert) Low - GP College Liaison / Venue Coordinator

General Practitioner // MBChB (Auckland), PGCertWHlth, Dip Obs, FRNZCGP
 Albert is a Malaysian Chinese, graduated from University of Auckland in 2008. He has just recently joined ACMA in 2019 and has been selected to be in the ACMA committee. He is currently working as a General Practitioner and has his own medical centre in West Auckland where he has been working for the last seven years. He enjoys his general practice work which develops long term relationship with patients and promoting preventative medicine. His special interest is hair loss treatments and he is planning to do hair transplant in his new medical centre. Outside medicine, Albert enjoys outdoor activities such as tramping & cycling, spending quality time with family & friends and reading.

Dr Brian Tse - RMO Rep / Social Rep

Surgical Registrar // MBChB (Auckland)

Brian is a long time South Auckland and a surgical registrar. He was the trainee intern representative of YACMA in 2017 and has since maintained his position as the social representative of ACMA. Brian enjoys his PS4, singing to the rhythm of his acoustic guitar, playing the occasional game of tennis and driving his loud car.



Dr Wendy He - Sponsorship

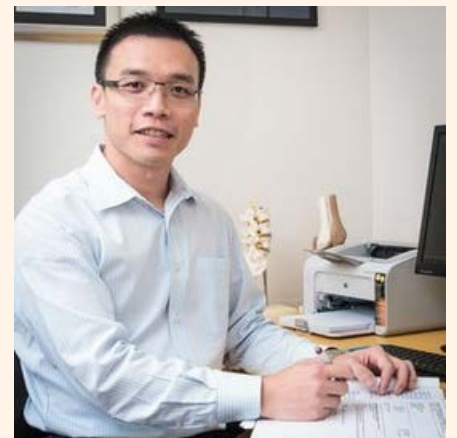
Surgical Registrar // MBChB (Auckland)

Wendy is an orthopaedic registrar based at Whangarei Hospital. She was born in Guangdong, China and came to New Zealand with family when she was 8-years-old. She has worked across the three Auckland DHBs after graduating from The University of Auckland School of Medicine. She enjoys hiking, swimming, fishing and making new friends. She looks forward to working with ACMA to promote Asian health within our community.

Dr Gee Hing Wong - General Committee

General Practitioner // MBChB (Otago), FRNZCGP, MMgt

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.





Dr Gary Wu - General Committee

General Practitioner // MBChB (Otago), FRNZCGP

Gary graduated from the University of Otago in 2003. He worked in Sydney, Royal Prince Alfred Hospital before returning to Hamilton for his GP training and work in Auckland as a general practitioner. He is currently the clinical director and company director at The Doctors New Lynn. Gary has special interests in minor surgery, chronic conditions and health/wellbeing promotion. He moved from Taiwan to New Zealand with his family when he was 15.

Dr Cliff Ah-Kit - General Committee

General Practitioner // BHB, MBChB (Auckland), Dip Obst, FRNZCGP

Cliff is a New Zealand born Chinese who studied medicine at University of Auckland, graduating in 1982. He completed his GP training in Hamilton and went on to become a partner in a local practice. After 14 years he moved to Auckland in 1996, later becoming a partner / GP at Bakerfield Medical and Urgent Care in Manukau, a position he continues to hold today. He has been keen to provide high-quality cost-effective health care to his clients. He has interests in dermoscopy, mental health and keen teacher for GP registrars. Outside of medicine he is keen on fitness and spending time with family and friends, travelling overseas to see the kids, movies and reading.



Dr Ang Liu - General Committee

General Practitioner // MBChB (Auckland), MRNZCGP

Born in China and raised in New Zealand, Ang is a locally trained medical graduate working as a general practitioner in primary and urgent care. He has a professional interest in skin cancer medicine and outside of medicine he enjoys playing badminton.

Jessie Liu - General Committee

MBChB 2006 (Otago) BCom

Dr Jessie Liu is Director and CEO of Windsor Medical Centre and Director and Co-founder of Caring Clinic Doctors. After coming to New Zealand at age 15, she gained double degrees in Medicine (Otago) and Commerce (Auckland University). She worked in different hospitals and clinics prior to becoming the chief operating doctor at two large medical groups. She has extensive knowledge in primary health care both as a medical professional and in operational management. She joined Windsor Medical Centre, the largest Asian-focused medical centre in the Northshore, as one of two partners in 2011. After five years of hands-on experience in operational management, she and her husband founded Caring Clinic Doctors group on Queen Street in Auckland in 2016



Dr David Wu - General Committee

General Practitioner // MB (Shanghai Second), PhD (Auckland), FRNZCGP

David is a currently practising GP in East Auckland. He graduated from Shanghai Second Medical University in China. He completed a PhD at the University of Auckland School of Medicine. He speaks English, Mandarin and Shanghaiese.



Dr Christina Tieu - General Committee

Obstetrician & Gynaecologist // MBChB (Otago), FRANZCOG (2012)

Christina is an Obstetrician and Gynaecologist at Middlemore Hospital and a Private Gynaecologist at Ormiston Specialist Centre. She is a fellow of The Royal Australian and New Zealand College of Obstetricians and Gynaecologists. Christina is also an Honorary Senior Lecturer at the Auckland University School of Medicine and a member of the Australian Society for Colposcopy and Cervical Pathology. Christina practices both high-end obstetrics that includes Fetal Medicine and gynaecology. She is multilingual and speaks Vietnamese, Mandarin and Teo Chew.



Dr Brian Yeom - Webmaster

House officer // MBChB (Auckland), BMedSc (Hons)

Brian is a house officer at Middlemore Hospital. Brian has a strong interest in Asian health and a passion in helping and contributing towards his community. Brian enjoys supporting and working for ACMA, having been a YACMA pre-clinical representative in 2016 and is the current web-master.

Brian has a strong interest in research. He completed a Bachelor of Medical Science (Hons) in 2017.



Tianwei Liu - CHAINZ Webmaster

Medical Student, The University of Auckland

Tianwei is currently a 5th year medical student at Middlemore Hospital, from the University of Auckland. Being one of the many Auckland Grammar School 'Old Boys' of his cohort, he hopes to live up to the lofty expectations that come hand-in-hand with said situation by making himself useful with the skills he has managed to accumulate over the years. Fond of reading as well as having hobbies that range widely from audiophilia to badminton to calligraphy, he is always ready and willing to talk about anything and everything with anyone.

MEET THE 2022 YACMA EXEC

Bosco Yue - President

Bosco is a fourth-year medical student at the University of Auckland and is currently placed at Waikato Hospital. Born and raised in Hong Kong, he moved to New Zealand in 2016, and graduated from Auckland Grammar School in 2018. Alongside his studies, he volunteers at the ADHB and tutors pre-clinical medical students.

Being an immigrant who had personally encountered cultural and language barriers to health, he aims to raise awareness of Asian health among medical students. As President in 2022, he will continue to support members and help build meaningful connections within the YACMA community, as well as to strengthen the relationships between YACMA and ACMA members.



Jessie Liu - Membership Secretary

Jessie is a fifth-year medical student at the University of Auckland, placed at Waitemata Hospital for 2022. She was born and raised in New Zealand, and her parents are both from Fujian, China. In 2017, Jessie graduated from Saint Kentigern College and knew she wanted to pursue her passion for healthcare. Through YACMA and ACMA, she would like to give back to the Asian community that has been the backbone of her life in NZ. Jessie enjoys hiking, travelling, and playing board games in her spare time.



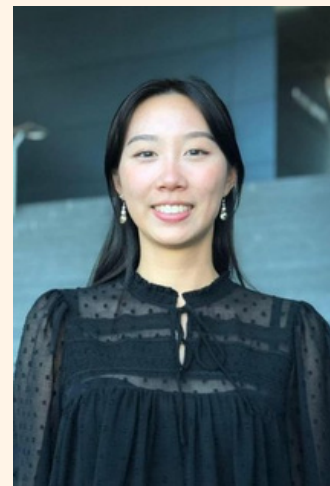
Leo Cai - Treasurer

Leo is a fourth-year medical student placed at Auckland City Hospital in 2022. Leo is a NZ-born Chinese that graduated from Auckland Grammar School in 2018. Leo loves to promote Asian culture and would continue to do so. In his spare time he likes to hang out with friends, watching movies, and drawing. Going forth into 2022, Leo is excited to be working as a new role to further strengthen the YACMA community.



Aimee Meng - TI Rep

Aimee is a current trainee intern located at Waikato Hospital this year. She has been involved in YACMA for many years and loves the atmosphere that the YACMA community brings. She is passionate about raising awareness about Asian health and working with people of all backgrounds. You can find her at most YACMA events, whether educational or recreational. Outside of YACMA, she likes to play badminton and discover new places to eat delicious food.



Mark Zhang - 5th Year Rep

Mark is a fifth-year student currently placed at Auckland City Hospital. He has been involved with YACMA for the past few years and hopes to continue being a part of the community to help provide quality social and educational events. In his spare time Mark enjoys basketball, movies and spending time with friends and family.

Oscar Guo - 4th Year Rep

Oscar is a fourth-year medical student placed at Auckland city Hospital. In 2022 his role in YACMA is the 4th year clinical rep, which he is extremely excited about. Having been one of the pre clinical reps last year, he has experience in organising events and working with the rest of the YACMA team. Oscar hopes to breakdown the cultural barriers many New Zealand born Chinese students have and to showcase what Chinese culture has to offer. Outside of medicine, Oscar plays competitive badminton and hanging out with friends.



Sophie Yu - Webmaster

Sophie is a trainee intern placed at Auckland City Hospital. Born in Guangzhou, she moved to NZ at age 4 and graduated from Auckland Girls' Grammar in 2016. Outside of her studies, she enjoys playing badminton, table tennis, piano and guitar. She is passionate about art and design, and hopes to translate these skills into her Webmaster role. Sophie also loves dimsum!

Kevin Tan - Mentorship

Kevin is a 4th yr medical student placed at Waikato hospital in 2022. He and his family immigrated to NZ from China 11 years ago. Having spent half of his life in each country; he has grown fond of both the place that embodied his childhood nostalgia, but also the beautiful land that nurtured him with its rich culture and fostered his passion for medicine. In his spare time, he enjoys reading books, camping and drawing. He is excited to join the team and dedicated to growing along with the YACMA family.



Rachel Ling - Pre-clinical Rep

Rachel is a third-year medical student at the University of Auckland. She was born and raised in Auckland and graduated from Lynfield College in 2019. In her spare time, she enjoys drawing, surfing and spending time with friends and family. As a preclinical rep, Rachel hopes to continue fostering a strong YACMA community, helping people to make new connections and form lasting relationships.

Wen Lin - Pre-clinical Rep

Wen is a third-year medical student at the University of Auckland. Wen is a postgraduate entry student with a Bachelor of Health Sciences and a Postgraduate Diploma in Public Health. She enjoys cooking, exercising and watching K & C dramas in her spare time. Wen hopes to ensure YACMA continues to be a supportive network for students and promote awareness of Asian health in the medical setting.



Jason Liu - Pre-clinical Rep

Jason is a third-year medical student. Son to Chinese immigrant parents, he expresses his heritage through his cooking. Always down for a laugh, he loves forging new relationships. He can't wait to see YACMA thrive amongst the next generation of medical professionals that are ready to drive change!

Rebecca Luu - Editor

Rebecca is a trainee intern at the University of Auckland currently placed at Waikato Hospital. Born and raised in Lower Hutt, Rebecca spends her spare time learning new recipes from her mum and building computers. She has a strong interest in the history of migration of the Chinese diaspora and she hopes to help further establish a strong community within and outside of YACMA.



Michel Luo - Editor

Michel is a fourth-year medical student at the University of Auckland. Born to migrant Chinese parents in Levin, NZ. He can be quiet at times but is willing to lend a hand wherever possible. In his down time, you will find him doing martial arts during the colder times, and fishing during the warmer times. His main aim for the YACMA group is to organise the posters and magazines.

Joanna Ngan - Editor

Joanna is a fourth-year medical student, having grown up in Vancouver and Auckland. In her free time, Joanna enjoys going for runs, dancing and spending time with friends and family. Joanna hopes to help build a strong sense of community in the community and help capture key moments throughout the year.



Bobin Kim - Editor

Bobin is a third year medical student at the University of Auckland. She comes from South Korea which adds more diversity in YACMA family. She loves spends time with friends and family and enjoy hunting for nice cafes and restaurants. This is her first time joining in YACMA group and she is very excited to be part of the team and make great posts and posters throughout the year.

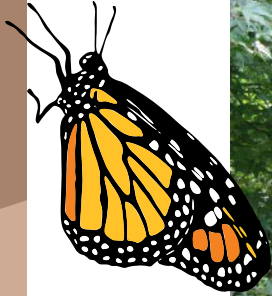
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MONARCH BUTTERFLY EVENT

To catch the last fine rays of summer ACMA visited West Lynn Gardens and Monarch Butterfly House on 20th of February. We wandered down bush walks, skirted petanque players and went caterpillar and chrysalis hunting amongst various pots of swan plants.



MONARCH BUTTERFLY EVENT



CME 1

On Sunday the 27th of February we held our first CME of the year at Imperial Palace under the cloud of the early Omicron phase (delayed from November 2021)

We were lucky to have Dr Indran Ramanathan talk to us about lung cancer screening, Dr Anand Segar discuss scoliosis in Asian children, and author Lily Lee share her story from her newly published book Farewell Guangdong. We learnt that heavy school bags and extended screentime does not cause scoliosis- what a relief!



CHINESE HEALTH WEBINAR

On the 2nd of March, we ran a Chinese Health Webinar via Zoom. As we all know, this was a busy time in the Omicron surge so we were so lucky to have so many attendees. 84 different people zoomed in to see our wonderful guest speaker, Dr Carlos Lam Yang.

Dr Carlos is a GP and Urgent Care doctor working in East Auckland. For many of us, he is a familiar figure as he has been heavily involved in ACMA since 2013.

He presented a succinct and evidence based presentation regarding COVID-19 vaccinations, testing and prevention. Not a bad topic when there's omicron going around! For many of us, this was incredibly helpful to have Carlos' frontline knowledge along with an update on the ever changing COVID19 knowledge.

At the end of the presentation, there were plenty of questions. Thank you Carlos for your patient answers and the lively discussion!



The feedback from this presentation was nothing short of amazing. Some of these comments are included below!

- "Thanks for doctor's presentation. I have learnt a lot of useful knowledge and information about how to prevent Omicron during current pandemic"
- "Chinese Video of the presentation was very helpful which showed us a clear instruction about how to do the test (RAT) by ourselves"
- "I like the presentation with both English and Chinese version which help me to learn English..."

Thank you again to Carlos for helping us and others keep safe in today's pandemic!

CME 2

Our second CME of the year was held online on April 14th. Whew, what a sign of the times!

Our guest speaker, Dr Cameron Schauer came from a thunderous round of applause at last year's ACMA conference to once again share valuable knowledge regarding bowel cancer in our Asian populations.

Dr Cameron Schauer expanded on his conference presentation to talk on dyspepsia management in the Asian patient as well as early diagnosis of bowel cancer. He also covered various tips and tricks such as when to test for H. Pylori, drug resistance, use of CT & colonography.



His talk was very helpful with refining an approach to the nuances of the variable presentations of patients with abdominal complaints. Dr Schauer had many lessons including the Gut-Brain Axis and the bidirectional nature of it. Guess we should follow that gut feeling after all!

Much thanks to Dr Cameron Schauer for presenting this fascinating and relevant!

*Diagnosing CRC is hard.
Diagnosing it early is even harder.
Worth it.*

-Dr C. Schauer

YACMA YUMCHA

On 16th April, The YACMA family welcomed the medical students with our first and foremost annual event of Yumcha at Sunworld Newmarket.

The event started off with icebreaker activities, mini games, and competitions for YACMA members to get to know each other and work effectively as a team. It was a great time for everyone to mingle and meet other people and enjoy as a whole YACMA community.

The assortment of BBQ pork buns, Siu Mai, Chicken feet, Prawn dumpling, and some surprising menu items like Peking Duck was served. Some pictures down there will show how Yumcha treated us so well!

As always, we appreciate our grateful sponsor MAS and their generous prize, \$50 Prezzy card. The winner of the prize went to Yanrui Zhou

We are always thankful for their continued support to allow this amazing event to go ahead and to nurture the medical student family in every aspect.



YACMA YUMCHA



YACMA SCHOLARSHIP

William Xu was awarded the ACMA Elective Scholarship to complete a combined research-clinical elective at Northland DHB under the supervision of A/Prof Christopher Harmston.

His project was to complete a population-based cohort study using Ministry of Health data in combination with the New Zealand Cancer Registry data and characterize the reasons for readmission after colorectal cancer surgery.

Colorectal cancer is the second leading cause of cancer in Aotearoa New Zealand and its incidence is high by international standards. Although colorectal cancer is rarer in Asian populations compared to Europeans, case numbers are likely to increase as the Asian population of NZ grows to a projected 20% by 2030. Readmission rates are high after surgery, but local NZ data is lacking. The aim of the project is to determine clinical drivers of readmission.

The study included 16,885 patients discharged from hospital after primary colorectal cancer resection. It found that readmissions following colorectal resections remain challenging to predict but occur frequently. While patient comorbidities and postoperative complications were associated with readmission, the explanatory value of these variables is poor. The study concluded that in order to reduce unplanned readmissions, efforts should be focused on prevention and early detection of post-discharge complications. This paper is currently being prepared for peer-reviewed publication.

According to William, this elective was critical to helping him take steps towards a career in academic surgery. It gave him an opportunity to travel away from Auckland where he grew up to develop his clinical skills. Furthermore, it allowed him an opportunity to work with some of the leading clinicians in this area in New Zealand. He expresses his gratitude for the generosity of ACMA for supporting his work.

UPCOMING EVENTS

Charity Pub Quiz - MAY 27

In support of children with Down's Syndrome



CME 3 - June 19

Menorrhagia, LARC + Pipelle workshop
Yum char

CME 4 - July 31

Chronic Pain, Medicinal Cannabis
Dinner

ASIANS IN THE MEDIA

Turning Red

From the maker of "Bao", a 7 minute short based on the delicious buns.



Everything Everywhere All at Once

A sci-fi action film written by Daniel Kwan (關家永) and Daniel Scheinert



The Witcher: Blood Origin

For those who've read the novels, played the games, or watched the Netflix series, comes a new miniseries on Netflix



SPONSORS



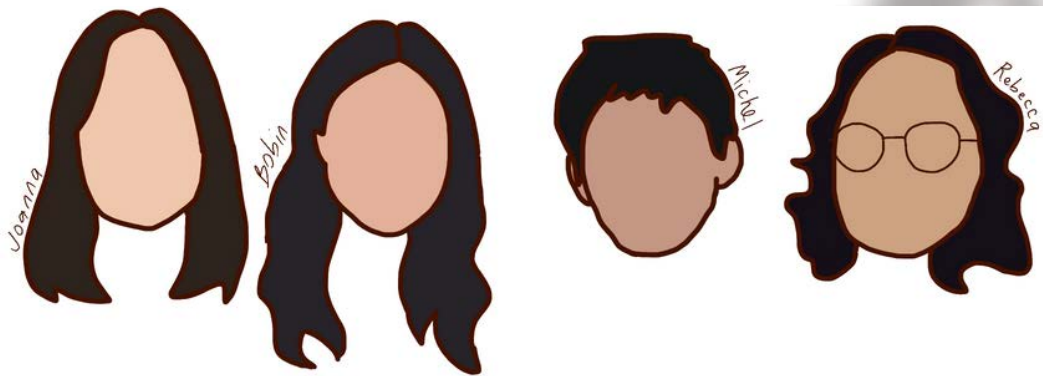
GREENLANE ✦ EPSOM ✦ TAKAPUNA



WAITEMATA
ENDOSCOPY

A partnership with
Southern Cross Hospitals

MESSAGE FROM THE EDITORS



To start things off, a big thanks for the opportunity to partake in all the events up until now, and in the future!

We hope you enjoy the newsletter.

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