

The background is a textured teal color. It features white line art of various plants: a branch with leaves and berries in the top left, a large leafy branch in the top right, a plant with seed pods in the bottom left, and a large flower in the bottom right. A central blue rectangle contains a faint, light blue background image of a caduceus (a staff with two snakes and wings) and the ACMA crest. The text is centered within this rectangle.

ACMA
Newsletter
July 2021

ACMA

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Presidential Address

Hello again ACMA and YACMA members

I hope winter has been treating you kindly and you have avoided the RSV virus that is going around the preschool population. This time last year we were all washing and sanitising our hands, keeping ourselves and our children at home at the first hint of a sniffle. This year seems more like the winters of old when children pick up viruses from preschool then clog up hospital and GP waiting rooms as a result.

After a three year hiatus ACMA held a conference in May at the Highbrook Conference Suites and thanks again to the hardworking ACMA and YACMA executives who helped make this a success. We head into the second half of the year with two more CME events, one social event and our community events in association with TANI and ACCC before wrapping up a busy year with the AGM in November.

I will be giving out membership surveys in the next two CME meetings.

If you miss out and wish to give feedback, please email me. The Constitution is due for review and I value your input. We also seek new talent to join the executive. Meetings are held every two months. We welcome members to join us as an observer, if you wish to know more before making a commitment, contact: president@acma.org.nz

Dr Linda Lum

ACMA President 2021

General Practitioner

BHB, MBChB, DipObsGyn, FRNZCGP

YACMA Presidential Address

Hello ACMA and YACMA family!

Isn't it crazy to think we are already in July? Looking back now, I'm thankful that this year has gone smoothly without any major interruptions. Hope you are all keeping well and warm during this winter season!

We recently hosted our first winter social event, something that had been in the planning books for many years and I'm glad we were able to finally go through with it. I hope all of you that attended enjoyed the night and had some great food. Many thanks to the exec and MAS for making it possible! Any feedback and suggestions to any current exec would be really helpful moving forward!

For those out of the loop and wondering what is happening with the annual retreat (keep up to date with our Facebook group!), it has been moved to the end of the year once again. Even prior to the lockdowns, previous exec were experimenting with the idea of moving the event to the end of the year. Anywho, I hope you all enjoy it as much as attendees did last year! This legendary event is not to be missed!!

This semester be sure to look out for our events coming up! The YACMA Careers Evening, an introduction to hospital talk, 2nd year Communication Skills Workshop, 4th year mOSCE and of course our annual AGM! Be sure to have notifications on and keep up to date with emails, we hope you can all get as much out of these events as possible!

As always big thanks to all the lovely executive for making everything possible and all of you who come along and support YACMA. It's always great to see both new and familiar faces around!

I hope you all have a fabulous second half of the year!

Warm regards,
Jerry Tang

YACMA

Pre-Clinical Reps Address

Hello ACMA and YACMA community!

Hope everyone has had an amazing year so far now that COVID-19 restrictions have loosened up since last year. How lucky we are to be living in Auckland in times like these. Just a quick reminder to continue fulfilling our role as responsible citizens and carrying out the minor restrictions still currently in place such as wearing masks on buses and practising safe hygiene! All of these will continue to ensure our gradual route to conquering this virus together.

Since the last letter, we have hosted another event which we refer to as our winter social event. Medical students from Year 2 all through to Year 6 were able to connect and socialise, forming new connections aside from having a good time. There was also a fun little segment involving a punishment of eating particular spicy and slightly exotic skewers. Overall, a successful event with a great turnout, and we as Preclinical Reps were able to carry out what we set out to do, which is essentially organise a range of events that might strengthen bonds between the Asian community in medical school.

We're now starting to look at plans for our annual retreat for the end of year, the 2nd year Communication Skills Workshop, as well as the end-of-year AGM! Many exciting things to be on the lookout for, so please check that you pay attention to upcoming emails and check our social media pages! Hope to see more of you guys in future events we hold.

Final thanks to everyone who's been supporting us, including other executive members and ACMA of course. We look forward to being able to continue fulfilling our duty, and we hope everyone has a pleasant rest of the year.

Lots of love,

Grace, Leo and Oscar, your YACMA Preclinical Reps

ACCC Senior Group

Increase public awareness about vaccines? Worth a "shot"!

With Covid-19 infections overseas being in the news on a daily basis, it was timely that ACMA President, Dr Linda Lum gave a Pfizer vaccine update to the Senior Lifestyle Group on 4th May at the Auckland Chinese Community Centre. Most attendees were still waiting to receive their vaccination invitations. How MRNA vaccines work, safety, effectiveness and the NZ vaccine program were topics discussed on the day.



Questions from the group ranged from the duration of protection, herd immunity and the immune response in the elder population. This was supplemented by encouragement from some members who have already received their vaccinations. To conclude, videos recorded by Counties Manukau DHB were presented in English and Cantonese, to help reinforce the take-home message that the vaccine was safe, effective and recommended to all.

ACMA Conference 2021

On Saturday 8th May, ACMA held its annual medical conference at Highbrook Conference Suites in East Tamaki. We were lucky enough to be joined by a diverse range of informative and thought-provoking keynote speakers.



The conference also included suturing workshops and slit lamp demonstrations, followed by a banquet dinner!



Thank you to all that joined us at the conference, our YACMA volunteers, and our sponsors. We hope you enjoyed yourself at this event!

ACMA Conference 2021



TANI Talk

On May 18 Dr Jessie Liu gave a talk to approx 120 members of the Chinese community at the Te Tuhi Arts Centre, Pakuranga. She shared her knowledge of caring for older people, offering insights into identifying factors that affect people's mental wellbeing and mood.



Rotary Club

Where do sick boats go to get treated?
The dock!

On May 19 Dr Linda Lum gave a Covid-19 vaccine update to members of the Rotary Club harbourside. This talk was held at the home of the America Cup, the Royal New Zealand Yacht Squadron Club rooms at Westhaven.



ANZ Article

Love being your own boss? Why not be your own landlord?

The appeal of being your own boss is one of the main drivers for starting a business. But being your own landlord can also be pretty appealing – and rewarding. If you're leasing your premises and your business is in a sound financial position, owning your own premises could be a good option. Here are some of the pros and cons you'll need to consider.

The Pros

There are many potential benefits of owning your own commercial property. From a personal perspective, it can be an effective way to build wealth with the potential for the property to rise in value.

From a business perspective, it gives you certainty and control. With no landlord to deal with, there's also no more worrying about potential rent rises, or whether your lease will be renewed.

According to ANZ's Director of Sector Strategies Richard Hinchliffe, there's another benefit to owning your own premises, which can be even more important in the long term.

For example, one of our customers, a medical specialist who was leasing a room in an established practice, had a bigger vision. She wanted to bring a group of specialist practitioners from different disciplines together in a health 'hub', which would give patients easy access to a more holistic treatment approach. We helped fund the purchase of her own premises so she could make her vision a reality – giving her control over her own business growth while providing better outcomes for patients.

Another customer ran a care facility on leased premises, which was so successful he was constantly turning new referrals away. He wanted to purchase the premises so he could add more rooms and expand the business, but the landlord was unwilling to sell. There was also uncertainty about what would happen to the premises – and his lease – in the future.

We helped our customer buy another care facility, along with the land and buildings, and build more capacity to meet demand – giving him increased revenue, greater peace of mind and more control over the future of the business.

The Cons

Of course, owning your own premises isn't for everyone. Purchasing a commercial property soaks up capital which you may need to establish and grow your business – particularly if it's relatively new.

While dealing with a landlord can sometimes be a hassle, when you're the landlord you're responsible for ongoing maintenance and all the associated costs such as compliance and insurance.

While property prices tend to go up over the long term, they can also go down – and as a landlord you take the risk. With leased premises you also have more flexibility to move if your situation changes.

Weighing it up

The decision on whether owning your own premises is appropriate depends on a number of factors.

“Every business and every business owner is different,” says Richard Hinchliffe. “You need to think about things like the strength of your business, how much capital you have available and whether a commercial property purchase is the best use for it.”

“Most importantly, think about how it fits with your business strategy and your own personal goals. It’s important to get good advice – talk to your network of business advisers before making a decision. At ANZ we can help you understand the financial aspects – call Sharon Lim on +64 21823802 to talk about how we could help with funding of commercial property purchase in the healthcare sector.

“But if the business case stacks up and there is a good fit with your longer term objectives, owning your own premises can be a great way to build wealth and grow your business.”

Important Information

This material is for information purposes only and is subject to change. We recommend seeking financial advice about your situation and goals before getting a financial product.

To talk to one of our team at ANZ, please call 0800 269 249 for more information about ANZ’s financial advice service or to view our financial advice provider disclosure statement see [ANZ.co.nz/fapdisclosure](https://www.anz.co.nz/fapdisclosure). While ANZ has taken care to ensure that this information is from reliable sources, it cannot warrant its accuracy, completeness or suitability for your intended use. To the extent permitted by law, ANZ does not accept any responsibility or liability arising from your use of this information.

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YACMA Winter Social

The winter's pretty "chilly", but not as "chili" as the meal!

YACMA's first-ever Winter social event was held on the 21st of June, at GOGO Music Cafe on Dominion Rd. Members had the chance to try out the BIG plate chicken and the assortment of skewers (including some cow aorta)! We hope this was a great opportunity to meet new people and to socialize after a long term of hard work.

As always, a huge thank you to MAS for sponsoring this event!



Be Healthwise!

ACMA has been working in collaboration with Counties Manukau on a series of workshops focusing on Healthy Eating. On 26th June attendees listened to a Dietitian talk at the Buddhist Compassion Relief Tzu Chi Foundation rooms in East Tamaki.



Eating guidelines, tips to reduce fat and sugar as well as reading food labels were a few of the topics covered. The workshop concluded with a delicious vegetarian lunch prepared by the kitchen volunteers.



Meningococcal B CME

The July CME was held at Grand Park Chinese Restaurant. The energy among the ACMA members and YACMA medical students was "infectious" -- so is the "Meningococcal B disease", but luckily we now know more about it!

Dr Sharon Wong, a pediatrician at Waitemata District Health Board and a clinical senior lecturer at The University of Auckland, gave the presentation on the disease. She explained its etiology, pathology, and epidemiology, as well as the risk factors and the inequities seen in the community. She also stressed the importance of a vaccination program.



Then, Sharon Zollner, the Chief Economist of ANZ, gave us an insightful overview of the housing market.

The night ended with a great meal, where members have the chance to interact and bond with each other!



Asians in the Media

Here are some recommendations from the editors for new and exciting films, and books with Asian representation.

A Clear Dawn

This is the first anthology of its kind, showcasing Asian New Zealander creative writers.



The Farewell

This film centring around a Chinese family has recently been added to Netflix.



Raya and the Last Dragon

This film introduces Disney's first Southeast Asian Princess, Raya.



Shang-Chi and the Legend of the 10 Rings

This film is Marvel's first Asian centered movie, dropping in September.



Upcoming Events

TANI talk - 20 August

CME - 12 September

ACCC Childrens' Day - 16 October

Wallace Arts Sunday - 17 October

AGM - 14 November

New Members Welcome

Say Hi to our New Members!

Dr Jessie Miao Rong Liu, GP, Albany

Dr Ruoh Whay Sim, GP, Auckland Central

Dr Wee-Ling Khoo, GP, Royal Oak

Dr Albert Lin, GP, Albany

Dr Andrew Cho, ORL & Head and Neck Surgery, Epsom

Dr David Dahao Wu, GP, Pakuranga

Dr Rachel Lee, Urgent Care, Ponsonby

Dr Szelin Peng, Colorectal Surgery, Epsom

Dr Wendy He, Orthopedics, Hamilton

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Message from the Editors

It's been a pleasure attending and documenting the many wonderful events over the past few months; we are excited for all of the events to come! Follow us Facebook @YACMA Editors and Instagram @yacma.uoa for more info on future events and photos.

Deanna, Lily, Joanna and Bosco

