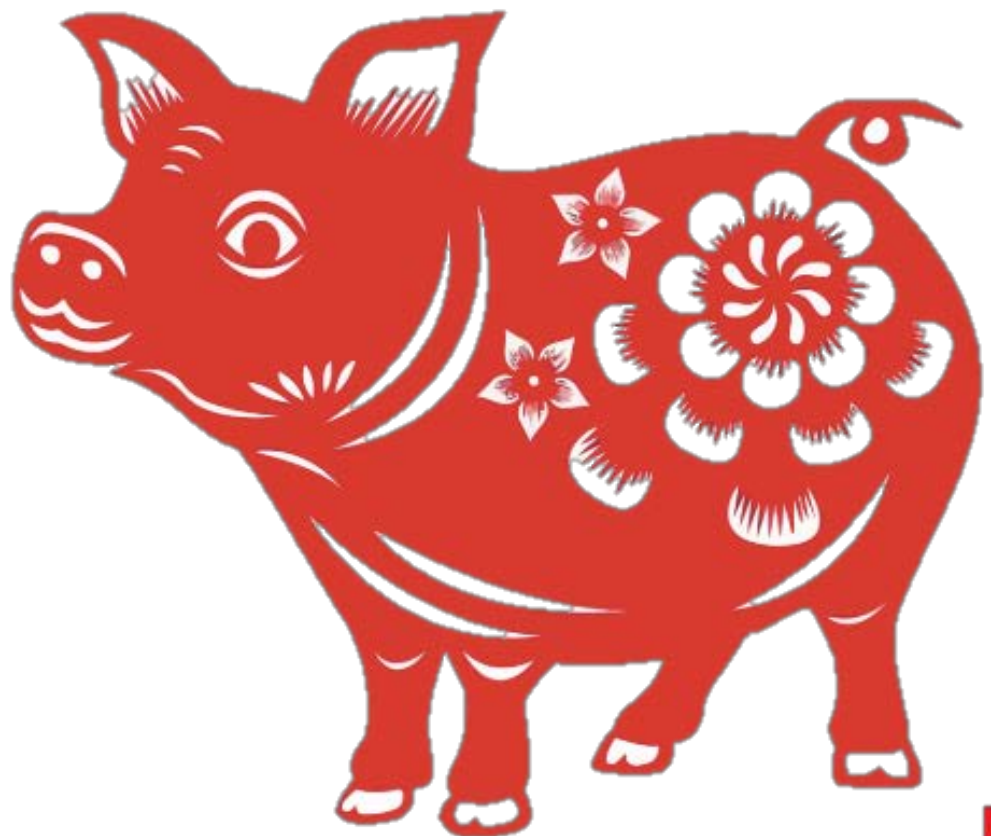
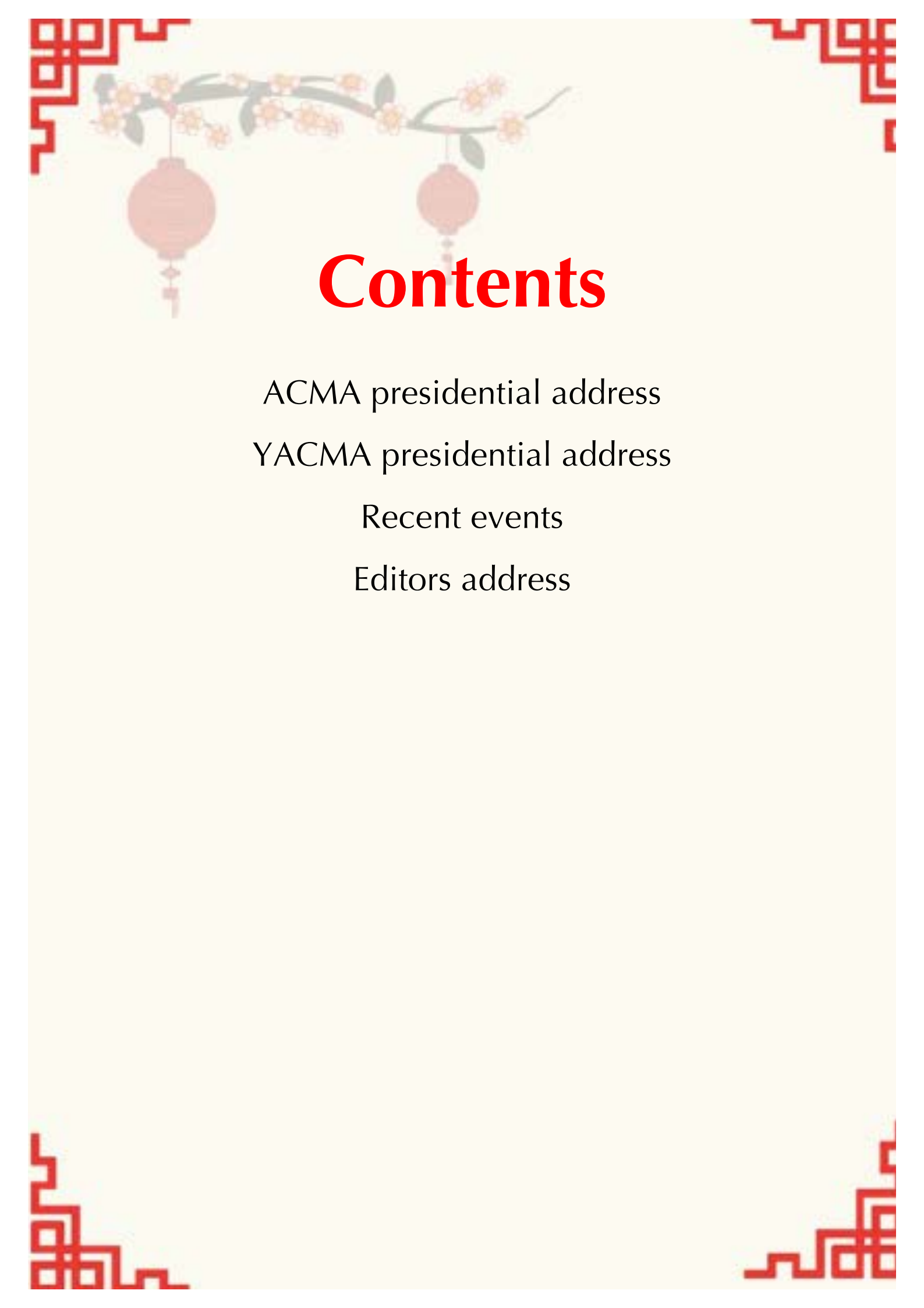


December 2019

ACMA Newsletter





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Dr Carlos Lam Yang

Dear fellow members

WELCOME

Welcome to your fourth and final ACMA newsletter for 2019. I hope everyone is enjoying the warmth of summer and spending plenty of time maintaining their Vitamin D levels while at the same time adhering to slip, slop, slap. Hopefully most of you enjoyed a special Christmas with friends and relatives and for those who had to work, I hope that day was relatively uneventful. Whatever, you are up to, I hope you enjoy reading the rest of this newsletter and hopefully get a bit of a break while we gear up for yet another event-packed ACMA year in 2020 with the highlight of the year being our biennial Conference in May 2020.

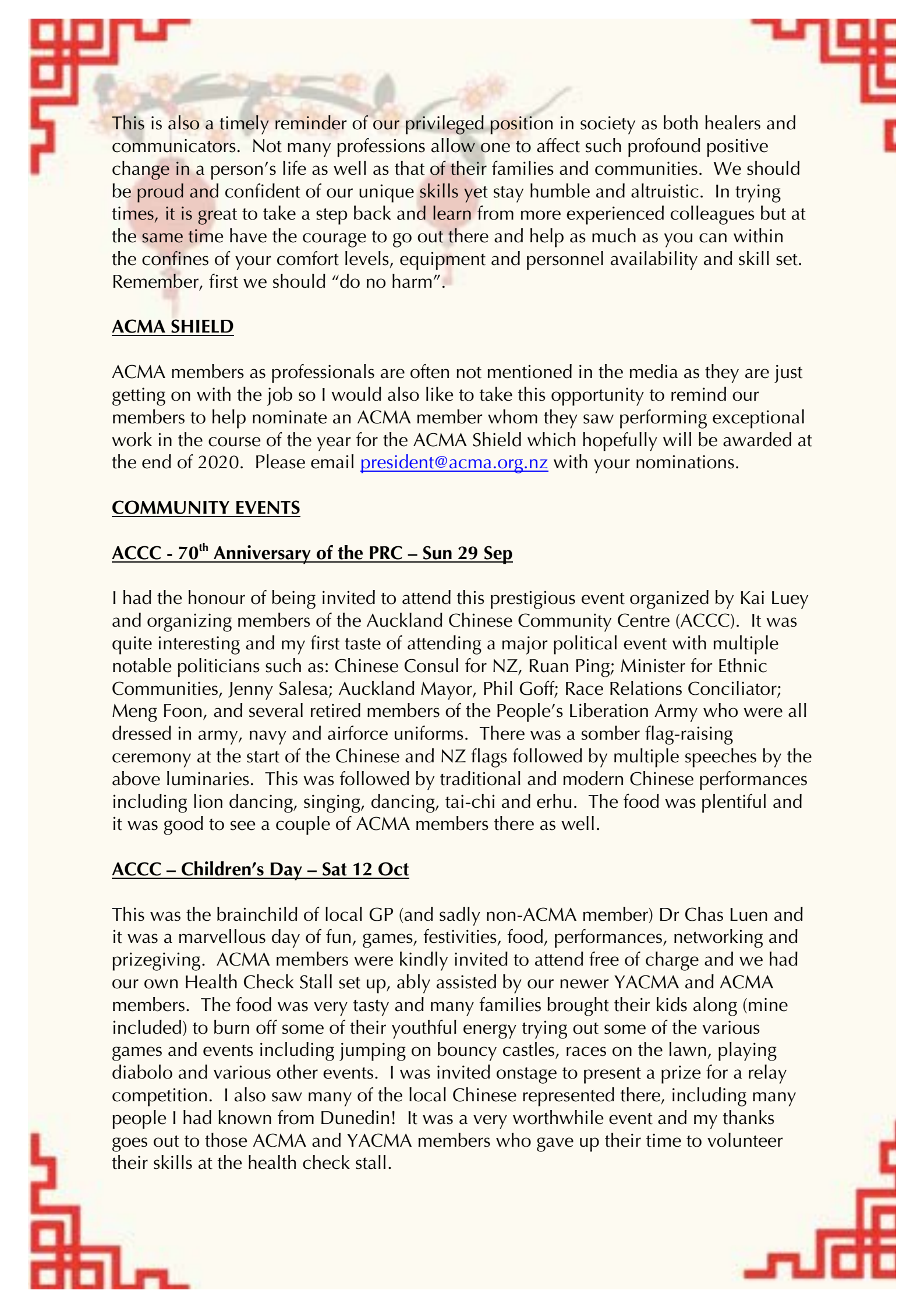


WHITE ISLAND (WHAKAARI) ERUPTION

On behalf of ACMA, I wish to send my condolences to those unfortunate souls caught in the recent White Island eruption. Reading the news, it is both saddening to learn about the loss of life in yet another major casualty event to his NZ this year, yet heartening to hear about the efficient and empathic response from our Prime Minister, emergency response teams, locals, the local hospital and all the burns units around the country and those in Australia that repatriated their citizens. I was shocked to hear that some of the burns victims sustained up to 95% burns to their bodies and unfortunately, a few could not make it. For those members who either had direct or indirect involvement in treatment of the victims, much kudos goes to you for being part of the teams involved in dealing with this disaster.

SAMOA MEASLES OUTBREAK

As the media has recently reported, the recent measles epidemic in Samoa has claimed over 80 lives and resulted in many others fighting for survival in ICU. This avoidable tragedy could have been prevented had it not been for an unfortunate event last year with undiluted vaccines resulting in the death of two infants in combination with deliberate and dangerous misinformation from anti-vaccination individuals and "quacks" peddling cures for measles. Thanks to the heroic efforts of medical teams and nurse vaccinators from Samoa, NZ and the international community, Samoa is finally out of the State of Emergency. For any ACMA members that were involved in some capacity in dealing with this epidemic, a great thanks goes out to you for your part in helping those most in need.



This is also a timely reminder of our privileged position in society as both healers and communicators. Not many professions allow one to affect such profound positive change in a person's life as well as that of their families and communities. We should be proud and confident of our unique skills yet stay humble and altruistic. In trying times, it is great to take a step back and learn from more experienced colleagues but at the same time have the courage to go out there and help as much as you can within the confines of your comfort levels, equipment and personnel availability and skill set. Remember, first we should "do no harm".

ACMA SHIELD

ACMA members as professionals are often not mentioned in the media as they are just getting on with the job so I would also like to take this opportunity to remind our members to help nominate an ACMA member whom they saw performing exceptional work in the course of the year for the ACMA Shield which hopefully will be awarded at the end of 2020. Please email president@acma.org.nz with your nominations.

COMMUNITY EVENTS

ACCC - 70th Anniversary of the PRC – Sun 29 Sep

I had the honour of being invited to attend this prestigious event organized by Kai Luey and organizing members of the Auckland Chinese Community Centre (ACCC). It was quite interesting and my first taste of attending a major political event with multiple notable politicians such as: Chinese Consul for NZ, Ruan Ping; Minister for Ethnic Communities, Jenny Salesa; Auckland Mayor, Phil Goff; Race Relations Conciliator; Meng Foon, and several retired members of the People's Liberation Army who were all dressed in army, navy and airforce uniforms. There was a somber flag-raising ceremony at the start of the Chinese and NZ flags followed by multiple speeches by the above luminaries. This was followed by traditional and modern Chinese performances including lion dancing, singing, dancing, tai-chi and erhu. The food was plentiful and it was good to see a couple of ACMA members there as well.

ACCC – Children's Day – Sat 12 Oct

This was the brainchild of local GP (and sadly non-ACMA member) Dr Chas Luen and it was a marvellous day of fun, games, festivities, food, performances, networking and prizegiving. ACMA members were kindly invited to attend free of charge and we had our own Health Check Stall set up, ably assisted by our newer YACMA and ACMA members. The food was very tasty and many families brought their kids along (mine included) to burn off some of their youthful energy trying out some of the various games and events including jumping on bouncy castles, races on the lawn, playing diabolo and various other events. I was invited onstage to present a prize for a relay competition. I also saw many of the local Chinese represented there, including many people I had known from Dunedin! It was a very worthwhile event and my thanks goes out to those ACMA and YACMA members who gave up their time to volunteer their skills at the health check stall.

Auckland Marathon – Sun 20 Oct

On this slightly overcast day, a group of intrepid runners from the ACMA and YACMA family gathered together to tackle a run through the city. These groups included kids as well as adults and different distances were covered. Congratulations to all the those who took part namely: Dr Kristine Ng and family, Dr Gee Hing Wong and family who all completed the 5km Family Fun; Dr Kevin Liu and myself who completed the 11km Traverse; Calvin Fraser from YACMA who completed the 23km Half-Marathon and Dr Vania Tan from Tauranga Hospital who braved the 46km Full Marathon. Great thanks to all those ACMA members who donated to our great cause, The Mental Health Foundation!

ACMA-TANI Community Health Talk – Wed 30 Oct and Wed 13 Nov

As part of the ACMA-TANI Collaboration, ACMA members have an opportunity to give talks to the Chinese public at various venues. At Takapuna Library in the North Shore on Wed 30 Oct, local Chinese residents who attended my Skin Cancer presentation learnt how to prepare for summer and the risks that come with living under the biggest ozone hole in the planet. It was reasonably well-subscribed and I was ably assisted by Lily Xu from TANI who acted as my Mandarin interpreter. A few attendees also grabbed this opportunity for me to give them a spot diagnosis of various lesions which saved them a few tens of dollars in the process!

I also gave a talk on the Endocrine System at TANI's main headquarters in Pearce Hall in Onehunga on Wed 13 Nov which was well-attended by 129 people. The translation was kindly done by a CMDHB interpreter and this was followed by a both a theoretical and physical exercise session with local physio, Puisar Chan. Many questions followed after the main presentation as well as a tasty lunch. ACMA received great feedback afterwards. Many thanks to Lily and the TANI Team for organizing this event.

We hope to have a greater variety of speakers in the future for these health talks so if you are keen, please let me know at president@acma.org.nz.

SOCIAL EVENTS

Summer Social Event: Beach Clean Up – Sun 1 Dec

On a blustery Sunday morning, a group of stalwart and caring ACMA members braved the blustery weather to ensure that part of Mission Bay remained clean and tidy. Everyone kitted up with plastic gloves and a black rubbish sack each and we scoured the local environs, picking up as many bits of rubbish that we could find in one hour. It was quite a shock to see the amount of broken glass bottles littering the otherwise pristine beach and park and I had to warn a couple of barefooted kids to be careful as some of the glass fragments were tiny and hiding in grass! After all the back-breaking effort, we were rewarded by a nicely-cooked and tasty BBQ meal done by the ACMA members with the best cooking skills! Thanks to all those who turned up and made it an enjoyable day.

CME

AGM: Sun 10 Nov

Our final meeting of the year kicked off with a list of highlights from the year past, including reports from the ACMA Treasurer and YACMA President. We also had the opportunity to hear from the inspirational and visionary founder of Clearhead, Dr Angela Lim, who gave members a lowdown on her online tool to help those with mental health issues. It was very well-received by doctors and she certainly had a lot of questions asked of her during the dinner that followed. The evening was full of life as usual and members had a chance to network and catch-up while tucking in on their crayfish amongst other things. It was also with great sadness that due to work commitments we had to say goodbye to our longstanding Treasurer, Dr Adrian Wan; Sponsorship Secretary, Dr Derek Luo; and General Committee member, Mr Stanley Loo. We wish them well in their future endeavours and I am sure they will still be contributing in one capacity or another to future ACMA events.

WEBSITE

You should now be able to advertise your clinic and for locums here and also access the Public Doctors' List. Please also email our secretary on secretary@acma.org.nz if you would like to be featured on our Public Doctor's List 2019. This is now available for downloading and viewing.

HOUSEKEEPING

I also encourage all those members who have not paid up to pay their subscription <https://goo.gl/forms/A2iEYpYrX3bCelDh1> and email the membership secretary on membership@acma.org.nz. **The annual subscription for next year is due by the end of the previous financial year – 31 March 2020.**

If you have any contacts with any companies or organizations that would be keen to sponsor ACMA events, please email our sponsorship co-ordinator on sponsorship@acma.org.nz. We also aim to do a newsletter every 3-4 months. If you have anything you would like to contribute to the newsletter or would like to be interviewed for a newsletter, please email editors@acma.org.nz.

SAVE THE DATES

- 1) **ACMA Health Check Stall at the ASB Showgrounds for Chinese New Year – Sat 18 Jan (10am-4pm)**
 - Sign-ups will be available in the next two weeks for ACMA and YACMA volunteers
- 2) **ACMA Conference 2020 – Sun 9 May (0830-1700)**
 - Sign-up via <http://www.acma.org.nz/acmaconf2020>
- 3) **ACMA Round the Bays Team – Sun 8 March**
 - Sign-up via <https://my.roundthebays.co.nz/register/?id=RTB20>
 - All members will get free registration and a free-T-shirt if signed up before 1 Feb 2020

YACMA Presidential address

Hi ACMA and YACMA family!

I hope you all are taking some time to enjoy the beautiful summer that has finally arrived! What a year it has been! I hope you all have enjoyed the year as much as I have serving you all.

YACMA was a huge success this year. We wrapped up our year with the ever popular Korean BBQ AGM. We not only got to catch up with old and new faces over good food, but also elected an enthusiastic executive team for next year. It was awesome to see so many members keen to put themselves forward and I look forward to seeing the team flourish!

As I reflected on this year, it occurred to me how special of a community YACMA has become. It is not only an education or social platform, but a place for people to belong and to grow in themselves. It has been a privilege to interact with some of our newer members and I hope the inter-generational mentoring within the student body continues for years to come.

With that in mind, I look forward to seeing YACMA grow even more next year!

Merry Christmas everyone!

Hope you all have an awesome break.

Best,
William Xu



Recent events

ACCC 70th Anniversary of the PRC

ACMA President Dr Carlos Lam had the pleasure of attending this event hosted by the Auckland Chinese Community Centre. Held on the Sunday of the 29th of September, there were numerous attendees including many notable politicians and figures. Various speeches and performances were made and a fruitful assortment of food was supplied.



ACCC Children's day



The Auckland Chinese Community Centre Children's Day was held on Saturday the 12th of October at the Auckland Chinese Community Centre. The event catered to people of all age groups including a variety of games, food, performances and competitions. ACMA had their own information stand and also provided health checks for those

who attended. Thank you to all the ACMA members and YACMA students that helped out at the event! This was definitely a very enjoyable event for ACMA members and their families.



Auckland Marathon

A group of ACMA and YACMA members participated in the Auckland Marathon held on Sunday the 20th of October. This consisted of a run throughout the city covering areas such as Devonport, Smales Farm, St Heliers Bay and Victoria Park. Well done to all those who took part whether it be in the Family Fun Run, Traverse, the Half or Full Marathon! Furthermore, thank you to everyone who donated to the chosen charity, The Mental Health Foundation.



YACMA AGM

This year's YACMA Annual General Meeting was held on Saturday the 26th of October and once again at Paradise BBQ Garden Restaurant. YACMA members thoroughly enjoyed being treated to a Korean BBQ Dinner Buffet at this highly anticipated event. A summary of the 2019 YACMA events was made as well as a thank you to the 2019 Executive Committee for their hard work throughout the year. ACMA President Dr Carlos Lam also voiced his appreciation of the work done this year for YACMA and is looking forward to further reinforcing the relationship between YACMA



and ACMA in the future. Towards the end of the night the new 2020 Executive Committee was elected with all candidates giving a brief speech on why they should be part of the exec team. Well done to all those who campaigned the week before the AGM and a big congratulations to the new 2020 YACMA exec! Once again a big thank you to the 2019 YACMA exec, everything that you have all done is greatly appreciated.

2020 YACMA Executive Committee:

President- Aimee Meng

Membership secretary- Alan Wu

Preclinical reps- Linda Wang,

Jerry Tang and Mark Zhang

Editors- Phoebe Liu, Angela

Qian, Kevin Chen and Yusi Guo

Treasurer- William Xu

Mentorship- Dylan Lee

Webmaster- Tianwei Liu

4th year rep- Nelson Song

5th year rep- Nicholas Quek

TI rep- Katherine Sung



ACMA AGM

To wrap up this year's ACMA annual general meetings, a substantial 10 course feast was prepared for us at the Imperial Palace restaurant on the 10th of November. Food was plentiful and overflowing, ranging from steamed fish to roasted chicken amongst fried rice and an assortment of various vegetables. The meeting began with an address from our ACMA President Dr Carlos Lam further praising our exec team's efforts this past



year and all we've accomplished. This recap of our exciting year included our hosting of 5 CMEs, the fruition of our new website, and collaboration with ACCC (Auckland Chinese Community Centre) for their children's day.



At this point, the elective scholarship winners were announced and we would like to congratulate the 5th years Brian Yeom and Thitapon Uiypat for their achievements! This final ACMA AGM also marked the first appearance and speech from Aimee Meng as our YACMA president for 2020,

where she acknowledged the privilege of such an honour and bringing to light some of her plans for the upcoming year.

ACMA Executive members, Dr Derek Luo, Dr Adrian Wan and Dr Stanley Loo were also acknowledged for their support and efforts over the many years as they will be stepping down from their roles.



Rounding out the AGM was the captivating presentation given by our guest speaker Dr Angela Lim, CEO and co-founder of Clearhead, which is NZ's first mental health & wellbeing diagnostic tool relying on artificial intelligence. This technology is cutting edge for New Zealand and may provide our health services and the people of NZ a more convenient and efficient way of correctly diagnosing, triaging, and treating those in need. This is only possible from its unique method of implication due to Clearhead being a digital system, thus allowing consumers to directly and privately engage with the platform, reducing patient anxiety and fear of being judged. Furthermore, the site also provides the ability to search for available therapists (with their photos and bio included) and even search for and book therapy sessions online for



patients. Many questions were asked after Dr Lim's seminar about all aspects of Clearhead, from its conception & development, to its capabilities and of its future use. As of now, it is not being used or

implemented by the NZ health service currently, but that may not be true for long with the progress and positive feedback it has received.

Would you like to know more? <https://www.clearhead.org.nz/>

2020 ACMA Executive Committee:

President- Dr Carlos Lam

Vice-president- Dr Vicky Tai

Immediate Past President/ CME Coordinator- Dr Andrew To

Treasurer- Mr Danny Seto

Mentorship Coordinator- Dr Gary Wu

RMO Rep- Dr Kevin Liu

Social Rep- Dr Brian Tse

General Committee- Dr Michelle Wong, Dr Gee Hing Wong, Dr Wilson

Young, Dr Cliff Ah-Kit, Dr Boris Yow, Dr

Ang Liu, Dr Linda Lum, Dr Albert Low

Webmaster- Brian Yeom



ACMA-TANI Community Health Talks



On Wednesday the 30th of October the ACMA and TANI (The Asian Network Incorporated) hosted a community health talk at Takapuna Library. ACMA President Dr Carlos Lam assisted by Lily Xu from TANI to act as an interpreter, gave a Skin Cancer presentation and the importance of being prepared for summer and minimizing skin cancer

risks.

On Wednesday the 13th of November Dr Carlos Lam gave another talk about the Endocrine System to a crowd of 129 people at TANI's main headquarters in Onehunga. A CMDHB interpreter assisted in translation and the talk was followed up by an exercise session conducted by local physio, Puisar Chan. The attendees thoroughly enjoyed both health talks and were received with very positive feedback.



Beach Clean Up

On the Sunday of the 1st of December a group of ACMA members and family went to Mission Bay for a morning of beach clean up. It was a very productive session with many bags of rubbish being collected and members were treated to a delicious BBQ afterwards. A big thank you all the members who turned up to help clean up and make it a delightful day.



To see more photos from our recent events please go to the ACMA website.

<http://www.acma.org.nz/2019-events>

Message from the editors

Hello to all the ACMA and YACMA members reading this newsletter entry. Firstly, we hope you all had a wonderful Christmas with family and friends. We can't believe that this is the final newsletter of this year! It is crazy how fast time has passed and that it is the end of 2019. We hope you have all enjoyed reading the newsletters this year, we know we definitely had fun making them! It has been a great experience attending all the ACMA and YACMA events and meeting so many members. We look forward to seeing what the 2020 editors get up to next year!

If anyone has any feedback for us in regards to the format, content or any aspects that should be improved on for the 2020 newsletters, please do not hesitate to get in contact with us at our email:

editors@acma.org.nz

Wishing you all Happy Holidays and a Wonderful New Year!

Antonia, Brandon, Jonathan and Ahmad

