



Acma

newsletter

Dec '18



圣诞快乐



EXEC Committee 2018

ACMA EXECUTIVE 2018

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

YACMA EXECUTIVE 2018

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

ACMA Presidents Address

Dr Andrew To



It has been my honour to have served as ACMA president in the last two years. During these two years, the ACMA executive team strived to achieve the aims we set out: improving medical education, engaging our community, and facilitating collegiality and networking.

I would like to especially thank the committee and all members for their support of the community health seminars in the last two years. Engaging the community has always been one of my priorities and through organizing these seminars, we understood more about the health needs of the community, as well as the challenges and strategies in engaging the community effectively. No doubt, we would be able to achieve more in the coming year.

We would like to express our gratitude to all the doctors and students who have volunteered their valuable time in organizing all the ACMA events, big and small, in the past years; those who participated and supported the events; as well as those who have given the committee suggestions and advice and those who provided mentorship to the leadership team and me personally, often behind the scene.

It would be impossible to thank everyone individually, but I would like to single out the YACMA team for a being energetic and vibrant group of the ACMA community, not to mention all the hours they have put into ACMA. Special thanks also to Carlos, who has not only helped with organizing a large chunk of ACMA affairs, but also, more importantly, through our many brainstorming sessions, helped shaped the current directions of ACMA. As we hand the baton to Carlos and the next leadership team, we know that we are in good hands. We wish the new leadership team all the best.

Many of us are staying on, but for those leaving us next year, thank you once again for your service. We thank Kristine for her leadership in the mentorship program, as well as Judy for her assistance in community event advertising.

In clinical practice, we walk with our patients every day through their life journeys, and we play our little part to help them deal with all the challenges and tribulations that life brings. I have been very privileged to have been walking and growing with all of you in our own life journeys, especially when they intersect in this wonderful association of ACMA. I most enjoyed your company and all the things that you have taught me as we walked together!

God bless.

Andrew

YACMA Presidents Address

Katherine Sung



Dear members,

Time has flown by and it is already the last month of the year. I hope you are all enjoying your holidays under the sun or with the snow – wherever you may be!

Since the last newsletter, we have had our annual Careers Evening where we were joined by 13 amazing doctors from different specialties who shared their experiences with us. We also had a volunteering opportunity for the ACMA Chinese Health Forum for the community. Finally we had our grand finale event – the AGM where we welcomed the new executive team for 2019 – congratulations once again!

Let's do a quick year in review for YACMA. We achieved so much this year with the active involvement of our members. We had multiple social events like Yumcha, BBQ and AGM with lots of food and educational tutorials and mock OSCEs for our members to support their learning. Our

Coromandel retreat was the largest ever from the history of YACMA retreats! We also gave back to the community frequently throughout the year with our volunteering opportunities with ACMA.

Signing off for the end of the year, as always, a huge thank you to the all our executive members for their hard work throughout the year and our members for being part of the YACMA family. We hope you enjoyed this year as much as we did and we look forward to what 2019 has in store for us!

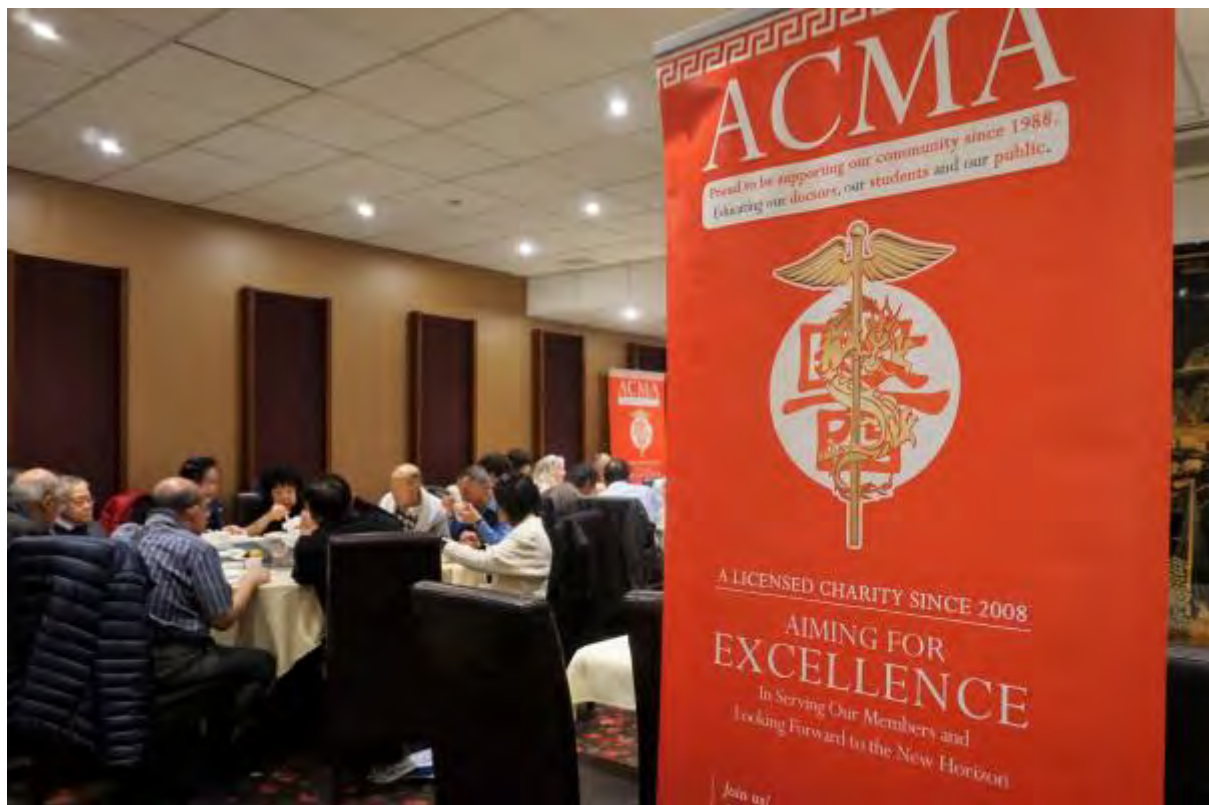
Have a very Merry Christmas and a Happy New Year!

Kind regards,

Katherine Sung

YACMA President

Recent Events



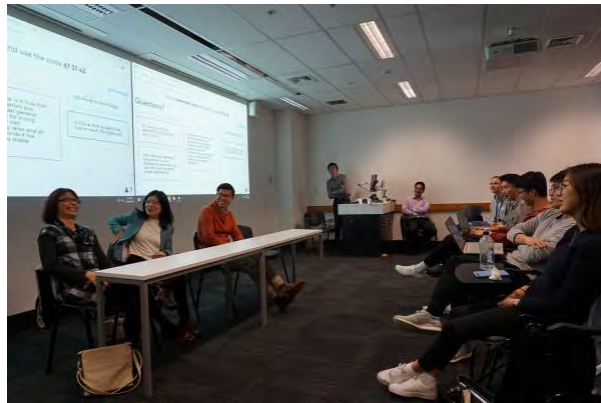
Careers Day



The YACMA careers evening is an event where students gain valuable insight into the various medical specialities and have their burning questions answered. The event began officially with the Medical panel where Dr. Cheryl Buhay revealed the exciting and unpredictable aspects to Psychiatry and Dr. Gerard De Jong explored the effective management of patients. This was followed by the Surgical panel where students were able to ask questions about what specialities such as ENT, Anaesthetics, Plastics and General Surgery were like. It was hugely helpful hearing how the specialists got to where they are today, what a typical day looks like for them and debunking a few myths about their field. The discussion about the advances in technology was also very interesting. The evening talks ended with a panel discussion about what our ACMA doctors encounter in General Practice, Paediatrics and Emergency Medicine. Dr. Iris Chan and Dr. Ker Liong also shared some stories that they had experienced in their journey.







We would like to thank the following doctors for giving up their time to make the event possible:
Panel 1: General Medicine (Gerard De Jong), Psychiatry (Cheryl Buhay), Cardiology (Adele Pope), Dermatology (Kenneth Wong) **Panel 2:** General Surgery (Universe Leung), ENT Surgery (Jacqui Allen), Plastic Surgery (Stanley Loo), Anaesthetics (Andrew Tse) **Panel 3:** General Practice (Ker Liong), Paediatrics (Joan Yeung), Emergency Medicine (Iris Chan) A huge thank you also goes out to Lifestyle Insurance and NZMSA for sponsoring the event and making it a wonderful evening.

Community Health Day









ACMA's annual Community Health Talk was held at Panmure Community Hall. The interactive discussion allowed members of the Chinese community to hear about topics that were relevant to them from a range of specialists. There was also the opportunity to get involved with the free health check over afternoon tea. We received some great feedback from the attendees who enjoyed both the talks and health check. A huge thank you goes out to our wonderful speakers: Dr. David Wu, Dr. Gary Wu, Dr. Cindy Ooi, Dr. Andrew To, Dr. Donny Wong, Dr. Judy Huang and Dr. Daniel Lin. Also thanks to the YACMA students who assisted with the running of the event and the health check. We hope you all found the event as successful as we did.





YACMA Annual General Meeting



The YACMA Annual General Meeting this year was held at Paradise BBQ Garden with an all you can eat buffet for our well deserving YACMA members and friends. We were able to barbeque our own meat slices/skewers, seafood, vegetables and enjoy each other's company before focusing on our final year exams. There was a variety of food with very friendly staff who helped to make the night a success! During the dinner, we also elected our new YACMA exec team for 2019 which will be led by William Xu!





ACMA Annual General Meeting



The ACMA AGM was held again at our favourite spot, Imperial Palace 皇庭大酒店 in Mount Wellington. The evening was filled with a range of delicious Chinese cuisine such as tofu soups, BBQ pork, chicken and pineapple fried rice. Mr Universe Leung covered surgical cases related to GI such as hernias and common liver and pancreas pathologies in the Asian community. Hepatocellular Cancer - a common cancer in Asian countries such as Hong Kong Did you know the actor who played Severus Snape, Alan Rickman, passed away from pancreatic adenocarcinoma? One of the cancer's with the worst prognosis with an average survival rate of 15% in the next 5 years after diagnosis. Shona Garbett talked about the important issue of mental health in the Chinese community and how the GP can refer to support systems and the importance of peer support services in the recovery journey of mental health patients. These specialists have first hand experience with mental health which gives them the unique ability to truly relate to patients as they work together to travel down the road of recovery. She touched on the heavy stigma that is so often attached to conversations surrounding mental illness amongst the Chinese community. Finally, Mr Jason Du gave an interesting talk on urology covering topics such as renal calculi from big stones to small stones and their respective treatments/ interventions



We concluded the evening with two presentations by our TI Elective Scholarship recipients, Jovey Lim and Cherry Chang. After a intense application process 1.5 years in advance, Jovey made her way to Oxford University earlier this year where she visited historical locations such as the building where penicillin was first discovered. Cherry completed her elective at National Taiwan University where she got the opportunity to brush up on her medical mandarin. On one hand, she witnessed the lack of primary care services but on the other, she was surprised to see how up-to-date the doctors were on current research, even recommending novel treatments that are not available in Taiwan yet.





2019 Executive Committees

ACMA Executive Committee 2019

ACMA EXECUTIVE 2019

Carlton Lam	President, Events co-ordinator
Andrew To	Immediate past president, CME Co-ordinator, CHAINZ committee member
Derek Luo	Sponsorship co-ordinator
Adrian Wan	Treasurer
Dr Vicky Tai	Secretary
Nicholas Quek	Membership Secretary
Gary Wu	General Committee; Mentorship co-ordinator
Kevin Liu	General Committee; RMO Representative
Brian Tse	General Committee; Social Representative
Michelle Wong	General Committee
Dr Wilson Young	General Committee
Mr Stanley Loo	General Committee
Dr Cliff Ah-Kii	General Committee
Dr Ang Liu	General Committee
Dr Boris Yow	General Committee

YACMA Executive Committee 2019



YACMA EXECUTIVE 2019

William Xu	President
Sarah Liu	Treasurer
Johnson Cheuk	Mentorship Coordinator
Ye Li	TI Rep
Katherine Sung	5th year Rep
Kevin Yi	4th year Rep
Nelson Song	Preclinical Rep
Aimee Meng	Preclinical Rep
Dylan Lee	Preclinical Rep
Tianwei Liu	Wehmaster
Ahmad Habib	Newsletter editor
Brandon Hoon	Newsletter editor
Antonia Peng	Newsletter editor
Jonathan Luo	Newsletter editor
Nicholas Quek	Membership Secretary

Food Review



Happy Boy





Our wholesome little editor team met up to bring you one last food review for 2018. On a chilly summer night we all headed down to Happy Boy Eatery. On an unassuming street corner in Royal Oak we were greeted by its pink neon lights and tasteful music. We were sat at a turquoise park bench, indoors, by a palm tree, under an umbrella, all bathed in neon pink with a fluttering paper dragon in the roof. We were hooked and we hadn't even seen the menu yet. The menu was "Asian-fusion" blending Chinese, Korean and Japanese ingredient and flavours with western dishes. A perfect example was the night's clear fan favourite: kimchi and cheese loaded french-fries. The kimchi gave and sweetness and a spiciness to cut through the otherwise standard saltiness and oiliness of the fries. The "spicy" eggplant tofu might disappoint a chilli aficionado but for everyone else they have a great moreish flavour with the best bits being the sauce covered bits of fried onion and peanuts left in the bowl afterwards. The chicken nibbles were so tender we could pull them apart with our forks. The main highlight of their menu are the burgers of which we ordered two. The first was a katsu pork schnitzel, doused in Japanese mayo and Japanese curry sauce, with a heap of fresh cabbage served on a sesame seed brioche bun. What more can I say. A match made in heaven. Next up was a beef patty topped with cheese, lettuce, gherkins and onions. Pretty standard you may think, but it was sandwiched between two pillowy bao buns - a baoger! The softness complimented the richness of the thick NZ beef patty perfectly. We were also pleasantly surprised at the gherkins which had a sweet tang instead of the sourness of your typical fast food pickle.





And what's a dinner with friends without a few drinks. Their selftitled "Happy Boy Lager" is not only great for the beer enthusiast but comes in a snazzy looking can. Their cocktails are a bit on the pricey side but taste great. The "Party in Rio" has a refreshing coconut flavour. It's also very booze-y so keep this one away from the sober driver. Speaking of sober drivers, the peach ice tea slushie is fantastic. What it lacks in ethanol it makes up for in slushy goodness. Overall impression: **Boy**, did we leave feeling **Happy** :-> Us editors have really enjoyed brining you these food reviews this year and we hope you have enjoyed reading them as much as we did eating it!

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Message from the Editors



Dear ACMA and YACMA members, What a year it has been for both ACMA and YACMA! As the end of the year approaches, we can look back on all the things that made 2018 special. It has been such a privilege working as your Editors and getting to see the members enjoy the events. The amazing ACMA conference and laser tag as well as the YACMA retreat were some of our favourite events of the year. At the AGMs we welcomed the new executive teams for 2019 – we can look forward to another successful year for ACMA and YACMA. We'll also be handing over to the new team of editors for the next newsletter and we're excited to see what they have in store! Wishing everyone a wonderful Christmas and New Years! Love from your Editors, *Johnson Cheuk, Savesh John, Sarah Liu and Tracy Zhang*