

The ACMA Newsletter

September 2015





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President's Address

Dear member,

I hope you are all having a good year. Where has the year gone! Spring is in the air and the weather will pick up soon. We have been seeing the odd glimpse of summer.

It was good to see everyone again at our CME on 20/9/2015 sponsored by Pharmaco at Italia Square; a breakaway from our traditional Chinese restaurant theme. Dr Tien Huey Lim, a Gastroenterologist, gave us a practical update on diarrhoea. Dr Chin Ling, a Dermatologist, gave us tips regarding skin lesions which may suggest GI disease. Lastly, Dr Zaven Panossian, Endocrinologist and Diabetologist, gave us a thorough talk on Diabetic Autonomic dysfunction.



Since my last address we had a fun ACMA/YACMA social on 27/6/2015 at the MacMurray Centre where our quiz master Carlos put together an outstanding quiz. This was well attended where students and junior and senior members had the opportunity to show off their general knowledge.

The next significant event was our ACMA conference on 25/7 at Villa Maria. The highlight of this was the workshops where attendees could attend a practical session that was helpful to their clinical practice. Thank you to the organising committee, faculty, attendees and sponsors. The organising committee had a post conference debrief at KK restaurant on 26/8 and we have already starting to plan next year's conference, which is set for 9/4/2016. It is our turn to host the ACCMA conference this year, so we expect the Australians to come across the ditch to join us. It is likely that we will have an allied health programme again to attract a broader range of delegates as well as our traditional medical programme. Watch this space.

Our next event is the YACMA careers evening on 28/09/2015 where members will help young student doctors decide on their future careers.

We attempted to have another ACMA\YACMA social event in August but everybody was too busy. We will try to do a catch up in October again.



President's Address

2015 is drawing to an end. Our AGM will be on 15/11 at Imperial Palace – we will hear our exec reports, reflect upon the year gone by and look into the future. We will also award the TI elective scholarships.

We are in the process of putting together a summer studentship project to enable us to raise health awareness amongst the Chinese population through short video clips. More details will follow from Dr Andrew To.

We have booked ourselves a stall for health promotion at the Chinese New Year event at the ASB showgrounds for 23/1/2015.

If you would like to make a difference and contribute to our executive in 2016, we welcome nominations as soon as possible.

Take care and see you soon.

Dr Derek Luo
ACMA President 2015

president@acma.org.nz

Interview with Dr Paul Cheng

Dr Paul Cheng is currently one of the advanced trainees in Plastic & Reconstructive Surgery working at Middlemore Hospital. He is of Taiwanese descent and migrated to New Zealand nearly two decades ago with his family. After graduating from Auckland Medical School, he did further post-graduate study in surgical anatomy at Otago Medical School. He is actively involved in the promotion of health in the Auckland Chinese community; being one of the founding members of CHAINZ (Chinese Health Awareness Initiative New Zealand).

1. What influenced your decision to choose human biology as your undergraduate degree and what influences has it had, if any, on your medical practice?

Back when I first got into medical school in 2002, every medical student was awarded with 2 degrees from the University of Auckland - BHB after satisfactory completion of first 3 years, then MBChB after completion of the next three years. I chose to study medicine at the time, mainly because of family expectation. Being a generation 1.5 immigrant from Taiwan, my parents had brainwashed me to be a doctor ever since arriving in NZ at age of 11. They had the impression that being a doctor was the only way we as migrants could get a job after graduating (not sure how they got that strange idea from!)



2. How was your experience undertaking the post graduate diploma in surgical anatomy?

My post graduate diploma in surgical anatomy was done during my PGY4 years. At the time, I was a second year general surgical registrar still trying to decide on which surgical specialty to focus on. Back in those days, junior doctors could not undertake the generic surgical exam (aka Part 1 exam) until they got onto an advanced training programme. So I did the PGDipSurgAnat from Otago University to get myself studying again after graduating from medical school. It was a one year course mainly through distance learning with 4 weeks of on-campus dissection / teachings. Back then, the course was chaired by two inspiring surgeons - Mr Mark Stringer (Paediatric Surgeon) & Mr Patrick Lyall (Plastic Surgeon). It was then that I had decided to focus on getting into the specialist training to become a Plastic & Reconstructive Surgeon. Having done the diploma, it made studying anatomy at Part 1 exam a little bit simpler (only a little bit though!) Would I recommend doing it to people wanting to do surgery? Probably not unless you really feel like spending more than 10 grands to get another degree and 4 weeks living in cold miserable weather in Dunedin! (although Auckland weather recently has not been that much better..).

3. How would you describe your specialty to someone?

To me, Plastic & Reconstructive Surgery is by far the most interesting specialty. We're the real 'generalist' surgeons - using various techniques to deal with a wide range of conditions and every part of the body from the toes to the top of the head. We literally get to operate on all tissues types - skin, soft tissue, tendons, ligaments, cartilages, bones, blood vessels, nerves, etc.



Interview with Dr Paul Cheng

Our patients are not limited to just one cohort - we treat the newborn to the elderly, both men and women. Everyone who presents to plastic surgery has an operation individually tailored to their needs, rather than just a surgical procedure. We are also one of the most innovative specialities with adaptations of surgical technology advancements - utilising various biosynthetic materials and micro-surgery.

4. What are some common misconceptions about plastic surgery?

Plastic surgery is not just about cosmetic fillers injection. Lives are being saved on a daily basis by plastic & reconstructive surgeons working on acute trauma, severe burns & tumour resections such as melanoma. Common reconstructive procedures include the closure of large wound defects following accidents or removal of tumours, contracture surgery for burn survivors, breast reconstruction for women following mastectomies, cleft lip and palate surgery, and attachment of severed body parts using microsurgery. The conservation of upper and lower limbs after severe trauma, aimed at restoring function, is a better option than amputation.

5. Please describe one of your highlights of your medical career

There are multiple highlights to date. If I could only pick one it would probably be getting onto the advanced training programme for Plastic & Reconstructive Surgery last year, especially after the 4 years of working as a non-accredited surgical registrar.

6. What do you like to do in your spare time?

Spare time?! What is that? If there is ever 'free time' between operating/being on-call/studying, then most of my non-working time is spent with my family, particularly my 6.5 months old daughter. I also enjoy reading, watching movies and appreciating vintage red wines.

7. What is one of your favourite foods?

Taiwanese cuisine - favourite has to be traditional Taiwanese beef noodles (best one cooked by my wife!)

8. If you didn't choose medicine what would have been your next career choice?

Probably politics or law. I enjoy people interaction and the ability to make a difference.

9. What advice would you give to medical students?

Keep an open mind about future career pathway. Work hard but also remember to have fun whilst working.

Interview With an Editor

Cherry Chang, a third year medical student and our newest addition to the editing team.

How are you finding your last preclinical year of medicine?

Busy, challenging and exciting (but fed up with lectures) all at the same time. The weekly hospital visits have been the highlight of my year so far – I find it exhilarating, although slightly frightening at times to be seeing patients and learning things hands-on. There are some lecturers that I will miss dearly though, like Mark Thomas and Mervyn Merilees. I think I miss them already. *cries*



Where are you from?

Taiwan! It's where bubble tea came from. [#JFYI](#)

What was it like to move countries?

Hmm, it's difficult to sum up so much in a few sentences but I will try. I came here when I was 15, when everyone my age was halfway through high school. Unsurprisingly, high school was challenging for me as I had to improve my English in a very short space of time to get ready for university. I must admit that it took me a while to get used to the Kiwi accent, and my writing was a nightmare haha. Another thing that I had to adjust to was the fact that shops close 'early' over here - in Taiwan we have night markets and convenience stores called 7-11 on practically every corner. They are open 24/7 so I could easily pop in for a quick fix of snacks or drinks late at night. I equally enjoy the Kiwi equivalent and the fact that they are called dairies! (Milk is shockingly cheap!) Taiwan is a busy place where everyone is constantly on the go. Most people are overworked unfortunately. I think this explains why my family and I embraced the laid-back lifestyle and many other aspects of New Zealand almost straight away. I also really like marmite by the way.

Did your parents force you to do medicine?

No, they never really forced me to do anything. Well, my dad sometimes forces me to eat more than I want to, but that's all. It's how Asian parents show their love.



Interview With an Editor

What do you like to do in your spare time?

Haha I don't even know...it has been a fairly busy year with minimal down time to chill and I believe that's the case for most of you guys too. Apart from paying off my sleep debt, (I know Dr Tony Fernando said sleep doesn't work that way but oh well, it kind of works for me, at least psychologically) I like to go for walks, sing (mostly in the showers or in the privacy of my own room) and watch Ted talks on my laptop.

What is your greatest strength and weakness?

My weakness is my awkwardness around certain people. It kind of got worse as I grew up...I'm not sure why. As for my greatest strength, I think I have the ability to see the positive in most situations. This feels like a question you pulled out from my medical school interview.

What cheers you up?

Songs by Jay Chou, 90's boy bands, DMCs with friends and copious amounts of banana smoothies. Oh and when the material taught in lectures match the notes so I don't have to listen to the recordings. It really makes my day [#yay](#)

What's your favourite restaurant to go to in Auckland?

I don't really have a favourite restaurant to be honest. I prefer bakeries and cafes. My favourite place is Little Bird Unbakery – I really love all their deliciously overpriced slices and cheesecakes. I don't go there often though, only on days when I feel rich. But since you asked for a restaurant, my favourite would probably be Archies Pizzeria in Newmarket. I still remember how devastated I felt when a friend of mine told me that Archies' lunch special used to be 10 bucks rather than \$15 three to four years ago.

Where you would you go or what would you do for an ideal date?

Speaking from my lack of experience, I'd go for Mission Bay or Takapuna Beach maybe? There are plenty of nice food places in the vicinity for both. Good food is a must.

Recent Events

YACMA RETREAT:

A weekend of a hot water beach, sleep deprivation, hot pools and Hilary's amazing chocolate brownies; the YACMA retreat was undoubtedly one of the absolute highlights of the year!

Over the inter-semester break a group of YACMA students traversed the long, winding, nausea-inducing roads to reach their destination of Cook's Beach in the Coromandel to find an empty resort with an outdoor pool heated to a toasty 35 degrees. The winter cold was no barrier to the journey out to Hot Water Beach where the water rated on a spectrum from freezing cold to scalding hot. Some members rushed into the wintry waves to body surf while onlookers applauded their bravery and undertook the warmer activities of selfie taking and huddling in the previously dug holes of hot water. Mafia, team activities, ninja and mahjong were just some of the few games played over the weekend by the YACMA family and it was a wonderful time for everyone to become closer and meet medical students from different year groups. What a wonderful weekend for all those involved and a highly recommended trip for those who are considering joining in on the fun next year!





Recent Events

ACMA Conference and Post-conference Dinner

Saturday the 25th of July marked one of the most anticipated events of the year. The ACMA Conference. This year the theme was *The Practical Practitioner*. It was explicitly designed to upskill general practitioners with presentations from different specialists, and most importantly, hands-on workshops. It also acted as a social platform for delegates to connect with other doctors, speakers, sponsors and even students!

The conference this year commenced at the serene site of the Villa Maria Estate, which was a nice breather from the city surroundings. Villa Maria provided us with an exquisite modern venue with a beautiful view of the vineyards along with a wide range of delicious food to savour whilst admiring this scenery.

The remarkable presentations included one on paediatric eczema by Dr Diana Purvis, a fertility update by Dr Emily Liu, an eyes update by Dr Yvonne Ng and a gastroenterology update by our very own Dr Derek Luo. These talks provided both highly relevant information about prevalent health issues and also engaging material that sparked curiosity in the audience.





Recent Events

Four different workshops were provided which allowed delegates to have one on one feedback from different specialists. The workshops covered neck, shoulder and arm pain assessment (Dr Charles Ng), joint injections (Dr Kristine Ng and Dr Laurence Teoh), ECG Interpretation (Dr Andrew To, Dr Patrick Kay and Dr Seif Elf-Jack) and common endocrine cases (Dr Pui Ling Chan and Dr Jovina Goh).

Overall, this was a successful event that was celebrated by a post conference dinner at KK Malaysian Restaurant. During this event, the conference was evaluated and any feedback was reflected upon to help improve our future conferences which include the ACCMA conference that we will host in 2016.

This event would not have been possible without our amazing conference subcommittee, speakers, sponsors and student helpers. Here's to a great ACMA Conference 2015!

Conference Subcommittee 2015:

Derek Luo, ACMA President 2015/CME Co-ordinator and Conference Convenor

Andrew To, Vice-President/Community Health Awareness

Adrian Wan, Immediate Past President/Treasurer

Vicky Tai, Membership Secretary

Carlos Lam-Yang, Events Co-ordinator

Paul Cheng, General Committee Member/CHAINZ

Michelle Wong, General Committee Member/YACMA Affairs

Kevin Liu, YACMA President

Alwin Lim, YACMA 6th Year Rep/Photography



Recent Events

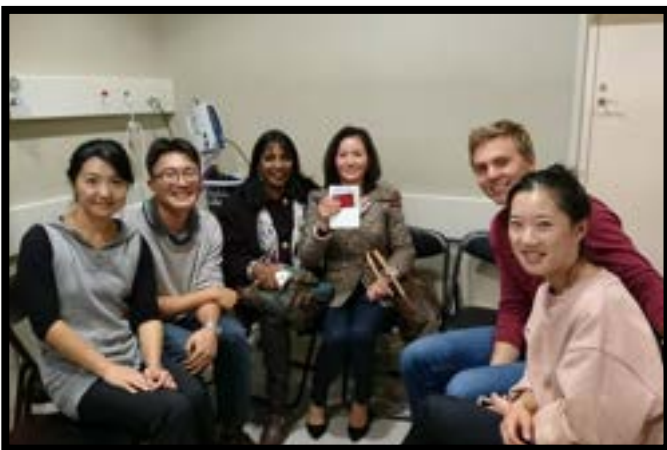
Quiz night

Furrowed brows and hurried whispers permeated the room as the teams scribbled down their answers with fast and furious doctor's handwriting. On the cold wintry day of the 28th of June, a combined YACMA/ACMA quiz was held at the MacMurray Gastroenterology centre in Remuera.

The loud banter and competitive spirit of the doctors and medical students created an atmosphere of excitement as each team was determined to outshine the others in the ultimate test of Asian culture.

Ancient Chinese scholars, k-pop stars, Chinese food and knowledge of many other random facts were thrown into the mix of questions; all for the purpose of discovering the team with the greatest accumulation of information about all things Asian.

All in all, it was a fun day which provided the opportunity for ACMA and YACMA members to get to know each other whilst being surrounded by lollies, chips, delicious sushi, laughter and a great supply of new knowledge.





Recent Events

YACMA Second Year History Taking Tutorial

The communication skills experience is the first assessment of history taking skills for medical students, which is conducted with actors. Although this is a short ordeal that is not representative of a full patient history, it can be nerve wracking for some students. Before this assessment, YACMA organised a tutorial at Grafton campus run by our very own YACMA president Kevin Liu. Preclinical rep Karen Chung also assisted along with some third year medical students. This commenced on the 18th of August and students left more well informed and confident than before.

YACMA Third Year Physical Examination Tutorials

Recently Boris Yow, a 4th year medical student, has been organising tutorials during the weekend to help 3rd year medical students with physical examination techniques as they have started their weekly hospital visits. Three tutorials have so far been held, going over the cardiovascular, respiratory and abdominal examinations. During these tutorials, students get the chance to ask questions, watch the examination be performed and then have the chance to practice on each other. These tutorials have really helped many students boost their confidence when it comes to physical examinations and we would all like to give a big thank you to Boris and his 4th year peers who have given up their time to help.



The third CME was held in Italia Square in the heart of Parnell on the 20th of September – a restaurant with modern and edgy architecture that easily stood out amongst the historical buildings of Parnell. A very different take from the round table dining experiences we had at previous CMEs, the open and contemporary interior of the Italia square symbolised some of the new directions and initiatives that ACMA would be working towards; including the proposed Summer Studentship Project that will be further discussed.

Dr Tien Huey Lim started off the talks by giving a thorough presentation on diarrhoea which preceded Dr Chin Lin on Dermatology and Dr Pui Ling Chan on Diabetic Autonomic Dysfunction. All of these were highly comprehensive updates that surely refreshed everyone's memory and hopefully refined many members' clinical practices.

The dinner that followed was a wonderful opportunity for everyone to mingle and catch up over some soul soothing Italian delicacies – some of our favourites being the Pizza Bianca and Pumpkin Risotto. It was yet another successful event that elegantly combined education, lots of fun and some great discussions over the dining tables in a homely and vibrant atmosphere.

Slides from the CME will be made available soon on our website <http://acma.org.nz/>





Upcoming Events

YACMA Careers Evening

Next Monday evening (28/9) we will have our annual YACMA Careers Evening at Grafton Campus. A night designed to satisfy not only curiosity regarding different specialties but also hungry stomachs. Great speakers including our very own ACMA members and executive members from a wide range of specialities have been arranged.

This includes emergency medicine, general surgery, anaesthesia and psychiatry as well as others.

Social event : ACMA / YACMA JUMP!

Ever thought about where the best place to hang out with your fellow medical students & young doctors would be? On the trampoline of course! Come and let loose with everyone at JUMP – where we will be having our third YACMA/ACMA joint social event of the year.

It will be a perfect opportunity to catch up with old friends and meet new faces plus get some light exercise done!

Date to be announced.

CME / AGM:

Our annual general meeting is coming up on the 15th of November along with the last CME of the year.

On the agenda is the annual report, nominations and elective scholarship reports from Jian, Richard and Alwin Lim, our 6th year rep.

Come join us for a lovely meal at Imperial Palace.

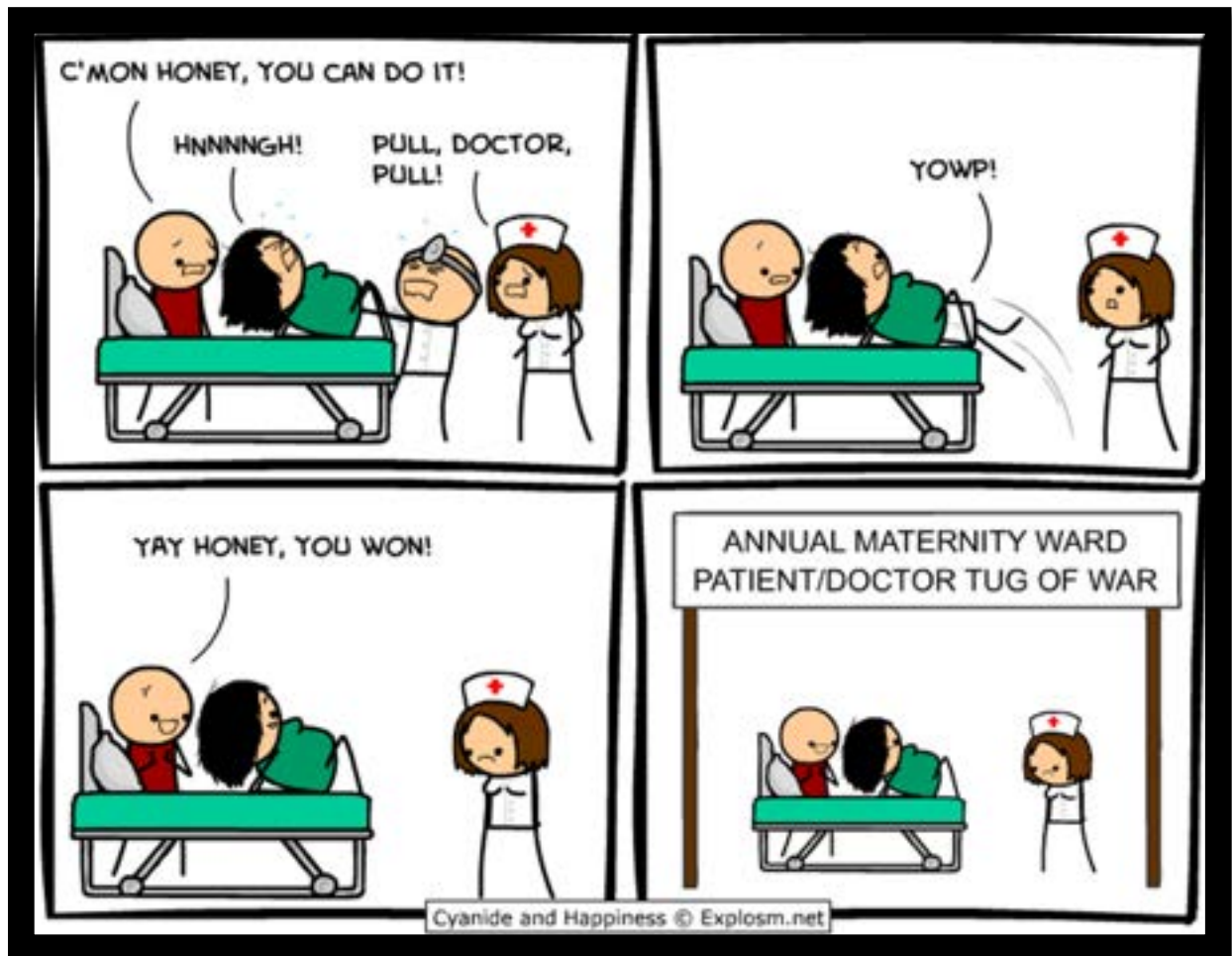
Just Jokes

Where do you hide money from
a surgeon?
Tape it to his kids.

Where do you hide a \$5 bill from a
radiologist?
Tape it to the patient.



Just Jokes



"Mrs. Jones, I have some good news"
"It's Miss Jones, Doctor"
"Miss Jones, I have some bad news"

Karaoke Review

Karaoke. A pastime that has become ever more omnipresent within our lives and a highly recommended form of entertainment. What better way to spend your dreary evenings than a lively karaoke bar with your friends while enjoying the melodious notes of those that can sing, and the comedic relief from those who simply believe that they can.

Here in Auckland you can find two types of karaoke; those owned by Chinese and those owned by Koreans. To help you find the BEST karaoke bar, we tested out each one for those budding superstars out there who want to show off their amazing voices!



Korean:

- 1) Every Sing Karaoke: 14 Commerce St
- 2) Rock Bar & Karaoke: 1f/150 Queen St
- 3) Luxury Karaoke Bar: 62 Queen St

All 3 are quite similar; being all the same price and having the same song collections. It costs 30 dollars per hour for a room (3-4 people). Even for 3 hours there is no discount; totalling 90 dollars. It is recommended to go in a bigger group as it will be cheaper individually. However, if you go with a persuasive Korean friend, you may be able to get 'extra service'; meaning extra time depending on how busy the place is.



Karaoke Review

On less busy days you may be able to get a lot of free time. There are limited food choices usually so it is best to eat beforehand. They have virtually every Korean song available, a decent selection of English and Japanese songs, but not many Chinese songs. Most of the remote controls are in Korean but there is a card with a translation. The music videos are usually completely random such as a video of sheep for a Taylor Swift song which can be annoying but hilarious.

Chinese:

Happy KTV: Level 3, 245 Hobson St

Between Sunday and Thursday at 5-11pm, 25 dollars per person can get you a meal with a drink and 4 hours of karaoke. Definitely cheaper than Korean karaoke places with the meal taken into account. The food is quite average and can't compare to many Chinese restaurants but at the end of the day this is a good deal and the food is edible. In contrast, they have a vast range of Chinese songs available and also a decent amount of Korean, Japanese and English songs.

Instead of a remote to choose songs they have a touch screen system, which makes it much easier although it may be difficult if you cannot read Chinese. Surprisingly, most of the songs have the official music video; even the unpopular songs. The only downside is that the environment is not as nice as in Korean karaoke places, and the sound system is lacking.

A useful tip: don't forget to bring your ID if you look under 25, otherwise you won't be allowed entry.

Overall, both Korean and Chinese karaoke places have their own pros and cons. However, personally if we have a small group and are not fortunate enough to have a Korean friend handy we will not pay 30 dollars per hour anytime soon; not even for the wider range of English songs.



Quirky Medicine

Quirky Medicine: Another Reason to Have Chocolate!

Do you have a weakness for chocolate? It is not a wild generalisation to say that most people enjoy chocolate – whether you like having an occasional mochaccino or if you go to 15 different supermarkets to hunt down all the flavours of Whittaker's new Artisan Collection, you will be pleasantly surprised by what this study has discovered.

In a double-blind clinical trial conducted by Dr. Farzaneh A. Sorond, 60 participants were asked to consume 2 cups of drinking cocoa for 30 days. Half of them were assigned to drinking hot chocolate high in antioxidant flavanol, whereas the other half had hot chocolate low in flavanol. They were not allowed any other chocolate products during the study period to avoid skewing the results.

The neurovascular coupling and cognitive function of the participants were measured before and after the 30-day intervention. Cognitive function was recorded using Mini-Mental State Examination and Trail Making Test A & B whereas neurovascular coupling (changes in cerebral blood flow in response to local neural activity) was quantified by recording changes in middle cerebral artery blood flow velocity while the participants carried out the mental tests. The results were very promising. Neurovascular coupling was found to be associated with the score of Trail Making Test B and 30 days of cocoa consumption increased neurovascular coupling – essentially improving cognitive function! Low-flavanol cocoa and high-flavanol cocoa were shown to produce similar results.

Disappointingly, because the study was based solely on elderly people with baseline vascular risk factors, more research will be needed to show the neurological benefit of regular cocoa consumption in younger people. The antioxidant and anti-inflammatory effects of flavanol, however, are much more established and this means cocoa still has lots of indispensable health benefits (when consumed in moderation of course). Reaping the benefits of chocolate while watching your intake can be tricky though, for the weight watchers out there. Good luck with finding that fine balance, my chocoholics! Just don't blame yourself when you accidentally consume a bit too much chocolate cause it's not all bad.





Message from the Editors

We would like to welcome the addition of Cherry Chang to our editing team! In this issue of the ACMA newsletter the theme is the Mid Autumn festival! A time for lanterns and delicious moon cakes that is also a great deal of fun for both young and old, also known as the Moon festival.

The legend speaks of a great hero called Hou Yi, who possessed unparalleled skills in archery, and his lovely wife Chang'e. One year, disaster struck when ten suns rose at once into the sky but Hou Yi, being the great archer he was, shot nine of these suns to leave only one behind to continue providing light. Because of this great deed, an immortal admirer sent Hou Yi an elixir of immortality as a gift. He decided not to take this elixir as he wished to always be with Chang'e so he gave it to her to hold onto. Little did he know that an apprentice named Peng Meng knew about this elixir and on the 15th of August of the lunar calendar while Yi was away, Peng Meng tried to force Chang'e to hand over the elixir. Chang'e refused to do this and knowing that she couldn't overcome him, instead swallowed the elixir. She began flying higher and higher until she had reached the moon. Upon Yi's return, he was struck by grief and sadness over what had happened and as a result, displayed fruit and cakes outside knowing that his wife loved these foods. Those around him were also sympathetic to Yi and so began to join him in his rituals and displays of grief and love for his wife on the moon.

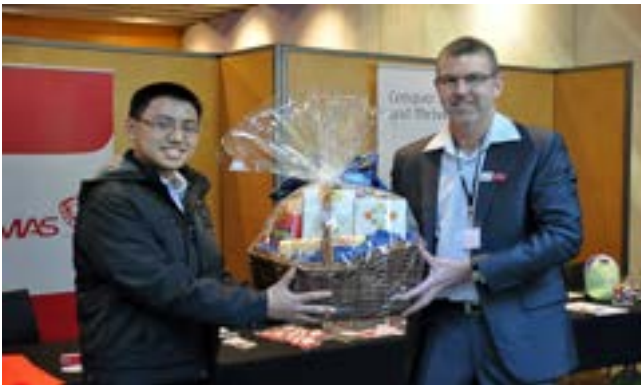
Nowadays, many pray to Chang'e for safety and fortune while offering an abundance of food including moon cake to her during the mid autumn festival.

We hope you had a wonderful time reading this issue!

From your ACMA editors Cora, Sharon, Jim and Cherry :)







Sponsorships

A big thanks to the following sponsors of the ACMA Conference 2015:

ANZ



AbbVie



Auckland Radiology Group



Focus Hearing



Harcourts – Jasper Foo



Medical Assurance Society



Mylan



Sponsorships

Also another big thank you to our sponsor Pharmaco for supporting our third CME:



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