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ACMA

NEWSLETTER

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ACMA PRESIDENTIAL ADDRESS



Dear fellow members:

Welcome

Welcome to your first ACMA newsletter for 2020. I greet you warmly as your returning ACMA President.

COVID-19

COVID-19 or SARS2-COVID-19 or novel coronavirus, whatever term you wish to call it, has certainly taken the world by storm. And not in a good way. Currently over one half of the world's population is under some form of lockdown, quarantine or restriction in their movement and socialization.

This is unprecedented. Millions of people all over the world have lost their livelihood as their businesses are

forced to close down on orders of the government. Travel, tourism, hospitality, educational and the accommodation sectors stand to lose the most from this deadly

“ ***However, I am gladdened by the fact that we are lead by sensible, clear-thinking, inspirational, and empathic leaders who make their judgments on the basis of evidence, scientific rationalization, and observations of other countries.*** ”

pandemic. The WHO has been encouraging people to wash hands, socially distance, maintain contact precautions, observe cough and sneeze etiquette and stay home if unwell. Now they are also advising countries to close borders to reduce cross-border infection. That is not a decision made lightly.

Here in NZ, we started Stage 4 lockdown four days ago by decree of Prime Minister Jacinda Ardern. In fact, I am writing this while in lockdown in the comforts of my own house. Everyday, for the last 3 days, I try to tune in at

1pm to hear the latest updates on the numbers of coronavirus diagnoses, the cumulative case totals, the cluster locations and sadly today, the news of our first coronavirus

fatality in Grey Base Hospital.



To date, we have 514 cases, with 63 new cases, and 56 recovered. It is somber news. However, I am gladdened by the fact that we are lead by sensible, clear-thinking, inspirational, and empathic leaders who make their judgments on the basis of evidence, scientific rationalization, and observations of other countries. Not for political gain or to boost one's own ego. Not on the basis of "she'll be right mate". For this, we, as we, as an organization of health professionals, are really fortunate.

No doubt many of us work on the frontline. Along with our nursing and pharmacist colleagues, we are the ones that are contributing to those headlines and Dr Ashley Bloomfield's statistics and to some degree, whether patients live or die. Let's be mindful of this. Let's also be mindful of the fact that we are also human beings and we too, can succumb to this virus. Let's not forget our Chinese ophthalmologist hero, Li Wenliang, who died after alerting Chinese authorities to patients being infected mysteriously by an unusual pneumonia back in Wuhan in late December 2019. We need to take care of ourselves too.

To this end, wear PPE if in doubt. If you don't have enough PPE, ask your PHO or DHB to supply them.

Make sure you observe social distancing and good hygiene standards not just at home or with patients, but also with other staff members. Only examine face-to-face if it will change your management significantly.

Instead, use the phone or take advantage of technology for consults, for example, doxy.me in General Practice. Use Zoom/Skype/Whatsapp for practice or clinical meetings. For those of us who find ourselves having our hours cut back, consider working for one of the many CBACs that have opened up.



However, be extra careful and consider self-isolation if you live with elderly parents or other family members/relatives with co-morbidities. Remember, as one of the essential services, we can make a significant difference and contribute to the flattening of the curve and ending the lockdown faster if we work hard but smart.

Recent events

On a happier note, I would personally like to thank all those ACMA and YACMA members that volunteered at our Chinese New Year event, attended our Summer Social Event and Round the Bays.

CME #1

Our first CME event, kindly sponsored by Helius Pharmaceuticals, took place on Sun 15 March at the magnificent Grand Park Chinese Seafood Restaurant and it was well attended by our members despite concerns about the coronavirus. Our guest speaker, Dr Graham Gulbransen gave an excellent presentation on prescribing medicinal cannabis. The food was scrumptious as usual and it was good to see members actively engaged in networking and catching up!

Photos of the CME can be accessed on the ACMA website under Past Events > 2020 > March CME (<http://www.acma.org.nz/cme-2020>). For those who would like to access a Powerpoint version of the talks, please email me on president@acma.org.nz. There will be a password-protected link to the presentation too on the website.

Thanks also to those who filled in the survey form online. Your feedback is much appreciated. For those who have not, please access the form on <https://www.surveymonkey.com/r/38PWM7G>.



ACMA Shield

We are currently seeking nominations for our ACMA Shield Award. If you know either through word of mouth, local or national media about some notable achievement of one of our members, please also inform me through my president@acma.org.nz email. We will also set it up on our website explaining the criteria to make it easier to nominate online.

Website

If you wish to sell your clinic/buy a clinic or look for locums, please email our webmaster on webmaster@acma.org.nz. We will negotiate rates with you. Email our secretary on secretary@acma.org.nz if you would like to be featured on our Public Doctor's List. The latter is a free service. Of course, our website will be updated periodically on upcoming events.

ACMA Conference 2020

Please note that the ACMA Conference 2020 for May 2020 has now been postponed until Sat May 8 2021 due to coronavirus. This will be the ACCMA Conference and we will be inviting our Australian colleagues here too. We will keep the them the same and hopefully have the same speakers and workshops.

Housekeeping

I also encourage all those members who have not paid up to pay their subscription to click on the link <http://www.acma.org.nz/renew> and email the membership secretary on membership@acma.org.nz. You should have already received a reminder notice and invoice from our Treasurer.

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 2 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

CME #2 – Sun 28 Jun (webinar)
Winter Social Event: Event TBD – Sun 26 Jul
CME #3 – Sun 16 Aug (webinar)

March 2020
Dr Carlos Lam Yang

PRESIDENTAL ADDRESS YACMA

Dear YACMA members,

Thank you all for joining YACMA and on behalf of our lovely 2020 YACMA team, I warmly welcome you to the family! It's great to see returning YACMA members and hope you've all had a fantastic break over summer. For those that are new, YACMA is a supportive community for medical students bumbling through medical school. Our aim is to provide a platform for networking opportunities, interesting educational content and fun social events.

The start of 2020 has been going well for YACMA, with a high turnout for our ASB Showground health check and a fantastic O-week! As a YACMA member, your participation and volunteering make these opportunities possible so I encourage you all to get involved.



The exec team consistently work hard to present top quality events and are passionate about making everyone's experience in YACMA a great one. You'll have the YACMA yum-cha, retreat and AGM to look forward to – the top 3 social events of the year filled with unforgettable memories and of course delicious food. Keep an eye out for our YACMA yum-cha coming up in early April as spots for this event go fast!

We hope that you are excited for this year to come and find YACMA as rewarding as we all do. I love to see the tight friendships and relationships that are built through YACMA and really look forward to meeting you all this year!

Best,
Aimee Meng

PRE-CLINICAL REP ADDRESS



Hello everyone!

We are Jerry, Mark and Linda and we are your pre-clinical reps for 2020! We are very excited to be able to represent YACMA this upcoming year. We hope to be able to fill the shoes of the previous pre-clinical reps and our goal is to make this year an unforgettable experience for many years to come.

What we are excited for in the upcoming year:

Linda is looking forward to meeting lots of new people, both from uni and in the wider community. She is excited to attend more of the CMEs and hopes to meet more of our members in both YACMA & ACMA.

Linda hopes that we can organize many successful, fun events, as well as provide opportunities to learn and develop some practical skills for our YACMA members .

Mark is really looking forward to meeting and getting to know the new YACMA members through the events we have planned for this year from the upcoming yum cha to the famous retreat as well as other educational events. He wants to make the most of his time at Grafton before heading off to clinical placements next year.

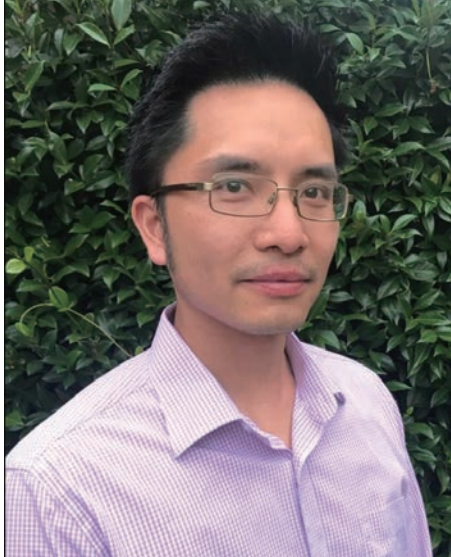
For this upcoming year Jerry hopes to make 2020 a great year for everyone in YACMA. He can't wait to get to know everyone through all our events (and via academic support). Jerry hopes to build strong connections within YACMA (& ACMA) this year, but most importantly build a strong academic foundation before applying it in a clinical setting next year.

2020 has not been very kind to us so far, the COVID-19 pandemic is bound to result in setbacks for everyone's learning and university experience. We hope to overcome these difficulties despite the circumstances and are confident YACMA will have a successful year ahead.

YACMA 加油 !

ACMA

EXEC MEMBERS



**Dr Carlos Lam - President / Events
Coordinator**

General Practitioner, Urgent Care Doctor //
BSc, MBChB (Otago), DCH, PGCertHealSc,
FRNZCGP, MRNZCUC

Carlos is a Peruvian-born Chinese New Zealander who studied medicine at the University of Otago, graduating in 2008. He has worked in hospitals in Christchurch, Dunedin, and Nelson before completing his GP training and undertaking Urgent Care training in Auckland. He has many interests but is particularly passionate about community and charitable work and Asian Health. Clinically, his interests are minor surgery, health care of the elderly, mental health and paediatrics. He currently works in East Auckland as a dual GP/Urgent Care doctor. When time permits, he likes to go on long hikes, travels overseas, dine out in style and spend time with his strong-spirited 5-yr old sassy lass, cheeky monkey boy and his GP partner. He is fluent in English and conversant in Cantonese.



Dr Vicky Tai - Secretary

Medical Registrar // MBChB (Auckland)

Vicky is a Medical Registrar at North Shore Hospital. Vicky graduated from the University of Auckland in 2017. She has been involved with ACMA/YACMA since her third year of medical school and was previously the Membership Secretary in 2015 and more recently Secretary in 2019. Vicky looks forward to returning to the ACMA executive in 2020 and is excited to meet ACMA members and to be part of organising social, educational and community events. Vicky is currently pursuing Basic Physician Training with the RACP and is involved in research in rheumatology at the University of Auckland. She sees herself pursuing a combined clinical and academic career in rheumatology. Outside medicine, Vicky's interests include playing tennis, practising yoga and travelling.

Andrew is a cardiologist, and the Director of Cardiac CT at North Shore Hospital, Auckland, New Zealand.

After advanced cardiology training at the Greenlane Cardiovascular Unit, he completed the Advanced Multimodality Imaging Fellowship at the Cleveland Clinic, Ohio.

He is currently practising non-invasive cardiology (echocardiography, cardiac CT and cardiac MRI). He has particular interest in Chinese heart health and community health promotion, and is a co-founder of the Chinese Health Awareness in New Zealand initiative within the Auckland Chinese Medical Association.



**Dr Andrew To - Immediate Past President
/ CME Coordinator / Sponsorship
Coordinator / CHAINZ Founding Member**

**Cardiologist // MBChB (Auckland),
FRACP, FAHA, FCSANZ**



**Alan Wu - Membership Secretary
Medical Student, the University of
Auckland**

Alan is a 4th year medical student from the University of Auckland, doing his placement at Middlemore Hospital. Alan was born and raised in Auckland's multicultural community and has developed a passion for migrant health, especially Chinese health.

He wishes to help ACMA in promoting Asian health concerns and build greater transparency between the healthcare system and minority groups. Outside of the health sector, Alan spends his weekends playing badminton and enjoying a good hotpot with friends and family.



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.

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 eighteen years.



Dr Linda Lum
Sponsorship Coordinator

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



Dr Gary Wu
Mentorship Coordinator
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.

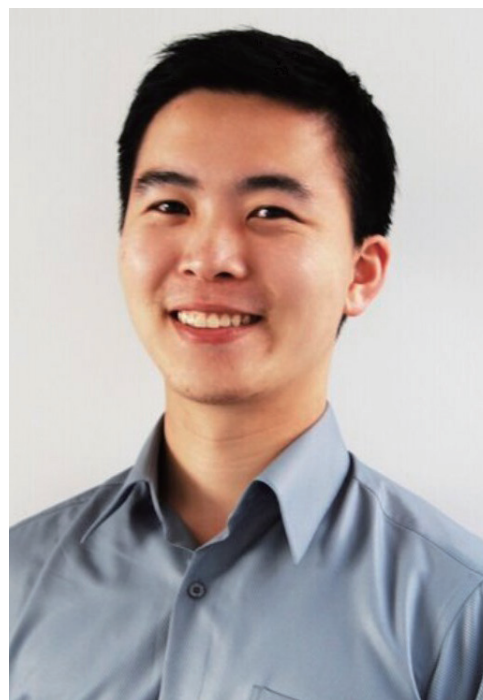
He is currently the clinical director and company director at The Doctors New Lynn. Gary has special interests in minor surgery, chronic conditions and health/wellbeing promotion. He moved from Taiwan to New Zealand with his family when he was 15.

Kevin is currently a non-training Ophthalmology Registrar at Greenlane Clinical Centre, ADHB. Born in Auckland, Kevin completed his medical school training in 2016.

This is his 4th year on the ACMA executive committee, having also previously served four years on the executive of the student association (YACMA), two of which as President.

His current goal is to get as many junior doctors involved with ACMA as possible, as well as assisting ACMA in promoting health awareness and literacy to our Chinese community.

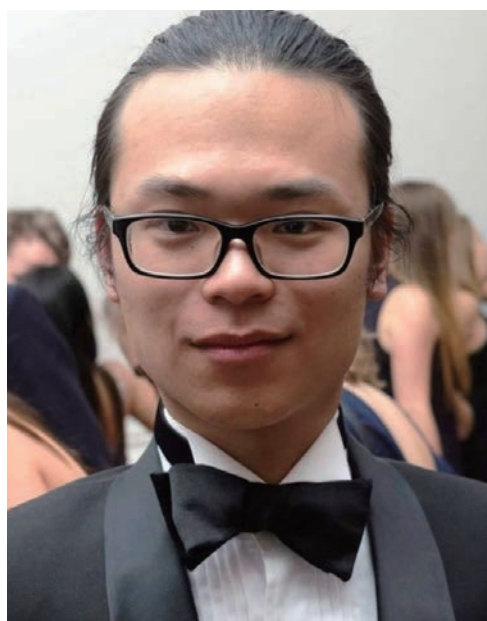
He has been asked to speak on the Chinese health show on CTV8 Channel 28 and community events about eye health.



Kevin has a keen interest in Chinese culture and is fluent in the language.

He is an avid reader of the literature and history and enjoys watching the occasional Mandarin drama series or TV show. His personal hobbies include orchestral/ensemble playing and wing chun martial arts.

Dr Kevin Liu - RMO Rep / Social Rep
Non-training Ophthalmology Registrar
// MBChB (Auckland)



Dr Brian Tse - RMO Rep / Social Rep
House Officer // MBChB (Auckland)

Brian is a long time South Auckland and a third year house surgeon at Counties Manukau DHB.

He was the trainee intern representative of YACMA in 2017 and has since maintained his position as the social representative of ACMA for the third year running.

Brian is always up for a merry gathering of friends and colleagues and he will be intimately involved in the organisation and promotion of ACMA social events in 2020.

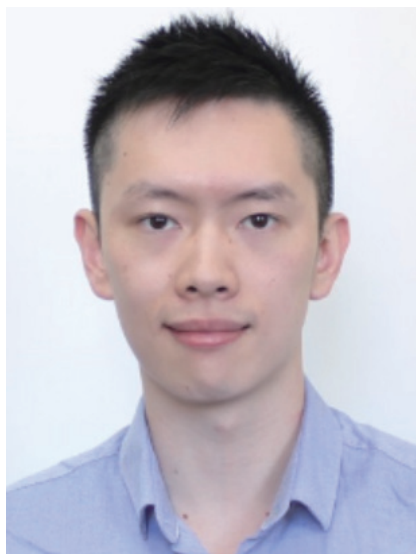
Brian enjoys quality late nights with his PS4, singing (averagely) to the rhythm of his acoustic guitar, playing the occasional game of tennis and driving his loud car. He has a high taste for single malt scotch whisky, and his favourite meal is a fillet steak done rare.



Dr Gee Hing Wong - General Committee
General Practitioner // MBChB (Otago),
FRNZCGP, MMgt

Wilson is a retired public health physician, a former Medical Officer of Health at the Auckland Regional Public Health Service. He is vocationally registered both in Public Health Medicine and in Medical Administration.

Wilson was a founding committee member of ACMA back in 1988, was on its Executive Committee for many years, and served as President in 2001. He is currently the Deputy Chair of the CNSST Foundation.



Dr Boris Yow - General Committee
Medical Registrar // MBChB (Auckland)

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 Wilson Young - General Committee
Boris
Public Health Physician // MBBS (HK),
FAFPHM, FRACMA, FNZCPHM

Boris was born in Hong Kong but grew up in Auckland but identifying as both Kiwi and Chinese.

He graduated from the University of Auckland Medical School and has now started working at Middlemore Hospital. Boris went to Hong Kong and Shenzhen, (China) during his medical training to experience the difference in healthcare culture and to improve his Chinese & Cantonese.

Since then, he has had an interest in helping the Auckland Chinese community better utilize health resources available to them and improve their health literacy.



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 Michelle Wong - General Committee

ENT Surgeon // BHB, MBChB (Auckland), FRACS (ORL, HN)

General Otolaryngologist with subspecialty interest in Otology, ADHB Michelle is a kiwi graduate who trained in Sydney and Fellowship trained in Oxford, UK. She moved back in 2010 to take up an Otologist position at ACH.

She has a special interest in general ENT, childhood and adult ear diseases, KTP laser ear surgery and minimally invasive endoscopic ear surgery.

Michelle has been involved in starting the New Zealand Dizziness and Balance Centre, the first of its kind in NZ and has been running courses in training other ENT surgeons with the use of the KTP in the middle ear.

She is fluent in Mandarin and Cantonese. She has a very keen palate for husband-caught seafood.



Dr Ang Liu
General Committee



Dr Albert Low
General Committee



Brian Yeom
Webmaster

**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.

**General Practitioner // MBChB (Auckland),
PGCertWHlth, Dip Obs, FRNZCGP(Hons)**

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 is opening his own medical centre in West Auckland where he has been working for the last 5-6 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.

Trainee Intern, University of Auckland // BMedSc (Hons)

Brian is a Trainee Intern 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.

YACMA EXEC MEMBERS

Aimee Meng - President

Aimee is currently a 4th year medical student from the University of Auckland, and is based at North Shore Hospital. She is a Chinese Kiwi born and raised in Auckland.

Her passions mainly lie in volunteering, particularly advocating for the youth and supporting the elderly in our community. As one of the pre-clinical representatives of 2019, she is keenly involved with YACMA and enjoys attending ACMA events which extend to YACMA members. In her spare time, she enjoys day hiking and making music.



William Xu - Treasurer

BMedSc(Hons)

William is a 4th year medical student at Waikato Hospital, from the University of Auckland. William completed a Bachelor of Medical Sciences (Honours) in 2019. William is a NZ-born Chinese and graduated from Saint Kentigern College in 2015.

He has a passion for community service especially among immigrant populations and the mentorship of younger generations.

Outside of his studies, William is a pianist, swimmer and tennis fan.





Katherine Sung - TI Rep

Katherine is a trainee intern (TI) at the University of Auckland and is currently based at Middlemore Hospital. She is a Korean-Kiwi that graduated from Mount Roskill Grammar School in 2014.

Katherine has supported ACMA with her background of YACMA executive roles. She is one of the clinical representatives for YACMA this year.

Katherine enjoys mentoring and supporting fellow peers and mentees. She enjoys hiking and exploring the outdoors in her spare time and enjoys a good cup of coffee.

Nicholas is a 5th year medical student doing his placement in North Shore hospital this year.

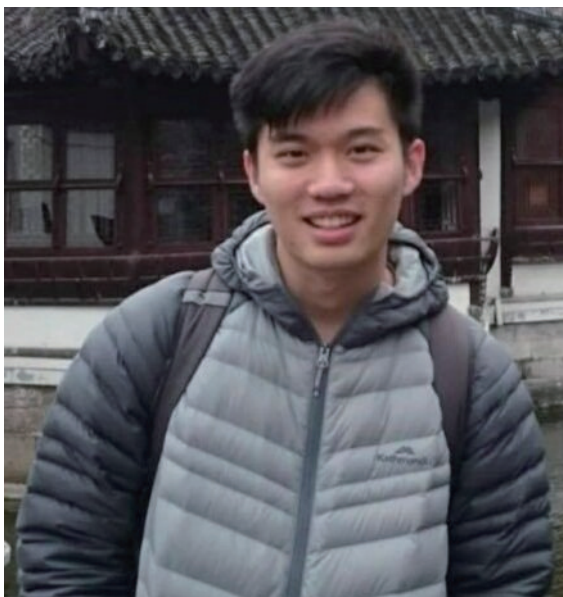
Previously the webmaster and membership secretary, he continues to contribute to both YACMA and ACMA due to his passion towards Asian, particularly Chinese health.

If he is not immersed in his books, you can find him on the beach or playing sports in summer, or whipping up a nice hot bowl of ramen in the winter with friends while playing board games.

Don't hesitate to ask him any questions, he will be more than happy to help!



Nicholas Quek - 5th Year Rep



Nelson Song - 4th Year Rep

Nelson is a 4th year medical student at Auckland City Hospital, from the University of Auckland. Nelson was born in China but grew up in New Zealand.

In 2016, Nelson graduated from Pakuranga College. Nelson was a Pre-clinical Representative in 2019.

Some of his hobbies include social badminton and exploring scenic walking tracks. Nelson hopes can support YACMA and ACMA to the best of his abilities in 2020!

Jerry is a 3rd year medical student at the University of Auckland. Born in China and raised in New Zealand, Jerry graduated from Kerikeri High School in 2017, but also completed one year of his schooling in China.

When not studying, Jerry enjoys going to the gym and spending time with friends and family.

Jerry is interested in improving Asian health outcomes and awareness in New Zealand – in particular those who suffer from the language barrier. Jerry hopes to be able to support YACMA for many years to come!



Jerry Tang - Pre-clinical Rep



Mark Zhang - Pre-clinical rep

Linda is a 3rd year medical student at the University of Auckland. She was born and raised in Christchurch and graduated from Burnside High School in 2017.

In her spare time she likes to draw and edit videos. She hopes to give back to the community and help to further grow YACMA in 2020.

Mark is a 3rd year medical student at the University of Auckland. Mark was born and raised in Auckland and graduated from Westlake Boys' High School in 2017.

He is passionate about mentoring others, especially the younger generations and hopes to support YACMA and ACMA as much as possible in 2020!

Outside of his studies he enjoys basketball, movies and spending time with friends and family.

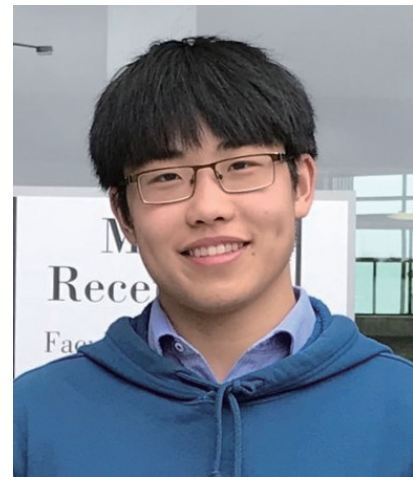


Linda Wang - Pre-clinical Rep

Dylan is a 4th year medical student based at Waikato Hospital, from the University of Auckland.

With a keen interest in Chinese health and having participated first-hand in the opportunities that YACMA provides to the community, Dylan is glad to be able to contribute to the student branch of ACMA as the Mentorship Coordinator, and was previously a Pre-clinical Representative in 2019.

Born and raised in Auckland, Dylan graduated from Auckland Grammar School in 2016 and apart from studying, enjoys watching and playing basketball and is a keen reader.



Dylan Lee
Mentorship Coordinator

Phoebe is currently a 3rd year medical student at the University of Auckland. She was born and raised in Auckland after her parents immigrated to New Zealand from China.

Phoebe graduated from Lynfield College in 2017 and enjoys playing badminton and hanging out with friends in her spare time. She looks forward to being a part of the growing YACMA community and being able to capture and share our groups' involvement in the wider community.

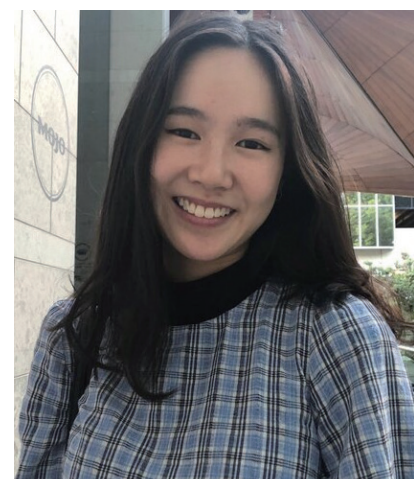


Phoebe Liu
Editor

Yusi is a 3rd year medical student at the University of Auckland. Born in China and raised in central Auckland, she graduated from Mount Albert Grammar School in 2017.

Apart from focusing on her studies, Yusi is a pianist and enjoys tramping as well as trying new restaurants with friends.

She is passionate about Asian health promotion and is looking forward to help support ACMA as one of the editors for 2020.



Yusi Gao
Editor

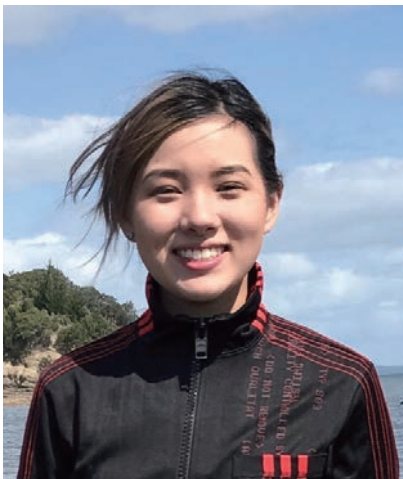


Kevin Chen
Editor

Kevin is a 3rd year medical student at the University of Auckland.

He is Chinese and was born in Auckland but shortly moved to Taranaki, being raised there.

Kevin graduated from Auckland Grammar School in 2017 and is interested in basketball, movies and archaeology.



Angela Qian
Editor

Angela is currently a 3rd year medical student at the University of Auckland. Angela was born in Hong Kong, and later studied in Shanghai before moving to Auckland at the age of 10.

She graduated from Epsom Girls Grammar school in 2017. Aside from medicine, Angela is also passionate in art, music and literature.

This year, she is a member of the YACMA editors, and she is more than willing to offer helping hands to those who share the same dream in this community.



Tianwei Liu
Webmaster

Tianwei is currently a 4th year medical student at the University of Auckland, based at Auckland City Hospital.

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.

AN INTERVIEW ON COVID-19

WITH DR. LINDA LUM

As COVID-19 continues to spread globally so does the propagation of racism and anti-asian sentiment. One of our ACMA executives, Dr Linda Lum was recently involved in a racially motivated incident in February this year.

After inhaling some dust from nearby roadworks whilst waiting for her bus, Dr Lum sneezed once she got on. This prompted an older man behind her to shout, "Go back home to China, else we're all going to die!" Alarming, not one passenger on board or even the bus driver said anything.

Of course, Dr Lum, who has been practicing for about 30 years knows proper sneezing etiquette, and ironically has never even been to China. Concerningly, these racist sentiments directed towards asians are on the rise following increasing global fear and panic due to the coronavirus pandemic.

We interviewed Linda, who was kind enough to share her experience and discuss it with us.

1. If you could talk to misinformed individuals who perpetuate racism and stereotyping against asians, what would you say?

When the incident on the bus happened earlier in February this year, it was around the time of the outbreak in Wuhan. At that time, the only people affected were the Chinese residing in China.

Quickly, theories spread about peculiar habits of the Chinese, especially regarding food and hygiene. Given information about the virus was limited back then, there was a knowledge gap. People felt emboldened to make their feelings and fear known.

However, in my experience the older the individual, the more fixed their attitudes are, and trying to convince them otherwise is not useful. So I did not confront the man on the bus. But when another report about a similar incident appeared in the Herald, I got more annoyed.

After somewhat of a sleepless night worrying about the risk to my reputation, in the end I decided to go public and wrote a letter to the news desk.

My message to the readers and to listeners at RadioNZ was you can not tell by appearances whether people are New Zealand-born, a visitor, or a recent migrant. The virus does not discriminate on the basis of race, gender or age. There is a lot of fake news in the media. Don't believe everything you read.

2. Do you have any concerns about the possible social implications for the wider Asian community following this encounter?

After the initial paper article, I was contacted by RadioNZ.

The story was picked up online by Stuff TVNZ Newshub then further afield via social media.

Comments on social media outlets such as Facebook were mainly favourable and positive towards Asians. However only a select population follows mainstream media. Following my experience, there were further media reports about racism.

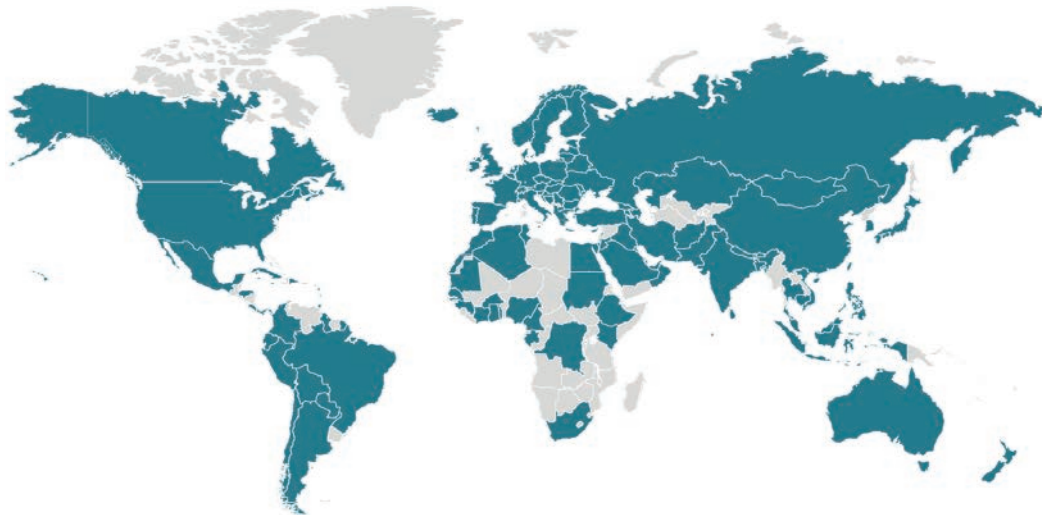
When the first Covid-19 cases outside Asia started appearing (in Europe and the Middle East) such reports faded away.

3. What do you think of social media's role in spreading information about COVID-19?

Social media is a cesspool of misinformation.

In the middle of a public health emergency, it has tried to wade-in and address myths and misconceptions whilst also attempting to educate the public.

I am not sure how successful this has been. Last night, I rang national talk back radio to explain Covid-19 and hand washing because the presenter was still getting the basics wrong.



4. Following on from this incident, do you feel more wary going out in public?

I am of an age where this does not worry me. After being in practice for 25 years you develop a thick skin and learn the mental exercises to destress.

If I was a young international student who had recently arrived in New Zealand, it would be quite a different matter.

5. As a Chinese-Kiwi doctor, have you experienced any discrimination whilst working during the coronavirus epidemic?

As a GP I have not experienced any discrimination as people can guess my ethnicity by my name or view my profile online and so they can choose whether or not to book me.

If I was a hospital doctor, it may be more likely for discrimination to occur.

I was interested in a Twitter account by an expat Asian-Kiwi surgeon working in Australia about one of her patients who refused to shake her hand but was quite happy to go under her knife.

6. Given the recent news headlines regarding work lay-offs and mandated school closures in countries hit by coronavirus, how do you think COVID-19 will escalate in the future?

By nature, I tend to be a pessimist and plan for the worst.

The countries that have controlled the spread have been Asian countries and populations there behave quite differently compared to the local population here with respect to authority.

The "she'll be right" attitude of some people will not work in an environment where the threat is invisible.

The main worry is population infection control especially since we are heading into flu season in about three months when influenza traditionally peaks (June-August.)

7. In regards to the global shortage of personal protective equipment (PPE), what are your thoughts about the strain this will create on our health system?

The average age of GPs is 55 and 50 for practice nurses, so we are in the at risk age group for complications.

In my practice we have 20 sets of PPE for six doctors. Yesterday we used four sets in one day. For each suspected patient it takes four staff over half an hour to manage each case due to requirements regarding infection control, notification and disposal of waste et cetera.

Of course with practice we will likely become more efficient, but we need dedicated testing hubs desperately. Unlike hospitals we don't have replacement GPs to step in when we get sick through overwork or illness.

A link to Dr Linda Lum's original news article can be found below:

<https://www.rnz.co.nz/national/programmes/ninetonoon/audio/2018732659/auckland-doctor-told-to-go-home-to-china>

COURTESY OF THE MINISTRY OF HEALTH

The numbers

New Zealand has 589 confirmed and probable cases of COVID-19 as of 30th March. New Zealand is currently at Alert Level 4 – Eliminate. This means that it is likely that the disease is not contained.

Border measures

As of Monday 16th March, most of the travellers that arrive in New Zealand are expected to self-isolate.

Transmission

From available evidence, the World Health Organization has discerned that COVID-19 is transmitted via close contact droplets and fomites. More specifically, this means droplets need to be transferred from the infected person, to the mucosal surfaces of the recipient. This is over short distances (about 1-2 metres), thus only those who are in close contact are at risk. An infected person who sneezes, coughs or talks will produce droplets.

Face masks

Medical and Surgical masks are recommended in primary care in the care of patients. Such as when taking nasopharyngeal and throat swabs. However, those who manage more severe cases may use N95. Face masks are recommended to those who are involved in workplaces which are likely to come into contact with the disease. Importantly, those who have symptoms of an acute respiratory infection are advised to wear a mask to minimise spread.



Prevention

Stay home if unwell

Put used tissues in a bin immediately

Wash your hands with soap and water for at least 20 seconds (this is more effective than hand sanitizer)

Don't touch you face with unclean hands

Avoid personal contact with sick people

Clean and disinfect frequently touched surfaces

Symptoms

Coughing, shortness of breath and a high temperature (38°C).

WHO suggests a 2-10 day interval after infection for symptoms to begin.

Possible pneumonia may lead to shortness of breath.



YACMA EXEC BONDING DAY

Monday January 27th 2020 (Auckland Anniversary Day)

With many new members elected to be part of the 2020 YACMA exec, a beach day was planned in order to get everyone talking and ready to plan an exciting year full of events.

We descended upon Cheltenham Beach (over on the shore) on a sun soaked summer morning, and were greeted by crowds of beach goers with the same idea. Nevertheless we managed to secure a spot under some well positioned trees and set up camp. As usual, the food did not disappoint.

Lunch was a great helping of fish and chips along with a smorgasbord of treats and summer snacks. The group soon winded up in a nearby park for a game of frisbee and tag as the day gradually wound down.

Overall, it was a relaxing summers day with some new found friends we would only grow closer to throughout the year.



Dr Linda Lum's ACCC coronavirus talk

Community 2020

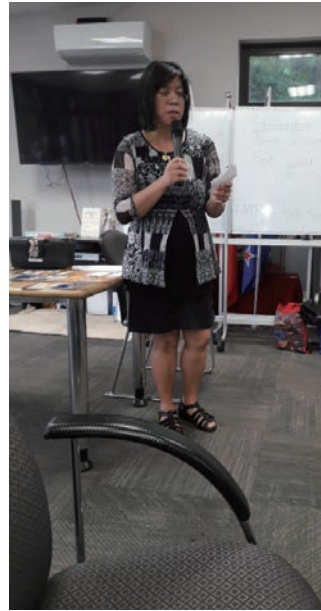
Auckland Chinese Community
Centre, Māngere
Tuesday 28 January 2020

This year ACMA was asked by the Auckland Chinese Community Centre (ACCC) to give a series of talks throughout the year at the ACCC Senior Lifestyle Club in Māngere.

In late-January, Dr Linda Lum gave the first of the series of talks and she was introduced to the members by the Chairman of ACCC, Mr Kai Luey. Dr Lum presented on the hot topic of coronavirus in addition to tetanus, whooping cough and shingles vaccinations for the elderly with around 60 people in attendance. Afterwards, she distributed pamphlets on healthy eating, living and social services to the audience.

There was also time for questions from the floor which ranged from topics about travel insurance, "should I be cancelling my trip to China in view of the Coronavirus outbreak?" to myths about shingles, "can I get vaccinated once the rash appears?" Trickier questions were discussed as well such as "what do you think of integrated medicine?"

There were retired GPs and dentists in the audience who of course asked the most probing questions. The future talks planned will cover falls prevention and osteoporosis in Autumn as well as memory loss and mind health in Spring which we greatly look forward to!





ASB Showgrounds, Epsom

CNY ASB

CHINESE NEW YEAR HEALTH CHECK

January was off to a good start as we welcomed the Year of the Rat with our first health-check at the Chinese New Year Festival held at ASB Showgrounds. Our ACMA health-check stall was bustling with activity and visitors who kept our volunteers engaged.

It was a successful event with plenty of music and entertainment which enhanced the lively atmosphere, and not to mention the seemingly endless options of delicious Chinese food stalls available. It was also fantastic to see new students eager to help out with measuring vitals and answering questions.

This was a great opportunity for clinical volunteers and returning students to revise their clinical skills and to give back to the wider community.



FAMILY DAY AT AUCKLAND BOTANIC GARDENS

"How much for this one?" Asked Carlos, our ACMA president, curious about others' opinions on the value of a sculpture.

"\$4,000?" Said one. "\$10,000." Said another.

The annual ACMA family day was held at the Auckland Botanic Gardens this year. The weather, simply put, was great. Being no different from recent days of the summer season - hot and humid, with the fill of clouds providing an illusion of relief from the sun. Here, we met the families of the ACMA members who took part in a trail around the garden.

Multiple works of art as portrayed were scattered along the way. '特别热闹', is what one would use to describe the environment seen. So many people, from a range of ages were walking about, running about, admiring art, playing cricket and understandably acknowledging the searing temperature.

Following the trail, the ACMA members gathered at Miko Cafe, where food was shared. Much fun was had on the day and it was a great opportunity for some Vitamin D for the adults, teens and children who took part in this event.





WELCOMING BBQ

YACMA had its annual welcoming BBQ on the second day of the new semester. Needless to say it was a popular event with a queue of students eagerly waiting to grab a free sausage or hash brown on offer by the time we set up.

We had wide interest from all Medical and Health Science students at Grafton campus, making it a great opportunity to get people interested and aware of the events we run as a club. Thank you to all the YACMA exec members who helped cook, clean and serve the food!



ACMA's first CME, sponsored by Helius Therapeutics, was held at the renowned Grand Park Chinese Seafood Restaurant. Dr Jim Polston (Chief Science Officer of Helius Therapeutics) had just returned from the United States, and appropriately decided to self-isolate. Thus, he was unable to attend and provide his insight on Florida medicinal cannabis use and outcomes.

Our speaker for the night was Dr Graham Gulbransen, presenting "Prescribing Medicinal Cannabis". Dr Gulbransen opened the first NZ medical cannabis service in 2018. An experienced addiction specialist, he has prescribed medicinal cannabis to over a thousand patients, with positive outcomes. Dr Gulbransen provided the audience with a brief history of medicinal cannabis, what it is, and why it might be prescribed. This included knowledge of cannabis and its relationship with the important Endocannabinoid system in our bodies. Of course, evidence was provided of the potential therapeutic effects of medicinal cannabis, to which he has also written his own paper. A very interesting and insightful presentation, making us wonder if cannabis will become a primary care option in the near future.

As expected, Grand Park, where many of you have likely dined, the food was indeed worthy of it's 4.1/5 rating on Zomato. The lineup included the classic Peking duck pancake, blue cod, scallops and the grilled lamb with black pepper. Large is no exaggeration to describe the size of it's dining hall, and yet every day at noon it is completely filled to the brink with customers, waiters and trolleys. Unfortunately, in light of the recent global pandemic of COVID-19, business has been much quieter for Grand Park, as well as many other chinese restaurants in New Zealand and around the world.

Thanks to Helius Therapeutics for sponsoring this event!

Y A C M A C . M . E . EVENING





OUR SPONSORS



MESSAGE FROM THE EDITORS

编辑语录

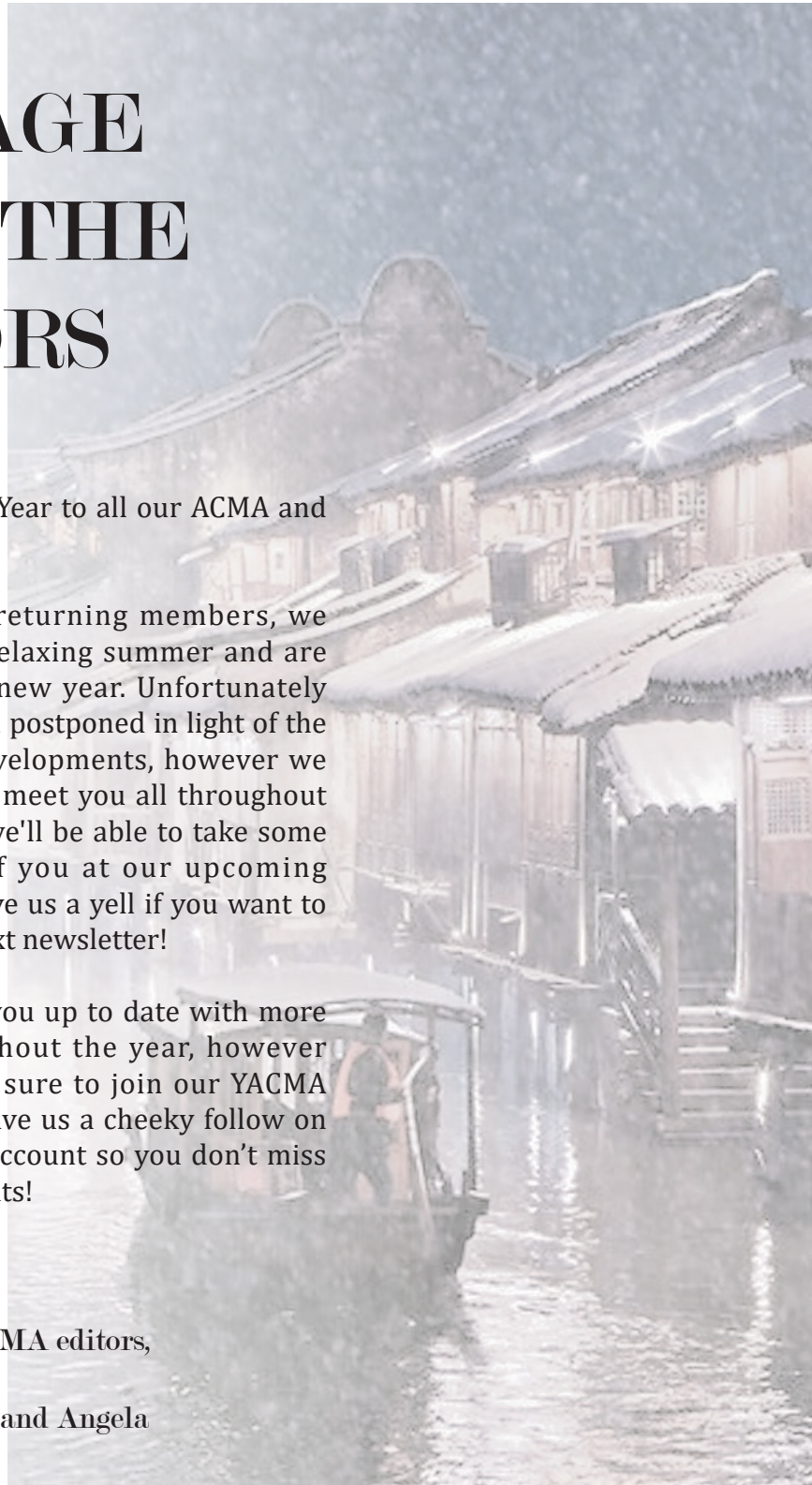
Happy Chinese New Year to all our ACMA and YACMA members!

Welcome new and returning members, we hope you've had a relaxing summer and are ready to tackle the new year. Unfortunately our Yumcha has been postponed in light of the recent COVID-19 developments, however we are excited to get to meet you all throughout the year. Hopefully we'll be able to take some stunning photos of you at our upcoming events. Be sure to give us a yell if you want to be featured in our next newsletter!

We will be keeping you up to date with more newsletters throughout the year, however in the meantime be sure to join our YACMA facebook page and give us a cheeky follow on our new instagram account so you don't miss out on our latest events!

Love from your YACMA editors,

Yusi, Phoebe, Kevin and Angela



EXTRA NOTICE

ACCC NZCA Newsletter Article Volunteers:

ACMA is looking for doctors or medical students who would be interested to write a few articles for our local Asian community on common health topics. This will be put forward in the upcoming NZCA newsletters that will be released in May, August and November.

The topics can be on any health-related matter and will be maximum 1 page. For example, it can be on screening for medical conditions such as hepatitis B.

You are also welcome to include a short bio to introduce or promote yourself or your practice.

Please submit your articles to sponsorship@acma.org.nz throughout the year. The first deadline will be on the 1st of May, but early submissions are always appreciated.

Please register your interest via the form below. If you have any questions please email Dr Linda Lum at sponsorship@acma.org.nz.

<https://docs.google.com/forms/d/1WbKf-vgRRp9oQ0wtWvyNlxovq2070-ouzulSJ4pWpnQ/edit?fbclid=IwAR10h3T2XeIZ5J9K6gRL4nEmMxd1YikLAduCnIDiVi9pMe-sgskDkAMeOFU>