



Issue: 2

ACMA

Newsletter

July 2018



Table of Contents



Executive Committee of 2018

ACMA Presidential address

YACMA Presidential address

Meet the ACMA exec

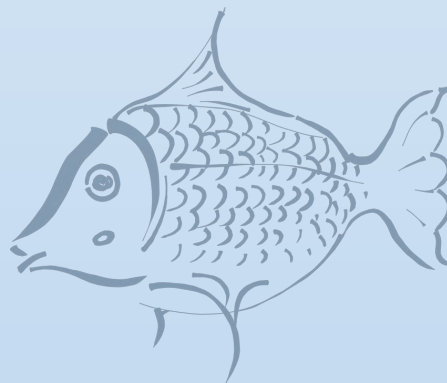
Recent events

Upcoming events

An Interview with Dr Tony Lowe

Food Review

Message from Editors



ACMA President's Address

Dr Andrew To

Dear all,

I would like to use this opportunity to thank the ACMA/YACMA team who put together a fantastic conference in 2018. I'm sure that everybody agrees with me that it was a very enjoyable occasion and we all learnt a lot about how best to look after ourselves as well as our patients.

The ACMA community event is set to be on the 13th of October 2018 and this will be the focus of the second half of the ACMA calendar year. We will build on last year's experience and run a largely interactive two-hour session, with a panel of family doctors and specialists. As usual, we will need a large number of volunteers to help both before and during the day.



We will be producing the poster advertising materials fairly soon. We would be most appreciative if you could distribute it within your network of patients, friends and community groups; put it up in your practice; etc. Please help us make it a success.

Take care, keep warm!

Andrew

YACMA President's Address

Katherine Sung

Dear members,

We're already half way through the year and we've had some great events that hopefully created lasting memories for our members! We hope the 2nd years have now settled into medical school and have been getting involved with our events.

Taking a quick look back, the YACMA family has achieved a lot! We gave back to the community at the beginning of the year by helping out our parent organisation ACMA in their community health stall events, we also had a fantastic feed in both the Welcome BBQ for our new members and the infamous Yumcha. Last month our members battled it out in our annual Quiz Night with interesting trivia questions and showed off their chopstick and noodle slurping skills. Most recently we had our Retreat at Coromandel which was a huge success! We hope everyone had a great time relaxing and enjoyed the activities with the YACMA family.



The next half of the year has many more exciting and educational events to look forward to - we have our ACMA x YACMA Winter Laser Tag event and our Communication Skills Workshop to help our 2nd year members get ahead. Don't forget to keep your eyes out for our Careers Evening where we will have panels of doctors from different specialties that will come and share their experience!

A big thank you to all our executive members for helping make these events run smoothly and also to our members for getting amongst and enjoying the ride. We look forward to seeing you all at our future events.

Kind regards,

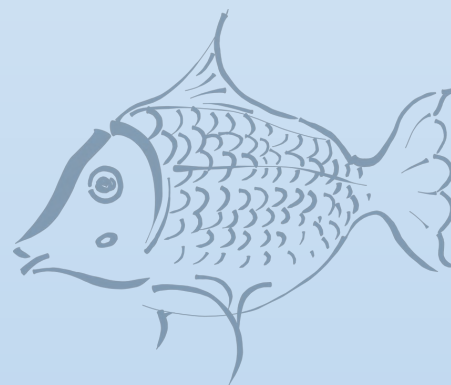
Executive Committee 2018

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
Dr 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

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



Recent Events

YACMA Yumcha (28th April)

Our annual YACMA yumcha was once again highly anticipated. Although the rainy weather meant we had to cancel our pre-yumcha activities, China Yum Char was packed and the atmosphere was just as lively despite it being downcast.



The food was spectacular, with traditional dishes ranging from shumai and har gow to dumplings and greens which arrived to our tables faster than we could eat! Everyone enjoyed the company and the big smiles going around were exactly what we needed to brighten up the day. The yumcha was also an opportunity to announce the lucky five year membership stethoscope winner - Congratulations **Emilie Agnew!**

We would like to acknowledge China Yum Char Restaurant for their hospitality and MAS advisor Neville who met some of our eager YACMA members over yumcha. Most importantly, a big thanks to everyone from who came, enjoyed yumcha together and made the event such a success!



ACMA conference 2018 (5th May)

This year the annual ACMA conference took place at Vodafone Events Centre in Manukau. The conference day began with registrations at 8am with our delegates receiving their conference goodies and information about our fascinating keynote speakers.

Our first session of the day had a major focus on new technologies as well as the role of multidisciplinary medicine in order to achieve better patient care. This session's topics ranged from dementia prevention and the interventions currently being tested to the various obesity surgery options available to improve patient quality of life. We also gained some insight into how testing for DNA mutations can be used to specifically target different cancers - an area that is rapidly growing.



During our second session, there were multiple discussions and workshops running at the same time, allowing delegates to attend sessions they were interested in. The breakout sessions were all quite different - sleep hygiene, hyperventilation, neck pain management and mindfulness to name a few.



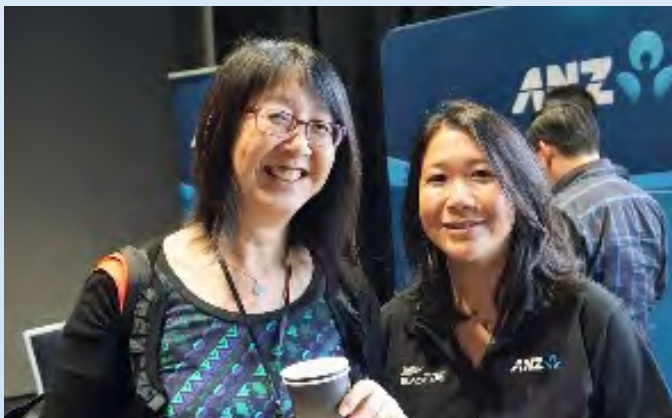
Finally, our third session of the day focused largely on the health of our doctors, an area that is important and of interest to both medical practitioners and students. This allowed for discussions around workplace bullying, mental health and learning how to be compassionate to both patients and ourselves. A truly inspiring and powerful way to end the day's formal sessions.





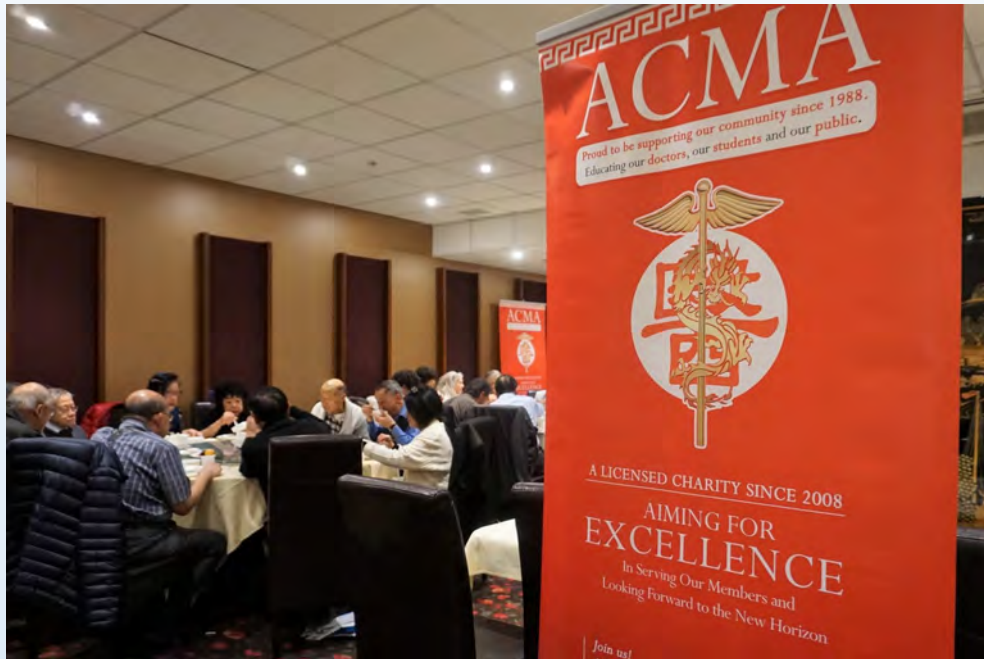
In addition, there was a fun challenge organised for the delegates which required us to visit each stall and find out a bit about each sponsor to go in the draw for some wonderful prizes. This kept the delegates busy and engaged during the breaks, with opportunities to network over coffee and food. After a full-on day, hearing from inspiring speakers and joining thought-provoking discussions, the event drew to a close with delegates enjoying dinner at Kings House Restaurant. A big congratulations to the many delegates who were also prize winners! (attach photo).

We couldn't make the conference a success without our **Platinum sponsor** (ANZ), **Gold Sponsors** (MAS, Pharmaco, AbbVie), **Silver Sponsors** (Fertility Associates, Auckland ENT Group, Hearing specialists, Auckland Radiology Group, John Q Ray White), **Bronze Sponsors** (Lifestyle Insurance, Greenlane Medical Specialists and Independent Living Service Charitable Trust), the **ACMA/YACMA conference team**, our lovely guest speakers and finally the delegates for attending the occasion. We hope to see you at our conference again next year!



ACMA CME 2 (24th June)

ACMA's second CME at Grand Park Chinese Seafood Restaurant took on a new format with shorter presentations and three speakers rather than two. Our first speaker, Ivan Yeo, gave a very informative presentation about Asian support services and its branch which focuses on gambling rehabilitation. Thank you to Ivan who brought along support service pamphlets and goodies to give out.



Dr Arif Aslam from Skin Institute then followed on and covered some interesting dermatology cases. For our final speaker of the night, Dr Pui Ling Chan, wrapped it up with an interactive session going through the management of diabetes. Cases from both these speakers were very relevant and gave us tips on caring for these patients.

As always the CME attendees were served a delicious variety of dishes following the presentations to end the night. Both doctors and medical students enjoyed the CME and were able to take something away. We look forward to seeing you at ACMA's third CME coming up on the 9th of September!



YACMA Quiz Night (7th June)

With our second and third year medical students fresh out of module tests, the first Thursday of June was ripe for the annual YACMA quiz night. The night began with a ritual pizza feed before the seven teams assembled for the toughest academic challenge since the second year Respiratory System module test.



The competitors were tested on a range of topics, from recognising famous landmarks and songs to trivia about our lecturers and pokemon movesets.

The competition was fierce with the top three teams within a few points of each other at the end of every question. But it was not over yet. The surprise bonus round was none other than a spicy noodle challenge. After a flurry of chopsticks, inhaled noodles and pure unadulterated blood, sweat and tears, the winners finally emerged. Thank you to everyone who came and made the event a success - we hope to see many of you again next year!





Upcoming Events

Winter Laser-strike

18th August

CME 3

9th September

Careers Evening

23rd August

Clinical Skills Tutorial

September

History Taking Tutorial

October

Community Talk

13th October

Annual General Meeting

11th November



An Interview

with Dr Tony Lowe

We are honoured to be able to interview Dr Tony Lowe who was willing to share his experiences in life and as a General



1) Could you tell us a bit about yourself?

I was born in Hong Kong in 1956. I am the youngest of 3 children. I met my kiwi wife when I was 4th Year Medical Student at my Uncle's Chinese Takeaway. She was smart, humble, kind, witty, tried very hard and was not afraid of hard work. She has been loyal and supportive. I have two lovely daughters and I feel very blessed to have my family.

2) What was the path you took to get to where you are today?

When I was only a few months old, my father left Hong Kong for New Zealand to join his father in search of a better life for our family. Due to immigration policies at the time, it took 13 years for my family to be granted permission and finally join him. The only time my father returned to Hong Kong was to pick us up to bring us to NZ. During the 13 years when we were not with our father, he would send my mother whatever money he had spare to support us in Hong Kong.

I was a sickly child when I was young and was always at the doctors. My GP told me I should become a doctor so I could cure myself! It was my GP who inspired me to become a doctor. Ever since I was young I had always wanted to be a doctor (just like my GP). As I was always ill, I missed a lot of schooling and in Hong Kong if you don't pass your exams you don't move up a class with your year group. You are effectively left behind. I was in Year 2 for three years and when I left Hong Kong (aged 13) I was only in Year 5.

When I arrived in NZ I spent a few months in Year 8. My form teacher asked me what I wanted to do as a job (via a Chinese classmate translating for me) I told him that I wanted to be a doctor. Not sure that he heard the answer correctly or didn't believe what he heard – he asked me 3 more times. I responded 3 times that I want to be a doctor. Originally my Intermediate School wanted to send me to a school with more wood-working and metal-working courses but my father told them I wanted to be a doctor and that was final.

My family purchased the family fruit shop and we did not have any money. All my family had to work and help out. I used to study at the back of the shop and when they were busy they would ring the bell and I would go out to help serve the customers. In Form 4 (Year 10) my mother died of Ovarian Cancer and my sister (who was 2 years older) had to give up her education to help with the family business so that I could continue to study. I still wanted to do medicine despite all odds. I drew up a Study Plan for the next 5 years of my secondary school education of what I had to do to achieve my goal of going to Medical School.

I was determined even if I had to repeat every year of Secondary school to get to Med School then that was what I had to do.

Dr Tony Lowe

As it turned out in School Certificate (Year 11) for our first external exams I got the highest mark for my school in Math and Accounting but just passed English with 50%. My Accounting teacher was disappointed that I dropped accounting after I received the top mark as I only picked up the subject for one year whereas my classmates had been studying the subject since Form 3 (Year 9).

Surprisingly, I did not fail any exams and managed to be accepted into Auckland Medical School in 1976. I was told I was the first student from Mt Roskill Grammar to be accepted to Auckland Medical School. Med school was a real struggle as my English was still very poor and my comprehension way behind. I had to read the text books over and over just to understand them. That is what I had to do so I just did it.

I managed to go through Medical School without failing any of my exams. I worked towards being a GP and did all the specialities that were helpful in being a generalist GP such as A&E, General Medicine, Surgery, Paediatrics, Gynae and Obstetrics, Orthopaedics, Psychiatry, and ENT. And here I am now.

3) Describe a typical day of work for you. What are your key responsibilities?

My day involves seeing all sorts of people from very young to very old, various nationalities and personalities. Being Chinese and Cantonese speaking, my practice has evolved from being mostly Kiwi-European to a mostly Asian practice. As a family GP some patients will be with you for generations and become part of your family and friends.

4) What are your experiences like with the NZ health care system and patient care in your practice?

I think NZ provides a good overall healthcare for the limited budget we have. Sometimes I believe the DHBs are duplicating a lot of upper and middle management duties. Over the years I have witnessed the improvement in the work conditions and hours expected of the Junior doctors which has improved the health and safety of both the patients and doctors. The younger doctors have a well-rounded work and personal life balance.

I have also noticed that General Practice has changed over the years. In the early years, we used to do everything from managing accidents, trauma, births, deaths, family planning, alcohol and drugs which are now looked after by respective community organisations or specialties (such as A&E Clinics, Mental Health, CADs, Hospice etc). Previously we were responsible for our patients 24 hours and would be rostered on weekends and evenings. With the development of After Hour Clinics, City General Practice has become a 9 to 5 job which has created a huge relief and life-style improvement.

My advice and suggestions to medical students and graduates entering the workforce is to follow your passion. If you are passionate in what you are doing you will do well in whatever path you take. You should always have a goal and a plan to achieve that goal. You should stay focussed and look at your goals and plans regularly.

Try not to be the person to say: "I can do it, but it is too hard". But rather be that person who says: "it is really hard, but I can do it!"

FOOD REVIEW

Ichiban Japanese Restaurant

In this issue, we review an authentic ramen shop conveniently located in Newmarket and only an 8 minute walk away from Grafton!

Ichiban is Newmarket's brand new Japanese restaurant. They have become known for their ramen among other dishes such as donburi and Japanese curry. Their open kitchen takes inspiration from traditional ramen shops in Japan. Seeing the chefs cooking seated on a row of wooden benches surrounding the open kitchen adds to the authenticity of the experience.



A traditionally themed ramen restaurant with a small, cosy and clean interior

The restaurant was not busy when we arrived on a Monday evening and upon entering we were greeted and quickly seated by the friendly staff. We decided their range of traditional and contemporary soup noodles was a must-try. Our choices ranged from the Tonkotsu Ramen with its classic pork broth, to the Stamina Bowl with its thick pork broth and chicken flavoured noodles. The flavour of the broth was a bit too subtle for some of us, however we all agreed the noodles were cooked perfectly.



We ordered the Stamina Ramen (far left), Tonkotsu Chashu Ramen (left) and the Teriyaki Chicken Ramen (right)

The menu was also quite extensive for the size of the shop, offering a range of ramen, donburi and curry. There are also different levels of spice for their spicy ramen which range from your standard spice to a “dangerous” spice for those who wish to test their limits. Most dishes were within a \$12 to \$17 price range which is great, considering its location and their portion size.

Overall, this place is definitely worth going to for a warm, authentic Japanese meal after work or class. As always, stay tuned for another wholesome food review with your Editors in our next newsletter!



Message from the Editors

Hello ACMA and YACMA members!

We cannot believe we're already halfway through 2018 already! Looking back on the first half of this year, we realise what a pleasure it has been meeting many of you ACMA and YACMA members. In this time we have enjoyed putting together these newsletters and seeing how much people enjoy the events. Our second newsletter draws its inspiration and theme from this year's ACMA Conference – one of ACMA's biggest events and once again, was huge success!

As we like to hold to our promises, for this edition we decided to give our **interactive online newsletter format**, alongside the **standard PDF newsletter**, a go! Using this new format you'll be able to browse through photo galleries and view videos as well. [Click here to view!](#)

If you have any feedback about the new format, we'd love for you to get in touch with us. As always we update you guys on the Editors Snapchat live from events.

