

March 2019

ACMA Newsletter





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ACMA President's Address

Dr Carlos Lam Yang

Dear fellow members

Welcome to your first ACMA newsletter for 2019. I greet you warmly as your new ACMA President for 2019; having previously been the Vice-President, Events Co-ordinator, Webmaster and a General Committee member since joining ACMA in 2013. For those who do not know me, I am an Otago Medical School graduate, currently working as a GP and Urgent Care Doctor based in East Auckland. I am also a proud father of two children and a loving GP partner.



CHRISTCHURCH TRAGEDY

The transition from the Year of the Dog to the Year of the Pig has certainly been tumultuous, most notably marked by the very tragic deaths of 50 innocent devout Kiwi Muslims at prayer in their two mosques in Christchurch on “one of our darkest days” – Fri March 15. According to the media <https://www.nzdoctor.co.nz/article/news/college-fellow-and-rural-doctors-tragic-loss-mosque-shooting>, one of the deceased was Dr Amjad Hamid, a Fellow of the Division of Rural Hospital Medicine who provided rural cardiology services to Hawera Hospital. Some of us may know this gentleman as a colleague or friend and even though I do not, I still mourn the unexpected and sudden loss of any member of our medical community, especially in these types of circumstances, and I send my condolences to his family and relatives.

Like many fellow New Zealanders, I was deeply shocked by this act of terror, and so I ask all ACMA members to join me in donating to <https://givealittle.co.nz/cause/christchurch-shooting-victims-fund> to help the bereaved families financially. I also urge you to professionally support our Muslim whanau who may be undergoing psychological trauma from by this horrible event by referring them to counselling, psychology or NGOs whose expertise may help ease their suffering through this distressing experience. The MCNZ, RNZCGP and your local DHB/PHO would have also emailed you contact information regarding this.

VOLUNTEERING

On a happier note, I would personally like to thank all those ACMA and YACMA members that volunteered at our Chinese New Year event, Botany Community Day, and Community Health Talk over the last six weeks or so. Your dedication to the community, particularly the Chinese community, is admirable and I look forward to presenting more opportunities in the future for this so keep an eye out on this space!

CME #1

Our first CME event, kindly sponsored by Mr Stanley Loo, took place on Sun 17 March at the magnificent Grand Park Chinese Seafood Restaurant and it was well attended by our members. Mr Angus Shao gave an excellent presentation on common conditions of the nose while Ms Rui Ling Chen regaled us with her experiences dealing with teenagers suffering from mental health issues. The food was scrumptious as usual and it was good to see members actively engaged in networking and catching up! For those who would like to access a PowerPoint version of the talks, please email me on president@acma.org.nz. Photos of the CME can be accessed on the ACMA website under Past Events > 2019 > March CME 2019 (<http://www.acma.org.nz/2019-events>).

ACMA SHIELD

I also took the opportunity to tell members about our “revamped” ACMA Shield which will (hopefully) be awarded during our AGM on 10/11/19 to a deserving member of ACMA if they meet certain criteria. 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.

WEBSITE

Due to member feedback, our website has also now been redesigned to be more mobile friendly and less busy – this can be accessed on <http://acma.org.nz>. You will be able to advertise your clinic and for locums here, and access the Public Doctors’ List in due time. Please also email our secretary on secretary@acma.org.nz if you would like to be featured on our Public Doctor’s List 2019.

HOUSEKEEPING

I also encourage all those members who have not paid up to pay their subscription <https://goo.gl/forms/A2iEYpYrX3bCelDh1> and email the membership secretary on membership@acma.org.nz. 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.

YACMA President's Address

William Xu

Dear members,

On behalf of the entire YACMA team, I would like to welcome you to another exciting year with the YACMA family. If you are joining us for another year, it's good to see you again! If you are new, we hope you get amongst the awesome educational and social events we have!



We have already had a great start to the year with numerous community health checks and O-week events. My thanks go out to both the hard-working exec team and all the student volunteers that help make these events possible.

This year, we as a team want to have a focus on building inter-cohort relationships within YACMA. In addition to our existing mentorship programme with ACMA doctors, we are piloting student-led mentorship programs this year. Both your student and doctor mentors are willing to give up their time to help guide you so make sure to tap into their wisdom!

Looking ahead we have our ever-popular annual yum cha at China Yum cha in Britomart. Our execs are also busy at work planning our retreat later this year as well as educational tutorials. We hope you get amongst it and enjoy the year as much as we do, all the while building lasting relationships with each other. Can't wait to meet you all this year!

Cheers,
William Xu

YACMA Preclinical Rep's Address

Aimee Meng, Dylan Lee & Nelson Song

Hello everyone!

We are Dylan, Nelson and Aimee and are your pre-clinical reps for 2019. We are very excited and grateful to have received this role, and will try our best to provide a strong bridging connection between the YACMA and ACMA groups.



What we are excited for in the upcoming year:

CMEs are a big plus for Aimee. She is keen to get to know more of the members via networking, not only in YACMA but also ACMA. Aimee is also excited to utilise the knowledge learnt so far in the hospital setting later in the year.

Nelson is really looking forward to meeting new members in both YACMA and ACMA, through mentorship and the community events like the health checks and CMEs. Like Aimee, he too looks forwards to applying his learning in a more practical aspect.

Dylan's real excited to make 2019 a great year for all of you and for YACMA! With a bunch of social events planned so far (free food!!) and our famous retreat coming up, we hope that all of you have a great time and make some lifelong friends along the way.

The year has already started on a very positive outlook, and we hope to preserve this momentum to make 2019 a delightful journey ahead!

Thank you,
Aimee, Dylan and Nelson

2019 Executive Committee

2019 ACMA executive

Carlos Lam
Andrew To
Derek Luo
Adrian Wan
Vicky Tai
Gary Wu
Kevin Liu
Brian Tse
Michelle Wong
Gee Hing Wong
Wilson Young
Stanley Loo
Cliff Ah-Kit
Boris Yow
Ang Liu
Brian Yeom

President/ Events Coordinator
CME Coordinator/ CHAINZ Founding Member
Sponsorship Coordinator/ CHAINZ Founding Member
Treasurer
Secretary
Mentorship Coordinator
RMO Rep
Social Rep
General Committee
General Committee
General Committee
General Committee
General Committee
General Committee
General Committee
Webmaster

2019 YACMA executive

William Xu
Nicholas Quek
Sarah Liu
Ye Li
Katherine Sung
Kevin Yi
Aimee Meng
Dylan Lee
Nelson Song
Johnson Cheuk
Ahmad Habib
Antonia Feng
Brandon Hoon
Jonathan Luo
Tianwei Liu

President
Membership Secretary
Treasurer
TI Rep
5th Year Rep
4th Year Rep
Pre-clinical Rep
Pre-clinical Rep
Pre-clinical Rep
Mentorship Coordinator
Editor
Editor
Editor
Editor
Webmaster

Meet the ACMA Exec!

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

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

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 Derek Luo - Sponsorship Coordinator / CHAINZ Founding Member

Gastroenterologist // MBChB (Otago), FRACP

Derek is a Chinese New Zealander of Taiwanese descent. Born in Wellington, Derek grew up in Hong Kong and is able to speak Mandarin and Cantonese. He graduated from Otago Medical School in 1999 and after starting work in Auckland, went work in Sydney for a year. He completed his specialist training in General Medicine and Gastroenterology and became a specialist in 2007. Subsequently, he worked in the Institute of Digestive Disease, the Chinese University of Hong Kong between 2008 and 2010 doing a fellowship in advanced therapeutic endoscopy. Derek then returned to New Zealand as a consultant at Middlemore Hospital. He has also recently established Greenlane Medical Specialists, a multi-specialty, multi-lingual specialist centre after working in the private sector for seven years. He is passionate about serving the Chinese community, Asian Health affairs as well as medical education and mentorship. Derek is a keen runner and has two energetic daughters, aged 10 and 12, and is married to Catalina, a GP.



Dr Adrian Wan - Treasurer

General Practitioner, Urgent Care Doctor // MBChB (Auckland), FRNZCGP, FAMPA

Adrian is a NZ-born Chinese graduate of the University of Auckland School of Medicine. He is a Fellow of the NZ Colleges of General Practice and Urgent Care. He currently works in Auckland's North Shore. Adrian was a student member of ACMA since 1989 and has served on the ACMA Committee member since 2007 in the roles of secretary, president and is the current treasurer. Adrian is passionate about primary care and teaching.



Dr Vicky Tai - Secretary

House Officer // MBChB (Auckland)

Vicky is a House Officer at Auckland City Hospital. Vicky recently graduated from the University of Auckland. Vicky has been involved with ACMA/YACMA since her third year of medical school and was previously the Membership Secretary in 2015. Vicky looks forward to returning to the ACMA executive, is excited to meet ACMA members and to be part of organising social, educational and community events in 2019. In the future, Vicky sees herself pursuing a career in internal medicine or general practice. Outside medicine, Vicky's interests include playing tennis, practising yoga and travelling



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.



Dr Kevin Liu - RMO Rep

House Officer // MBChB (Auckland)

Kevin is currently a PGY3 House Officer working in the Auckland region. Born and raised in Auckland, it was no surprise his educational path took him to Auckland Grammar and then the University of Auckland School of Medicine.

This is his 2nd year on ACMA executive committee, having also previously served 4 years on the executive of the student association (YACMA), 2 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.



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 drama series or TV show. Kevin has a huge passion for Ophthalmology, having fallen in love with the specialty since medical school, and hopes to pursue a career in the field in the future. His personal hobbies include orchestral and chamber music playing, wing chun martial arts and self-teaching various miscellaneous skills like cursive handwriting, origami and alveolar trills.

Dr Brian Tse - Social Rep

House Officer // MBChB (Auckland)

Brian is a long time South Aucklander and a second-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 second year after a highly successful first year. 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 2019. Brian enjoys quality late nights with his PS4, unblocks his coronaries with tennis and gym, and loves all things Japanese tuna. Brian has a high taste for quality Scotch whisky, Italian leather, floral shirts, and enjoys good music and film.



Dr Gee Hing Wong - General Committee

General Practitioner // MBChB (Otago), FRNZCGP, MMgt

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 Stanley Loo - General Committee

Plastic Reconstructive and Cosmetic Surgeon // BHB, MBChB (Auckland), FRACS (Plas)

Stanley is a fully trained and qualified Plastic Reconstructive and Cosmetic Surgeon. Originally from Auckland, Stanley graduated from the Auckland School of Medicine in 1995. His early medical training occurred in Auckland, Hamilton, Wellington and Christchurch in a number of specialties. He then continued on to train in Plastic Surgery in Auckland, Hamilton and Wellington, gaining his Royal Australasian Fellowship of Surgery (FRACS). Stanley continued onto postgraduate training in New Zealand, Malaysia, Taiwan, South Korea and Japan, in the fields of burns, cleft lip and palate surgery, microsurgery, microtia surgery and Asian cosmetic surgery, working with world renowned leaders in their fields.

Returning to New Zealand in 2008, Stanley was appointed as a Consultant Plastic Surgeon at Middlemore Hospital where his subspecialty interests in Cleft Lip and Palate, Microvascular Surgery and Microtia Surgery have been instrumental in the setting up of the Middlemore Head and Neck Service and the Melanoma Unit. Stanley has also been appointed as an Honorary Senior Lecturer in the Department of Surgery within the Faculty of Medical and Health Science at the University of Auckland. After hours, Stanley has interests in skiing, squash, cycling and spending time with his young family.



Dr Michelle Wong - General Committee

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

General Otolaryngologist with subspecialty interest in Otolaryngology, 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 Otolaryngologist 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 Wilson Young - General Committee

Public Health Physician // MBBS (HK), FAFPHM, FRACMA, FNZCPHM

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 Cliff Ah-Kit - General Committee

General Practitioner // BHB, MBChB (Auckland), Dip Obst, FRNZGP

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 Ang Liu - General Committee

General Practitioner // MBChB (Auckland), MRNZCGP

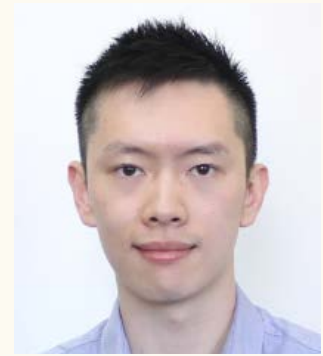
Born in China and raised in New Zealand, Ang is a locally trained medical graduate working as a general practitioner in primary and urgent care. He has a professional interest in skin cancer medicine and outside of medicine he enjoys playing badminton.



Dr Boris Yow - General Committee

House Officer // MBChB (Auckland)

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.



Brian Yeom - Webmaster

5th year Medical Student, University of Auckland // BMedSc (Hons)

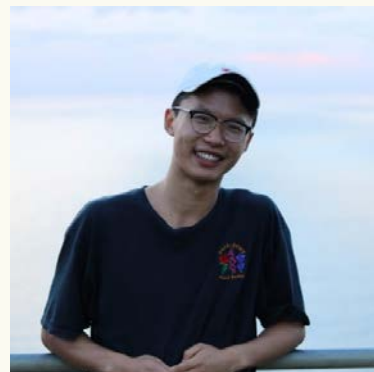
Brian is a 5th year medical student at the University of Auckland, currently based at Auckland City Hospital. A NZ-born South Korean, Brian graduated from Pakuranga College in 2013. Brian has a strong interest in Asian health and a passion in helping and contributing towards his community. Brian enjoys 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. Brian is a keen guitarist, a hockey player and a fan of Manchester City.



Meet the YACMA Exec!

William Xu - President

William is a medical student at the University of Auckland, currently doing an Honours research year before his 4th year clinical studies. 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.



Nicholas Quek - Membership Secretary

Nicholas is a 4th year medical student doing his placement down in Waikato Hospital. He was the YACMA webmaster last year. This year he is the membership secretary for YACMA and ACMA. Nicholas is passionate about Asian health, particularly Chinese health and so has been involved with YACMA over the past few years. If he is not studying or sending emails to everyone, 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 or email him any questions, he will be more than happy to help!



Sarah Liu - Treasurer

Sarah is currently a 4th year medical student who is based at Middlemore Hospital. Having moved from China to New Zealand at the age of three, Sarah has had the privilege of experiencing both cultures growing up. Sarah found being part of the YACMA executive in 2018 as an editor very rewarding and looks forward to continuing to collaborate with YACMA and ACMA in the role of treasurer.



Ye Li - TI Rep

Ye is a final year medical student at the University of Auckland. To date, she has spent a third of her life equally in China, the United States, and New Zealand. She takes pride in her multi-cultural background, and is passionate about improving Asian health awareness and outcomes in New Zealand. Ye enjoys being involved in student organisations, with a particular focus in YACMA as a pre-clinical representative in 2016 and president in 2017.

Apart from clinical medicine, she enjoys being involved with research. She has been a research assistant in the Department of Ophthalmology at the University of Auckland, and in the National Burns Centre at Middlemore Hospital. Outside of medicine, she enjoys playing violin, cross country running, and mentoring high school students as an academic tutor. She was a part of the Auckland Youth Orchestra as 1st violin for several years and is routinely involved in chamber music.



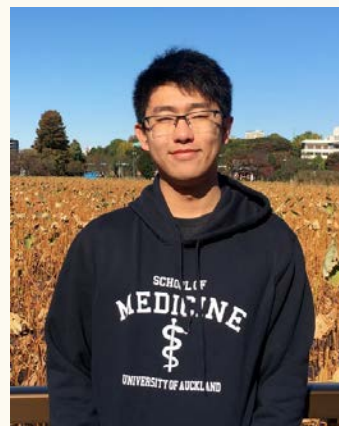
Katherine Sung - 5th Year Rep

Katherine is a 5th year medical student at the University of Auckland and is currently based at Waikato 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.



Kevin Yi - 4th Year Rep

Kevin is a medical student at the University of Auckland. Graduating from St Kentigern College, Kevin is currently in his fourth year of study. He enjoys the community within Medicine and the outreach it has on the wider community. In his spare time Kevin enjoys tennis and billiards.



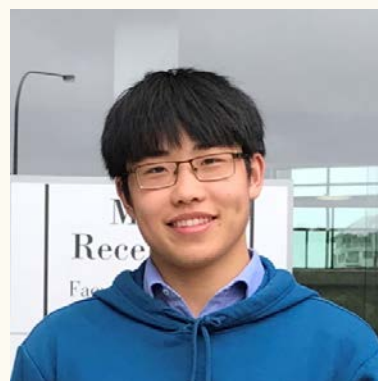
Aimee Meng - Pre-clinical Rep

Aimee is currently a 3rd year medical student from the University of Auckland. 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.



Dylan Lee - Pre-clinical Rep

Dylan is a 3rd year medical student 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 one of the Pre-clinical Representatives for 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.



Nelson Song - Pre-clinical Rep

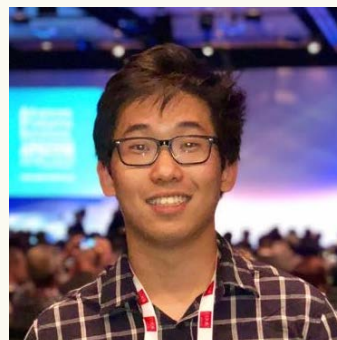
Nelson is a 3rd year medical student at the University of Auckland and is one of the pre-clinical representatives this year. Nelson was born in China but grew up in New Zealand. In 2016, Nelson graduated from Pakuranga College. Some of his hobbies include social badminton and exploring scenic walking tracks. Nelson hopes can support YACMA and ACMA to the best of his abilities in 2019!



Johnson Cheuk - Mentorship Coordinator

BSc (Physiology)

Johnson is a 4th year medical student who is currently based at Waikato Hospital. Having finished a degree in Physiology at The University of Auckland, he decided to pursue a degree in Medicine and hopes to contribute to public health system of NZ through research and clinical work. During his spare time, Johnson plays the piano and enjoys photography.



Ahmad Habib - Editor

Ahmad is a 3rd year medical student studying at the University of Auckland. Ahmad was born and raised in East Auckland and attended Botany Downs Secondary College. He is an editor, requiring him to gauge with students across the different clinical years. His other interests include music, football, table tennis and working out.



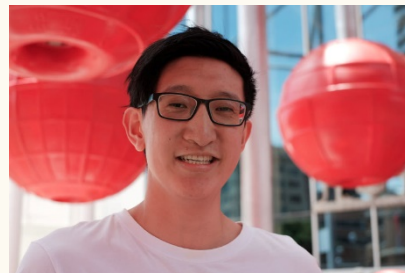
Antonia Feng - Editor

Antonia is one of the four editors for 2019 and currently a 3rd year undergraduate medical student at the University of Auckland. Antonia grew up in Auckland Central and spent her high school years at Diocesan School for Girls, graduating in 2016. In her spare time, she likes to play tennis, bake desserts and catch up with friends. Last year, she thoroughly enjoyed her experience as a YACMA member and is looking forward to enhancing this experience for others as well as contributing and supporting this community.



Brandon Hoon - Editor

Brandon is a 3rd year medical student at the University of Auckland. Brandon born and raised in Auckland with his parents coming from Malaysia, but traces his roots back to China. He graduated amongst Saint Kentigern College's 2015 cohort and his passions lie in helping people and fostering knowledge within future generations. Besides diligent study, Brandon goes to the gym, rock climbs, and loves to read.



Jonathan Luo - Editor

Jonathan is a 3rd year medical student at the University of Auckland. Jonathan is a NZ-born Chinese and graduated from Pakuranga College in 2016. He enjoys working for YACMA and also contributed in other community such as being part of the executive team of Paediatric Interest Group in 2018 and Class Reps in 2017. Besides academics, Jonathan is also interested in body development, basketball and tramping.



Tianwei Liu - Webmaster

Tianwei is currently a third-year medical student at the University of Auckland. 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.



Recent Events

ACMA annual exec meeting

Our first event of the year was the ACMA Annual Exec Meeting held on the 20th of January at Dr Michelle Wong's lovely home in Coatesville. A wide variety of food was brought by all attendees ranging from cherries, sushi, watermelon, BBQ duck and roast pork creating a scrumptious potluck that appealed to everyone. After an introduction of the YACMA and ACMA exec teams, lots of insightful discussions from different perspectives were made in terms of organizing the upcoming events. Great food and great discussions equals a successful meeting and we are all looking forward to the many exciting events ahead. A big thanks to Michelle for hosting the annual exec meeting once again!

Family day at Cornwall Park

Our annual ACMA family day at Cornwall Park was on Sunday the 17th of February and was a great opportunity to get to know the families of the ACMA members. It was a sunny Summer's day that was especially appreciated by the children running around and playing with each other. We were treated with lots of drinks and snacks making it a particularly enjoyable afternoon for everyone.



YACMA exec bonding day

This year on the 9th of February, members of the YACMA exec took a day trip to Omaha for some team bonding. The weather unfortunately didn't start off the best with it being quite windy and cloudy however that didn't stop us from making the most of the day with our first stop being at the Rusty Pelican. We were presented with a



plethora of food including pizzas, nachos and curly fries which were all very delicious. Coincidentally after lunch as we headed to Omaha beach the weather started to clear up, setting the tone for a great afternoon filled with swimming, body surfing and beach games. Overall it was a great day filled with fun experiences with the YACMA exec team.

YACMA BBQ

The welcome barbeque was our first YACMA event of the year. Despite the unfortunate weather conditions, we still had great success with a better and bigger turnout than ever before. Both meat (sausages) and vegetarian (hash browns) options were provided so everyone could enjoy a feed! Setup just outside the main Grafton entrance, we were able to attract people not only from medicine but other faculties as well. It was a good opportunity for our YACMA members to meet each other and socialize, as well as increasing our exposure and raise awareness to other non-YACMA members. What a great way to start off the year!



CME 1

On the 17th of March we had our first CME for the year which was hosted at Grand Park Seafood Restaurant in Greenlane. There was a great turn out for both ACMA and YACMA members with most if not all of the tables and seats being filled. Once everyone was seated, the ACMA president Dr Carlos Lam started off the evening with a quick introduction especially highlighting the ACMA shield which will be awarded at the end of the year to an ACMA member who has contributed a significant amount to the community.

The first speaker of the night was ENT Surgeon Mr Angus Shao who gave an



informative talk about nasal congestions, nasal obstructions and issues related to the nose. Ms Rui Ling Chen then followed up with a talk highlighting the importance of mental health in youth and even shared some personal stories of the times she has dealt with students struggling with mental health.

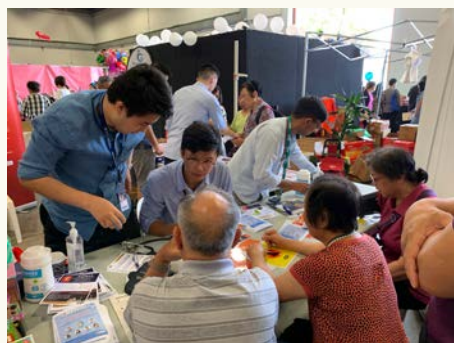


Thank you Mr Shao and Ms Chen for the educational talks, they were definitely both interesting and enlightening.

After the talks we were served a variety of delicious food. Based on the state of the plates at the end of the night, it is safe to say that they were thoroughly enjoyable! A big thank you to Mr Stanley Loo for sponsoring this event, we are sure that everyone is very appreciative of this.



ASB Chinese New Year Health Check



A tradition that has been carried on for 30 years, the annual Chinese New Year celebration hosted by the Auckland Chinese Community Centre. It was held at the ASB Showgrounds and was a spectacular sight to see. The year of the pig was symbolic in the designs and decorations of the event, giving a lively atmosphere. The event opened with a speech by our very own Prime Minister followed by a traditional

lion dance and dragon dance. The event was flowing with traditional Chinese food stalls and cultural performance entertainment. Our very own ACMA health-check stall was assembled at the festival which ran very successfully. We built rapport with much of the public at the event, checking their vitals and addressing any of their concerns. As this event was before the beginning of the medical school semester, we only had returning students helping out. All in all, an atmosphere not to be missed and a triumphant event indeed!



Botany Community Day Health Check

The Botany Community Day is an annually run event out in East Auckland. Local organisations were each given their own space to set up their own activities and stalls. ACMA set up our own famous health-stall where we checked the vital's of the community for free. We had many medical student volunteers ranging from second to fourth years who engaged with the public and put their clinical skills to use. As per the other health checks, we checked the public's blood pressure, BMI, peak flow rate, oximetry and heart rate, with the guidance of our ACMA doctors. We also had many information flyers and pamphlets with information regarding vaccinations and diseases that are high risk amongst the population. This was our first event of the year where the new second years attended, which made it very exciting as they met the ACMA doctors and students in the year above.



Panmure Community Hall Health Check

Our third annual Chinese Community Health Talk took place on a lovely Saturday afternoon, hosted by Dr Carlos Lam and facilitated by Dr Andrew To. We were lucky to have volunteer doctors Andrew To, Derek Luo, Gary Wu, David Wu, Joan Yeung, Pui Ling Chan and Yu-Min Lin give up their time to help inform the community on matters of health and wellbeing. Unlike traditional health talks, this particular talk allowed attendees to ask our seven specialist doctors on stage various health-related questions which they wrote on pieces of paper and had delivered on stage. The questions were answered in both Mandarin and/or Cantonese depending on the doctor. Lots of interesting topics were covered including: medical tests done overseas and managing rashes, to taking Western & Eastern medicine and the appropriateness of having an investigative CAT scan for every headache experienced. The attendees also got a chance to have their general health checked by our strong force of willing YACMA volunteers. These included having their blood pressure, pulse and oxygen saturation levels taken, alongside peak flow levels and BMI. Apart from the reassurance our routine checks gave them, we recommended the attendees organize this year's influenza vaccine with their GP. Let this also be a reminder to all of you to schedule your own flu vaccine if you haven't already! This health check also served as an insightful experience to all the pre-clinical volunteers as it gave them the opportunity to interact and examine real people in a real setting, while under the support of the excellent ACMA doctors ready to provide guidance where needed. A great thanks also goes out to all the ACMA and YACMA members who volunteered behind the scenes with the setting up and packing up, advertising, the catering and the AV equipment.



Health Check Testimonials

Edrick Sulistio

2nd Year

I have attended two of the YACMA health check-ups in the past three weeks, and I can already say that I have learned many new things about medicine and New Zealand. As a recently inducted 2nd year medical student, I did not possess any clinical skills. Luckily, the doctors and the senior medical students were there to teach us everything we needed to know to perform physical check-ups for interested passersby successively. We are about to learn all of these skills very soon, but possessing this knowledge before class can allow us to improve our clinical skills during class time further. Additionally, the sudden musculoskeletal quiz by the senior medical students helped motivate us to revise more, perhaps due to the stress of not knowing. I have only been in New Zealand for a month, and there surely is a lot to learn about this beloved country and her people. I was able to converse with those passersby as I measured their blood pressure (using automatic BP measurer machine, of course), and was able to learn a lot more about their culture - which is something I would normally not be able to learn in a class setting - be it in English or Mandarin. While I am unable to speak Mandarin proficiently, I am hopeful that these sessions can help improve my Mandarin speaking skill as I continue to try talking with the older passersby. Overall, I had fun volunteering in these health check-ups, and will definitely participate in future sessions. Giving back to the community while learning more about them are something I strive to do, and I would also recommend others to do as well. Cheers!

Paviteer Singh

2nd Year

The YACMA health stall was a unique opportunity to put my skills into practise early. The day consisted of engaging with the public and doing health checks and communicating with the patients about their health needs. I was not only able to apply my current skills, but also learn new ones amongst peers, such as taking respiratory readings and manually measuring blood pressure. The stall was a great way to further develop my professional and clinical skills.

Volunteering at the ACMA health stall at Botany Town Centre was an awesome experience. At the start though, it was definitely nerve-wracking, as us second years were pretty much clueless of what to expect. I felt slightly less nervous meeting our YACMA and ACMA seniors, who were really chill and friendly, as we joked and talked about our first week at med school.

We were shown how to take a manual blood pressure reading and talked through its basic principles. I was surprised to learn that it was the gold standard for this procedure, I'd always assumed the electronic machine was more accurate! That was fun, though the loud music blasting around us made it really hard to listen for the rush of blood in the arteries! It was really fun getting to practice on each other and on poor Nick, who had the arm cuff on for quite a while!

As soon as we finished setting the stall up, people started coming up to us. They were pretty cool with us (inexperienced) students guiding them through the various basic health checkups, and some were really keen to chat with us! Seeing how comfortable people were when they were interacting with us was very encouraging, especially since I felt super unqualified.

Through interacting with the public, I realised that cultural understanding & acceptance played a huge role in healthcare - for many, being able to converse with them in Chinese, a language they were comfortable in, definitely made for a better, more engaging experience! People from other, diverse backgrounds visited us too, I did a blood pressure reading on a middle-aged couple from Fiji, and really enjoyed listening to them sharing their lovely experiences about their holiday in Auckland with me. I also got to interact with another family that came up to the stall. I couldn't understand the grandparents as they were talking in Spanish, but their daughter was warm and understanding as she acted as our translator.

I struggled at first, as I was scared about overstepping any boundaries as a medical student, while they asked me questions I definitely wasn't qualified to answer. Having the YACMA team around to pull us out of tight spots was a relief, and it was really helpful just being able to listen to how the seniors talked to the public, and model our interactions after what they were doing. I definitely didn't expect to learn this social skill, but I got to experience firsthand how important it was to be aware of how we engaged with the public, and I'm super grateful for that!

Upcoming Events

YACMA Yum cha

13th of April

CME 2

5th of May

GPCME North Chinese Patient Workshop

22nd of June

CME 3

30th of June

YACMA retreat

Early July

ACMA Quiz Night

28 of July



Gong Cha Food Review

Passion fruit and cranberry green tea

Look: 2.5

Texture: 4

Taste: 3

Wow factor: 2.5

At first sight, the passion fruit and cranberry green tea doesn't exactly catch one's attention, but its taste certainly does. Unlike other milk drinks, the fruit tea brings a unique sweet and sour taste to your taste buds. Nothing quenches your thirst like this refreshing drink on a hot summer afternoon. Overall, we would recommend this drink for a scorching summer's day or to those of you who are looking for a dairy free option!



Dirtea brown sugar fresh milk

Look: 5

Texture: 3

Taste: 3.5

Wow factor: 5

People often say you can't judge a book by its cover, but the Dirtea brown sugar fresh milk lives up to its aesthetically pleasing appearance. With a bit of Oreo crumbs on the top and a brown sugar base, this drink will satiate anyone's midnight sweet tooth cravings. Unfortunately, you're unable to modulate your sugar level on this drink like you normally can, so for those who prefer a healthier option, this drink may not be for you. Overall, we will still recommend this drink if you want to try something new, or need an update to your instagram story!

Popcorn chocolate smoothie milk foam

Look: 3.5

Texture: 4

Taste: 4.5

Wow factor: 4

Now to end on a bang or should I say a "pop". This unlikely pairing of popcorn and milk tea caught us off guard, but we gave it a taste test... and it just works. This innovative and experimental drink completely changes our perception of what a milk tea can be. From the outside, this drink has multiple layers which is different from a typical Gong Cha drink and is very eye catching. The unique flavor of popcorn intertwined with the chocolate element brings about an ultimate tasting experience to all your oral senses. Especially impressive, is how they manage to incorporate the distinct popcorn flavor into the aftertaste without making it overpowering.

Decision Time

After extensive testing from each of the editor members and thoughtful evaluation, the editors' Gong Cha recommendation goes to the Popcorn Chocolate smoothie. However, Gongcha has a vast selection of drinks to which we have only scratched the surface. There are plenty of drinks to suit everyone's preference and a bonus for those who are YACMA members, show them your YACMA sticker to get free toppings!

Message from the editors

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

Congratulations on completing our very first newsletter for 2019, we hope that you found it informative and entertaining! We will have many more newsletters throughout the year to keep you guys all up to date with subsequent ACMA and YACMA events. Make sure to stay tuned with us so you won't miss out! This year we are planning to stay with the PDF format and you can find our latest newsletter on our ACMA website or Facebook page. For those of you who prefer a faster read - a newsletter lite so to speak- we have also set up a Facebook and Snapchat account. Follow us there for the latest updates with YACMA and ACMA activities.

We are very excited and honoured to be your Editor team this year and we look forward to meeting you all!

Love from your Editors,

Ahmad Habib, Antonia Feng, Brandon Hoon, and Jonathan Luo

