

The ACMA Newsletter

May 2015





Contents

President's Address.....pg. 3
Recent Events.....pg.4
Upcoming Events.....pg. 8
Interview with the President...pg. 9
Interview with an Editor...pg.11
Just Jokes.....pg.13
Restaurant Review.....pg. 15
Quirky Medicine..... pg. 16
Message from the Editors.....pg. 17
Ancient Chinese history lesson.....pg. 18
Photo gallery.....pg. 22
Sponsorships.....pg. 26

President's Address

Dear Member,

It was great to catch up with those who came to the most recent CME at Sichuan restaurant on 3rd May which again was well received. We learned a lot about the history of Medicine for Chinese New Zealanders from a well-delivered talk by Professor Manying Ip. Next we heard from Dr Kristine Ng who went through a couple of interesting cases with practical advice. Finally, Eileen Zhou updated us with the progress of the mentorship programme which has been tremendously helpful to our YACMA members and rewarding for our ACMA members. Thanks to Jasper Foo from Harcourts Real estate for his generosity.

We have a few upcoming events where the YACMA students will once again be helping me by doing health checks.



10th May 2015 – HK University Alumni Association – Cantonese Health talk

16th May 2015 – UUNZ – Mandarin Health talk

Our next combined YACMA/ACMA social will be on 27/6/2015. This will be a great opportunity to meet up with family informally so students and members can get to know each other better.

The main upcoming highlight is our annual ACMA conference. The date has been set (25th July 2015) and the venue booked (Villa Maria) and we have a preliminary programme which will be detailed in our newsletter. We hope to see you there!

We are pleased to see that our efforts seem to be paying off and our member numbers have increased. Please continue to encourage colleagues, especially younger ones to join.

The next CME will be on 20th September with details to follow later.

Derek Luo

ACMA President 2015

president@acma.org.nz



Recent events

Weekly tutorials for 4th years

Each week, senior YACMA members run a tutorial at Grafton aimed mostly at 4th years though all years are welcome to attend. The aim of this program is to help guide medical students through their first year of clinical medicine in the real world, with each week focusing on a different system. In addition to this, opportunities are also given for members to present CATs and interesting cases from the wards to share and to learn from. These tutorials have been of great use as learning tools especially for all the eager younger learners and have provided some insight into what can be expected in the hospitals. It's great to see these older YACMA members acting as guides for many of us who are just beginning the simultaneously fantastic and scary journey of clinical medicine.



YACMA YUMCHA

We recently had our famous and renowned annual YACMA yumcha event take place with a great turnout. The day began with a lively atmosphere as games and icebreakers were played in the Domain and at Grafton before everyone slowly chatted and made their way to the restaurant. The entire second level was booked out for YACMA and after speeches and introductions to the president and MAS sponsors were made, the delicious food began to roll out in yumcha trolleys. All year levels intermingled and it was a wonderful chance for clinical year members to catch up with their friends from different hospitals. There were copious amounts of food in true Chinese style, with siu mai, prawn dumplings, custard buns, egg tarts, chicken feet and more. All the traditional yumcha items were provided and by the end of the event, despite there being leftovers, everyone was extremely satisfied and full. It was another great event that finished on a high note and had everyone excited in anticipation of the future activities and events to come!



Recent events

HKUAA health talk

On Mother's day HKUAA (Hong Kong University Alumni Association) and ACMA jointly held a talk to promote public health, with ACMA providing sponsorship of the event. Talks were given to the general public regarding musculoskeletal diseases by Dr Ray Fong and gastroenterology by our very own Dr Derek Luo. There was a great turnout from the elderly Chinese community with all 350 free tickets being fully subscribed. There was a great sense of community spirit which was evident by the warmth of interactions and laughter between the volunteer YACMA students and the elderly members. The health checks provided included blood pressure, BMI, peak flow etc while also asking general questions regarding vaccinations and screening for certain diseases which provided reminders about the importance of checking their health regularly. This was a wonderful event providing community service to the elderly Chinese community as well as experience and knowledge to the hard working volunteers!





Recent events

YACMA Quiz night

The competitive spirit of all the young YACMA members were brought out in a night of general knowledge in the annual Quiz night! In true YACMA spirit, food was provided so that everyone could fuel their minds by enjoying the beautiful array of snacks and foodstuffs carefully prepared by the 3rd year YACMA exec. These medical students had their knowledge put to the test as each team were vying to be crowned the winners of this year's quiz night and prove that they really were the smartest, most intelligent and wisest of them all. In addition to answering questions, members also had the chance to showcase their chopstick skills in an activity to battle against time to feed their friend as many minute biscuits as they could in one minute. All in all, the night was a great success with the room loud and lively with laughter, full bellies and brains filled to the brim with new knowledge.





The second CME of the year had a nice upgrade, moving to a larger location, and housing a larger number of ACMA doctors and YACMA students alike. As usual of the CME's there was food, there was laughter and there were interesting discussions and presentations galore.

The CME started off with Professor Manying Ip giving us a wonderful overview of the history of Chinese immigrants in New Zealand and their struggles during the early years while they established their homes. The talk went in particular depth with the prosecution of the Chinese by the New Zealand government and the strong willed immigrants who fought to defend their livelihood with stories that were truly inspiring indeed.

Words were then presented by our wonderful sponsor Jasper Foo of Harcourts on housing options for medical students and doctors followed by ACMA's very own executive member Dr Kristine Ng, who gave us a wonderful clinical scenario talk about Rheumatology. She specifically went into details on how to treat arthritis and how to deal with medication.

The mentorship programme was another interesting topic that was then brought up and we were given an overview of its progress, its intentions and positive future prospects. Following up, Eileen Zhou, YACMA's mentorship program coordinator presented the results of the survey conducted on the participating mentor doctors and mentee students. The results were fantastically positive and ACMA is still looking for more doctors to join the program to continue the success of this positive trend.

When all the talk was done and dusted, the crowd was unloaded with mountains of food, ranging from massive scampi to roast chicken as well as a healthy serving of vegetables and greens to keep the nutrition levels up.

To download the slides from the presentations please check out our website:

http://acma.org.nz/category/events/cme/?post_type=event





Upcoming events

-Upcoming CME **Sunday 20th September**

Gastroenterology and Diabetes

Venue and Speakers TBA

-ACMA CONFERENCE 2015

The Practical Practitioner

Saturday 25 July 2015

Venue:

Villa Maria Estate
118 Montgomerie Rd
Mangere
Auckland

This year's ACMA conference on the 25th of July is one that is not to be missed! Held at the serene site of the Villa Maria, it is a great chance to get away from the busy city to not only learn and up skill yourself with our workshops and lectures but also to relax and connect with other doctors and GPs.

Our exciting programme includes a lecture on Paediatric Dermatology by Diana Purvis and a

Rheumatology workshop involving injections lead by our very own Kristine Ng!

Also set out to be the highlight of the day is the quiz where medical students and doctors will battle it out on miscellaneous trivia to fight for their dignity.

Check out <http://acma.org.nz/acma-conference-2015/>

for more details

Interview with the President

Dr Derek Luo is of Taiwanese descent but was born in Wellington and he grew up in Hong Kong. After graduating from the Otago medical school from 1999, he went on to complete his specialist training in Internal Medicine and Gastroenterology in Auckland in 2007. Dr Luo also completed some research later in 2008 during a two year research fellowship in advanced therapeutic endoscopy at the Prince of Wales Hospital in the Chinese University of Hong Kong. Currently, he is practicing as a Consultant Gastroenterologist and General Physician at Middlemore Hospital while also juggling his commitments with ACMA as President of 2015.



Hello, Dr Derek Luo, thank you for giving us the opportunity to interview you today. Could you give us a brief overview of your specialty for the students who may not be aware of it?

Thanks, Gastroenterology and Hepatology is a fun specialty that involves diseases of the digestive tract. Although we perform endoscopy, we also see patients in clinic with a wide range of gastrointestinal complaints including upper and lower GI, hepatobiliary and pancreatic disease and small bowel disease as well as Liver disease too. Apart from general endoscopy I perform advanced endoscopy too including ERCP, endoscopic ultrasound and remove large polyps. We have a wide range of toys including pH monitoring, manometry, wireless capsule endoscopy, fibroscan. Our job is to diagnose and treat digestive tract diseases.

What inspired you to take up gastroenterology as your specialty among the many, and could you please explain which areas you are particularly interested and why?

I was uncertain initially when I graduated and tried a few different specialities. In the end I looked around and talk to various people and noted that Gastroenterologists seemed to be happy people. Also, I like things done quickly so I felt this specialty suited my personality.

Can you give us an overview of what your daily schedule looks like?

I wake up at 0530 7 days a week, go to the gym, either a spin class or go for a run. I go home make the kids breakfast and then generally have a clinic or endoscopy list to do at my public or private practice. I give myself a half day off a week to catch up with things such as ACMA work and organising CMEs and conferences, writing talks etc. Weekends - family time.

What are some pros and cons for gastroenterology for the students and house officers who are interested in that field?

*Pros- Very dynamic and fast paced. Good amount of variety. Doing things with your hands. Pays well.
Cons - Not a lot really, but I am biased! Maybe job opportunities may be getting a bit harder. On call is not bad, but there is a chance you might get called in to deal with a bleeder or have to do an urgent ERCP. Those who don't like to be on call could consider Rheumatology or Dermatology perhaps.*



Interview with the President

It seems you trained in Hong Kong as well as New Zealand in your field, could you tell us some major differences between the two countries' medical systems and teaching techniques?

Both medical systems have similarities as Hong Kong used to be a British colony. Ward rounds, meetings are conducted in English, however patient interaction is in Cantonese. In Hong Kong there is a large population so the hospitals are very overcrowded. It is still quite traditional in a sense that doctors and medical students still wear white coats. The teaching is quite similar however they expect more from medical students. I think we are quite relaxed here. Public healthcare is almost free with patients having to pay a nominal administration fee. I had to get used to the fact that patients had to pay for certain things such as metal stents and resort to private radiology due to long waiting lists in the public hospital.

What are some things you do in your spare time?

Spare time is sparse. The reality is I exercise early in the morning as my own time. Aside from work I spend a lot of time with family. We generally catch up with other families and their kids in the weekend. I enjoy going to the movies and dreaming about cars.

What is something that just amazes you that you never really had a chance to share, whether it be in the medical field or in your daily life?

It amazes me that patients openly share their greatest difficulties with you and talk to me freely. I have learned that a lot people have been through very tough times and have made it through.

Now, made obvious by the headline photo of you in the newsletter, you are the ACMA president for this year! What led you to take on this role and how are you finding it so far?

Do you want the honest answer? It was kind of by default. I wanted to be involved with ACMA. Having returned back to a Consultant position 5 years ago, I thought it would good to get involved with the Chinese community and increase health awareness. So far I have enjoyed it. I have a great exec who I have worked closely with in the past few years. The key thing is to be organised and try to plan ahead to make sure that you haven't forgotten to arrange something. Also, I delegate things so it's not overwhelming. The exec and the students are a great help!

Organising the conference is a lot of work but its been fun arranging speakers and meeting contacts to arrange sponsorship. Another great thing is the keen YACMA students who have helped me to do health checks in various health talks I have given this year.

Now just as we say our farewells, what are some words of wisdom you would like to impart to the freshly budding medical students?

My advice is work hard, make sure you keep your Chinese culture and language. Talk to people and observe before you commit to your long term specialty. Participate in the mentorship programme and mentor others.



Interview with an Editor

You have read through multiple interviews for each issue to get to know our amazing doctors on our ACMA Executive. But have you read an interview with one of our lovely ACMA Editors? In case you have been eager to get to know the brains behind all these beautiful newsletters, we will provide you with an interview with a 'lucky' editor each edition. The first lucky editor to be interviewed is Sharon Ngo. There's Ngo way you want to miss this!

Being born and raised in Auckland, Sharon is a true kiwi who managed to keep in touch with the Asian culture through her love of karaoke and predictable and unrealistic Asian dramas. She attended both Mount Roskill Grammar School and ACG Senior College before getting into Auckland Medical School through Overlapping Year One.



Hey Sharon thanks for allowing us to embarrass you on this edition of the ACMA newsletter.

Could you please give me a rundown of third year med?

More chilled timetable (partly because I missed out on my humanities paper for first semester). Also being more used to the system, I have more time to take on other commitments to stress myself out more than I already am. Have to start real progress test study (even though most of the time you don't know how to do so) because it's worth way more now. On the actual day, you don't know if it really helped cause all you do is guess with your gut feeling and pray that enough people did worse than you for you to pass. Having to screenshot recordings when slides don't get put up by lecturers when they said they already did and end up not putting it up at all before tests. ><“

Why are you doing med and what about it interests you?

Lol. I could give you my model answer from my MH03 but I won't. I guess deep down I was interested in the application of science in diagnosing and treating disease. Medicine seemed like a very rewarding career for me so I went for it.

What does a typical day for Sharon look like?

Wake up at 6am to get a free ride from mum, run with Cora around the Domain to feel less bad for stuffing myself the day before, shower at Grafton, study, lectures, study, watch HK drama with mum and sleep. Then repeat.



Interview with an Editor

What are the pros and cons of the preclinical programme for aspiring second year freshers?

You will be amazed at how much the staff care about your health and well-being; even having meditation sessions and lectures to remind us to take care of ourselves. And having a carefully planned timetable so there are breaks before module tests. But in saying that, with the amount of information that we have to learn it can get very demotivating, draining and stressful for most. You have to deal with a constant feeling of inadequacy and will most likely adapt to lower your grade expectations.

Being an undergraduate, please tell us some differences after successfully getting to the other side.

Being part of the Grafton community (which is dominated by med students-they're everywhere XP). No sense of competition anymore. Everyone is really willing to help each other-which is so awesome!

What are some things you do in your spare time?

Watch Hong Kong and Korean dramas. Watch Walking Dead. Work at my local pharmacy. Play Piano. Go to Church. Go to Youth Group. Sing for Church Choir and lead Sunday Worship. Your typical goody good Asian Church girl. -peace sign-

What is something that just amazes you that you never really had a chance to share?

It really amazes me how many dreams about being in a zombie apocalypse I can have even without watching the Walking Dead. It even amazes me even more that every time I can never find an appropriate weapon to defend myself; once resorting to a pen.....-.-

What led you to become an ACMA editor and how are you finding it so far?

I love being a part of YACMA as I was never a fan of alcoholic events. And I thought it would be a good idea to use my last preclinical year to help out.

So far it's been a privilege being able to meet and work with the doctors
on the ACMA Executive.

Now just as we say our farewells, what are some words of wisdom you would like to impart to the second years?

Study as efficiently as you can, so you can have more time to hang out with your friends and family or yourself ;-) Don't dwell on marks because on the whole most of us will find it extremely difficult to maintain our academic standards that we had coming into this. Just do your best consistently and you may be pleasantly surprised at your end of year result ^^

Try your best to play hard and work even harder!



Just Jokes

The doctor took his patient into the room and said, "I have some good news and some bad news."

"Give me the good news," said the patient.
"They're going to name a disease after you."

Doctor: You're in good health. You'll live to be 80.

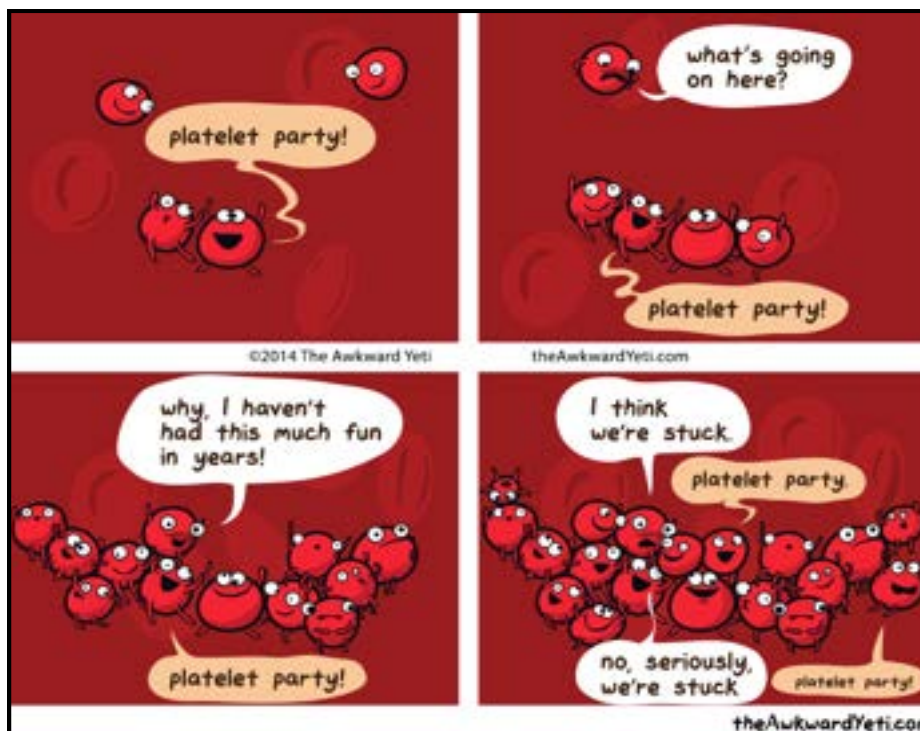
Patient: But, doctor, I am 80 right now.
Doctor: See, what did I tell you.

3 Doctors are at a Convention talking Shop.

The first Doctor says: "I love doing surgery on Artists, they are so colorful: red Hearts, pink Stomachs, green Spleens."

The next Doctor says: "Me, I love doing surgery on Accountants, open them up and all their Parts are numbered, makes it very easy."

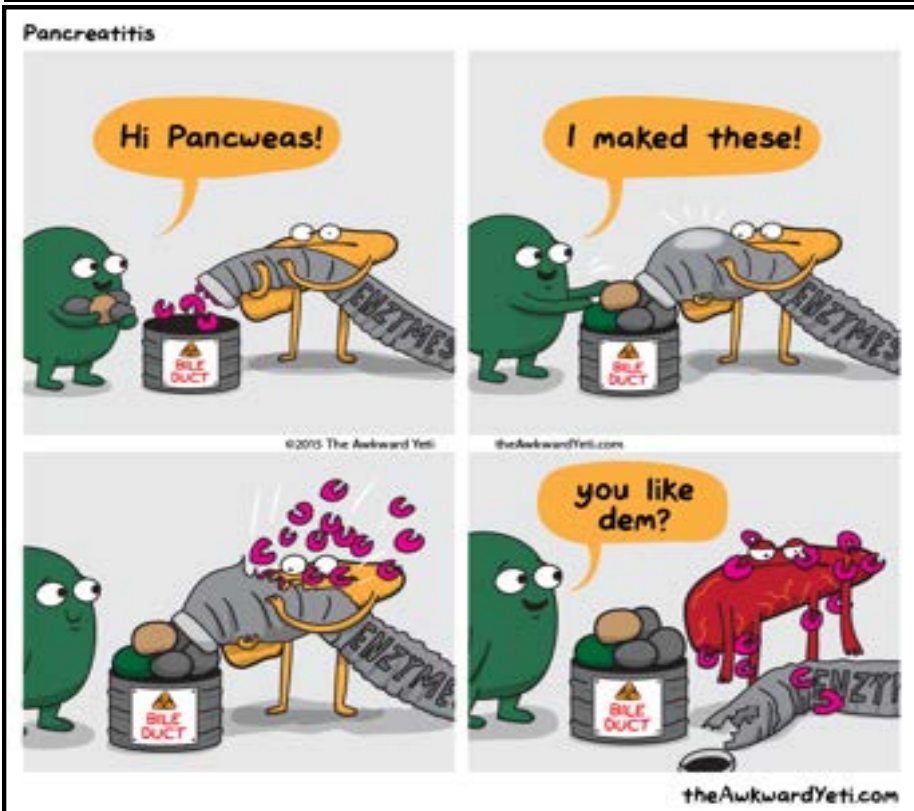
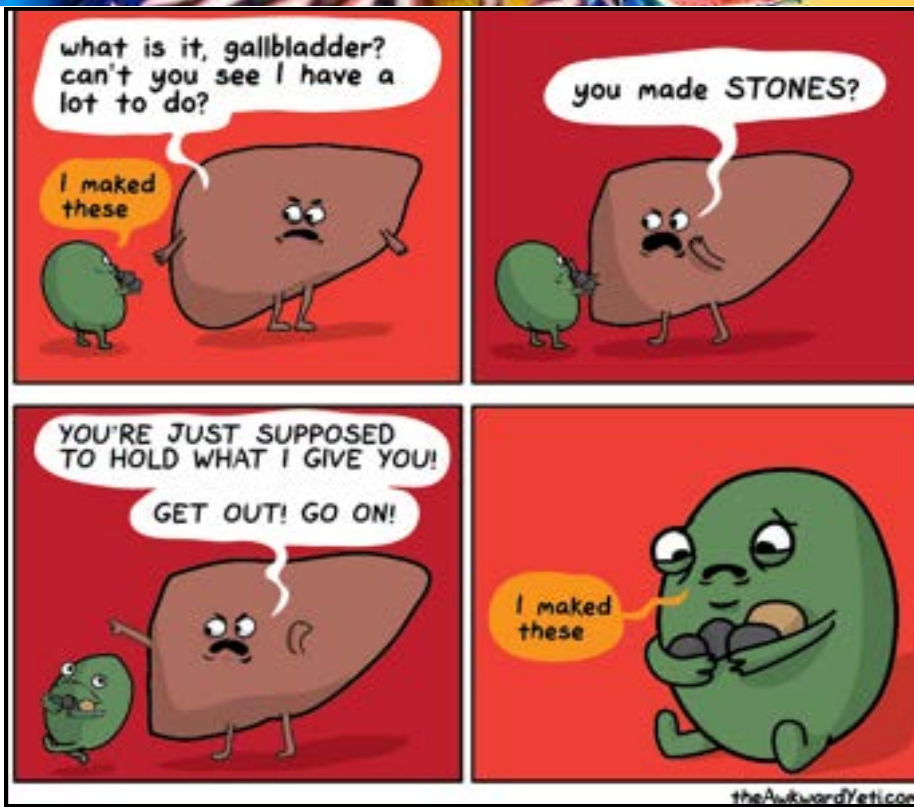
The third Doctor says: "I love doing surgery on Lawyers, they have no Heart, they have no Guts and the Head and the Ass are interchangeable!"



Beware of Your Doctor Uttering These Phrases During Surgery

- 1.Damn! Page 47 of the manual is missing!
- 2.Better save that. We'll need it for the autopsy.
- 3.Wait a minute, if this is his spleen, then what's that?
- 4.Oh no! I just lost my Rolex.
- 5....and could you stop that thing from beating; it's throwing my concentration off
- 6.Anyone see where I left that scalpel?
7. .FIRE! FIRE! Everyone get out!

Just Jokes



Restaurant review

Raw Power Café, Floor 1/10 Vulcan Lane, Auckland Central

I had heard about Raw Power Cafe after joining a club that promotes health and wellbeing so I thought I'd give it a try with a couple of friends. Despite the name of the place, the food they serve isn't limited to raw food, though they do specialize in vegetarian and vegan items. Situated on Vulcan Lane, we found the small opening and went up the stairs to find a café with a very relaxing atmosphere and friendly staff. We chose a nice seat next to the window with tranquil music drifting up from the street below. And from our seats, we had a nice view of the unique shops and people that give Vulcan Lane its charismatic and urban feel making it the perfect destination for a lovely, laidback brunch.

At the counter, they had a self-service salad bar and freshly made juices and smoothies as well as a cabinet full of decadent desserts and yummy vegan cakes and slices to choose from. I noticed that they have quite an interesting menu with a good range of choices despite being a vegetarian restaurant with the tofu burger and tofu scramble catching my eye but after much deliberation, I ordered pumpkin and corn fritters (\$19.50) and a banana and blueberry smoothie (\$5.60), while my friends ordered tofu and potato hash cakes with creamy mushrooms (\$16.50) and a flat white (\$3.50)

My friend said the coffee was good, and I enjoyed my fruity smoothie which was freshly made and still bubbly from the blender. When the food arrived it was nicely presented and I almost felt sad that I had to demolish it, but I'm also glad I did because it was delicious! The corn fritters were tasty and the tofu and potato hash cakes were delightful! I would definitely recommend their tofu and hash cakes which I shall return for. Each bite was bursting with flavour and the creamy mushrooms that accompanied them were melt-in-your mouth amazing!

I thought the price was what I would expect and overall it was a very enjoyable meal in a very pleasant café. I would gladly recommend Raw Power to everyone for delicious, healthy food that would please even the carnivores out there!

Food: 5/5
Service: 4/5
Atmosphere: 4/5
Price: 4/5
Overall: 4/5



Quirky medicine

A case of Synaesthesia: Man tastes words

Imagine if hearing particular words would conjure up the taste of sliced potatoes or even strawberry jam? This is the case for a James Wannerton, a man born with synaesthesia, a condition in which his sensations get mixed up.

Growing up, James would get a taste on his tongue every time he heard a sound. This came in handy during school especially during history class as each British monarch's name had a different taste. For example, the name Anne Boleyn caused the delicious taste of sweet pear drops resulting in a very sweet and delicious history lesson.

This is not the first time that synaesthesia has provided a means of memorization. In 2004, Daniel Tammet broke the world record for reciting the most decimals in pi, and he often spoke of how numbers were associated with colours for him.

The cause of synaesthesia is still not yet fully understood but it is likely to be due to the formation of abnormal connections in the brain and it is suggested that it may be likely to be genetic as it seems to have a tendency to run in families.

This particular condition sounds quite pleasant with the delicious tastes that can appear. James mentions that his past girlfriend's names had associated tastes such as rhubarb and melted wine gums. Yet despite the many perks, it can cause some problems in his life. Being around someone who has a name that produces an unpalatable taste means that he has to call them by another name, and if he is in a crowded room with many different sounds, it can taste like many random items have been blended together which can be rather unpalatable. This is a very interesting condition to have, and there is no doubt that many of us find it incredibly fascinating, yet James thinks little of it and rarely talks about it to others stating "So what if I taste sounds or the women in the supermarket tastes like an apricot? It felt as natural as breathing."

For those that are interested in reading more about James and synaesthesia, you can follow this link:

<http://www.bbc.com/news/health-21060207>





Message from the Editors

Dear ACMA/YACMA readers,

We are pleased to be able to bring to you the second edition of the ACMA newsletter for 2015. As you can probably tell from our first edition we intend to do things a lot differently! We have decided to change things up a bit and added new sections for example just jokes and quirky medicine and much more!

Although there are a lot of important things we need to communicate to you all we also want to put a smile on your dial and keep up your curiosity with some rare but interesting diseases (don't let it kill your cat though :-P). We also plan to have a different theme for each edition of the year. With last edition being Chinese New Year and this one the Dragon Boat Festival; we are providing the opportunity for greater exposure to Chinese culture.

The dragon boat festival is of vital importance to the Chinese leading to it constituting a national holiday to reflect on its meaning. The most popular legend regarding the festival is that of the famous poet Qu Yuan (340-278 BC). Qu Yuan was a well-respected minister who led the war against the powerful Qiu state who was taking over the country. Unfortunately, he and his allies lost the war. When he drowned himself in the river because he couldn't live in a world conquered by the Qiu state, he left behind a lot of patriotic poems and devastated locals who desperately searched for him. Some citizens even threw food such as zong zi, glutinous rice wrapped in bamboo leaves, to feed the fish to attempt to prevent them feeding on Qu Yuan's body.

To this day, people still throw food into the river as an act of respect. Customs during this festival involve dragon boat racing, eating zong zi, wearing perfume pouches and 5 coloured threads around their bodies.

That's a little taste of the history of Chinese legends for you!

Have a fantastic day,

From your ACMA/YACMA Editors,
Sharon, Cora, Jim, Jin





Ancient Chinese History Lesson

Now let's all be honest, if there is a story all Asians can come together to enjoy and reminisce over, it would be the iconic "Romance of the Three Kingdoms."

Now to this day I have not meet a single person; young or old; Chinese, Korean or Thai; who haven't heard of this story. If you haven't read it, then you have seen it on TV, and if you haven't seen it on TV then you have played a game based on it.

Now before we all start arguing who was the best warrior *cough Zhao Yun cough* there is one individual that most people forget, who is actually very important and quite relevant to our profession. I am of course talking about the legendary Hua Tuo, the fabled doctor of the three kingdoms who is well known to have treated many famous generals.



The most famous account, and notably a very famous and fondly remembered scene of the three kingdoms, is the treatment of Guan Yu who had been struck by a poison arrow at the Battle of Fan-cheng. The account goes as follows:

Guan Yu had been struck by a poisonous arrow and the arrow needed to be cut out and the poison carved out of his bones. Hua Tuo offered the wounded general anaesthesia and told the general that he needed to be tied to the bed by the limbs on each of the bed posts, as the surgery is so intensely painful, most patients scream in horror and pass out in agony flailing uncontrollably. Guan Yu laughed at the idea, being the brave general that he was and told the worried doctor to go ahead with the surgery without such unnecessary dalliances. Hua Tuo then proceeded to carve the general's flesh upon where the poison had infiltrated and began to grind at the bone. Guan Yu, at the sight of this horror, instead of showing pain and fright offered Ma Liang to play a game of Weiqi with him. Of course no man could be unscathed from such pain, and Guan Yu was still a man, he had felt all the pain, but acted strong for the morale of his soldiers so they may fight without worry of their general. Guan Yu then threw a banquet for the doctor and offered his weight in gold and treasures, but Hua Tuo refused saying that a doctor's duty was curing patients, not making profits.





Ancient Chinese History Lesson

However what is most alarming is that most of the patients Hua Tuo is known to have cured in the novels is actually a work of fiction and only one notable character is known to have actually been treated by Hua Tuo and that was the infamous Cao Cao, emperor of the Wei kingdom.

In the novel, Hua Tuo is said to have offered brain surgery as a cure for Cao Cao's worsening headache and nightmares (modern historians theorise he had a brain tumour) to which Cao Cao responded with an accusation of attempted murder, eventually executing the great and venerable doctor.

The real historic document is similar to this story and there is actual proof that Hua Tuo treated Cao Cao, and in reality, Hua Tuo's life was ended prematurely by the hands of Cao Cao.

Most likely the Hua Tuo character of the "Romance of the Three Kingdoms" is a fictitious character based on the real man who was renowned at the time the novel was written to give the doctor character in the story more gravitas. Most likely the 'doctors' from the novel were anonymous doctors of great skill and Hua Tuo was simply used like a symbol for a great doctor.

The real man, Hua Tuo however was not too different from the character portrayed in the novel. He is attributed to being the first person in Chinese history to use local anaesthesia of his own invention, made from wine and herbal concoction. He was also known to be well practiced in the art of surgery and herbology. To this day his contributions are highly noted with Victor H. Mair, a Sinology professor stating he was "many hundreds of years ahead of his time in medical knowledge and practice."



Ancient Chinese History Lesson

However his most notable creation is the previously mentioned local anaesthesia that is called Ma fei san that I urge those who are interested to look up. It is essentially made from Datura (Jimson weed) and cannabis, however the exact formula is a long standing mystery that is yet to be solved and no attempt to recreate the concoction has succeeded, falling short of the efficacy Ma fei san was said to have elicited.

He was also a pioneer of surgery, having several accounts of gastrointestinal surgery, mostly resecting damaged parts after administering his anaesthesia. There is one account that goes like this:

A man came to Hua Tuo because of his terrible stomach ache and Hua Tuo decided it was due to the problem with his intestines (ulcerative colitis) to which he responded by giving the patient Ma fei san and conducting abdominal surgery. He cut the abdomen open then cut the large intestines out in all affected areas, then sewed the abdomen back up. The patient recovered fully after one month.

His venture into the art of medicine didn't stop there. Being a doctor of the people; spending his entire life helping the commoners and not entering the palace to accept a more comfortable position, he came up with a theory to alleviate people from more chronic illnesses. The result was the *Wu Qin Xi* (Five animal frolics) which were a range of exercises that imitate the movement of animals, something that is still practised by some to this day.





Ancient Chinese History Lesson

However despite his amazing contribution the medicine and his hard work to help with the common people, not even the master doctor could avoid death. However there is an interesting story tied to his death.

After being wrongfully accused and imprisoned, Hua Tuo knew his end was near. He asked the prison guard who had shown great respect for the doctor for some brush and paper. He then proceeded to write out his entire life's work and his understanding of medicine and herbology, quickly filling out the paper into mountains of precious and priceless transcripts. He then offered the rare transcript to the guard asking him to continue on his legacy. The guard, greatly overjoyed ran home and bragged to his wife that he had obtained the secret knowledge of the legendary Hua Tuo and that their lives would never be the same. However the wife fearing retribution from Cao Cao, took the transcript while the guard wasn't looking and chucked it in the fire. By the time the guard ran to recover the transcripts it had turned into nothing but ashes. So the secrets of Hua Tuo was lost forever.

The real historic document is similar to this story and there is actual proof that Hua Tuo treated Cao Cao which however led to Hua Tuo's death by the hands of Cao Cao.





CME



HKUAA



HKUAA



YACMA Quiz night



YACMA Quiz night



Sponsorships

We would like to thank the Medical Assurance Society for their generosity in sponsoring our annual YACMA yumcha for over 100 YACMA members!



Also a big thank you to Jasper Foo for sponsoring our 2nd CME for the year which involved a traditional Chinese dinner at the wonderful Sichuan restaurant.

