

The background is a textured green with white line art of various plants. In the top right, there's a large leafy branch. In the top left, a branch with small round fruits. In the bottom left, a branch with pointed leaves. In the bottom right, a fan-shaped plant. A central light green rectangle contains the text and a faint background image of a caduceus and a crest.

ACMA
Newsletter
December 2021

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Presidential Address

Hi ACMA and YACMA members.

Another busy ACMA year draws to a close, yet again disrupted by Covid 19. Auckland recently surpassed 100 days of restrictions and passes into the traffic light stages. Just over the horizon is a new variant from Southern Africa to bring further challenges. Adding to our usual business, booster vaccinations and management of covid in the community, it shapes up to be a busy summer.

Hoping you and your family find time to enjoy a holiday break.

Our guest article this month is on Assisted Dying. There are currently no Chinese GPs on the SCENZ register. If after reading this article you wish to know more please contact me at president@acma.org.nz.

Dr Linda Lum

ACMA President 2021

General Practitioner

BHB, MBChB, DipObsGyn, FRNZCGP

YACMA Presidential Address

Hi YACMA & ACMA Members!

We're already at the end of the year, it's crazy isn't it? I hope you are enjoying your well-deserved break! Be sure to make the most of it!

Thanks again to everyone for supporting and being a part of YACMA this year-- unfortunately, it's been another year of lockdowns, but we've still managed to make huge strides with sponsorships, new events, and improving our social media presence.

Since the last newsletter, we've made the difficult decision to cancel our annual YACMA retreat. We were very intent on hosting it till the very end until we realized, that we couldn't and shouldn't. In short, it just didn't feel right to host a social event in the middle of a growing pandemic, especially because of what YACMA represents.

I'll be signing out for 2022, and a big shout out to my lovely exec team -- appreciate you all! I'm confident that YACMA is in good hands next year and I know 2022 will be even better (& with no lockdowns!).

Wishing you all Merry Christmas and a Happy New Year with friends and family!

Warm regards,
Jerry Tang

YACMA

Pre-Clinical Reps Address

Hi again everyone!

It has been yet another challenging year for everybody due to COVID-19, and we're sending our best wishes to everyone for the remainder of this year! Hope everyone can enjoy their time off as much as possible with these minor restrictions still in place. For YACMA this year, the events that we have hosted have been incredibly successful, ranging from the highly anticipated annual YACMA yumcha to the Winter Social Event which we introduced as a new event this year, taking place at Gogo Music Cafe. As you can tell, most of our events involve enticing foods and lots of entertainment, with plenty of time to mingle and meet new people, which has always been the goal for Pre-Clinical Reps each year. To our dismay, we have had to cancel our yearly YACMA camp which is incredibly unfortunate as it is debatably the most exciting event we host throughout the year, due to uncertainties from the pandemic. However, we are optimistic that next year will be better, so keep an eye out for future activities such as camp and many others!

YACMA

Pre-Clinical Reps Address

Hey guys! It's Grace! So sad to be saying goodbye for the year, but it has been an absolute honour to help YACMA out and share my pride of being a part of such an amazing culture through hosting events that showcase our specialties the most such as the spectacular cuisine! I've not only learned so much about the YACMA/ACMA community, but I've also gained remarkable memories and bonded with those I met through YACMA. This was an incredibly valuable experience and has helped my personal development lots as well. So one last time, thank you YACMA and ACMA for all that you've done for me, and I hope to see you all again in the future!

Hey everyone, Oscar here. It's been one hectic year full of challenges due to the surprising lockdown we had. Due to the most current delta outbreak, we had to cancel our YACMA retreat for 2021 which we are greatly disappointed in. It is our annual highlight and we were all looking forward to it. Hopefully next year with the high vaccination rates our events will not be canceled. It's been a privilege being one of your pre-clinical rep and I loved working with the team this year. Looking forward to an exciting 2022!

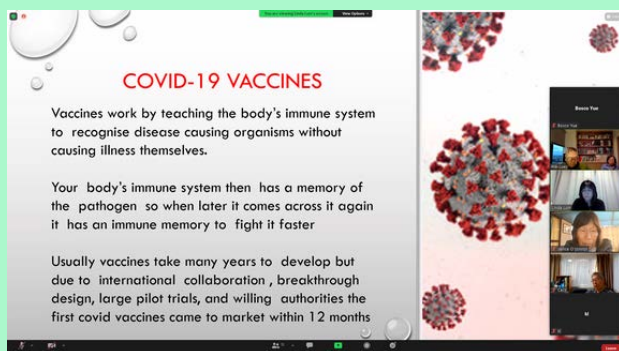
Hey Everyone! Leo here! Living in a world where Covid-19 exists has been a rollercoaster of a ride to say the least. However, I'm extremely happy with the amount of work put in by the members of the YACMA family! Thankfully, the Covid-free start of the year meant that events such as the Yumcha event was still able to go forth. This year we have also managed to put together and introduce the first YACMA winter social event (which according to the feedback from attendees, went incredibly smoothly). Unfortunately, not all good news. This was the first year the YACMA retreat had to be cancelled and we are extremely gutted about that outcome.. Hopefully YACMA will be able to hold the biggest and best ever retreat for 2022! (ofc that goes without saying that this applies to every event). It has been my honour running as one of your Pre-Clinical executives of 2021, Wishing everyone the best for 2022!

ACCC Vaccine Talk

Increase public awareness about vaccines? Worth a "shot"!

On the evening prior to Super Vax Saturday, ACMA presented a Covid-19 Vaccine webinar and ran a Question/Answer Session hosted by the Auckland Chinese Community Centre.

Open to the general public, it was an opportunity for the vaccine-hesitant to learn more about the vaccine and have their concerns addressed by qualified medical professionals.



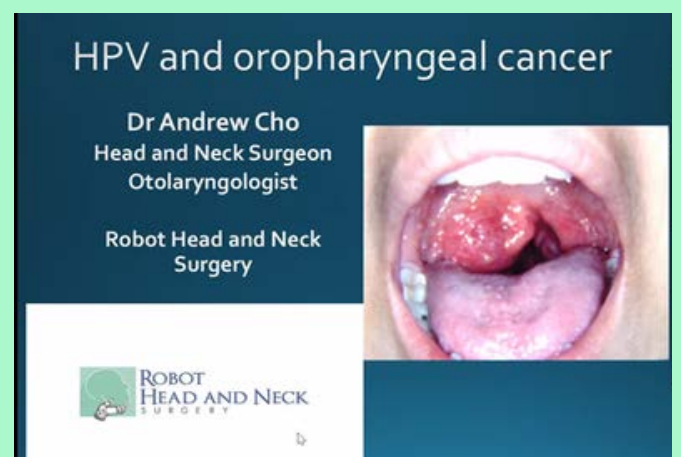
Asian Health Reforms Meeting

On October 21st, ACMA brought together nurses, doctors and community health providers to an online meeting with Ms Naisi Chen , MP Botany to discuss the upcoming health reforms and to advocate for our patients . Mental health and language barriers were identified as areas of major concern.



ACMA AGM

On November 14th, we hosted our AGM. We were very lucky to have Dr Hsee talk about Trauma Laparotomy and Code Crimson, and Dr Cho discuss HPV and Head and Neck Cancer. It was a very educational evening with stimulating case histories and lots of gory photos :)



TANI Talk

On the 17th of November, 121 people attended a Chinese Health Webinar, presented this year as a zoom panel by ACMA Secretary Dr Carlos Lam and Ms Cathy Liu. The main topics covered during the meeting were the safety of the mRNA vaccine, its side effects, the relationship between food & immunity, and the booster shot rollout program.



Vitamin A 维生素A	Vitamin C 维生素C	Vitamin D 维生素D
(beta carotene) β-胡萝卜素	Citrus fruits 柑橘类水果	Salmon 三文鱼
Sweet potato 甘薯	Potatoes 马铃薯	Trout 鳟鱼
Carrots 胡萝卜	Broccoli 西兰花	Milk 牛奶
Peppers 辣椒	Strawberries 草莓	Fortified cereal 加强谷物
Broccoli 西兰花	Kiwi 猕猴桃	Mushrooms 蘑菇
Butternut Squash 南瓜	Niacin 烟酸	Vitamin B6 维生素B6
Green leafy veg 绿叶菜	Turkey 火鸡	Chickpeas 鹰嘴豆
Fortified cereal 加强谷物	Salmon 三文鱼	Tuna 吞拿鱼
Liver 肝脏	Chicken 鸡肉	Salmon 三文鱼
Black-eyed peas 扁豆	Pork 猪肉	Potatoes 马铃薯
Asparagus 芦笋	Brown rice 糙米	
	Fortified cereals 加强谷物	
	Vitamin B12 维生素B12	
	B12-animal foods 动物食品	



Question 1: 问题1

What is the process of seeing a doctor during lockdown? 在禁闭期间看医生的过程是什么?

Answer: Virtually (telephone or video consult) – YES we are open (even during Level 4!)

- Call first to book appointment (English)
- Online bookings generally not available until at least Level 1/Traffic Light System Green
- Need negative COVID-19 symptom screen with GP or nurse before F2F can occur
- If you have COVID-19 symptoms you may be diverted to a "Red Stream" clinic
- You may not always be booked in with your own GP

Blood tests, radiology scans and medications can all be arranged via telephone/consults

The feedback was very positive! Some attendees said just before the end of the meeting: "this session is successful and [we] learned a lot of useful knowledge from the speakers' professional presentations". The speakers also answered lots of questions related to the management of COVID in everyday settings.

Thank you again to the speakers for the talk!

An UberEats Guide to Level 3

If you're looking for a hot, fulfilling comfort meal on one of Auckland's increasingly rare cold, rainy days as we head into summer, TianFu Noodles is the place to go!

Their serving sizes are nothing short of generous, and their variety of brothy noodles on their menu makes deciding a challenge. Ultimately, their noodles are hard to disappoint, as they're loaded with meats, vegetables and perfectly seasoned broth. Do beware - only choose "spicy" if you dare.

TianFu Noodles



Teaser

With the beginnings of summer on the horizon, what better way to cool down than getting



An UberEats Guide to Level 3



yourself a large teaser tea to relax with in the sun?

Teaser teas come in a variety of different flavours, textures and colours, never leaving your taste

buds bored. In particular, the ube and taro milk tea with brown sugar pearls has a smooth, creamy consistency.

On the other hand, the fresh lemon fruit drink has a sweet refreshing twist compared to regular lemon water. If you're craving an upgrade to your boring summer beverages, do check out Teaser!

Maya BBQ



Maya BBQ is an institution when it comes to providing family-sized, satisfying dry hot pot meals to share.

The great thing about their dry hot pots is that the more you hunt around in the container, the more you'll find - scallops, rice noodles, fish balls, duck blood, squid, tofu and more!



A big shoutout to the glazed kumura dish, which perfectly satisfies the sweet tooth out there and doubles up as a main dish and dessert!

Reading the End of Life Choice 2019 Act with a Chinese Lens

Dr Gary Cheung

The New Zealand End of Life Choice referendum was held on 17 October 2020: 65.1% of people supported the End of Life Choice 2019 Act (the Act), while 33.7% opposed it. The Act came into force on 7 November 2021. It provides a medico-legal framework for people experiencing unbearable suffering from a terminal illness the option of requesting medical assistance to end their lives if approved by two doctors.

The Act emphasises autonomy and individual rights, which contrasts with the traditional Chinese value of collectivism and Chinese bioethics of the family-orientated decision-making and informed consent model. In Chinese, important medical decisions, including end of life care of a family member, are traditionally made collectively by including the views of family members; and the decision made would be what is best for the family, which is not necessarily for the individual. Some adult children may not want to forgo life-prolonging treatment for a terminally ill parent because of their Confucian value of filial piety, while some may be more open to assisted dying. The Act is clear about the person requesting assisted dying not having to discuss the matter with their family if they don't want to, although they are encouraged to involve their family or other support people. The Act also does not require doctors to contact family unless the person has provided consent. Some doctors may not feel comfortable providing assisted dying service unless the family has also agreed, to avoid damaging their relationship with the family. Involvement in assisted dying can have significant emotional effects on doctors and families. The complexity of family dynamics, traditional and religious views would add to these effects.

Other than New Zealand, Colombia, and the Australian state of Victoria, assisted dying is only legally available in some countries/states in Europe and North America. None of the Asian countries has legalised assisted dying. Is this because most Asian people, including Chinese, do not support assisted

dying? Or could it be that such practice does not align with Asian beliefs, values and religions such as Buddhism, Hinduism, Islam, etc.? Or are there other political and economic factors? Unfortunately, research on assisted dying in Asian populations is limited in providing insight on these matters.

In New Zealand, the Ministry of Health fully funds the assisted dying service. However, many Chinese living in New Zealand are unfamiliar with or have difficulties navigating our complex health and disability services. Some Asian countries, where our Chinese migrants come from, may not have similar or formal palliative care services. Added to that, the topic of death is generally too taboo for discussion in Chinese culture. According to the 2018 census, 70% of Chinese in New Zealand live in Auckland, and 73% were born overseas. Chinese requesting assisted dying ideally should have their eligibility assessment conducted in their first language. Therefore, having a bilingual Chinese medical workforce willing to be involved in assisted dying is critical in ensuring equity in access and the provision of high-quality assessment.

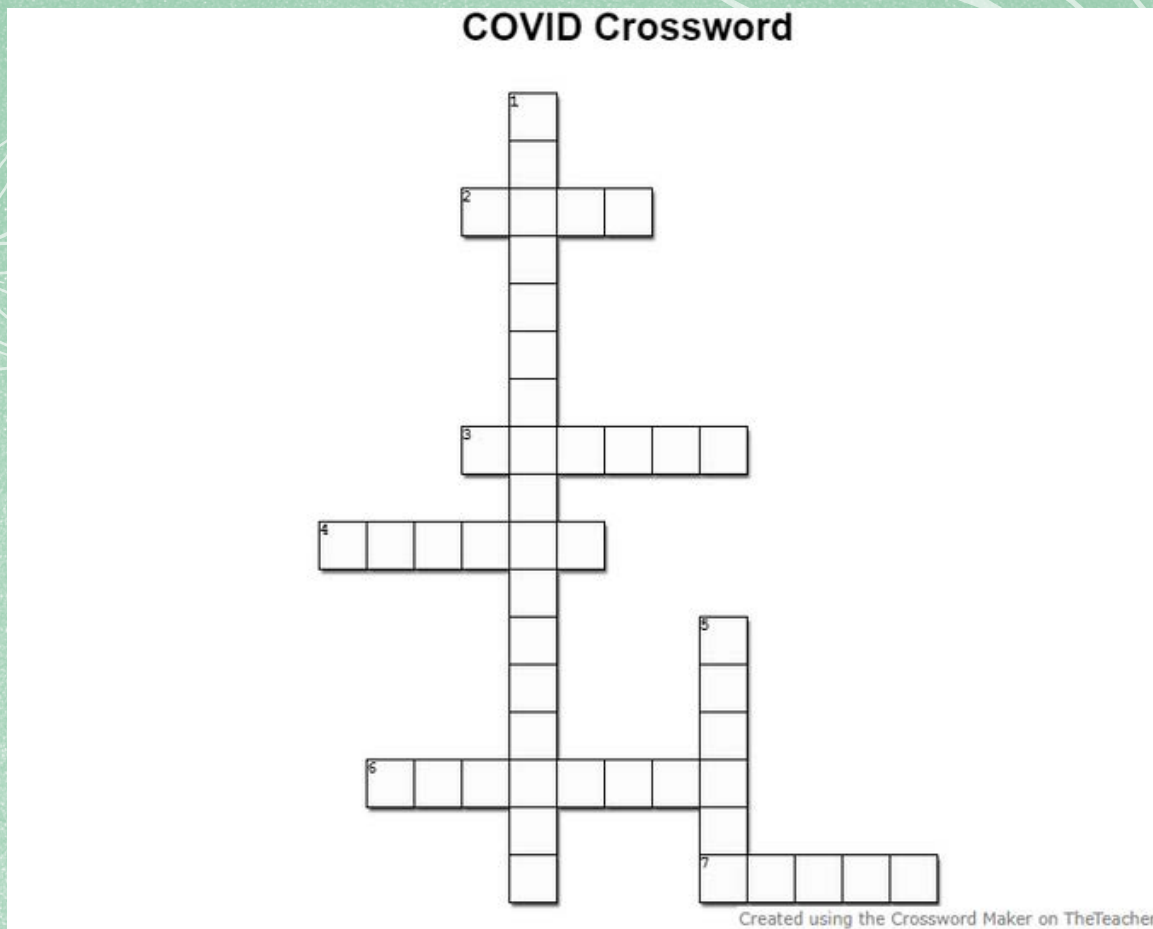
Doctors may conscientiously object to providing or supporting the provision of assisted dying services. However, they are required to inform the person requesting assisted dying of their objection AND that the person has the right to ask the Support and Consultation of End of Life in New Zealand (SCENZ) Group for the name and contact details of a doctor willing to provide the assisted dying service.

We know it is still early days, and we will need to watch carefully the various legal, ethical, clinical, social and cultural consequences the legalisation of assisted dying may have in New Zealand.

Acknowledgement: Sue Lim, eCALD National Programme Director, eCALD Services, Waitematā District Health Board for her comments on an earlier draft of this opinion piece.

Dr Gary Cheung is a psychiatrist and a member of the SCENZ group. He is on the panel overseeing the process of the legalization of the Act.

COVID Crossword



Across:

- 2. Examples: surgical, N95, cloth ...
- 3. A new lockdown hobby
- 4. The main vaccine available in NZ
- 6. We are in NZ's longest _____
- 7. How we feel during the pandemic

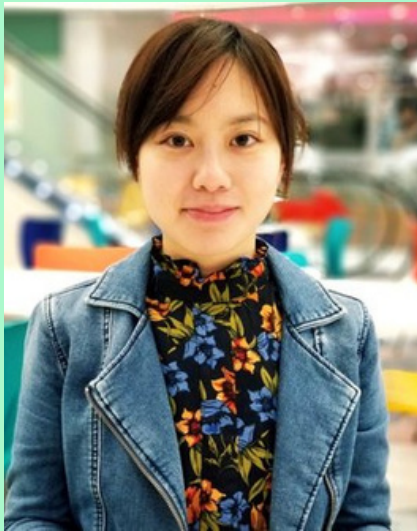
Down:

- 1. The heroes of this pandemic! Thank you :)
- 5. A legal way to meet with friends

Answers: 1. healthcare worker, 2. mask, 3. baking, 4. Pfizer, 5. picnic, 6. lockdown, 7. crazy

Farewells from ACMA Exec

It is with great sadness that the ACMA executive say farewell to some of our key members who are stepping down next year: We would like to thank them for all they have done for ACMA over the years.



Dr. Vicky Tai

RMO Rep/Social Rep



Dr. Boris Yow

General Committee

Dr. Carlos Lam

*Immediate past president/
Secretary/ CME Coordinator*



THANK
YOU

Upcoming Events

CME 1 (Feb 20)

Lung cancer screening

Scoliosis in Asian children

"Farewell Guangdong" authors talk. Chinese war refugees and birth of a community

CME 2 (March)

Heavy menstrual bleeding and contraception

LARC workshop

Social Event @

West Lynn Garden and Butterfly House picnic

New Member Welcome

Dr Wei Long, GP, Remuera

Message from the Editors

We've had so much fun attending and documenting some great events over the course of this year.

Although we are disappointed that the pandemic has disrupted some events, we are excited to see ACMA and YACMA come back swinging in the new year.

Follow us Facebook @YACMA Editors and Instagram @yacma.uoa for more info on future events and photos.

Deanna, Lily, Joanna and Bosco

