



ACMA NEWSLETTER

JULY 2026



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ACMA PRESIDENTIAL ADDRESS



Dear Members,

As we move through another busy season, I would like to extend my sincere appreciation to everyone who has contributed to the success of our recent ACMA activities.

A heartfelt thank you to Dr Gary Wu for organising our excellent CME Dinner on 27th June 2026. I would also like to thank Joy, Carolyn and Nick from YACMA for organising the enjoyable badminton event on 13th June 2026. It has been wonderful to see our members coming together through a balanced mix of exercise, fun, social interaction, continuing medical education, and, of course, delicious meals.

On behalf of ACMA, I would also like to express our sincere gratitude to Novo Nordisk and Allevia Hospitals for their generous sponsorship of our CME dinners on 16th May 2026 and 27th June 2026.

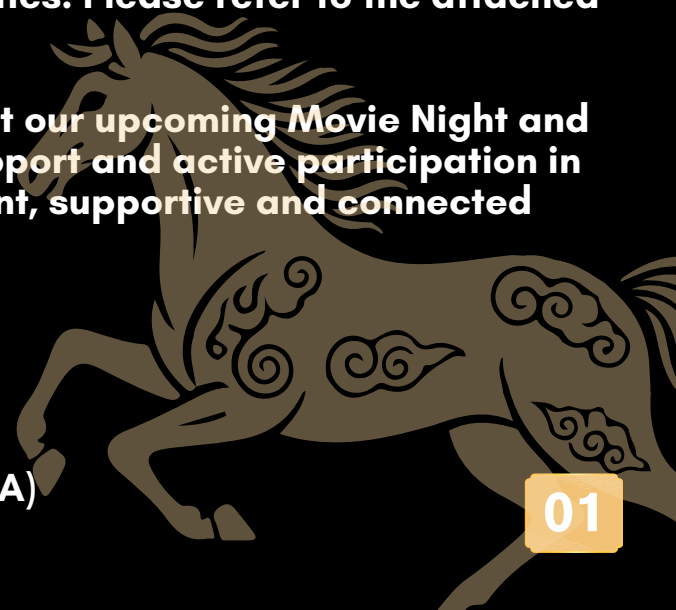
Your continued support enables us to provide valuable educational opportunities while strengthening connections within our medical community.

I would also like to encourage all members to attend the ACCMA ASM 2026 – Navigating Medicine in the Modern World, which will be held on the Gold Coast, Australia, from 3rd to 5th October 2026. This promises to be an outstanding scientific meeting featuring engaging speakers, informative sessions, and excellent networking opportunities. Please refer to the attached brochure for further details.

Finally, I look forward to seeing many of you at our upcoming Movie Night and CME Dinner. Thank you for your continued support and active participation in ACMA. Together, we continue to build a vibrant, supportive and connected medical community.

Warm regards,

**Dr Albert Low
President
Auckland Chinese Medical Association (ACMA)**





ACCMA ASM 2026

Navigating Medicine in the Modern World

03-05th
October

Kings Birthday
long Weekend

Intercontinental Sanctuary Cove
Hope Island, GOLD COAST

EARLY BIRD SPECIAL

ACTIVE NOW!

NO CODE NEEDED

Member ticket Inclusions:

- 2 x nights accommodation including breakfast
- 2 x conference day registration
- 1 x Gala Dinner seat
- 1 x Additional Activity (Golf or Beauty Treatment)

Book Now

OR

[Press Here to Book](#)



contactus@aadaqld.com.au

YACMA PRESIDENTIAL ADDRESS

Hello everyone!

This is Joy and Carolyn, your YACMA co-presidents, with a mid-year update for all the exciting things YACMA has done so far and a bit on our upcoming events! We would like to thank all our members and non-member friends for showing up to our events, we hope you've been enjoying them as much as we do.

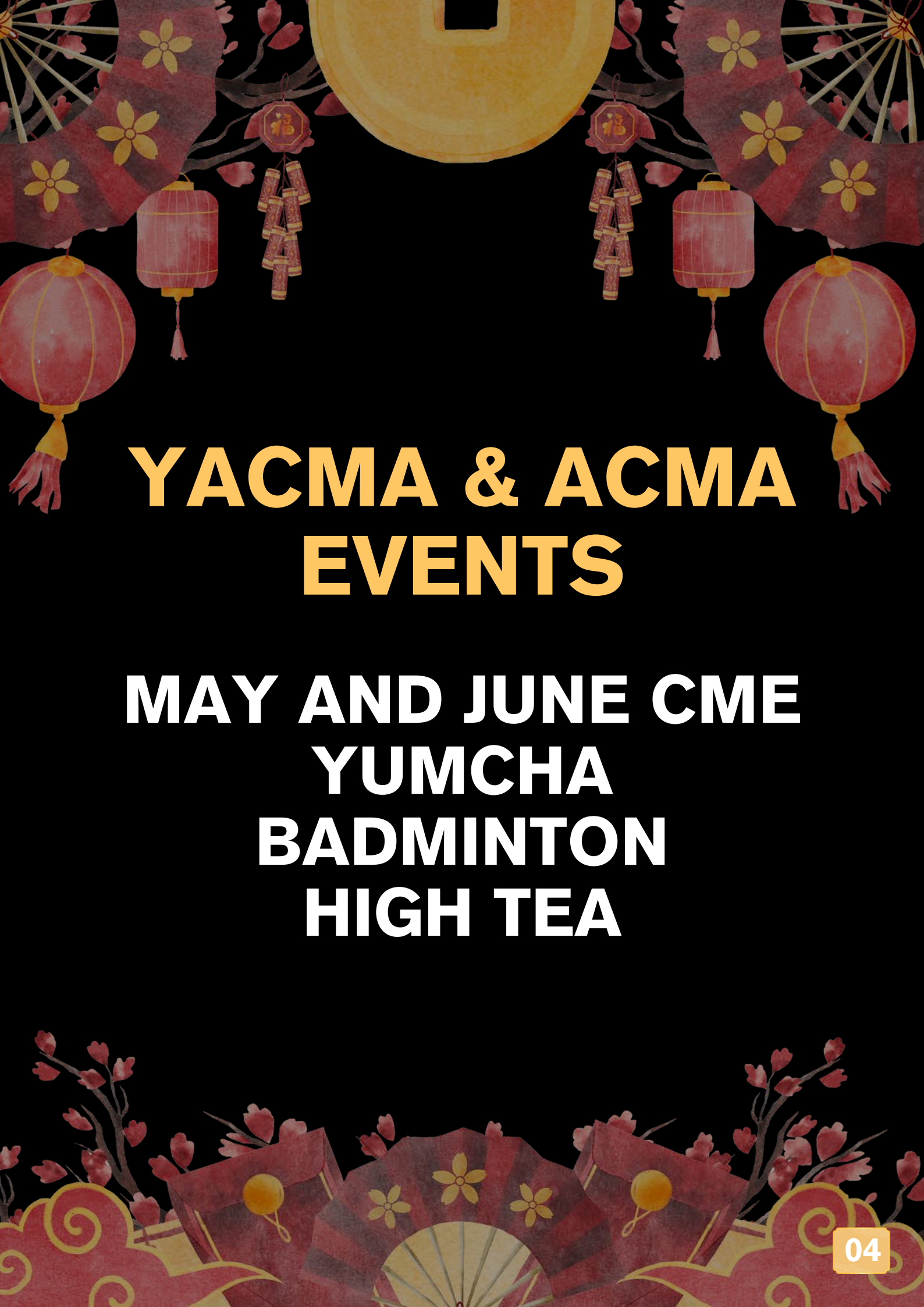
We had another successful Yum Cha at Cypress Restaurant with the number of members in attendance nearing 120! We are so grateful for the turnout, and we hope you all went home well fed. We also saw the return of our high tea event, but this year with a twist; transporting back to the early 1900's with the elegant theme, Old Shanghai. Whether the tea is Chinese or Western; good tea, good company and good food is what YACMA is about. But bonding over food is not all that we do! We also spent an energetic afternoon going head-to-head with some of the ACMA doctors whilst playing badminton and interacting with new people.

But wait, there's more! We have jam packed semester 2 with even more events! Starting off with winter social, due to popularity we are returning to potxpress, there's no better way to spend chilly winter nights than endless conversations with friends over steaming hotpot! This is shortly followed by ACMA x YACMA movie night which is the largest event we've ever hosted, and we've rented out an entire EVENT VMAX cinema in Westfield Newmarket for our members and friends to enjoy Spider-man: Brand New Day. We've also brought back our annual collaboration with the Chinese Law Club by introducing a new Games Night event!

If you're tired of studying and want a boost of endorphins, we've got plenty of upcoming sports events too such as YACMA x UoA Badminton Club social badminton event, YACMA x ACMA table tennis and YACMA only badminton. If reading all these upcoming events has already drained your social battery, fear not as we provide plenty of academic events too! The Year 2 Communications workshop is an excellent opportunity to practice history taking, whilst the annual careers evening is our largest academic event, with over a dozen doctors from different specialities speaking about their experiences.

As if all this isn't enough, we'll of course end the year with our annual YACMA retreat! This year we'll be heading to the beautiful Coromandel region for some much needed sunshine and relaxation after surviving another brutal year of medical school. Our team has been **working extremely** hard behind the scenes to organise **so many** events so we truly **hope you'll** continue to attend and enjoy our events!

Kind regards,
Your co-presidents



YACMA & ACMA EVENTS

**MAY AND JUNE CME
YUMCHA
BADMINTON
HIGH TEA**

MAY CME

ACMA held its second CME of the year on May 16th at Treasure Kitchen. The evening centered on obesity management, with doctors working through real cases and sharing practical strategies for helping their patients.

Attendees brought strong energy to the discussion. Doctors exchanged ideas, asked questions, and left with fresh approaches to bring back to their practices.

Thank you to Novo Nordisk for sponsoring the event. And thank you to everyone who showed up and contributed to the conversation. Your input made the evening what it was.

Guests closed out the night with authentic Malaysian cuisine, a fitting way to wrap up a memorable evening.



ACMA EVENTS

JUNE CME

ACMA held its June CME on June 27th at 108 Tastes. The evening focused on the management of thyroid nodules and cancer, a field that keeps changing and often leaves both specialists and primary care providers confused.

The rise of full body scans and screening ultrasounds, especially across South East Asia, has added new layers of complexity. These scans now pick up microcarcinomas and small nodules that doctors previously wouldn't have flagged as a concern.

The speaker's talk summarised current knowledge in the field and gave attendees a practical framework for managing these cases. Doctors left with clearer guidance on how to inform patients and identify which ones need reassurance when they have low risk or benign disease.

Thank you to Allevia Hospital for sponsoring the event, and to everyone who attended and joined the discussion.

ACMA EVENTS



YACMA YUMCHA

On 9th May, YACMA hosted its biggest event yet: Yum Cha! The afternoon brought together students for an enjoyable celebration of Chinese cuisine, culture, and community.

Attendees enjoyed an incredible spread of traditional favourites, from cheung fun (rice noodle rolls) and dumplings to an assortment of dim sum and egg tarts. With delicious food, plenty of laughter, and great company, it was a wonderful afternoon for everyone involved.

We extend our sincere thanks to Cypress Restaurant for hosting us, and to everyone who attended and contributed to making the event such a memorable success.

ACMA EVENTS



ACMA X YACMA BADMINTON

On June 13th, YACMA and ACMA members picked up their badminton rackets and spent two exciting hours at Badminton North Harbour Centre. Energy on the court stayed high from start to finish, with players of all skill levels enjoying rallies alongside their teammates.

Members swapped their usual clinical settings for an evening of friendly competition and laughter, catching up between matches and building connections beyond the workplace.

Judging by the smiles and the number of rematches requested, this won't be the last time rackets come out.

YACMA EVENTS



YACMA HIGH TEA

On 27th June, YACMA hosted a delightful High Tea at the Wintergarden Pavilion, bringing students together for an afternoon of tea, conversation, and connection. The event featured the elegance and glamour of Old Shanghai in the 1920s. Blending Chinese tradition with Art Deco sophistication, jazz culture, and vintage charm.

Guests enjoyed a delicious selection of pastries and tea in the café's beautiful and serene surroundings. It was a wonderful opportunity to relax, connect with fellow students, and celebrate the YACMA community in style.

We are grateful to everyone who attended and helped make the afternoon such a memorable occasion.

YACMA EVENTS





WHAT'S COMING:

WINTER SOCIAL

ACMA/YACMA MOVIE NIGHT

YEAR 2 COMMUNICATIONS WORKSHOP

CHINESE LAW CLUB GAMES NIGHT COLLAB

ACMA CME

UABC BADMINTON COLLAB

CAREERS EVENING

ACMA/YACMA TABLE TENNIS

YACMA BADMINTON

YACMA MOSCE

YACMA RETREAT

ANNUAL GENERAL MEETING



EDITORS' ADDRESS

Thank you for joining us for the July edition of our newsletter. This past month brought our community together in so many ways, from clinical discussions to social events, and we loved every part of capturing it for you.

As editors, we get to see firsthand the energy and dedication that runs through YACMA and ACMA. Every event, every conversation, and every photo reminds us why this community matters.

We hope this edition gives you a real sense of what's been happening, and we look forward to seeing you at the next event.

**Warm regards.
Ashley, Claudia, Victoria, Shia**