



澳華醫學會

MyACMA

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澳華醫學會

Chinese New Year Dinner

— 20 February 2016 —

GiV www.facebook.com/givphotobooth

Australian Chinese Medical Association

The Australian Chinese Medical Association (ACMA) Inc in NSW was formed on the 20th September, 1990.

ACMA is also a foundation member of the Australasian Council of Chinese Medical Associations across Australia and New Zealand. Membership is open to all registered medical practitioners in Australia.

The aims of the ACMA are:

- To promote professional standards for its members
- To provide a forum for professional and social exchange amongst members
- To promote and conduct continuing medical education and research
- To respond to community issues affecting its members
- To acquire knowledge and respond to health issues affecting the Australian Chinese community
- To contribute to deserving charitable causes and organisations
- To promote mutual understanding and liason with other medical organisations

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**SUBMISSIONS
CORRECTIONS
ENQUIRIES**

Please do not hesitate to send to Dr Cecile Chu,
MyACMA editor at ceciledotchu@gmail.com.

PRESIDENT'S ADDRESS



It is with great pleasure that I write to you in the first 2016 MyACMA. Without noticing it, 2015 has gone by a quarter. ACMA started off the year with the Chinese New Year celebration at Dragon Boat Seafood Restaurant on 20th February. It was a great success with many members and families joining together for the wonderful meal, lion dance, magic show, live music as well as the fireworks at Darling Harbour.

There are two main goals for ACMA management commit in 2016:

1. Go digital – We are going digital as it allows for effective and dynamic communication to our ACMA members. **We have a new look on the ACMA website www.acma.org.au** thanks to the Co-Chair of IT and social media subcommittee Dr Tony Pang. We also have Facebook and Twitter and this newsletter MyACMA is also the first digital issue. Over the next few months, we will be providing various “How-to” guides for the use of Gmail, Facebook and Twitter.

2. Add value to ACMA membership – Being an ACMA member, we should be proud of being part of the 25 years of ACMA history. The management committee is working hard to add value to this membership. We have successfully engaged with the Fintuition Institute’s The Private Practice program to offer discounted registration fee for various workshop program addressing issues and concerns of the newly qualified, established and even “soon-to-be retiring” medical practitioners covering matters such as practice growth, marketing strategy, business and financial modelling, positioning for practice succession and retirement lifestyle planning. The most popular 3-Day Comprehensive Course is **now only \$330 from \$2145 for any ACMA member**. We are also in discussion with medical indemnity industry, luxury car dealers, finance providers and financial planning companies. More benefits will be announced hopefully very soon.

Various activities have been planned for 2016. **ACMA Career Day** will be held at Burwood RSL Club on 14/05/2016. This is an event that ACMA can showcase the experience of Sydney successful medical specialists to the junior doctors and senior medical students. **Annual Scientific Conference** will be held the first time overseas in Hong Kong and Cambodia from 7th to 15th July. The wealth of experience of Dr Stephen Hing will surely make the journey very enjoyable. **ACMA Annual Dinner** will be held on 3rd December at the Opera House. Again, this is the first time ACMA used this Sydney icon as an venue. Watch out for the information flyer and book in early to avoid disappointment.

Please enjoy your time reading this issue of MyACMA. On behalf of the ACMA Management Committee, Happy Easter and we look forward to seeing many of you at the upcoming activities!!

Professor Vincent Lam

8th Meet the Experts Conference

SAVE THE DATE!

HUUS Gstaad Hotel, Gstaad, Switzerland
Tuesday 3rd Jan- Tuesday 10th Jan 2017

The 8th Meet the Experts Conference, will follow the Practice Management Conference, which will be held in Barcelona from 29th Dec – 3 Jan. Members can attend one or both conferences.

This is a great opportunity to see all that is unique about Switzerland- the landscape and climate, the history, culture, way of life, and the food- and at the same time update yourself with the latest in modern medicine. The conference is small and intimate, and there is ample time for discussion and questions. The format will include didactic presentations, interactive workshops, role play, and case presentations.

The conference hotel has been chosen for its modern facilities and high levels of service. It is currently undergoing major renovations and refurbishment. There is an onsite ski shop and rental counter. There is a heated indoor pool, sauna, spa and massage therapist. Social activities will include skiing and snowboarding, local tours, and a rest day with an excursion to a cheese factory at Gruyeres, and a chocolate factory at Broc. We will also travel by horse-drawn sleigh have

dinner at a local farm one evening. There are ample activities for non-skiers. Nearby towns of Saanen, Saanenmoser, and Zweisimmen are easily accessible and worth visiting. Some guided touring has been arranged. A day tour to the Swiss capital, Bern, is possible if there is interest.

You may have heard that Switzerland is a very expensive country. It's a bit like Japan, in the sense that everything is clean and well maintained, and that levels of service are very high. Coffee is a little more expensive than OZ, (and not as good), meals are expensive if you want to eat rump steak or veal, but if you try the local soups, pasta, fish, pork and cheese dishes, it's very reasonable. Ski lift tickets and lessons are bargains compared to OZ. Tipping is not expected, and prices already include tax. So with a bit of caution, a conference and holiday in Switzerland need not break the bank. It's certainly cheaper than the US (and a lot more interesting!)

Draft Program

Tue 3 Jan 2017	Delegates arrive. Group Bus transfer will be arranged from Zurich Airport to the hotel (approx 3 hours). Welcome dinner.
Wed 4	Conference and time for skiing. Dinner at the hotel.
Thu 5	Conference and time for skiing. Dinner at local village.
Fri 6	Conference and time for skiing. Dinner at hotel
Sat 7	Excursion to Gruyeres and Broc. Dinner at local farm
Sun 8	Conference and time for skiing. Free dining night at Gstaad
Mon 9	Conference and time for skiing. Farewell dinner at hotel.
Tue 10	Delegates depart



Clockwise from top left: Huus Gstaad Hotel, Saanen Village, Gstaad Village, Hotel pool, A huge skifield to enjoy.

FLYER and REGISTRATION FORM COMING SOON

The Practice Management Conference will be held at the H10 Itaca hotel in Barcelona from 29th Dec 2016 to 3 Jan 2017. We will be able to celebrate New Year's Eve in this amazing city. The hotel is within walking distance to the major celebrations. Members attending both conferences can fly directly from Barcelona to Zurich. This conference aims

to improve the management of your medical practice. It covers financial, administrative, medicolegal and legislative aspects of practice. Doctors, practice managers, and other practice staff will benefit. Time will be provided for Questions and Answers, Case discussions, and for networking. **SAVE THE DATE**



NEW MANAGING COMMITTEE PROFILES

Dr Season Yeung
Membership Subcommittee



MBBS, MMedSci, FRANZCO

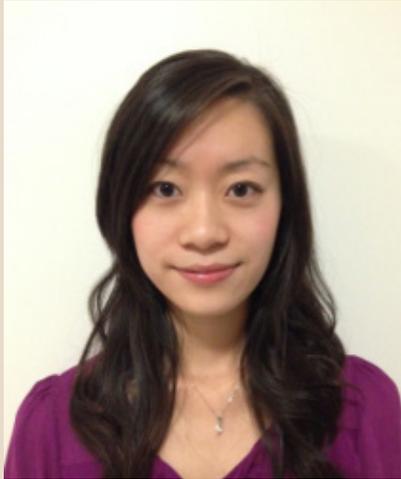
I am a consultant ophthalmologist with subspecialty interest in cornea, external diseases, and refractive surgery. It has been a great honour for me to be elected as a member of the ACMA Management Committee this year. I was born in Hong Kong, and I am fluent in Cantonese, Mandarin and English. I graduated in medicine and

surgery from the University of Western Australia, and I was awarded with a Master degree in corneal immunology at the same tertiary institution. After completing my ophthalmology training in New Zealand under the Royal Australian and New Zealand College of Ophthalmologists (RANZCO), I undertook a cornea, external diseases, anterior segment and refractive surgery fellowship at the University of Ottawa Eye Institute in Canada, where I had the privilege of collaborating with many world-renowned ophthalmologists in North America.

Currently, I am in private practice with appointments at Campsie, Ashfield, Penrith, Toronto, and Hornsby. Also, I hold a VMO position at Bankstown Hospital. As the Chair of ACMA Membership Committee, I will be working closely with Dr Young Yu to improve membership benefits and recruit more new members.

IT and Social Media Subcommittee

Dr. Angela Cong IT and Social Media Subcommittee



Being an obstetrics and gynaecology SRMO at RPA Hospital, I am passionate about women's health issues and providing equal access to quality health care and services. I have been part of the

community health programs run by ACMA in conjunction with Radio 2AC in raising awareness of common obstetric and gynaecological conditions. I graduated from UNSW in 2006 and completed my internship and residency at Westmead Hospital.

I have been a member of ACMA since 2014 and joined the management committee at the end of last year. As part of the IT and social media subcommittee with Dr Tony Pang and Dr Winnie Ling, we hope to revitalise the ACMA web page and to encourage members to be involved in social media and networking platforms such as Facebook and Twitter. We hope to promote ACMA amongst the JMOs and other medical professionals so that ACMA can continue to be a strong community of competent, caring and connected medical practitioners serving people in our society.



I am delighted to be joining forces with the lovely Dr Angela Cong co-chairing the Social Media Subcommittee this year. Professionally, I am a full time surgical assistant accredited at various private hospitals across Sydney and New South Wales. At home, I enjoy spending time with my family and being a mother to two little girls.

Please join us on Facebook and Twitter!

<https://m.facebook.com/ACMAOZ>

Dr Winnie Ling IT and Social Media Subcommittee



Community health and research subcommittee report

It has been very busy already during the two weeks before Christmas 2015 and the first two weeks of 2016 because there are already quite a few community health projects in the Chinese Australian community being planned for 2016. Most importantly, more ACMA members as well as other health professionals are involved in various community health programs this year.

Below is a summary of the projects and programs in planning or are undertaken. All of these projects have involved ACMA doctors. Generally speaking, all the projects and programs are well organised and are very popular in the community. We have created a very positive image and established a high profile of the ACMA in the community and among non-profit and charitable organisations, some local councils and various government agencies.

Please feel free to contact Dr Stephen Li (chem.pathology@gmail.com) if you are interested in assisting or participating in community health projects and programs.

Community Health Subcommittee Media Programs 2016

- Continuing routine weekly radio talk shows
- Continuing routine weekly newspaper health columns
- Continuing SBS Radio regular health program
- Started a weekly Mandarin health program at Radio 2ac from mid October 2015.

We have received very positive feedback and the response from radio listeners is marvellous.

The radio talk show speakers included:

- Dr Michael Suen
- Dr Kit Lam (ACMA)
- Dr Michael Suen (ACMA)
- Dr Season Yeung (ACMA)
- Dr Young Yu (ACMA)
- Dr Angela Cong (ACMA)
- Prof Danform Lim (ACMA, Backup)
- Ms Tess Guo (Dietitian)
- Ms Amy Wu (Dietitian)

Chinese Australian Service Society (CASS) – Save Our Hearts Project 2016

- CASS have received funding from the **HEART FOUNDATION NSW** Go Red for Women Community Grant to run a project called "Save our hearts".

- The project aims to raise the awareness of the clinical and life style risk factors and their impact on heart disease, specifically among women in the **CHINESE AND KOREAN** communities and guide them how to keep their heart healthy by providing essential information in a culturally and linguistically appropriate way.

- It is supported by the **ASHFIELD AND STRATHFIELD** councils.

- The main target clients are Chinese and Korean women aged over 30. They have engaged the ACMA in this project.

- Ashfield Town Hall has been booked in the morning of 11, 18 and 25 May 2016 for three information sessions to be conducted in Mandarin, Cantonese and Korean respectively.

- I have advised CASS to engage the Korean Medical Association as well.

HIV Testing Awareness Campaign 2015-2016

- This is a campaign organised by **THE 3BRIDGES COMMUNITY** (3bridges.org.au). It is a not-for-profit organisation that works with communities to build happier, healthier, connected, educated and enriched communities.

- This campaign is targeting the Chinese Australian community, in particular gay male new migrants from China because of a relatively high prevalence of **HIV/AIDS** among this population according to the health statistics in NSW.

- This campaign is in collaboration with the Sydney South Eastern Local Health District, CASS, ACMA, Mission Australia and a few local community organisations.

- They are recruiting '**CULTURAL AMBASSADORS**' to promote the messages in the Chinese Australian community. 18 have been recruited so far.

- I have assisted in writing relevant HIV/AIDS articles in the **CHINESE AUSTRALIAN DAILY WEEKLY MAGAZINE** health column on 19 Dec, 26 Dec, 2 Jan, 9 Jan, 16 Jan, 23 Jan and 30 Jan.

- A major event is planning for either March or April 2016.

Bowel Cancer Awareness & Resource Info Day 2016

- In response to community demands, CanRevive has received \$2000 from ACCF and another \$2,000 from our ACMA Charitable Trust to organise two 1-day education seminars in **CHATSWOOD AND HURSTVILLE**. This community health educational project can attract our Trust's support because the ACMA Charitable Trust has set the priority of funding support for community health education in the Chinese Australian community last year.

- This project was originally named "**MINI CANCER AWARENESS AND RESOURCE EXPO**" (**MINI C.A.R.E.**). The name has recently been changed to "Bowel Cancer Awareness & Resource Info Day".

- The word 'mini' is added in contrast to the C.A.R.E. that the CanRevive and the ACMA organised in 2009 in which more than 1500 participants from the Chinese Australian community had attended at its peak. The Mini C.A.R.E. is only aiming for 150 participants in Chatswood and possibly another 150 in Hurstville.

- Working partners of the Bowel Cancer Awareness & Resource Info Day included: ACMA, Willoughby Council, Cancer Council NSW and Sydney North Heath Network (previously Northern Sydney Medicare Local)

- Some organisations will set up stalls to provide additional information. They included: National Bowel Cancer Screening Unit of Bowel Cancer Australia, North Sydney Multicultural Health Unit and Cancer Council NSW.

- **DR STEPHEN LI AND PROF DANFORN LIM** are involved in the working party.

- The date and time of the event is Saturday 30th April 2016 from 10am to 4 pm.

One of our Management Community members, **DR MICHAEL SUEN**, will be the principal speaker on that day. A GP, invited by Sydney North Heath Network, will talk about screening and a dietitian, Dr Annette Wong, will talk about diet and bowel cancers. The organising committee is still seeking other relevant health professionals to give talks.

PARRAMATTA HEALTH SEMINARS FOR 2016

- This is an award-winning program (**MULTICULTURAL HEALTH AWARD**) organised by the Parramatta Council Library with ACMA as the principal partner. Other partners included the Cancer Council NSW and Western Sydney Local Health District (Auburn Community Health Service).

- Evaluation meeting just before Christmas 2015 revealed very positive feedbacks from the participants (305 responded out of 459)

- Majority of participants were 56 and above with the largest age group being 61-65 (23% participants)

- 52% attendees have previously attended these programs

- Most lived in Parramatta

- 68% attendees were female

- 40% participants heard about the program via email

- 95-100% participants found the venue, dates, timing and duration suitable

- 98-100% participants found the content suitable and met their expectations

- 94% participants were satisfied with resources provided

- 100% PARTICIPANTS SAID THEY WOULD CONTINUE TO ATTEND

- A planning meeting for 2016 was held in early January 2016. The organizing committee is sending out speakers invitations. Some ACMA members and ACMA Management Committee members are among the list of speakers that will be invited to participate.

THE 2015 PROGRAM:



巴拉瑪打市政圖書館
澳華醫學會
西悉尼地方醫療區

Parramatta City Library
Australian Chinese Medical Association
Western Sydney Local Health District



共同合辦 2015 年 免費 健康講座

A Partnership Program in 2015, FREE Health Awareness Talks for the Chinese Community.

講座日期詳情以最後公佈為準，如有更改恕不另行通知。

Please contact the library closer to the date to ensure the talk you are interested in is still available.

日期 Date	講者 Speaker	講題 Topic
13-3-2015 星期五 Friday (廣東話 Cantonese)	Dr Stephen Li	我這種病應該看那一類型醫生？(廣東話) What type of doctor should I see for my illness? (in Cantonese)
27-4-2015 星期一 Monday (普通話 Mandarin)	Dr Chi Can Huynh	認識前列腺疾病 (普通話) Understanding prostate disease
8-5-2015 星期五 Friday (普通話 Mandarin)	Dr Tony Kuo	耳，鼻，喉 - 我們有什麼需要知道？(普通話) Ear, nose and throat – what do we need to know? (in Mandarin)
15-5-2015 星期五 Friday (普通話 Mandarin)	Dr Ke Huang	肩部解剖及如何處理常見問題 (普通話) Shoulder anatomy and common problem management (in Mandarin)
21-8-2015 星期五 Friday (廣東話 Cantonese)	Ms Rose Chen (Chinese Medicine Practitioner)	中醫的寒涼溫熱和甜酸苦辣咸 Hot and cold energy, and five tastes for TCM
28-8-2015 星期五 Friday (普通話 Mandarin)		
29-9-2015 星期二 Tuesday (廣東話 Cantonese)	Dr Annette Wong	營養飲食與心臟健康 (廣東話) Nutrition and Heart Health (in Cantonese)
9-10-2015 星期五 Friday (廣東話 Cantonese)	Dr Season Yeung	三色世界：白內障、青光眼和黃斑病診斷、治療 和預防方法 (廣東話) The Tricolour of Vision: cataract, glaucoma and macular degeneration - diagnosis, treatment and prevention (in Cantonese)
21-10-2015 星期三 Wednesday (普通話 Mandarin)	Dr Austin Ng	如何治理心血管疾病 (普通話) Managing Cardiovascular Disease (in Mandarin)
6-11-2015 星期五 Friday (廣東話 Cantonese)	Professor Ramony Chan (Senior Clinical Psychologist)	認識如何保持老年心理健康 (廣東話) Understand how to improve mental health for seniors (in Cantonese)
13-11-2015 星期五 Friday (廣東話 Cantonese)	A/Professor Vincent Lam	認識膽囊結石 (廣東話) Understanding gallstones (in Cantonese)

Dr Stephen Li
Chairman Community
Health & Research
Subcommittee

FREE liver cancer DVD for people affected by primary liver cancer

The films are available in English, Cantonese, Mandarin and Vietnamese.

This liver cancer resource was produced through consultation with people affected by liver cancer, who shared their experiences in seeking information following a liver cancer diagnosis. Short film modules were produced featuring liver specialists, surgeons, liver clinic nurses and other experts answering the most common questions raised by patients and their carers during our research.



To order your FREE copy, visit our website: www.livercancerinfo.com.au
Or call the Cancer Council Helpline: 13 11 20

- The modules covered in the films:
1. About liver cancer
 2. Screening for liver cancer
 3. Diagnosing liver cancer
 4. Treating liver cancer: non-surgical treatments
 5. Treating liver cancer: surgical treatments
 6. Treating liver cancer: disease and treatment complications
 7. Complementary and alternative medicine
 8. The liver in health and disease: hepatitis and liver cancer
 9. The liver in health and disease: more on hepatitis B
 10. Support for people with cancer



The Multimedia Support Program for People with Liver Cancer project is a Cancer Australia *Supporting people with cancer* Grant initiative, funded by the Australian Government. This program is supported by the Sydney West Translational Cancer Research Centre. The Sydney West Translational Cancer Research Centre is funded by the Cancer Institute NSW.

NEW MEMBERS' PROFILES

Dr Titus Kwok

I am a fellow in general surgery with a hepatobiliary interest. I am the surgical superintendent at RPA at the moment.

***“LIFE IS SHORT
WORK HARD
PLAY HARD”***



I love New Zealand, particularly the south island. The place is natural and full of wonders. We spent 10 days driving around 2 years ago and one of the highlights was sea kayaking at Milford Sound. This picture was taken just as we finished the 10km kayak tour to the stunning Sterling Fall behind me.

Dr Tony Pang



Hi! I am Tony Pang. I am a general, pancreatic and hepatobiliary surgeon based at Westmead Hospital. In my spare time, I like to engage in anything technological. Aptly, I have been selected as the management committee member responsible for information technology and social media. My plan for this year is to bring the ACMA into the modern age: new servers, a new website, twitter and other new ways of doing things. Some progress is already being made – check out the new ACMA website (www.acma.org.au) or follow us on twitter (@ACMA_au). Looking forward to doing more these coming months!

Tony Pang (twitter: @tcypang)

Dr Kenny Chan 陳瑋宗醫生

Oculoplastic and General Ophthalmic Surgeon



MBBS (Hons), MMed (Ophth Sci), Grad Dip Refract Surg, FRANZCO

Dr. Kenny Chan is a comprehensive ophthalmologist and subspecialist Oculoplastics Surgeon. He specialises in eyelid, lacrimal, orbital and cataract surgery. In addition to English, Dr. Chan is fluent in Cantonese and Mandarin. Current practice locations include the RPA Medical Centre at Newtown, Eastwood, Drummoyne, Bathurst, Orange and Dubbo.

Dr. Chan was born in Hong Kong. After studying early high school at the Diocesan Boys' School, he migrated to Sydney with his family and studied at the Sydney Boys' High School. He then studied medicine at the University of Melbourne as he was

awarded the prestigious Melbourne National Scholarship. After graduating with honours, he underwent Ophthalmology training at the Sydney Eye Hospital. After completing a fellowship in comprehensive ophthalmology at the Royal Prince Alfred Hospital, he undertook subspecialty fellowship training in Oculoplastics Surgery at Liverpool, UK and the Singapore National Eye Centre.

Dr. Chan has a strong interest in research and teaching. He has published multiple papers in local and international peer-reviewed journals, and has presented at international conferences such as the British Oculoplastic Surgery Society and the European Society of Ophthalmic Plastic and Reconstructive Surgery. He regularly attends international meetings to stay at the forefront of current techniques and technology. He is involved teaching registrars and medical students, having been appointed as a conjoint associate lecturer at UNSW and a tutor at the University of Sydney.

Areas of specialty:

- Eyelid malpositions – ectropion, entropion, ptosis and blepharoplasty
- Eyelid skin cancers – excision and reconstructions
- Lacrimal surgery – watery and sticky eyes
- Orbital surgery – thyroid eye disease, malignancies and implants
- Cataract Surgery

Dr Dean Yeh

Professional Membership

- Section of colorectal surgery, Royal Australasia College of Surgeons (RACS)
- The Association of Coloproctology of Great Britain and Ireland (ACPGBI)
- General Surgeons Australia (GSA)
- Conjoint Committee for the Recognition of Training in Gastrointestinal Endoscopy (CCRTGE)
- Australian Chinese Medical Association (ACMA)



B. Med (Newcastle), FRACS

**Suite 306, Q Central
10 Norbrik Drive, Bella Vista
P: (02) 88248159
F: (02) 90120374
drdeanyeh@gmail.com**

I am a colorectal / general surgeon who has recently commenced private practice at Norwest Private Hospital. I received my medical degree from University of Newcastle in 2001. My surgical training in general surgery was completed at St Vincent's Hospital and Royal North Shore Hospital. I have been a fellow of the Royal Australasian College of Surgeons since 2011.

I underwent two years of post fellowship training in advance laparoscopic colorectal surgery at Princess Alexandra Hospital, Brisbane and Royal North

Shore Hospital, Sydney. Fascinated in minimally invasive surgery, I became interested in robotic surgery in 2014. I undertook additional fellowships in robotic colorectal surgery at two world famous centres. I spent over 12 months at Korea University Anam Hospital in Seoul, South Korea and at St James University Hospital in Leeds, UK. As part of the robotic fellowship, I wrote a book chapter in the book titled "Robotic Approaches to Colorectal Surgery".

My main interests are treating colorectal diseases via minimally invasive surgery. This includes laparoscopic as well as robotic surgery. I treat all aspect of colorectal disease, including colorectal cancer, polyps, diverticular disease, inflammatory bowel disease, rectal prolapse and perianal conditions.

My interest in minimally invasive surgery also extends to other general surgical procedure such as laparoscopic hernia repair and laparoscopic cholecystectomy.

I perform endoscopy including diagnostic gastroscopy and colonoscopy.

My other interest is in surgical education and am involved in teaching with the Royal Australasia College of Surgeons. I am an instructor in the ASSET course with experience in formal teaching of medical students, as well as role of examiner with University of Notre Dame.

I am fluent in English, Mandarin and Taiwanese

I see patients in Bella Vista and Eastwood.

Areas of Practice

- Diagnostic and interventional colonoscopy
- Diagnostic endoscopy
- Laparoscopic and robotic colorectal surgery including major bowel resection, prolapse surgery, diverticular disease and inflammatory bowel disease
- Proctology including anal fistula, abscess, fissure and haemorrhoids
- Laparoscopic and open general surgery such as hernia repair, cholecystectomy and pilonidal sinus surgery

Dr Julian Yu



Dear Members of the ACMA

I would like to formally introduce myself as a new ACMA member.

My name is Julian Yu, and I am a recently qualified and subspecialised fellowship trained Australian orthopaedic surgeon. I have a particular expertise in HIP and KNEE SURGERY, with a strong proficiency in ARTHROSCOPIC and ARTHROPLASTY SURGERY. My interests are primary and revision replacement surgery of both the hip and knee, as well as the arthroscopic surgery of the knee (knee arthroscopy, ligament reconstruction and patellofemoral instability).

I am bi-lingual with a strong command of the Chinese (Mandarin) language.

I have recently commenced practice in the Lower North Shore, Northern Beaches and Sydney city at the following locations:

Peninsula Orthopaedics (Dee Why)
Mater Clinic at the Mater Hospital (North Sydney)
Chatswood in The Concourse
Sydney City in Goulburn St

In terms of my background, I completed my

primary medical degree at the University of Newcastle, graduating in 2006. My resident years were spent at Royal North Shore Hospital, during which I was selected onto the Northern Sydney Orthopaedic Training Program. I completed my specialist training exams in 2013 obtaining my FRACS and FAOrthA, being one of the youngest in my year. Thereafter, I undertook a further 4 fellowships over 2 years in the subspecialty areas of hip and knee surgery, both locally with Peninsula Orthopaedics and the North Sydney Orthopaedic and Sports Medicine Centre, and internationally in Edinburgh (UK) and Lyon (France). This has given me an extensive global perspective and skill-set that I hope to utilise to provide the best up-to-date care in my practice.

I have private hospital appointments at The Mater, North Shore Private Hospital and Delmar Private Hospital, as well as a public appointment at Mona Vale Public Hospital.

On a personal note, I live with my young family in the Lower North Shore. I am happily married with 3 young children. My wife is a specialist orthopaedic nurse at Royal North Shore. I have a keen interest in Rugby and Golf.

I look forward to attending ACMA events throughout the year and meeting other members. On a professional note, should you be in need of any orthopaedic advice or urgent patient consultations, please don't hesitate to contact me in my offices on 8045 5688 or my mobile 0416 251 929.

Kind Regards

Dr Julian Yu

7th Meet the Experts Conference -

Kiroro, Japan –
4 -9 Jan 2016

This wasn't only a conference for skiers and if you weren't there you missed a fantastic conference- We had superb, early morning and late afternoon educational sessions, including the psychology of sex change, box jellyfish, dental perspectives of bisphosphonates, UTI prevention, colorectal ,biliary, prostate updates with a scintillating brain drilling presentation. and more soul searching ideas from Ken Ho.

Thank you to all the speakers for their time and preparation and thus giving us some excellent talks provoking many questions and answers

The non-skiers were able to shop, eat beautifully presented and tasty food, make sushi and visit the local attractions. The young ones and young at heart had fun making new friends, zooming through deep, soft powder, snow ball fights and the relaxing in the Onsen (hot springs). There was much laughter, learning and networking

Thanks to Stephen Hing who has been working on this conference for a year. He said that he was really happy that the kids made new friends and entertained each other, giving their parents the opportunity to participate in the conference sessions, and to relax and enjoy networking. Well done once again. Stephen hopes to take the next conference to Barcelona and to Switzerland. See you all then!

Lynda Lee



Practice Management Conference Taiwan

– 29th Dec 2105 – 2 Jan 2016



If you were unlucky enough not to attend the Practice Management Conference in Taiwan, here are some of the highlights.

57 people, including 29 delegates, joined this conference, which was held over five days, at Sun Moon Lake and in Taipei. We had time to tour Sun Moon Lake and take a cruise, as well as enjoy local delicacies. The conference sessions included a lively discussion on "Workplace bullying" and reverse bullying from the male perspective, (Vincent Lam), and deep thought provoking sessions with Ken Ho regarding 'Ethics, how we prioritise things, and how we value ourselves'. Others shared their own experiences and Ken Wong extolled the value for doctors, of a certain "watch".

Thank you to all the presenters for the great talks which gave us new perspectives for managing our practices. Our thanks to the very efficient Natalie Chang who organised great sightseeing, fantastic food and spectacular fireworks on New Years Eve.

Lynda Lee

Member Profile

Professor Howard Lau introduction



Dr Howard Lau started his Urology practice 20 years ago in Sydney and has been a member of ACMA since. He was recently appointed Conjoint Professor of Surgery, School of Medicine at Western Sydney University. He is widely regarded as a key opinion leader for his expertise in minimally invasive urology having performed a number of Australian first laparoscopic and robotic surgeries. He has been invited to perform many live surgical demonstrations and lectures in Australia and overseas. He is a robotic proctor and regularly teaches and demonstrates robotic surgery to

other surgeons. In addition he has contributed in the development of laparoscopic units in many Australian centers and neighbouring countries. He has written 6 book chapters and contributed to over 30 publications in medical literature and he has performed over 2,000 laparoscopic renal operations and over 300 robotic radical prostatectomies.

He specialises in kidney, adrenal and prostate diseases, offering services from diagnosis to treatments with experienced multi-disciplinary teams to provide the best care for his patients.

He was born in Hong Kong and speaks Cantonese and Mandarin.

He attended Sydney University and received Urology training in Sydney with a fellowship year in Oxford University. He recently started consulting at The SAN clinic in addition to his rooms at Westmead, Castle Hill and Macquarie University Hospital.

**Appointments for all rooms are through
T:02-96355377 F:02-96334306**

Time to jump onto the bandwagon – it's not too late!

facebook

Medicine is a constantly evolving field with new research and technology enabling a higher standard of clinical practice and patient care in the modern day. The advent of smart phones and medical apps has improved the ease of accessing online resources and it is now time to also bring your social networking skills to the 21st century!

Facebook is an online social networking service launched in 2004 by Mark Zuckerberg. Facebook had over 1.18 billion monthly active users as of August 2015.

ACMA has a Facebook page and we will be regularly updating it with event information, photos, latest landmark journals and guidelines, interesting medical conditions or medical conundrums for members to comment on. It is an alternative method of continuing professional development and networking! (Unfortunately, there are no CPD points). The latest photos and videos from the Chinese New Year Dinner will be up on our Facebook page so please sign up and  our page!

Facebook users can also set up a business page for your practice or organisation, create and attend events, post status updates, share photos and videos, learn about new research, chat with friends on messenger, have easy access to all of the people and organisations you are interested in and create networks with peers. There is also a Facebook app for iPhone and Android which allows you to use Facebook on the go. And best of all, it is completely FREE!

Myth busters

Myth 1: My children have Facebook and it is mainly for young people.

False! 31.1% of users are aged between 35-54 whilst 23.3% are aged between 18-24. Edythe Kirchmaier, Facebook's oldest registered user, turns 107 this year! For those wanting to feel young again (or to see what your children are up to), Facebook is your answer!

Myth 2: I do not want everybody to see my personal details

Relax. There are privacy settings which you can select so you can determine exactly which people see what content on your Facebook page.

Myth 3: It's too hard to set up

For everyone who has internet access and an email address, IT IS NOT TOO HARD! If you can use Best Practice/Medical director/insert name of software at your practice, you can use Facebook! Step by step instructions on how to get started has been included below. For more information you can also go to <http://www.wikihow.com/Use-Facebook>

Getting started

1. Simply visit facebook.com and enter a few details to sign up (there is also a Chinese option). You will log in to Facebook with the email address you provide.



The screenshot shows the Facebook homepage with the sign-up form highlighted. The form includes the following fields and options:

- Log In Section:** Email or Phone, Password, Log In, Keep me logged in, Forget your password?
- Sign Up Section:**
 - Headline: **Sign Up** It's free and always will be.
 - Fields: First Name, Last Name, Your Email, Re-enter Email, New Password.
 - Section: **Birthday** (Month, Day, Year), Why do I need to provide my birthday?
 - Gender: Female Male
 - Button: **Sign Up**

2. Add a photo of yourself.
3. Verify your account. An activation email will be sent to the address you signed up with. Open the email and click on the verification link.
4. Fill out the rest of your profile. Click the "Edit Profile" link underneath your picture in the top-left corner. Add the information that you want to share.
5. To make a post, type in the field at the top of your Newsfeed or Profile and then press Post.

6. Search for people to add. Enter a person's name, email address, or phone number into the search bar at the top of the page. Click the result from the list, and then click the "Add friend" button. This will send a message to the person asking to confirm your friend request. When the other person accepts the request, you will become friends with them and will have access to their timeline.



7. Like pages on Facebook. You can search for artists, musicians, businesses, organizations, and more using the Facebook search bar. You can then "Like" these pages to receive updates on your newsfeed when they are posted.

Australian Chinese Medical Association Facebook page: <https://www.facebook.com/ACMAOZ/>





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Quality is what doctors rely on

Douglass Hanly Moir Pathology (DHM) and Barratt & Smith Pathology (BSP) are highly respected and well-established pathology practices, serving doctors and their patients throughout NSW. Underlying everything we do is our aim to deliver a highly professional and personalised service to our referring doctors in order to provide the best possible pathology care for their patients.

The specialist pathologists at DHM and BSP offer an outstanding breadth and depth of expertise. They include specialists in all the major sub-disciplines of pathology (biochemistry, haematology, immunology, molecular biology, microbiology, histopathology, cytopathology and genetics) and so are able to provide expert and up-to-date advice in all areas of pathology.

Our pathologists warmly encourage doctors to contact them if they can be of assistance in any way and are available to discuss individual patients and to provide information or advice on ordering of tests, result interpretation, or any other aspect of pathology.

www.dhm.com.au | www.bsp.com.au

