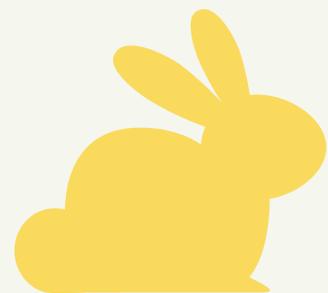
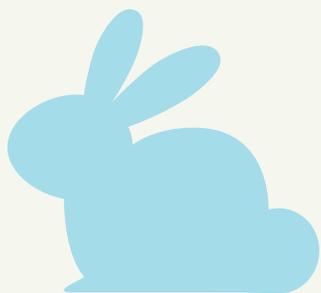


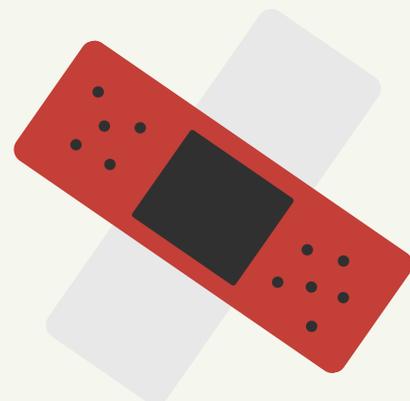


MY ACMA

Official Newsletter of the Australian Chinese
Medical Association



APRIL 2022 EDITION



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

CONTACT DETAILS:

Email: office@acma.org.au

Facebook:

www.facebook.com/acmansw

URL: www.acma.org.au

SUBMISSIONS, CORRECTIONS AND ENQUIRIES:

Please do not hesitate to send to Andrew Lam (Publications) at publications@acma.org.au

Statement on Bullying and Harassment

ACMA is a forward thinking professional Association which seeks to treat all people with respect. The Association values the opinions of all members. ACMA will not tolerate bullying, harassment, or discrimination. ACMA is governed by the Constitution, which includes a clauses regarding disciplining of members.

Table Contents

President's Address	4
ACMA Events Calendar.....	6
Investment as a Doctor.....	7
ACMA Bondi to Watson's Bay Coastal Walk.....	8
Love in the Time of COVID.....	9
Medicine and Law.....	9
Member Spotlight: Cyril Wong.....	10
Spill the Tea - The ACMA's Official Podcast	12
APPENDIX:	
Cyclothon / Walkathon Fundraiser for ACMA Charitable Trust Flyer.....	13
NZ COVID Conference Flyer.....	14
Practice Management Conference - Sapporo, Japan.....	15
Meet the Experts Conference - Hokkaido, Japan.....	16



DOUGLASS
HANLY MOIR
PATHOLOGY

"We take it personally"

President's Report

I hope that all members and their families enjoyed a relaxing break over Easter. It was great to have some good weather. We are learning to live with Covid. I know that many members have been afflicted and I am glad that members have generally have mild episodes, no doubt due to their vaccination status.

Like the rest of the country, ACMA is bouncing back. Educational activities have resumed and members have enjoyed the face-to-face dinner meetings again. Social activities have resumed, with a coastal walk, and the upcoming Winter Buffet.

The Annual Scientific Conference, to be held in Bowral in October, was postponed from last year and is now all set to go ahead. The rooms we had booked at Milton Park have all been reserved for members from last year. Any other members wishing to attend should now book off-site accommodation themselves, and register to attend the Conference itself.



Stephen Hing, ACMA President

Members may know that I have a penchant for snow, and to this end, the conference that was planned for last August at Mt Ruapehu, in New Zealand will go ahead in August this year. It's always great to combine exercise, outdoor activity, education, social networking, and eating! Please consider joining this conference. There will just be three days on the snow- Just enough to whet the appetite. All grades of skiers and non skiers will be catered for.

Following in this vein, I have organised conferences in Japan for the end of the year. Japan is closed to tourists at present, but will no doubt be open by then. Having both the Practice Management and the Meet the Expert Conferences, in the same country minimises the paperwork for vaccinations and visas, for those attending both. As always it will be a lot of fun, and a great chance to meet new people and learn at the same time.

Our Young Bloods subcommittee has been busy organising career activities and a big program of other events later in the year. 27 RMOs and interns have joined ACMA in the last year.

The MC has established a Constitutional Review Subcommittee to consider possible changes to our constitution. A number of changes will be necessary to update the Constitution with regard to non-practising senior members no longer being able to keep their medical registration, and therefore being ineligible for membership. Other changes may be necessary to meeting and voting regulations, in light of the Covid 19 Pandemic. The MC also wants to consider how to get medical students involved with ACMA.

I am pleased to report that due to the voluntary hours put in by MC members, we have been able to limit spending on administration. The Association's financial outlook is much brighter than two years ago. The ACMA Charitable Trust, under the chair of Ms Linda Tang, is currently fundraising to support the ANHF Aged Care facility currently under construction at Gordon. The Welcome Lounge will be named for ACMA. All people who visit the facility will pass through this area. It will be great publicity for ACMA and will be a great asset for the facility. Most of the residents will be government funded, and will be pleased to have a culturally welcoming

President's Report

residence like this. Some of our own ACMA members, of family members could become residents, and will benefit. The Trust is also fundraising to establish a scholarship for a medical student at Western Sydney University. The student will be the first in a low income family, to study at a tertiary level.

Donations to the ACMA Charitable Trust are tax deductible. I encourage all members to consider making a donation.

Stephen Hing



**DOUGLASS
HANLY MOIR**
PATHOLOGY

"We take it personally"



ANHF
AUSTRALIAN NURSING HOME FOUNDATION
澳華療養院基金
Culturally Appropriate Aged Care Since 1980



ACMA Charitable Trust
Est. 1992



ACMA Events Calendar

May 2022

15th May - Cyclothon / Walkathon Fundraiser for ACMA Charitable Trust

25th May - "Updates in Cervical Screening" at Eight Restaurant, Haymarket by Dr Annabelle Farnsworth (Director of Cytopathology at DHM)

June 2022

4th June - ACMA Winter Buffet at Kitchens on Kent, Langham Hotel

22nd June "Interventional Neuroradiology: what is it and when to refer?" at Phoenix Restaurant, Rhodes by Dr Andrew Cheung (Interventional Neuro-Radiologist)

Date and Venue TBC - Young ACMA - "Ask Me Anything!" Careers Night

Date and Venue TBC - Karaoke Night - Fundraiser for ACMA Charitable Trust.

July 2022

Date and Venue TBC - Educational Seminar sponsored by Medtronics

August 2022

14-20th August - Covid Conference in NZ- Hamilton, Waitomo Caves, Mt Ruapehu, Rotorua, Auckland.

3rd August - "Silent Syndrome – Hidden Associated Problems with Inconsequential Primary Presentations to the GP" at King Dynasty Chatswood by Dr Esther Myint (Anatomical Pathologist DHM)

September 2022

Date and Venue TBC - Educational Seminar event sponsored by Chiesi Australia Pty Ltd

October 2022

1-3rd October - Annual Scientific Conference, Bowral

November 2022

9th November - "Interesting Case Presentations" at Crystal Seafood, Strathfield by Dr Nick Taylor (Chemical Pathologist) sponsored by DHM

December 2022

28 Dec- 4 Jan- Practice Management Conference - Sapporo, Japan- tbc

January 2023

4-11 Jan 2023 - Meet the Experts Conference - Furano, Japan- tbc

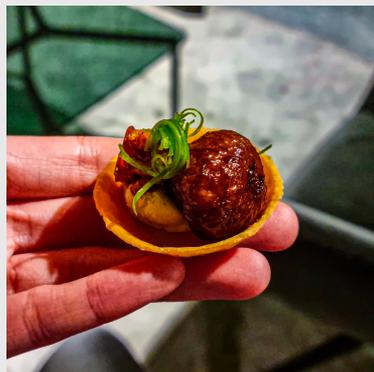
Investment as a Doctor

On the 23rd of March, ACMA held a doctors' investment property seminar at the One Sydney Harbour Showroom in Barangaroo, presented by our Dr Samuel Seit, detailing the reasons why the pandemic has driven up property prices. It was a fascinating presentation, which we thoroughly enjoyed while eating delicious canapés accompanied with stunning views of Sydney Harbour. Our attendees were additionally wowed on the tour of One Sydney Harbour Barangaroo.



Following this on the 6th of April, Young ACMA held “Looking to start your investment journey” at Barangaroo, which provided fantastic investment advice to Young doctors starting to build on their investment portfolio. Many of our young doctors were inspired following this seminar. We were also fortunate to witness fireworks over Sydney Harbour!

A big thank you again to Dr Samuel Seit for giving informative and engaging presentations, and Leadlease and Apex Investment for kindly sponsoring our events!



ACMA Bondi to Watson's Bay Coastal Walk

Twelve ACMA members/spouses, registered to enjoy the renowned views, on the Bondi to Watsons Bay, Coastal walk. On the morning, grey skies and wet conditions resulted in 5 withdrawals, and left only the 7 hardest walkers to start the walk.

The walkers headed off from North Bondi, along Military Rd towards the final goal. With the guidance of the B2M app, we were rewarded with breathtaking views of the Pacific Ocean, as we headed through Rodney Reserve, the Coastal Cliff Walk and Clark Reserve.



We reached the first of several lighthouses at Lighthouse Reserve. As we approached The Gap, the predicted rain came down in a dramatic drenching. With forward thinking, all came prepared, and were able to put on raincoats and ponchos, and put up umbrellas, but nothing could save the soaked shoes and socks. As quick as the rain came, it went. The rest of the walk remained dry as we continued past Dunbar Wreck and the Armoury, towards Hornby Lighthouse.

The whole walk was completed in 3 hours and we were rewarded with fish & chips at Doyles on the Wharf, at Watsons Bay. After lunch, we had a relaxing ferry ride back to Circular Quay, before we said our goodbyes. Thank you for the enthusiasm of the walkers who attended, and Stephen Hing, for bringing along an assortment of Asian snacks and drinks.

I look forward to holding another walk in late 2022.



Ida Soo

Educational Seminars

Love in the Time of COVID - February 9th 2022

by Dr Michael Wehrhahn, a director of molecular biology and Immunoserology at DHM

We were fortunate in February during the Covid 19 pandemic to have a webinar discussing in detail about the virus. Rapid antigen test (RAT) became more accessible and the transmission of Omicron started to dominate. Dr Wehrhahn gave us a good discussion and updated our understanding about Omicron vs Delta, their incubation and infectious periods, vaccine efficacies, RAT vs PCR testing.

Many thanks to DHM for sponsoring the event.

For those who would like a recap - here is a link to Dr Michael Wehrhahn's talk:
<https://sonichealthcare.box.com/s/qm1vqery65i8tldi7wdmmwpazb37j4qx>



DOUGLASS
HANLY MOIR
PATHOLOGY

"We take it personally"

Medicine and the Law - March 24th 2022

by Mr. Timothy Bowen, Advocacy and Legal Manager at MIGA

We had over 40 people attending the event despite the bad weather and some attendees cancelling in the last minute due to illness.

The speaker was Mr Timothy Bowen from MIGA, a senior solicitor, advocacy claims and education. He discussed the issues of prescribing nicotine vaping, private/mixed billings scenarios and ethical dilemmas, evoking much discussion from the audience.

The sponsors expressed that the event "went really well and a lot of good discussions".

Thank you to our sponsors Nichal and Timothy from MIGA.



Member Spotlight - Cyril Wong

Dr Cyril Wong, was one of the founding members of ACMA. He recently retired from surgical practice at Fairfield, Blacktown and Bankstown but continues to consult for medicolegal cases. He has been an active member of ACMA and is considered one of the Association's "Sages".

Q: Who or what was the driving force behind the formation of ACMA?

The driving force was Dr Ven Tan. What was this force? I do not know for sure but one could make a guess. What if I say, the Chinese like to get together and so do the Chinese doctors. They get together for social reasons and to do some good for the community.

Q: Is it true that the idea of establishing ACMA was formed around a mahjong table?

It very well could have been. Ven Tan, Mark Liew and Chis Soo were mahjong legs getting together often and it would not surprise me that was indeed the case.

Q: You were given the task of drawing up the ACMA Constitution. Did you have any prior experience of Associations, or Constitutions, or committees?

Bugger all. Why was I chosen? Probably, I was the old man in the group and I was a Uni lecturer in anatomy for a few of them.

Q: What differences do you see comparing new young surgeons when you finished your training, to young surgeons these days?

Well, this is a generalisation I do not wish to make. However, I can vouch for the Aussie tradition among the established surgeons of training the young apprentices without reservation. In general, I am not one to bash the young. Given the technology improvement and establishment of surgical guidelines in many subspecialties, I saw a continuous improvement of the standard of surgery over the generation. The only reservation is when I saw the fees they charge these days; it made my heart bleed for me and the patients.

Q: Did you try to persuade or dissuade your kids from a career in Medicine?

No, they were simply not bright enough to get in and who wants to be an absentee parent anyhow?



Dr Cyril Wong (right) pictured with Dr Ivan Seeto

Q: What do you recall as your best ACMA experience?

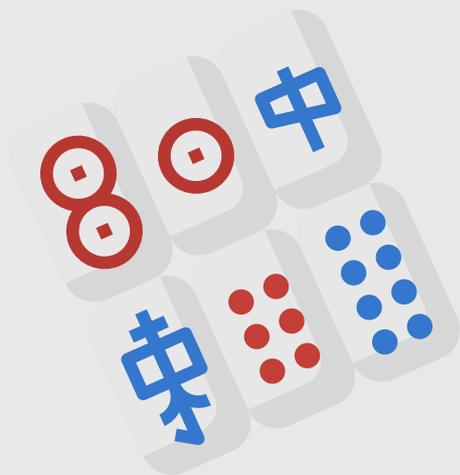
There were so many good experiences and it is hard to pick one. I congratulate everyone in the Association for keeping true to ACMA's spirit. We have done well in educating ourselves, educating the Chinese population on health issues and we have done well in promoting social cohesion for our members. The Association has also introduced many of our members to the nitty gritty of the democratic processes. After that, we now all know why we love our democracy and hate our elected politicians.

Q: What one piece of financial advice would you give to a young medical graduate?

I will tell you when I make my millions.

Q: What future do you see for ACMA?

A. What role could it serve? I am no prophet in regard to the future of ACMA. The role undertaken by the Association so far in doing good to Australian society has been delineated above. The rest is depending on the future generations. I wish them well.



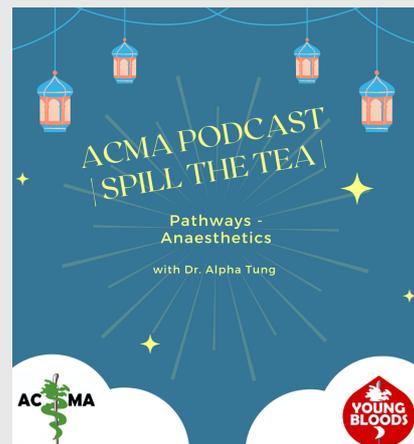
Spill the Tea - The ACMA's Official Podcast

2022 has seen the continuation of the ACMA's official podcast, with two more episodes on our "Pathways" series, aimed at exploring the lives of different specialties through prominent members of the ACMA community! Consequently, we've covered Paediatrics with A/Prof. Daniel Lin and Anaesthetics with Dr. Alpha Tung. Massive thanks to our speakers who have taken the time to make this podcast possible!

On the horizon, we plan to branch out from our "Pathways" series and speak to A/Prof. Stephen Li on his massive contribution to multicultural community health and education. All episodes are free to listen, so make sure to tune in on Spotify or Apple Podcasts to our channel! (Links and QR Codes Below).



A/Prof. Daniel Lin
Paediatrician



Dr. Alpha Tung
Anaesthetist

Spotify:

https://open.spotify.com/show/1c8iOh00LroaTLDKH8rDPC?si=hAo5_JImRKeHN2JxYkrcDw



Apple Podcasts:

<https://podcasts.apple.com/au/podcast/acmaspilltheteas-podcast/id1580161156>





ACMA Charitable Trust
Est. 1992



FUNDRAISER CYCLOTHON/ WALKATHON

In aid of the ACMA Charitable Trust

Proceeds will go towards the Trust's current appeals for the ACMA Welcome Lounge at ANHF Aged Care Facility, Gordon, and towards an ACMA scholarship for a Medical Student at WSU from a low income family.

Sunday 15th May 2022, 9:15am for a 9:30 start

Two routes- approx.. 5km (heading west to Parramatta Park) and 20km (heading east to Rhodes) . Both routes are on cycle/ walking paths and are flat and leisurely.

Meet at Parramatta- at the corner of Phillip St and Charles St (free parking on Sundays)

All ages are welcome, but children must be accompanied by a parent or other responsible adult.

Return to Starting line by 11:30am and walk to Temasek Restaurant for lunch.

REGISTRATION is FREE for ACMA members and their families. Non-Members need to pay \$10pp registration fee. Lunch fee is \$50 pp but if you donate or raise \$100 or more per person, you will get a fundraising reward of **lunch at Temasek Restaurant** and prizes, courtesy of Shaw and Partners Financial Services.

Enquiries: Dr Stephen Hing 0414 571 166 or stephen.hing@gmail.com

Lunch Venue: 12 midday- Temasek Restaurant 71 George St, Parramatta

Shawand**Partners**
Financial Services

Event Sponsor



**DOUGLASS HANLY MOIR
BARRATT & SMITH
PATHOLOGY**

ACMA Gold Sponsors

Donations to the ACMA Charitable Trust are tax deductible.



COVID CONFERENCE

Mt Ruapehu, NZ. 14-20th August 2022



Join experts and colleagues to update and learn about Covid 19, pandemics, vaccinations and the future of international travel etc etc. The conference venue is the Chateau Tongariro (see www.chateau.co.nz and www.mtruapehu.com), on New Zealand's north island, a few hours drive from Auckland airport.

Sunday 14 th August 4pm	Bus departs Auckland Airport for transfer to Hamilton. Stay overnight at Novotel Tainui, Hamilton.
Monday 15 th	Morning tour of Waitomo Caves. Lunch in Te Kuiti. Then transfer to the Chateau Tongariro. Afternoon Conference. Welcome Dinner.
Tuesday 16 th , Wed 17 th , Thurs 18 th	Morning- free time. Afternoon Conference
Friday 19 th	Early afternoon transfer to Rotorua. Visit to Polynesian Spa. Afternoon Conference. Farewell Dinner.
Saturday 20 th 9am	Transfer to Auckland Airport, arriving by 12.30pm

There will be ample time for relaxation, networking, skiing etc.

Delegates should book their own flights to and from Auckland.

Land content package cost \$2170pp incl six nights twin share accommodation incl breakfast, transfers with driver/ guide from Auckland Airport to the Chateau Tongariro via Hamilton, and returning to Auckland via Rotorua. Accommodation at Chateau Tongariro is in premium Tongariro Rooms. Visit to Waitomo Caves is included. Use of facilities at the Polynesian Spa is optional and at extra cost. The price may need to be adjusted up or down a little, depending on the final numbers.

Please book conference land package through Daisuke Mizukoshi at Pitt Travel. Tel 9264 7384; Email dai@japanpackage.com.au. **Closing date for booking and paying deposit is 20th June 2022.**

Conference registration: There will be a conference registration fee of \$500 pp which will cover the conference, refreshments and six dinners.

Contact Pitt Travel and **BOOK NOW!**

Further information Stephen Hing t: 0414 4571 166, e: stephen.hing@gmail.com



First Notice- Save the Date

Practice Management Conference

The Grand Hotel, Sapporo, 30 Dec 2022 - 4 Jan 2023

This year's **Practice Management Conference** will be held in **Sapporo, Hokkaido, Japan**. It will commence with a Welcome Reception on 30th Dec 2022 and delegates will depart on 4 Jan 2023. It will be followed by the **12th Meet The Experts Conference** in **Furano**. The draft program for the Practice Management Conference is outlined below and includes ample time to see the sights and to explore Sapporo, as well as time to discuss issues of running a medical practice. The conference will be beneficial to all medical practitioners, and to other health care professionals and staff. The venue is **The Grand Hotel, Sapporo**, which is a large highly rated hotel. It is situated in the centre of Sapporo, close to shops and other attractions.



Fri 30 Dec 2020	Delegates meet at New Chitose Airport Hotel. Welcome Reception
Sat 31 Dec	Transfer to conference hotel via RERA Outlet shopping mall, Edwin Dun Museum, and Makomanai Takino Cemetery. Conference NYE Celebration
Sun 1 Jan	Conference and free time.
Mon 2 Jan	9am-3pm - Guided tour of Sapporo- Chocolate factory, TV tower, Ramen Alley etc 3pm Conference
Tue 3 Jan	Morning - Conference Afternoon and evening- Guided tour incl Asahi Beer Factory and Genghis Khan BBQ Dinner.
Wed 4 Jan	Delegates Depart. Transfer to New Chitose airport, or to Furano for the 12 th MTE Conference.

The dates of the conference are definite.. Flights can be booked based on these dates.

Land package includes 5 nights twin share accommodation with breakfast, transfers and sightseeing as outlined above, and Genghis Khan BBQ Dinner. 138,000 JPY pp (approx. \$1500AUD). Book through Daisuke Mizukoshi at Pitt Travel (Tel 9264 7384, email dai@japanpackage.com.au). Booking and deposit required by 31st August 2022.

There will also be a conference registration fee payable to ACMA to cover the cost of meals and the conference. This fee is likely to be about \$500 depending on the number of delegates.

Further Information: Stephen Hing (Conference Convenor) stephen.hing@gmail.com 0414571166



First Notice – Save the Date

12th Meet the Experts Conference

New Prince Hotel, Furano, Hokkaido, Japan, 4 -11 Jan 2023

The **12th Meet The Experts Conference** will run from 4th – 11th January 2023 and follows on from the ACMA Practice Management Conference in Sapporo. The New Prince Hotel is situated on the Furano ski field, and is ski-in, ski-out. It offers great conference facilities, as well as ski rental, a guest laundry, and a natural hot spring. The conference provides a great opportunity to keep up to date, to get to know your medical colleagues, and to share clinical tips and experiences. Furano is 2½ hours by bus, north of Sapporo. Delegates will be transferred from Sapporo (for those attending the Practice Management Conference) or from Sapporo’s New Chitose Airport.



Program Outline

Wed 4 Jan 2023	Delegates travel to the New Prince Hotel, Furano. Welcome Reception
Thurs 5	Morning skiing, , afternoon Conference, Dinner
Fri 6	Morning Skiing, afternoon Conference, Dinner
Sat 7	Morning Skiing, afternoon Conference, Dinner
Sun 8	Excursion to Furano etc. Conference, Buffet Dinner
Mon 9	Morning Skiing, afternoon Conference, Dinner
Tue 10	Morning skiing, afternoon Conference, Farewell dinner.
Wed 11	Delegates depart

The venue, and dates are confirmed. Flights can be booked based on these dates. Accommodation packages will be offered by Pitt Travel, including transfers, 7 nights accommodation, breakfast and transfers- 132,000JPY (approx. \$1450 AUD) pp tbc. Booking and deposit required by 31st Aug 2022. There will also be a registration fee payable to ACMA.

The conference will be relevant to all doctors and other medical practice staff.

Further Information:

Stephen Hing (Conference Convenor) stephen.hing@gmail.com 0414571166,



**DOUGLASS
HANLY MOIR
PATHOLOGY**

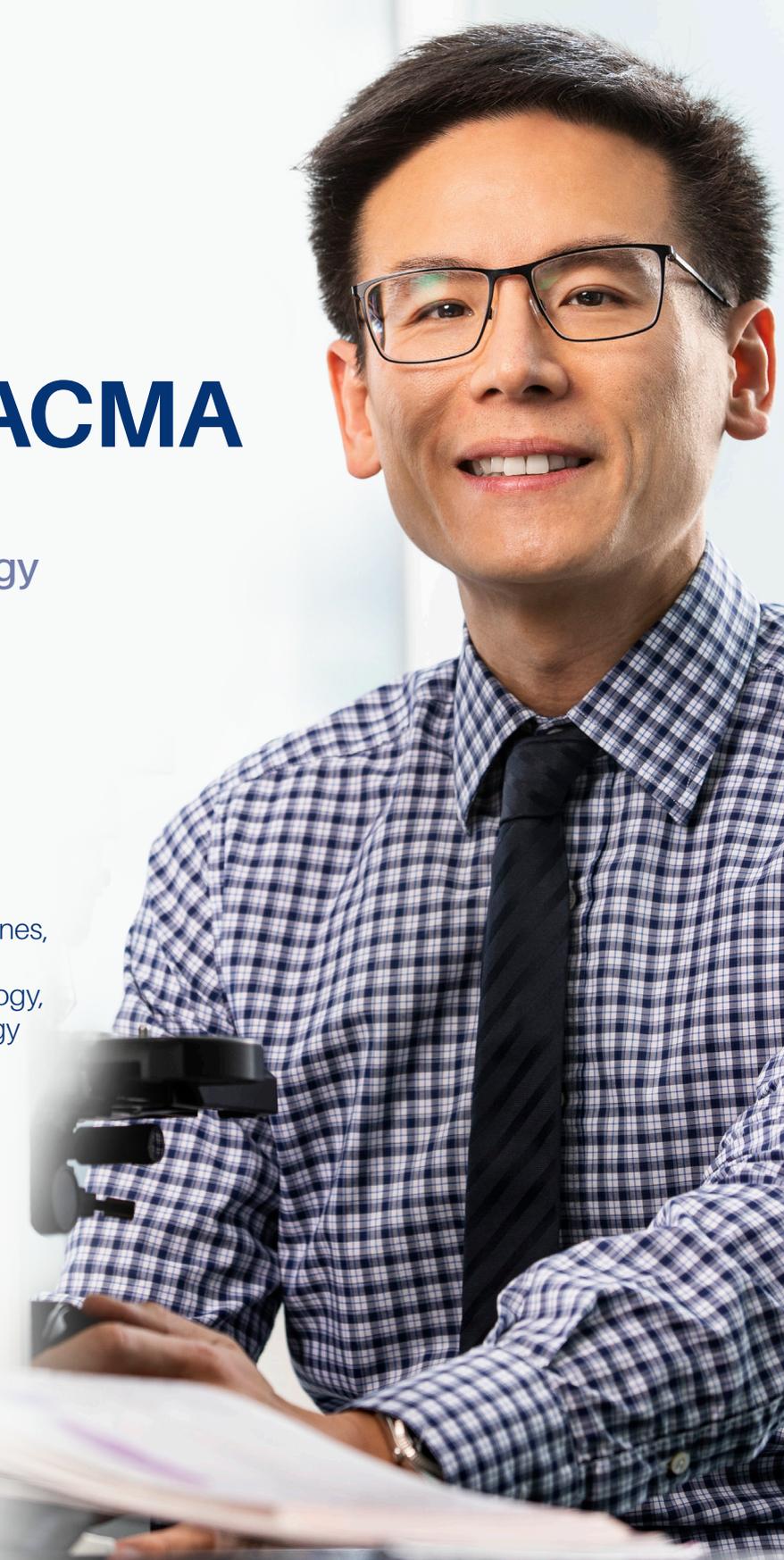
Proudly supporting ACMA

Douglass Hanly Moir Pathology (DHM) values our long-term relationship with doctors.

Our comprehensive pathology service:

- 24-hour operation, 365 days a year
- Ready and convenient access to our pathologists
- Expertise in all major pathology subdisciplines, including biochemistry, haematology, immunology, molecular biology, microbiology, genetics, histopathology and cytopathology
- 500 plus collection centres across NSW
- An extensive courier network

For further assistance, please contact
Trish Killen (Business Development
Manager), tkillen@dhm.com.au



Dr King Tan
Pathologist, DHM