



Meridian

Newsletter of the
Australian Chinese Medical
Association (Victoria) Inc.

Spring Edition
2007

Spring Fever hits ACMAV!

After a brief winter hibernation, Meridian is back for Spring!

The Association's Committee has as always been busy behind the scenes. In this edition, President Andrew Bui introduces members to our new Administrative Assistant, Ms Holly Zhang (see p. 2), and Jun Yang reports on the tremendously successful and enjoyable ACMAV Annual Scientific Conference (pp. 10 - 11). Members are introduced to the new ACMAV website (p. 3) and updated on some of the community service projects currently undertaken by the Association and its members (pp. 7 - 8).

It has been a particularly busy time for the Honorary Secretary Erwin Loh, whose background as a qualified lawyer and MBA graduate have made him invaluable in the process of strengthening the Association's corporate and legal framework in order to accommodate our current and future objectives. In addition, Erwin is the ACMAV's resident web-master, and the new website is further evidence of his skill and hard work!

Thanks go to all who have helped make the year a success!

Adrian Mar (Editor)

Your committee hard at work! In the meeting room of ACMA House are from left: Erwin Loh (Secretary), Theong Low, Frank Thien, Andrew Bui (President), Adrian Mar, (Vice President) Jun Yang (Treasurer), Jason Oh, Michelle Mok, Alby Leung and Dr Leona Yip. Absent is Nicole Yap, who as a surgical registrar is the hardest working committee member of all, often being unable to attend the late-night committee meetings due to her on-call duties!

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ACMA House office hours (from Feb. 2008): **Wed. 10am-2pm; Fri. 10am-4pm**
Call during these hours to speak with Holly, ACMAV's Administrative Assistant.



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All ACMAV Inc. members are welcome to contribute to this newsletter. Please direct all newsletter items to The Editor or to ACMA House.

Welcome Ms Holly Zhang!

I am pleased to announce that ACMAV has a new Administrative Assistant, Ms Holly Zhang, who has taken up this part-time position since August 20th. (Note: after a break from early November, Holly will be back in the office from February 2008).

The running of the various activities of the Association falls heavily on the shoulder of Committee members. As there has been a great increase in the various activities of the Association, such as the monthly dinner-seminars, charity works at a local level and overseas, and the re-development of ACMA House, the time and effort required of Committee members have also escalated. In order to run the Association properly for the benefits of members, extra help in performing the administrative work has become absolutely essential.

Isabel Ho has been a great asset of the Association for many years and she has been working on a casual basis, clocking up 10-15 hours per month. However, as the Association has become a lot busier recently and additional duties such as book-keeping and membership database skills are required, it has become necessary to look for an Administrative Assistant.

Ms Holly Zhang has worked as Research Assistant and Office Manager at the Chinese Health Foundation for many years. She will bring with her both office management and book-keeping skills as well as a friendly personality to the Association. Holly will be

working 12 hours per week at our ACMA House and I am sure that an improvement in the functioning of the office and the delivery of services to members will become evident soon.

I would like to take the opportunity to thank Isabel for her many years of service to our Association and I wish her well in her future undertaking.

Andrew Bui, President

Holly at the September seminar



Calendar of Events

Date	Event	Venue
November 21st (Wed)	Education Seminar - Endoscopy Snapshots & Pathology in GI Medicine	Tai Pan Restaurant
March 2008	New Year Yum Cha	TBA
March 2008	Education Seminar - Lap Banding Surgery	TBA



2008 Subscriptions now due!

It's time again for members to renew their annual subscription to ACMAV. Enclosed is a renewal form, which can also be used for new subscriptions.

Why not take the opportunity to introduce a new member to our Association? For the last Dinner Seminar of the year, to be held on 21st November, **new members who sign up for 2008 now will attend this dinner FREE!**

Visit the new

ACMAV Website

www.acmav.org

Thanks to ACMAV's webmaster Erwin Loh, we now have a new improved web-page.

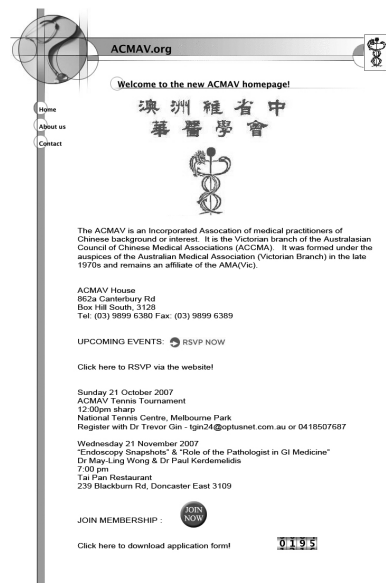
Members can now **RSVP** to dinner seminars and other events **via the website!**

Other features include:

- Updated information about forthcoming events
- Information about ACMAV's aims and activities
- Membership registration form
- Online copies of past editions of Meridian and Qi
- Map location of ACMA House
- Links to other associated websites

The website was originally developed and overseen by Drs Ian Chau and David Lam. It provides a valuable resource for members who may wish to introduce new doctors to the Association, or simply keep informed of activities past and present.

Visit your Association's website now!



Getting married? A new baby? Stories of interest?
Comments or suggestions about ACMAV?

Why not share them with our readership!

Write to the Meridian Editor at newsletter@acmav.org
... to get your story in print!



November Dinner Seminar

Speakers: Dr May-Ling Wong
Dr Paul Kerdemelidis

Topic: Endoscopy Snapshots &
The Pathologist in GI Medicine

Sponsors: Dorevitch Pathology
Nycomed

Date: Wednesday, 21st November 2007

Time: 7pm for 7.30pm start

Venue: Tai Pan Restaurant
239 Blackburn Road, Doncaster East



RSVP is *essential* due to LIMITED PLACES

Please **RSVP** by *Friday 16th November* via:

Website: www.acmav.org

Email: office@acmav.org

Fax: 9899 6389 (please dial carefully)

Mail: ACMA House, 862A Canterbury Rd, Box Hill South 3128

Full name _____

Cheque no. _____

or

Tel No. _____

Full name on Credit Card

Guest Numbers:

Members Free _____

Credit Card No.

Associate member \$30 \$ _____

_____/_____/_____/_____

Non-member \$60 \$ _____

Expiry Date ___/___

Total amount enclosed \$ _____

Please circle: Mastercard / Visa

For budgeting purposes, please inform ACAMAV office if you are unable to attend after RSVP. Thank you.



Vale Joe Tjandra (5-2-1957 — 18-6-2007)

It was with a sense of profound loss and sadness that the announcement of Joe Tjandra's passing was made at a recent seminar by Mr Andrew Bui (ACMAV President and a colleague and friend of Joe's).

Associate Professor Joe Tjandra (left) died on 18th June after a 10-month battle with bowel cancer.

In the words of Mr Campbell Penfold, his former mentor at the Royal Melbourne Hospital, Joe was

“extraordinary and amazingly talented”. His contribution to the field of colorectal and general surgery was immense, and is measured not only in terms of his research, teaching and publications (including the Textbook of Surgery familiar to most medical graduates), but also the countless patients who benefited from his dedication, surgical expertise and innovation. Joe was a member of our Association, whose lectures

were memorable for both their high educational content, and their humour. He will be remembered with great fondness and admiration.

The ACMAV extends its deep sympathy to Yvonne and their 3 children.

A tribute to Joe, written by Campbell Pendold and Leong Lim will appear in the upcoming edition of the Qi Magazine.



a.

Baby Boom!

It's said that the Year of the Pig is a good year for babies—well at least some members think so! Congratulations to the following first time mums and dads:

Deborah (Cheung) & Mark Eddebuttel on the birth of **Megan Cate** on 29th

March. [Deborah, who was previously Editor of Qi is now living on the NSW mid-coast with her lawyer husband]. (photo a.)

Jun (Yang) & Adrian Mar on the birth of **Ethan Yang Zhi** on 15th September. (photo b.)

Karen (Lee) & James Wong on the birth of **Jamieson Lee** on 11th October. (photo c.)

Ferry & Angela Rusli, on the birth of **Evan Frederick** on 12th May (see photo in Qi 2006).



b.

Tennis Tournament winners

This year's Tennis Tournament was played on 21st October at Melbourne Park. The indoor conditions kept the temperature down, but the competition was hot and from the amount of perspiration on the court there were some hot and bothered bodies out there as well.

The Gin brothers are ACMAV's answer to Zimbabwe's Black brothers, but rather than combining forces, these fast-serving siblings tend to pass the spoils back and forth. This

year it was Trevor Gin who was the winner, combining with Yu Long Leow, and the runners up team was Doug Gin and Theodore Tang.

Many thanks to **Symbion Health** for their kind sponsorship of the tournament and to Trevor for organizing the event.



c.



From left: Douglas Gin, Trevor Gin, Yu Long Leow and Theodore Tang.





Congratulations Mr Kevin Siu AM

The ACMAV congratulates one of its founding members, Mr Kevin Siu (right), on receiving the Member of the Order of Australia award in this year's Queen's Birthday Honours List.

Mr Siu, who served as the ACMAV's inaugural Honourary Secretary and subsequently as President and Vice-President, received his AM **for service to medicine as a neurosurgeon**

and for contributions to a range of professional associations. Currently based at the Royal Melbourne Hospital, he remains one of this country's most respected neurosurgeons, having spent his career advancing the field of cerebral vascular neurosurgery. During his time as Head of Neurosurgery at the Alfred Hospital from 1987-2000, he famously operated on the then-Hawthorn coach Allan

Jeans, who successfully returned to coaching after delicate aneurysm surgery. Kevin is a well known member of the ACMAV, and his organizational skills and vast experience have served our membership well. His ongoing commitment to our Association has been duly recognized in achieving this high honour.

Well done, Kevin. An honour richly deserved!



Chinese National Day Honour for Mr Michael Yii

Mr Michael Yii, Head of the Cardiothoracic Department at St Vincent's Hospital and ACMAV member, was recently honoured at a ceremony in Henan province, China. The **Yellow River Friendship Award** is a National Day award presented to foreigners who have made an outstanding contribution to the economic development and social

progress of the people of central China. Mr Yii was one of only 8 recipients of the annual award, and the only one in the medical category. He was nominated by the Henan People's Provincial Hospital in recognition of his contribution to developing the most successful CABG unit in Henan. The province of Henan has a population of

about 100 million. Michael has been an Honorary Professor and Director of the Cardiac Surgery Department at the hospital since 2001. The award was presented by the Governor of the province last month.

The ACMAV congratulates Michael on this outstanding achievement.



Meet our new Qi Editor

The Committee has appointed Dr Albert Leung as the new Editor of the ACMAV annual magazine Qi. Alby has already gathered together a team of talented young colleagues, who are working hard at compiling articles for the 2007 edition.

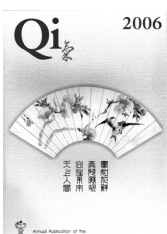
We wish to sincerely thank **Dr Happy Tang**, Qi editor for the past few years,

who volunteered the countless hours of hard work required to bring each edition to publication.

Any members wishing to contribute an article to Qi should contact the office through the website.

Dr Alby Leung (right) is soon to commence work as a senior medical registrar at Box Hill Hospital. He is a

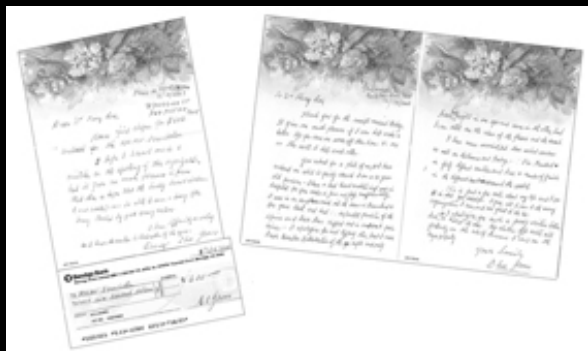
graduate of Monash University and has spent time at Box Hill Hospital, the Royal Children's and Maroondah Hospitals and the Peter James Centre. He is currently in Vanuatu doing volunteer work. Outside of medicine he enjoys the great outdoors, paintballing ("it builds up teamwork and leadership skills") and studying history, as well as having a strong participation with his church.



[Erratum: in Qi 2006 page 8, the photograph of Dr Leona Yip was incorrectly labeled as Salena Ward. Apologies to both Drs Yip and Ward for this error.]



ACMAV Community Projects — building for the future



Ms Olive James,
and a copy of her
letters to ACMAV



Dear Dr Theong Low,
Please find cheque for \$600 enclosed for the AMAV Foundation. I hope I haven't made a mistake in the spelling of this organization, but it gives me much pleasure to know that there is hope that the badly burnt children (and adults) can be able to earn a living after being treated by good caring doctors.
I have difficulty writing as I have macular deterioration of the eyes.

Sincerely, Olive James

Dear Dr Theong Low,
Thank you for the receipt received today. It gives me much pleasure if I can help make a better life for some one worse off than I am. We are on this earth to help each other. You asked for a photo of me, so I have enclosed one which is fairly recent. I am a 91 year old pensioner—I have a bad heart condition and was in hospital for five weeks in June and July. Unfortunately I was in an aeroplane crash into the ocean in Queensland a few years back and had impacted fractures of the spine and have been crippled and I constant pain since. I apologise for not typing this, but I now have macular deterioration of the eye sight and only have half sight in one eye and some in the other; but I can still see the colour of the flowers and the sunset.
I have never married, but have worked overseas as well as Melbourne and Geelong. I've traveled in forty different countries and have a number of friends in the different countries around the world.
This is just a few notes about my life and hope it is what you asked for. I give all I can to the many organisations I can, and am glad to do so.
I apologise for such a poorly written letter, but it is hard to see. My electric type writer sits forlornly on the shelf because I can't see the keys properly.

Yours sincerely, Olive James

Over the past few years, community based projects have become an important part of the ACMAV's activities. This has largely been through assistance programs for needy individuals to come to Australia for medical treatment, or to help (through the donation of second hand equipment and small cash contributions) the work of groups or individuals providing health care in Third World countries. As such, "community" is considered in a broad global context, or at least this has been the nature of our activities to date.

So why is the ACMAV involved in Vietnam and Africa when we are an "Australian Chinese" association?

Firstly, it must be noted that there is overwhelming support for the involvement of the ACMAV in community-based projects. Under the leadership of past President Benny Foo the ACMAV Foundation was established to encourage a culture of giving. As doctors we should be mindful of the fact that we are not just members of a *privileged* profession, but also a *caring* one, and one that shares an acute understanding of the personal needs of others.

Secondly, the experience and expertise of some members in health related projects has enabled the Association to have a "running start" in developing its own projects. The fact that so much has been achieved in such a short time period of time is in large part due to the advice and hard work of Theong Low and Benny Foo in particular, who have been able to carry forward some of their community work on behalf of the ACMAV. It is Dr Foo's contacts through the Rotary Club of Templestowe that have enabled the ACMAV to be involved in Project Africa.

Thirdly, and most importantly, the projects currently being undertaken and supported by our Association are providing a platform for further activities in the future. It is the publicity of these good deeds which is in turn generating financial support from others outside of the ACMAV. The ACMAV's proven track record in being able to successfully bring patients from developing countries for major surgery in Melbourne has led to the donation of significant amounts from the local Vietnamese Buddhist community and the Lion's Club of Melbourne Chinese. Many individuals, including ACMAV members, their family and friends, and even members of the public who have heard about our activities (see Ms Olive James' letter, left) have also contributed.

In this way, single projects become longer-term ones and a narrow focus becomes wider. Good deeds beget further good deeds, and as our activities attract further donations and the support of volunteers, so the ACMAV will be able to expand its community activities into other areas, both locally and afar. This may include more projects involving the local Chinese community. Furthermore, in relation to activities overseas, if the ACMAV ever intends to be directly involved in charitable work abroad, a lengthy process of government approval is needed, and a part of the process of acquiring this status is to demonstrate a record of close involvement with existing overseas relief funds.

Thus the current community projects of the ACMAV, while very worthwhile in themselves, are only small parts of a larger vision. As opportunities present themselves, we shall be in a sound position to build on these successes.

Adrian Mar, Vice-President



At the September Seminar, Dr Benny Foo (right) presented to the audience a project to support a hospital in Lugazi province, Uganda. Nyenga Hospital is based in a rural district, approximately 60km from the capital city Kampala. The hospital, which is managed by the Little Sisters of St Francis, is 75 years old and very basic in structure. The majority of patients are peasants and fishermen, and a sizeable portion of patients suffer from TB, leprosy and HIV/AIDS. The staff consists of 3 doctors, 16 nurses, 3 medical assistants, 2 laboratory technicians and 10 nursing assistants.

Nyenga Hospital is experiencing frequent power failures, and since electricity supply is needed to extract water from surrounding bore holes, there is a dangerous lack of access to vital water supplies. Only 5% of Ugandan homes have access to electricity, and at the hospital electricity is only available for 5 hours twice a week. In addition, the mechanical pumps often fail, meaning that water sometimes needs to be transported from another bore hole 3 hours away.

The installation of a Solar Pump will make a significant difference in overcoming this water and power shortage. Donations received through ACMAV will go towards the purchase of the Solar Pump, and other essential equipment such as a Solar Lighting System for the Children's Ward.



HOW CAN I HELP?

Sr Mary Steven Namakula of the Nyenga Hospital has requested help in setting up a nursing school library to assist in running a course for 100 students (annual intake of 33) over a 2½ year training period.

The following are required:

- **Textbooks** relating to: Anatomy & Physiology, Nursing basics, Medical & Surgical Nursing, Microbiology, Pharmacology, First Aid, Midwifery, Gynaecology, Paediatrics, Community Health, Palliative Health
- **Training models:** Human Skeleton (assembled full set or encased half set), Teaching models of the circulatory, GI, respiratory, etc. systems, Charts & Diagrams

Ken Henry & the Rotary Club of Templestowe are also assisting the Makeni Hospital in Zambia. **Medical equipment, computers, portable diagnostic equipment, and trolleys & beds** are being sought.

Volunteer doctors & nurses are needed to spend a few months assisting & training local staff at these hospitals.

Further enquiries and tax-deductible **Donations** can be made through office@acmav.org

Update on Ms Hong-Hanh Luong

Hong has been an inpatient at the St John of God Hospital Geelong, for treatment of her severe burns, since August 2007. Her left arm is now released from her chest and she is scheduled for more surgery to release contractures in her left hand.

On 17th September, her son Nhut aged 6, arrived from Vietnam accompanied by Tuyet Tran who is a nun at the Convent where Hanh was nursed for the three years prior to her leaving for Australia. I drove him to the hospital to meet his Mum, but unfortunately the reunion was almost disastrous. The long separation from his mother, arriving in a strange country still tired, and the huge con-

tingent of well wishers was just too overwhelming for him! However he is now slowly adjusting and has bonded well with Mum. He is staying with a family in Sunshine West and we are attempting to enroll him into a local Catholic school for his 3 month stay in Melbourne.

As for Hanh, she has now regained a great deal of independence and has become a darling with the nurses at St John of God Hospital. She is looking forward to spending more time with her son when she is able to be discharged from hospital.

Theong Low



Yin & Yang at Manningham — 2007 ACMAV Annual Conference

What better way to spend a Sunday than with your friends and colleagues at the Manningham Function Centre for the 2007 ACMAV Annual Conference “Yin and Yang”? Almost 90 medical registrants, including a few from interstate, gathered on August 19th to participate in this event. Everyone was most appreciative of the abundant free parking supplied by this new conference venue.

After collecting the conference backpacks and handfuls of pharmaceutical show bags, and an early morning wake-up coffee or tea, the delegates sat down to a timely start to the conference. The bright lecture room boasted panoramic views of the Dandenong ranges, although most people remained focussed on the speakers.

In keeping with the theme of “Yin and Yang”, the program held an emphasis on women’s and men’s health. Top speakers from the disciplines of reproductive endocrinology (Profs Beverley Vollenhoven, Rob McLachlan, Helena Teede), urology (Mr Yee Kar Chan, Miss Madalena Liu), sexual health (Dr Stella Heley), bone health (Dr Chris Fong), dermatology (Prof Rod Sinclair) and psychiatry (Dr Meileen Tan) kindly volunteered their time to share their knowledge in these evolving fields, and offered both educational and entertaining talks.

After filling our stomachs with a morning tea of scones and muffins, a buffet curry lunch and an afternoon tea of cakes and fruits, the brave delegates joined the practical workshops of “Tai Chi” or “Belly dancing”. It was apparently a very “macho” Tai Chi session led by Mr Boon Hung while all the girls retreated to the smaller and sunnier Belly dancing room for an exhilarating experience with Dr Leona Yip.

The conference dinner at Shark Fin House was the grand finale to the day. Aside from an eight course banquet, the delegates and their guests were also treated to a surprise performance by three professional belly dancers who weaved their magic through the crowded dining room. We were also honoured by the attendance of Mr Ian Holten, the plastics surgeon from Geelong who worked his own magic on Miss Hong Hanh, a burns victim from Vietnam. The inspirational story of Hong’s transformation, evident from the photos and videos shown by Mr Holten and Dr Theong Ho Low, was the real highlight that concluded a successful conference.

The conference could not have been possible without the generous donation of time from all the speakers, and sponsorship from eight pharmaceutical companies (Platinum: Pfizer, Servier; Gold: GSK; Silver: Bayer-Schering, CSL, Dore-

vitch, Nycomed, Solvay). Of equal importance, it required the organisational skills of a superb sub-committee, consisting of Drs Min Li Chong, Mee Yoke Ling, Adrian Mar, Michelle Mok and Leona Yip, as well as assistance from the ACMAV general committee.

Finally, I would like to thank you, the members, for supporting this event by participating. We look forward to your ongoing support of all future activities and welcome your ideas or active involvement in the organisational aspects.

Dr Jun Yang
Conference Convenor





1. Conference lunch; 2. Mr Yee Chan (speaking about diet & prostate cancer); 3. Belly Dancing Class, led by Dr Leona Yip; 4. Tai Chi Lessons, conducted by Mr Boon Hong; 5 - 7 Delegates at Conference Dinner (Shark Fin House).





CLASSIFIEDS



Seeking full-time Medical Reception work - Ms Isabel Ho

Isabel has until recently been ACMAV's part-time office receptionist, but she is now seeking a **full time position** as a Medical Receptionist.

The ACMAV Committee has been very grateful for Isabel's assistance over the years, and can attest to her efficiency, hard work and pleasant nature!

Isabel is a graduate of RMIT, obtaining an Associate Diploma of Business (Office Administration) as well as basic training in accountancy & book-keeping. She is **fluent in Cantonese** and has a working **knowledge of written Chinese & Mandarin**, as well as efficient typing and computer skills.

Isabel can be contacted via email: bb_bb108618@yahoo.com.hk
or contact ACMAV at: newsletter@acmav.org



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Very good condition
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Fax 9329 3200
(Surgery of Dr TH Goh)



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