



Meridian

Newsletter of the Australian Chinese Medical Association of Victoria
澳洲維省中華醫學會

15 November 2008, Volume 5 Number 4

ACMAV Conference 2008: The Golden Age

The two golden ages in life were celebrated at the 2008 ACMAV Conference on August 3rd by a packed program on paediatric and geriatric health. Almost 90 ACMAV members gathered at the Manningham Function Centre to participate in this annual event. To make the event particularly memorable, we were graced by two special guests: the Honorable Dr Nelson Martin, Health Minister of Timor Leste; and Dr Douglas Travis, the Victorian AMA president, who officially opened the conference.



Conference helpers preparing for the crowd.

The audience was entertained by a lineup of prominent speakers, including Associate Professor Mimi Tang on new insights into the prevention of allergic disease, Professor Colin Robertson on paediatric asthma, Ms Kay Gibbons on the ever-expanding problem of childhood obesity and Dr John Su on an illustrative guide to paediatric dermatology.

On the geriatric side, Dr Fay Chao shared her tips on optimizing pelvic health in the elderly, Assoc. Prof. Peteris Darzins thoroughly examined the assessment of decision-making capacity, Assoc. Prof. Markus Schlaich powered through up-to-date data on the treatment of hypertension in the elderly, Dr Helena Ng presented her original research on the impact of footwear on gait and balance in stroke patients, and Dr Benny Foo intrigued everybody with his secrets to longevity.



"It's just like running an OSCE exam!"

To emphasize the importance of international aid work and highlight the roles played by ACMAV members, we also had Dr Jeffrey

Tan share his tale of an Australian-Mongolian Health Collaboration.

Muffins and cakes, and a filling Malaysian style lunch, kept the audience fueled for the day, although ten lectures were still a lot to be taken in.

Around mid-afternoon, just as the coffee was wearing out and the post-prandial fatigue

was setting in, Dr Cynleen Kai kindly led us through a series of meditation exercises (based around three monkeys!) to refresh our minds and lift our spirits.

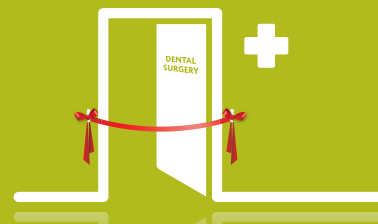
Conference dinner was held at the ornately decorated Golden Dragon Palace Chinese Restaurant and all of our guests were treated to a special night of performances by the Apollo Jazz Band from Melbourne University. Although the musicians were all young medical or paramedical students, their performance was both professional and sophisticated, and their special tribute to the ACMAV, "The Moon Represents My Heart" (a traditional Chinese song: 「月亮代表我的心」), was a

Continued Page 2

In This Issue

- 1 ACMAV Conference Report
- 2 Apollo Music Concert Raffle Draw Results
- 3 President's Message
- 4-5 Seminar Reports Chinese Lessons for Doctors
- 6 Porsche Drive Day Tennis Tournament
- 7 Hanh's Farewell Event Calendar
- 8 Abnormal Headshapes in Infancy Classifieds Letter to the Editor

Fitting out or purchasing a practice?



This is the only kind of red tape you'll find at experien.

Experien is a specialist finance company, offering a full range of financial products specifically created for healthcare professionals.



We provide unique finance for:

- | | |
|------------------------------------|--|
| Equipment, Fitout & Motor Vehicles | Home Loans up to 100% |
| Goodwill & Practice Purchase Loans | Commercial Property Finance up to 100% |
| Income Protection / Life Insurance | Professional OverDraft (e-POD) |

All finance is subject to standard credit approval, terms and conditions

1300 131 141 Australia Wide www.experien.com.au
NSW QLD SA VIC WA

全力支持澳洲維省中華醫學會

ACMAV News & Updates

From Page 1

particular highlight. Indeed, the music was so engaging that many forgot to eat their sumptuous supper!

Another special appearance on the night was Hanh Luong, the burns victim from Vietnam who was brought to Geelong for surgery by Mr Ian Holten with the financial assistance of the ACMAV. Hanh had appeared at our 2006 conference dinner as someone severely disabled by her contorted body, but appeared this time as a triumphant young lady who had endured hundreds of hours of surgery and liberated from a strait-jacket of burns scarring. She was now 35 cm taller and 12 kg heavier, and independent of personal daily activities. It was an inspirational journey that she shared with us.

The overall success of the 2008 conference was only made possible by the dedicated work of the conference subcommittee, consisting of Drs Min Li Chong, Mee Yoke Ling,

Michelle Mok, Jun Yang and Leona Yip. The entire ACMAV committee was also most supportive with Dr Jason Oh applying to the RACGP for CME points, Dr Theong Low inviting the East Timorese health minister, Dr Adrian Mar inviting the AMA (Vic) president, and all the other members contributing to the traditional bag-packing production-line on conference morning.



Apollo Music Society members tune up to play at the ACMAV Conference Dinner

Of course, we also need to thank our generous sponsors who helped us over the years with financial support for educational activities:

Servier (Platinum), *Pfizer* (Gold), *Nycomed*, *CSL*, *GSK*, *Roche* and *Dorevitch* (all Silver).

Finally, we thank all of our members who attended the conference and hope to have your support in upcoming years. In fact, planning for the 2009 conference is already underway – a secret insight into the theme: something global!

Jun Yang
2008 Conference Convenor

ACMAV In Brief

Apollo Health Music Society Pops Concert

The Apollo Health Music Society held its annual charity Pops Concert at Melba Hall, at the University of Melbourne on 24th October. If these health science students practise medicine, dentistry and physiotherapy half as well as they practiced their instruments, it will be sweet music to the ears of the community at large.

classic to the sweet sound of the string orchestra playing Tchaikovsky's "Serenade for Strings in C", it was a night to feel the beat and savour every quaver!



Raffle Winner Amy Nguyen with Dr Alby Leung

A number of ACMAV members have children who are members of Apollo, and we hope to have an ongoing cooperation with the Society.

Project Africa Update

As part of fundraising activities to support Project Africa, ACMAV conducted a raffle which was drawn by guest speaker Dr Warrick Inder at our October Seminar Session.

As this issue of Meridian goes to print, Dr Alby Leung and Dr Hui-Li Wong are on their way to inspect ACMAV sponsored projects such as the solar-powered water

President:	Dr Adrian Mar president@acmav.org
Vice-President:	Dr Theong Low vicepresident@acmav.org
Secretary:	Dr Erwin Loh secretary@acmav.org
Treasurer:	Dr Jun Yang treasurer@acmav.org
Past-President:	Mr Andrew Bui pastpresident@acmav.org
Committee Members:	Mr Jason Chuen Dr Michelle Goh Dr Albert Leung Dr Jason Oh Dr Sally Ng Dr Nicole Yap
Newsletter Editor:	Mr Jason Chuen newsletter@acmav.org
Published by ACMAV Inc.	ABN 43 721 970 098
All correspondence:	ACMAV House 862A Canterbury Rd Box Hill South VIC 3128 Tel: (03) 9899 6380 Fax: (03) 9899 6389 Web: www.acmav.org Email: office@acmav.org
Printing Services:	Ivy Printing 4 West St Brunswick VIC 3056 Tel: (03) 9383 6833
Future edition copy deadlines	30 January 2009 30 April 2009 30 July 2009 30 October 2009
Statements or opinions expressed in this publication represent those of individual authors and not necessarily that of the ACMAV committee except where indicated. All material is covered by copyright by ACMAV and individual authors and must not be reproduced without permission.	

pump at Nyenga Hospital in Uganda, and to deliver medical supplies to recipient hospitals in Uganda and Tanzania.

The winner of the raffle prize was Monash University 3rd Year Medical Student Amy Nguyen, who receives a generous prize of dinner for two sponsored by Symbion.



Solar-Powered Water Pump in Uganda

President's Message



I witnessed a curious event at the Tullamarine International Departures check-in a few weeks ago. Members of the public who were lining up to check in to their flight to Ho Chi Minh City started approaching another lady in the queue, wishing her well and posing with her for a photo. This lady was Hanh Luong, the tragic burns victim whose treatment has been sponsored by the ACMAV, returning home after a lengthy series of operations. She was now well known amongst the local Vietnamese.

It says much about our Association's achievements, the fact that a desperately ill patient from a poor rural village in South-east Asia could touch the hearts of a community in Melbourne, thousands of miles and a cultural divide away.

As doctors, we have the privilege of helping others in our day-to-day work.

However none of us on our own could have helped Hanh, had we known of her plight. There are some cases which require a collective and coordinated response.

Such a challenging case as Hanh's may never be undertaken again by the ACMAV (partly since there is a decline in hospital participation in such projects), however the focus of the ACMAV Foundation is now being recognised both within the profession as well as in the community.


The AMA magazine VicDoc (November edition) has chosen to highlight the activities of the ACMAV, particularly Hanh's story, and this will lift the profile of our Association. This opportunity has also allowed us to launch the web-based ACMAV registry of Chinese doctors, which is aimed at providing better healthcare access to Chinese patients with special language or cultural

needs.

The contribution of individual Chinese-Australian doctors to our community is something in which we all share a common pride. The public recognition of our members in past Australia Day and Queen's Birthday Honours Lists, and the survey recently initiated by the Monash and Ritsumeikan Asia Pacific University into the impact of Chinese healthcare professionals in Australia, serve to highlight the respect we hold in the community.

I hope that our members will also look upon the achievements of the ACMAV with equal pride. As an association of doctors, with an array of skills and experience, there is so much more that we can – as a group – achieve.

Adrian Mar

 Every practice needs a Sally.

In the past hour, practice receptionist Sally Johnson has answered 25 phone calls, made 18 appointments, retrieved a dozen patient files, taken delivery of five pathology reports and settled nine accounts.

And best of all, she's still smiling.

If you'd like a Sally at your practice, there's now just one place to turn: the AMA Victoria's own specialist recruitment service **mpstaff**. Because we understand the unique needs, pressures and complexities of a medical practice better than anyone else, we can find you *your* perfect Sally.

To discuss your staff requirements, and find out about our generous fee reductions for AMA Victoria Members, call us now on (03) 9348 1111.



ACMAV Seminar Program

Financial Management Seminar

Perhaps it was the fear of falling stock prices. Or maybe it was the lure of the best Peking Duck in town. Whatever the reason, September's Dinner Seminar on "Financial Management" held at the Quanjude Restaurant was particularly well attended.

The evening's presenter put forward his professional observations of the vagaries

of the share market, and tried to deliver an upbeat message in the midst of the unfolding financial crisis: the patient was critically ill, but should make a recovery in the end! The seminar was a great success and provided Ms Vivienne Trinh and Mr David Chia from HSBC the chance to outline some special offers to ACMAV members.



HSBC gave a stimulating talk at Quanjude.



Dr Warrick Inder from St Vincent's Hospital



Tooraking Restaurant was the venue for our October Seminar on Hirsutism.



**TAILORED WEALTH
MANAGEMENT
SOLUTIONS,
WHEREVER YOU ARE**

Wealth management services and investment products to help you make the most of a world of opportunities.

To find out more about HSBC Premier, call our HSBC Premier Relationship Managers

Swanston Street Vivienne Trinh
03 9652 3268

Collins Street Karen Le
03 9618 3932

HSBC PREMIER

The world's local bank

This advertisement doesn't take into account what you currently have, want or need for your financial future. You should consider these matters and read the Product Disclosure Statement (PDS) before you make an investment decision. A copy of the PDS is available at www.hsbc.com.au, by visiting a branch or by calling us on 1300 301 168. Issued by HSBC Bank Australia Limited ABN 48 006 434 162 AFSL 232595. HSPR0058/AC/PR

Hirsutism Made Easy

With a scenic view over Toorak Rd, we assembled at Tooraking Restaurant to hear Dr Warrick Inder discuss the current perspectives in hirsutism, including diagnostic criteria and new management options for this condition.

We were also joined by Mr Gordon Low for a fascinating presentation on the status of the Chinese health system.

Mixed reviews were received regarding the cuisine served at this meeting. The ACMAV committee is always on the lookout for appropriate venues and encourages suggestions from members.

Dr Warrick Inder, Endocrinologist
St Vincent's Hospital Melbourne
Suite 419, 100 Victoria Parade
East Melbourne VIC 3002
Tel: (03) 9654 6788

Chinese Lessons For Doctors

The first Mandarin for Doctors class was held on Saturday 25th October at the Chinese Association of Victorian (CAV) language school. A small class of seven "students" received excellent and intensive tuition from CAV teacher Joseph Yao, with expert assistance provided by ACMAV members Dr Peggy (Peijian) Zeng and Dr Zemin Cao.



This first lesson focused on medical history taking across the range of specialties. Further lessons are planned, and all members are welcome to register. The ACMAV thanks Mrs Ramona Chua and the CAV for their collaboration in this project.



LOCUM DOCTORS

We have doctors available for short term, long term and permanent placements to meet your requirements. Our team of recruitment consultants are dedicated to offering you flexible staffing solutions whatever your requirements **in the following areas:**

- General Practices
- Hospitals – Private & Public
- Mental Health, Aboriginal Health & Correctional Health Services
- Department of Defence
- After Hours doctors
- DWS & AON GPs for permanent placements

Fantastic Employment Opportunities.

Work available for GPS, RMOs, SMOs, Registrars & Consultants throughout Australia. If you have any time available for locum work, we would love to hear from you. **Great rates!** Travel and accommodation included in most country areas and some hospitals.

1300 666 420

Email : info@australianmedicalplacements.com.au
Web : www.australianmedicalplacements.com.au



ACMAV Social Events

Porsche Drive Day



ACMAV, in conjunction with Porsche Melbourne, is offering A C M A V members a drive day on Sunday the 7th of December to test drive the current range of Porsche models.

Members will meet at Porsche Centre, Victoria Parade at 9 am. A selection of Porsches will be available, ranging from the highly anticipated new Series 911 Cabriolet, to the family-friendly but gut-wrenchingly fast 4WD Cayenne.

The scenic route will include the touring roads to Daylesford, with a few stops along the

way for participants to exchange cars and experience the variety of the Porsche range. Lunch will be at the renowned and award-winning Daylesford Lakehouse and return to Porsche Centre by 4 pm.

This is an exclusive event for ACMAV members and partners only. Because numbers are strictly limited, please RSVP to the ACMAV Office or directly to Dr Nicole Yap by 23rd November.

In anticipation of overwhelming demand, we are likely to be organising further events in early 2009 – so make sure that your membership is paid up to be eligible for these exciting opportunities!

Nicole Yap

ACMAV Tennis Comp

With thanks to the generous sponsorship of Symbion, we held our annual tennis tournament on 26th October 2008 at Melbourne Park Tennis Centre.

It was a sizzling hot day. While the standard of play was not world class, the intensity of the competition definitely matched the 30 degree heat.

The most unlucky loser was Theodore Tang, who was leading quite comfortably but unfortunately missed the final when he failed to convert the set point. Conversely, the luckiest

player was Yu Long Leow.

The well-deserved winners of the tournament were Douglas Gin and Trevor Lau-Gooye.

Runners-up were Victor Mar and Yu Long Leow.

I believe next year could potentially

be the last ACMAV tennis tournament ever. Douglas Gin has the honour of organising it next year and I hope that there is a big turn out when the time comes.

YuLong Leow



Model shown is the new 911 Carrera S.

The new 911 Carrera with PDK and DFI available now.

Combining Direct Fuel Injection (DFI) with the split-second efficiency of the new Porsche Doppelkupplung (PDK) double clutch gearbox, takes a clean 12.5% off the new 911's fuel consumption and sees it emit 15% less CO₂. It's a neat equation that also delivers even more power. Guilt-free.

Porsche recommends **Mobil**

Data relates to new generation 911 Carrera Coupe with PDK compared to previous model with Tiptronic S gearbox. Fuel consumption (combined cycle): 9.8 l/100km according to NEDC. CO₂ emissions: 230g/km.



PORSCHE

Porsche Centre Melbourne

109 – 111 Victoria Parade,
Collingwood VIC 3066
Tel: 03 9473 0917
Mon to Fri 8am to 6.30pm
Sat 9am to 5pm
www.porschemelbourne.com.au

ACMAV Noticeboard



Hanh's Farewell

After 2 years in Australia, Hanh Luong has finally reached the end of her journey and must prepare to return home. Home is Pleiku, some 10 hours drive north-west of Ho Chi Minh City where she had initially began her journey.

In her own words, she was sure that she would have been dead by now if not for the generosity of so many strangers in a distant land she called heaven.

Hence, a farewell party was organized by the Venerables Thich Phuoc Tan of Braybrook's Quan Minh temple. We had initially planned for a total of 22 tables but it was soon obvious that there were many more who had wished to attend the farewell and we eventually had 39 tables booked.

Hanh's journey from the depths of despair with constant pain and a hopeless future to one of independence and a future with hope was narrated by some of the carers on the night of 29th August at Happy Receptions in Ascot Vale.

Mrs. Hanh Tran from Adelaide described her first encounter with Hanh in Vietnam about 4 years ago and her hopeless attempt to

obtain help in Adelaide until she sent Hanh's photo to me. Those photos were then forwarded to Mr Ian Holten in Geelong who immediately agreed to help.

Ian spoke about the many hours of surgery to reconstruct Hanh's twisted body with a great slide presentation. One of Hanh's nurses from Geelong's St John of God's Hospital, Colleen, then spoke of Hanh's bravery and recovery after each of her procedures.

Many of the presentations were rather emotional with many in the audience shedding some tears. All this effort also raised a total of \$9175 for the ACMAV Foundation

Hanh is now safely back in Pleiku recovering from her latest procedure and no doubt will be a great ambassador for ACMAV and Australia.

Theong Low



Dr Theong Low (left), Mr Ian Holten (back) and Venerable Thich Phuoc Tan (centre) farewell Hanh.

ACMAV Event Calendar

For more details or to RSVP, please check the ACMAV website or call the ACMAV Office. ACMAV is always on the lookout for sponsors or event ideas. If you have a suggestion, please let us know!

Date	Event	Location
19 Nov 2008	James Bond Film Night	Balwyn Palace Cinemas, Balwyn
26 Nov 2008	Updates in Travel Medicine	Shark Fin House, Melbourne
9 Dec 2008	Porsche Drive Day	Melbourne to Lakehouse, Daylesford
7 Feb 2008	ACMAV Chinese New Year Yum Cha	Tai Pan Restaurant, Doncaster

By taking part in a Hepatitis B Network activity, you can interact with your local peers, specialists and liver clinics.

HEPATITIS B Network

The Network offers you:

- the opportunity to meet with a local specialist and a group of your peers at an educational meeting examining the latest knowledge in management of chronic hepatitis B.
- the chance to participate in a program nurse-facilitated RACGP accredited retrospective clinical audit of your records, for which you can earn a total of 40 (Category 1)QA&CPD points.

For more information about the benefits of being part of the Hepatitis B Network please complete the fax-back section below and send to Helen Newman, Hepatitis B Network GP Programme Co-ordinator at Bristol-Myers Squibb on **03 9701 1526**.

I am interested in learning more about the Hepatitis B Network.

Name:

Phone: Fax:

Postal Address:

.....

..... (State) (Postcode)

Privacy: Bristol-Myers Squibb Australia is committed to the Commonwealth's National Privacy Principles contained in the Privacy Act. For more information about the Bristol-Myers Squibb Australia policy, contact our Privacy Officers on (03) 9213 4000, or c/o 556 Princes Highway, Noble Park North, VIC 3174.

The Back Page

Abnormal Headshapes in Infancy Classifieds

Abnormal head shapes in infancy are common. Deformational plagiocephaly is the most common reason for an abnormal head shape. An epidemic of flattened occiputs have been seen since the onset of the Back to Sleep Campaign for SIDS.

A diagnosis can be made by ascertaining the side of the occipital flattening and then confirming that the ear and forehead on the same side are also pushed forward.

Management is best with tummy time when baby is awake, positioning of toys to keep the baby off the flattened side, and also excluding neck torticollis which may require physiotherapy.

Deformity almost always improves with time and conservative management. Occasionally helmet therapy can be used to improve a situation but this needs to be started ideally before 6 months of age.

The other major form of skull de-

formity to be aware of is craniosynostoses. These can be grouped according to single versus multiple cranial sutures being involved.

The commonest form of single sutural synostosis is sagittal synostosis. Babies will classically have long narrow heads. Diagnosis can be confirmed on plain skull xray. Early intervention is now possible in this group of babies so early referral is encouraged!

The other two common forms of single sutural synostoses include metopic (triangular forehead) and unicoronal (recessed forehead on affected side).

Mr David Chong, Plastic Surgeon, was born in Malaysia and trained in Western Australia. He has recently moved to Melbourne after Cleft/Craniofacial and Aesthetic Fellowships in Dallas and Toronto in 2004-2008. He is currently consulting at Level 7, 766 Elizabeth St Melbourne, as well as Private Consulting Suites, Latrobe Private Hospital. More information or bookings: 9347 0680.



Plastic Surgeon
Mr David Chong.

Meridian offers free short classifieds to members. For non-members or larger advertisements please refer to our rates card available from the ACMAV Website or the ACMAV Office.

Ivanhoe Endoscopy Centre, Suite 2-226 Upper Heidelberg Road, Ivanhoe, Victoria 3079. Offering Gastroscopy, Colonoscopy, Minor Day Surgery and Capsule Endoscopy Services. Enquiries: Mr Stanley Chang. Bookings: 9497 1344.

Mr LP Cheah - General Surgeon & Endoscopist. Mitcham T: 9210 3146. Waverley T: 9881 7799. John Fawkner T: 9385 2285. For single visit consult / surgery / endoscopy referrals, please fax to 9318 7617 or contact LP directly on 0405 388 785. Website: www.melbournesurgery.com

Large, well positioned rooms in Doncaster available for lease. Suit proceduralist. Phone Sue on 9848 6611.

Mr David Chong, Plastic Surgeon, is currently consulting at Level 7, 766 Elizabeth St Melbourne, as well as Private Consulting Suites, Latrobe Private Hospital. For bookings, call 9347 0680.

Dr Christopher Fong, Rheumatologist, wishes to advise additional consulting sessions at Epworth Eastern Consulting Suite 5a, Level 2, 1 Arnold Street Box Hill VIC 3128. T: 8807 7316 F: 8807 7319. He continues to consult at main rooms Epworth Camberwell 888 Toorak Rd Camberwell T: 8809 2444. F: 9889 6756. Speaks Cantonese.

Letters to the Editor

Border Insecurities

Dear Editor:

I am interested to hear from members who have received similar treatment when travelling. Recently I flew from New York to Ottawa, Canada for the day on my Australian passport to visit my sick 84 year-old uncle. I said "Good Morning Officer" to the Immigration / Customs person. There was no reply.

I was then treated as a possible illegal immigrant or terrorist. "Why are you here? Whom are you going to see? What is your uncle's name? Where does he live? Who is meeting you? How much money have you brought? When are you going back to New York? Where are you going from there? What do you do? Can you prove you are a surgeon?"

After some deliberation he came to the conclusion that I was not a threat to Canadian national security and let me in. Was my reception related to my Chinese ethnicity?

My 60 year-old sister, holder of a UK passport, received worse treatment when she was taken into another room for interrogation. I have heard similar treatment of Asians at Canadian borders.

Victor Mar

*Editor's Comment: "No doubt heightened terrorism alerts and stricter airport security are causing inconvenience to us all. Watching an episode of **Border Security** is enough to scare many potential travellers. Do you have a story to tell on this or another subject? If so, send us your Letter to the Editor, c/o the ACMAV Office."*



We offer a complete service in design, digital, spot colour and CMYK+ 5 colour commercial printing in one roof. The 5 colour Heidelberg Speedmaster delivers top quality and flexibility rather than standard CMYK print. A recent updated Xerox digital printing equipment and various paper stock provides 2-4 hours digital printing and impressive colour short run.

ivy printing
Established 1993

商務印刷
數碼印刷

4 west st brunswick victoria 3056
t: (03) 9383 6833 f: (03) 9383 5833
www.ivyprinting.com.au e: print@ivyprinting.com.au

BUSINESS CARD	POSTCARD
SIZE: 90X55mm* QTY - 1,000	GLOSS CELLO-GLAZE MATT CELLO-GLAZE AT EXTRA COST
BOTH SIDE * OTHER SIZE SPECIAL CUTTING CHARGE \$11.00	BOTH SIDE FULL COLOUR (CMYK) PRINT ON ART GLOSS 310gsm
FULL COLOUR (CMYK) PRINT ON ART	QTY OF 1,000 WITH
1 SIDE GLOSS CELLO-GLAZE	\$77*
GLOSS	\$231*
310gsm 2 SIDE MATT CELLO-GLAZE WITH	\$99*
	\$275*
LETTERHEAD A4	A6 PLAIN FINISH (148x105mm)
QTY - 1,000	DL(99x210mm) PLAIN FINISH
W/COMP SLIP DL	QTY - 1,000 FOLD / FLAT
\$198*	\$374*
\$176*	QTY - 5,000 FOLD / FLAT
A4 BROCHURE	
FULL COLOUR (CMYK) PRINT 1 SIDE ON LASER QUALITY WHITE BOND 100GSM	CMYK PRINT 2 SIDE ON ART GLOSS 150GSM IN FLAT OR STD FOLD
* ALL ABOVE PRICES ARE GST INCLUDED AND EXCLUDED ARTWORK & FREIGHT.	

digital commercial creative design

cmyk full colour - pantone colour, raised print foil & embossed print, special cut, spot varnish