



Meridian

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

15 May 2009, Volume 6 Number 2

Chinese New Year Sizzler



ACMAV Members enjoy good food and airconditioning at Taipan Restaurant. Right: Frank Thien and family

This year's Chinese New Year Yum Cha was held at Taipan Restaurant in Doncaster East during Black Saturday – the record day of over 40 degree temperatures on February 7th where 173 people lost their lives as a result of a series of devastating bushfires throughout Victoria.

Those of us who ventured out to the Yum Cha felt the full force of the heat-

wave, and thankfully found enough respite and shelter to have a friendly catch up and celebration of the Chinese New Year.

ACMAV has since

raised \$1100 for the Red Cross Bushfire Appeal during our Osteoporosis Seminar, including a \$100 donation from our recurrent sponsor HSBC.

2009 is the Year of the Ox. Whilst people born in the Year of the Ox are said to be open-minded, they can be quite resolute once their mind is made up and this can be mistaken for stubbornness.

They are honest and hard-working, often self-motivated. Oxen do not make friends easily, but when they do, they are strong and close friendships.

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ACMAV Porsche Drive Day

Take 16 semi-frozen doctors and their partners, wet windy cold weather, 10 very powerful Porsches and the backroads to Daylesford and you have a potential recipe for disaster befitting "ER" or "All Saints". Oh, but that's only if you switch off PASM or Porsche's Active Suspension Management which is designed to significantly improve stability and occupant comfort on poor road surfaces at the same time. What will Porsche think of next? Own Volkswagen or something...

It has to be said that seeing 10 Porsches taking off from City Porsche is quite unusual but even more so because we persistently did the speed limit. However, as the scenery became more rural, we soon got to change the angle of our right boots, enjoy the driver changeovers and car changeovers as well. This latter activity became a real art with wet weather and wind vying for the interior warmth of each car.

I can say that we were all very pleased to see "Daylesford on the

Lake" emerge from the mist and I think we probably all set PBs running down to the entrance. A pleasant 40 minutes was spent warming up on a nice lunch

and steeling ourselves for the afternoon run home. Four Cayennes, a Cayman, a 911 and a Boxster all showed their inevitable abilities in the slippery conditions and unbelievably, the sun actually came out for a few brief moments. And that's what we really like about Melbourne: drive 160 kilometres and you're like to see the sun at least once.

We made it back to City Porsche who we would like to thank for their engaging hospitality, particularly Thomas Heberling for agreeing to host a second drive day after the first was so heavily oversubscribed. We have a sneaking suspicion that there will be at least one signatory to a contract acknowledging the upcoming purchase of a new Porsche.

Richard Hing



The ACMAV Porsche Convoy stops for a driver change.



ACMAV Committee News

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President's Message

The ACMAV held its Annual General Meeting on 22nd April at the Cina Restaurant in Armadale. It was with a sense of gratitude that I presented my first President's Report – I was thankful for the opportunity to have overseen the achievements of the Association over the past 12 months, and I was also tremendously grateful to the members of the Committee and to the other ACMAV members who had helped to make the activities a success. On behalf of the membership I thank the outgoing Committee members, Drs Albert Leung and Michelle Goh, I welcome into the Committee Drs Salena Ward, Helena Ng, Nora Lee and Kevin Chu.

Our Association has continued to offer great value to its membership, and this has been reflected in the positive feedback I have received over the past year. Our educational, social and community activities have all met with great support and success, and these have been well documented in recent editions of Meridian. (The March Dinner Seminar was



one of the most informative and entertaining in recent memory, with smiles all round!). The membership base is steadily increasing, and a larger number of young medicos are now hearing about what the ACMAV can offer.

I attended the ACMA(WA) Conference over Easter, together with our Vice-President Theong Low and Treasurer Jun Yang. This meeting coincided with the Meeting of the Australasian Council of Chinese Medical Associations (ACCMA). I was honoured to have been elected as Vice-President of the ACCMA and I will also be chairing a

Taskforce to look into how the ACCMA can develop further into a national body with a more defined role and purpose. I am excited



by the prospect of working closely with our interstate colleagues, as each ACMA has progressed independently, and by combining experiences and resources, projects could be developed to benefit the Chinese community throughout Australia. Furthermore we are all facing similar challenges, such as a reduction in sponsorship support, and some of these issues can perhaps be best tackled collectively.

The meeting in Perth was well organised and impressive in its content, and the hospitality of our hosts was wonderful. I would encourage all members to travel to Auckland next Easter to join our New Zealand colleagues as the Auckland Chinese Medical Association combines their conference with the next ACCMA meeting.

Lastly, members were informed after the formalities of the AGM that the Building Subcommittee, charged with commissioning a feasibility study into the options for selling, renovating or developing the ACMAV House property, had received the study and considered its recommendations. Dr Andrew Lim, the Subcommittee's Chairman reported that the Subcommittee has recommended to the ACMAV Executive Committee that the development option be supported. This matter will need to be open for further discussion amongst the membership. For the moment if any members wish to obtain a copy of the feasibility study they should make a request to the Subcommittee chairman through the ACMAV office.

Adrian Mar

Introducing Our New Committee Members

Kevin Chu

Originally from rainy England, Kevin has been in Melbourne for 2½ years and now is stuck after marrying Tina (an Auzzie). He is a urology research fellow at Austin Hospital and hopes to get into urology training next year.



Nora Lee

Nora is currently a Basic Physician Trainee at Box Hill Hospital, with interests in anaesthetics, oncology and abalone. This year's aim is to increase intern and HMO membership!



Helena Ng

Helena has recently commenced as a full-time Consultant Geriatrician at Southern Health. A member of ACMAV for many years, she hopes to further contribute as one of the team.



Salena Ward

Salena recently gained her fellowship in General Surgery and is currently pursuing subspecialty training as an Upper GI Surgical Fellow at Box Hill Hospital.



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ACMAV Motoring Review

Volvo XC60: Stepping in the Right Direction

VOLVO has always placed safety as a priority and it is targeting a zero road toll in Sweden by 2020. Idealistic perhaps but there is no harm in having such a goal and the new XC60 crossover has features which point in the right direction. Volvo's research shows that around 75% of city crashes occur under 30 km/h and that given around half the drivers have not applied their brakes, it came up with City Safety, an



The XC60 is Volvo's entry into the SUV market, armed with all of Volvo's innovative safety features.

innovative feature which assists drivers who may not have realized that a crash is inevitable. It will automatically apply the brakes if the car is travelling below 30 km/h reducing the effects of an impact and if the car is travelling below 15 km/h, City Safety will help avoid a collision and in city traffic, one can see the benefit.

But talking just about City Safety would short change what otherwise appears to be a great looking car out of the box. The XC60 sits comfortably alongside the XC70 all wheel drive and is designed to help those transitioning from the V40 or V50 wagon into a larger vehicle, presumably as the family expands. Its size is similar to the Mazda CX-7 and the car has a more aggressive grille than we are used to with a large Volvo badge taking pride of place. In the top of the line T6, it is surrounded by adaptive (rotating) bi-xenon headlamps and a balanced styling which really complements the Volvo's appearance. Any semblance of an ugly Volvo went away when Peter Horbury and his more recent successor, Steve Mattin were put on the payroll and this brand has some of the better looking cars in the business. The car's waistline rises rearward, a characteristic of modern vehicles, to a tail that is reminiscent of the XC90 with slim snake-like LED tail-lights. They look great.

We were invited to test drive the diesel D5 which runs the same engine as the D5 LE, a more luxurious version and probably worth



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considering the extra money for more bling once options are considered. Climbing aboard the XC60 is no great hardship with optional running boards to help the smaller ones and there is plenty of headroom for those under 2 metres in height. I found the interior to be inviting with high quality leather upholstery, soft-touch plastics and the almost iconic floating centre console which is angled towards the driver to give a more enclosed feel. The car key is now located on the dash away from the knees (so it is not hit in the event of a crash) and there is a start/stop button above. Main instruments are visible within the steering wheel adjustable for rake and tilt and the trip computer scrolls through a number of different trip functions.

We found that the diesel is quite audible at idle and acceleration but at cruising speeds, it is barely intrusive especially with the audio



The centre console is an iconic Volvo design.

system cranked up a notch or two and the optional Dynaudio twelve-speaker premium sound system (\$975) helps a lot in the regard. The car has quite good acceleration for a vehicle weighing almost 2 tonnes and it can be urged along a little quicker using the manual geartronic shift. With its relatively high centre of gravity, handling is never going to be a strong suit but it handles freeway and twisty roads fairly well. The leather seats do offer some lateral resistance but they aren't as helpful on twisty roads because of their slippery finish. The steering lacks some feedback but it is a big improvement compared to previous models.

In any event, there are enough acronyms such as Dynamic Stability and Traction Control (DSTC), Roll Stability Control (RSC), Anti-Lock Brake System (ABS) with Electronic Brake Distribution (EBD), Emergency Brake Assist (EBA), Trailer Stability Control (TSA), Whiplash Protection System (WHIPS), Side Impact Protection (SIPS) along with SIPS front-seat airbags, Inflatable Curtain (IC) airbags and the Intelligent Driver Information System (IDIS) for the children to translate and keep them amused for hours. Spend more on optional packages (Drive Assist, Teknik) and there are even more you can impress your friends with. On the way home, I guess they can look at the portable DVD players or hopefully they're sleeping or iPodding.

Room for the rear passengers is good and to assist with summer, there are air-conditioning outlets in each B-pillar and underseat. The rear seats also feature stepped heights which mean that children of different stature can make use of the seat booster function.

With 5 passengers aboard, the cargo load is quite ample although with our 2 year old, it doesn't take much to fill with a pram and port-a-cot. It would seem that a roof-carrier should be part and parcel of the SUV rather than an option if weekend travel is planned.



The XC60's roomy rear seats.

Overall, the XC60 fills a ready niche for those looking to upsize to a larger car and two or three children to get to school. It is a car that is likely to do well in Australia against its competitors such as the Lexus RX330, Mazda CX-7, BMW X-3 and Audi Q5. The car comes with either turbo-diesel or turbo-6 petrol versions so your only decision really, is which one you'd prefer to test-drive.

Dr Richard Hing

Our thanks to Billia Hawthorn
139 Camberwell Road Hawthorn (03 9882 3600)
for providing the Volvo XC60 to the ACMA (Victoria).

Fast Facts		Volvo XC60
PRICE	D5	\$57,950 (turbo-diesel)
	D5 LE	\$64,450 D5 LE (turbo-diesel)
	T6	\$64,950 T6 (turbo-petrol)
ON ROAD	D5	\$65,728
	D5 LE	\$72,558
	T6	\$73,078
ENGINE	D5 LE	2400 cc 5 cyl DOHC turbo-diesel
	T6	2953 cc in line 6 cyl turbo VVTi
POWER	D5 LE	136 kW @ 4000 rpm
	T6	210 kW @ 5600 rpm
TORQUE	D5 LE	400 Nm @ 2000-2750 rpm
	T6	400 Nm @ 1500-4800 rpm
WEIGHT	D5	1880 kg
	T6	1912 kg
0-100 km/h	D5 LE	9.9 sec (claimed D5)
	T6	7.5 sec (claimed T6)
TOP SPEED	D5 LE	200 km/h
	T6	210 km/h
FUEL / RATE (70 L capacity)	D5 LE	8.3 L/100 km (claimed)
	T6	11.3 L/100 km (claimed)
CO2 EMISSIONS	D5 LE	219 g/km
	T6	284 g/km
TRANSMISSION	6 speed adaptive Geartronic automatic	
DRIVE	AWD; Adaptive Cruise Control (ACC); Hill Descent Control (HDC); Roll Stability Control (RSC)	
SUSPENSION	Coilover struts, anti-roll bar (f); independent, multi-link independent, anti-roll bar (r); TRC, DTSC	
BRAKES	Ventilated disc rotors (f) and solid disc rotors (r); ABS, EBD	
TYRES	Pirelli P Zero 235/60R18 (f); 235/60R18 (r); spacesaver	
WARRANTY	4 years / 100,000 kilometres / Driver Assist	



ACMAV Seminar Program

Osteoporosis and Fracture Management

This dinner lecture was at Red Spice Road (27 McKillop Street). It claims to deliver fresh exotic Asian cuisine to Melbourne's lanes.

The decor was fantastic. Those smart enough to arrive early were treated with dining under an impressive red lantern hanging from the ceiling. Its large size made it rather reminiscent of a hot air balloon – they could have attached a basket and had a couple of diners under it! We got to sit on either side of a large circular table (sitting up to 56 in total) under the lantern. The rest of the decor was traditional yet still trendy and certainly to my taste.



Red Spice Road in McKillop Street.

The crockery was also modern and funky: from shiny water jugs, to rather unusual but trendy bowls where the chopsticks were poked through a hole in the side.

The starters of duck dim-sims were well received and thoroughly tasty. The calamari salad was excellent (according to my wife, who is much more of an expert than I when it comes to non-carnivorous cuisine).

The mains were of course to my liking, with plenty of meat on offer. The pork chop was a good size and very flavoursome.

The beef was delectable, simply melting in one's mouth and the prawns juicy and certainly lived up to the restaurant's name in delivered Asian spice. The chicken, although a little bland and not crispy as billed, was compensated by a very tasty sauce.

There were red and white wines were both from the Optimus range from Blackwood Valley in the Margaret River region of WA selected by our very own Theong Low. The 2003 Shiraz Cabernet was fruity with raspberry and blackberry flavours. The 2007 Semillon Sauvignon Blanc has gooseberry and capsicum undertones. Unfortunately I thought the Shiraz Cab didn't match well with the mains, however it's difficult to match a single wine to the four different meats for the main.

The talks were up to the usual excellent standard. Dr Chris Fong delivered an informative talk on Osteoporosis and fracture prevention, I'm sure we'll all be more diligent in looking out for our patients' hips now. The dose of Aclasta (zoledronic acid) will be imprinted on our minds, following Dr Newton Lee's incisive interrogation on why their drug is 5mg as opposed to the 4mg used to delay complications of bone metastasis. I don't think we got a clear answer from the Novartis rep who had kindly assisted in organising this meeting. Newton did make friends again with the rep later by endorsing their yearly injectable form:



The decor at Red Spice Road is upmarket and bold.

“Cheaper and better than Fosamax”.

Dr Albert Leung gave us an interesting insight into medicine in Africa following his trip with Hui-Li Wong last November. We were all fascinated with the measurement of Haemoglobin through capillary action on filter paper and the picture of a baby incubator which was “well in need of resuscitation itself”. It's heartbreaking to see the poverty in Africa and how they survive on such little resources. Perhaps we'll all think twice now before we complain that our MRI has broken down again or that the histo-path still isn't back yet!



Dr Alby Leung speaks

Now for charity a bit closer to home, we would like to thank everyone for their generous “red packet” donations to the Red Cross Victorian Bushfire Appeal. It's terrible to think of the all the devastation caused whilst we were tucking into scrumptious yum-cha at our Chinese New Year meet.

For those that didn't make it to the dinner: Red Spice Road is well worth the visit and for those who missed the talk: prescribe Aclasta – Newton gives it his seal of approval.

Kevin Chu



Dr Chris Fong educates the large audience.

Dr Christopher Fong, Rheumatologist
Epworth Camberwell
888 Toorak Rd Camberwell
T: 03 8809 2444

AS MANY AS 2 IN 3 CHRONIC HEPATITIS C PATIENTS MAY BE CURED.*^{1,2}

As you may be aware there is a higher than average incidence of hepatitis C amongst the Chinese and South East Asian communities, even though actual treatment numbers remain low.

Left untreated, hepatitis C can have serious consequences including cirrhosis, hepatocellular carcinoma and liver failure.³

Clinical trials now show that as many as 2 out of 3 people living with hepatitis C may be cured with Pegasys RBV (pegylated interferon alpha-2a and ribavirin).^{1,2}

Roche has developed a culturally specific disease awareness campaign to reach Australians with Chinese and Vietnamese heritage. It is designed to encourage people living with hepatitis C to seek advice from their GP regarding referral to a liver clinic for specialist assessment and information about treatment options.

"Understanding hepatitis C and its treatment" booklets in Chinese, Vietnamese and English are also available from Roche Products.



For more information on PEGASYS RBV call the Roche Medical Information line on 1800 233 950.

*Sustained virological response (undetectable serum HCV RNA 24 weeks after cessation of therapy) in patients previously untreated.

PBS Information: Listed on the PBS as a Section 100 item.
Refer to PBS Schedule for full information.

Before prescribing, please refer to TGA Approved Product Information. **ABRIDGED PRODUCT INFORMATION PEGASYS® RBV® Combination Therapy** Containing PEGASYS® (peginterferon alfa-2a) pre-filled syringe with COPEGUS® (ribavirin) tablets **INDICATIONS** For the treatment of chronic hepatitis C in patients who have received no prior interferon therapy. Patients must be ≥ 18 years and have compensated liver disease. **DOSAGE AND ADMINISTRATION** The recommended dose is PEGASYS 180 micrograms once weekly by subcutaneous injection taken with COPEGUS tablets taken twice daily with food. The COPEGUS dose varies between 800 to 1200 mg depending on patient's body weight and genotype. Dose modifications may be required if moderate to severe adverse reactions occur. **CONTRAINDICATIONS** Category X: COPEGUS must not be used in pregnant women or males whose partner is pregnant. Extreme care must be taken to avoid pregnancy. Hypersensitivity to alfa interferons, ribavirin, *E. coli*, polyethylene glycol or any product ingredient; autoimmune hepatitis; decompensated cirrhosis, patients with HIV-HCV co-infection with cirrhosis and a Child-Pugh score ≥ 6, history of cardiac disease; haemoglobinopathies; breast-feeding women and neonates or infants ≤ 3 years. **PRECAUTIONS** Monitor patients for signs of depression or suicide ideation; elevated ALT levels; hepatic decompensation; pulmonary disorders e.g. dyspnoea, pneumonia; hypothyroidism, hyperthyroidism, hypoglycaemia, hyperglycaemia or diabetes mellitus; autoimmune disease e.g. psoriasis; hypersensitivity reactions; cardiovascular disorders; renal impairment; infections; changes to blood counts, anaemia and visual disturbances. HIV-HCV co-infected patients with advanced cirrhosis receiving concomitant HAART may be at risk of hepatic decompensation or death. Do not use in children ≤ 18 years; during lactation or pregnancy (Category X). May affect the ability to drive or operate machinery. PEGASYS interacts with theophylline, methadone, zidovudine, telbivudine and Sho-saiko-to (Chinese medicine). COPEGUS interacts with antacids, didanosine and stavudine. **SIDE EFFECTS** Most commonly reported adverse reactions include nausea, diarrhoea, abdominal pain, fatigue, fever, rigors, muscle pain, joint pain, injection site reaction, asthenia, dermatitis, anorexia, dizziness, headache, insomnia, depression, irritability, anxiety, alopecia and pruritis. As with other alfa interferons, serous retinal detachment has been reported with PEGASYS and COPEGUS combination therapy. * A clinical trial investigating the combination of telbivudine 600 mg daily, with PEGASYS 180 µg once weekly by subcutaneous administration, indicates that the combination is associated with an increased risk for developing peripheral neuropathy. The mechanism behind these events is not known. Such an increased risk cannot be excluded for other interferons (pegylated or standard). Moreover, the benefit of the combination of telbivudine with interferon alfa (pegylated or standard) is not currently established.* Available in packs containing PEGASYS pre-filled syringes x 4 with either COPEGUS 84, 112, 140 or 168 tablets. Please review the complete Product Information before prescribing, available from the manufacturer on request. Roche Products Pty Limited ABN 70 000 132 865 4 - 10 Inman Road Dee Why NSW 2099 Date of preparation: 12 November 2008 *Please note change(s) in Product Information. References: 1. Zeuzem S et al. *J Hepatol* 2005;43:250-257. 2. Swain MG et al. *J Hepatol* 2007;46:S3. 3. HIV, viral hepatitis and STDs - A guide for primary care. Australasian Society for HIV Medicine. 2008 Edition. ®Registered trademark. MN37525510 04/09 S&H ROCPE1821.

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Testosterone Deficiency and Erectile Dysfunction

Our combined seminar on Testosterone Deficiency and Erectile Dysfunction was held at Shark Fin House with the generous assistance of Schering-Plough. Shark Fin House has always been a reliable venue and this occasion was no different, with a popular menu featuring Cantonese Cuisine staples such as San Choi Bao, Steamed Oysters, Ginger and Shallot Mud Crab, and Steamed Barramundi.

The speakers were highly knowledgeable, and one cannot go past academic

and professional qualifications such as those held by Dr Cherie Chiang who is a qualified Endocrinologist as well as a Chemical Pathologist at Austin Hospital. She gave us a wonderful insight and clinical update into diagnosis and management of patients with suspected testosterone deficiency.

This was followed up by a highly entertaining talk on management options in erectile dysfunction by Mr Alwin Tan, Urologist, full of double-entendres and witty remarks.

Unfortunately the ACMAV seminar program has a tendency to lack surgical speakers due to difficulty finding appropriate sponsorship for such talks, but not so for pharmacological management of erectile dysfunction, which is a growing market on the rise.



ACMAV's younger members take in the information... and the good food.

ing speakers and sponsors for our seminar program. If you are interested, or know of someone who is, then please contact any of our committee members or the ACMAV office to get the ball rolling.



Dr. Cherie Chiang, Mr. Alwin Tan, and another woman.

ACMAV's committee is always on the lookout for interest-

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ACMAV Annual Conference

The ACMAV annual conference is on again. This year it will be held at the Stamford Plaza Hotel on Little Collins St, Melbourne on Sunday the 30th of August, 2009.

This year's conference will be following the theme "Think Global, Act Local" and includes updates in infectious diseases, including review of swine flu progress, as well as public health and clinical update sessions on cardiovascular disease, diabetes management and obesity.

For more information see the brochure included with this edition of Meridian, or check the ACMAV website for a registration form.

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Classifieds

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.

Rooms available for sessional use. Modern, 3-room consulting suite in specialist medical complex available close to Box Hill and Epworth Eastern Hospitals. Access to ultrasound machine and minor procedures room, paperless facilities. Ideal for surgeon or physician use. Please contact Alberta T: 8807 0388.