



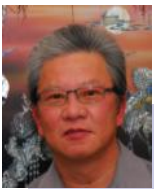
Meridian

Newsletter of the Australian Chinese Medical Association of Victoria

澳洲維省中華醫學會

May 2010, Volume 7 Number 2

A word from the President ...



It was my pleasure to accept the position of President of ACMAV during our AGM on April 22nd. I also take this opportunity to welcome and congratulate all the incoming executive and committee members, with a special welcome to Matt Hong and Chris Leung. A big thank you to Adrian Mar for doing a fantastic job over the last 2 years.

I am happy that the dynamic 2009 team remains for another year. Jun Yang will remain as Treasurer and Jason Oh as Secretary. Nicole Yap has kindly accepted the position of Vice-President and President elect. However, it is with great regret that Erwin Loh has left the committee. He has contributed tremendously to the association over the last 4-5 years. He will always be welcome back to an active role in the future when time permits.

Several ACMAV members attended the recent ACCMA conference at Auckland's Stamford Plaza Hotel held over the Easter weekend. At the conference dinner, I was presented with the ACCMA medallion as the next president. Please see the report provided by Adrian Mar.

It is my plan to continue our core activities, such as educational seminars. In addition to this, we have also been given the task of hosting the National ACCMA Conference during the 2011 Queen's Birthday weekend.

Plans are already in an advanced stage under the capable hands of conference convenor, Jason Oh. Consequently, there will be no annual seminar for 2010. Instead we will hold the inaugural ACMAV Charity Ball in November under the leadership of Sally Ng. This will raise money to support worthwhile charity work by members both here and overseas. I urge all members to support both functions and we will keep you up to date with details. You can also check on our website.

The other major activity will be the redevelopment of ACMAV House. As many are aware, the current property is in a state of disrepair and we have had many discussions over several years about the best way forward. During the AGM, we had a unanimous vote supporting the Committee to move forward and plan for a total redevelopment of the property.

So, 2010 promises to be a spectacular year with major events. The activities calendar is full and we hope to see you all at various events throughout the year.

~ *Theong Low* ~

Golf Day March 2010

Congratulations to the tournament winner Steve Cheng! Thank you to Mercedes Benz for their generous sponsorship, to Heritage Golf and Country Club, Yarra Valley as hosts, and to Nicole Yap for organising this fantastic event. *More inside*→

Editor's corner



A warm welcome to all our ACMAV members! Each day we feel proud to be part of this vibrant Association that effortlessly combines collegial, gastronomic and educational pursuits. It gives us great pleasure to edit Meridian which has been skilfully nurtured by outgoing editor Jason Chuen over the past two years. In this edition, you will be introduced to the 2010 Committee. Take a look at what ACMAV has been up to in Cambodia and New Zealand, as well as locally. February kicked off with the traditional Chinese New Year yum cha, followed by Golf Day, educational seminars and the odd Movie Day prone to 'technical failure' - keep an eye out for the next one later in the year. Happy reading!

~ *Nora Lee and Chris Leung* ~



Below: L-R Adrian Mar, Steve Cheng





Seminar program 2010

Back pain

Our first educational seminar for 2010 was held at San Choi Restaurant in Kew on Wednesday 24 March. The cuisine was delicious and plentiful as we learnt about acute back pain from Drs Patrick Chan (Neurosurgeon), SK Vallipuram (Anaesthetist) and Terence Lim (Rehabilitation and Pain specialist).

We revised the anatomical origins of acute back pain, how to differentiate mechanical from neurogenic back pain, the importance of recognising those “red flags” that indicate the need for urgent spinal imaging and specialist referral, and learnt how myofascial pain can masquerade as neuropathic pain. We also learnt that in individuals with a hysteroid-obsessoid personality, pain was likely to persist and be difficult to manage, and that it was crucial to manage acute pain early and adequately in order to prevent the development of central sensitisation and therefore halt progression towards the vicious chronic pain cycle. This night was special for its commemoration of the late Dr Tom Tsiang, Founding President of ACMAV. We remembered his visionary ideas, dedication to the community and energetic leadership. In his honour, an endowment fund of \$10,000 will be established and a portrait of Dr Tsiang was presented to his widow who attended that night with her granddaughter Chloe. We would like to acknowledge Stryker for their generous sponsorship and thank the speakers for their informative presentations. ~ *Helena Ng* ~



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Secretary:	Dr Jason Oh secretary@acmav.org
Treasurer:	Dr Jun Yang treasurer@acmav.org
Past-President:	Dr Adrian Mar pastpresident@acmav.org

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Dr Matt Hong	Dr Nora Lee
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Dr Sally Ng	Dr Salena Ward

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Annual General Meeting

The ACMAV gathered on April 22 2010 for its AGM at Kai Yue Restaurant, East Bentleigh. The evening marked the handover of presidency, as well as the long-awaited approval for redevelopment of the ACMAV House. With much appreciation, we acknowledged the hard work of outgoing president Dr Adrian Mar, who handed over to Dr Theong Low. Members will be pleased to know that the ACMAV continues to operate in the black in the hands of our capable Treasurer Jun Yang. The proposed ACMAV House redevelopment has been simmering for some time. Whilst it is obvious that the economic climate is somewhat inclement, the longer-term viability of redevelopment has been justified. Ultimately, the Motion to redevelop 862A Canterbury Road,

Box Hill was passed. It will be exciting to see the the historic but crumbling headquarters turn into something that more accurately reflects the forward thrust of the Association. Formalities completed, the membership sat down to a Shanghainese spread of simple but well-executed dishes. The entrees held various cold delights such as beef tripe and pickles, but nothing could beat a cauldron of hot soup on the cold night it was.

‘Hot’ was also the key to the ‘spicy water-cooked fish’ (水煮魚), presenting as a floating carpet of dried red chillies, under which lurked pieces of fish and clumps of pea shoots. There was no lack of variety, finishing with a soup version of fermented sticky rice. Thank you to all who attended this landmark AGM.

~ *Nora Lee* ~

ACMAV Committee 2010

Theong Low
President



Nicole Yap
Vice-president



Adrian Mar
Past-president



Jun Yang
Treasurer



Jason Oh
Secretary



Jason Chuen; Helena Ng



Sally Ng; Kevin Chu

Salena Ward; Nora Lee; Matt Hong



Chris Leung

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ACMAV Activities

Cambodia—building houses and communities

Cambodia has had a tragic history which has left people scarred by civil war and poverty. The Cambodian government spends US \$1.50 per child per year on education and US \$5 per person per year on health care. This gross inadequacy compounds the problem of diseases such as malaria, dengue fever, Japanese encephalitis, tuberculosis and HIV.

In January 2010 my family joined a group of Year 9 and 10 students and their parents who had decided that it would be a great idea to go to Cambodia. The Community Service Project was the initiative of Ivanhoe Grammar School [Melbourne] to provide support for children and families in some of the poorest rural communities in conjunction with a Cambodian NGO. The team consisted of seven students and eleven parents. Families in Australia were encouraged to



fundraise for the construction of six houses and refurbishment of a number of schools. Fund raising started in earnest in the middle of 2009 through various

means. These included selling chocolates, muffins and scones, school BBQs, wine tasting evenings and pub nights.

The Chinese Medical Association generously donated \$2000. The team raised \$23,000 in total- more than sufficient to build six houses. Remaining monies were used for building village wells and refurbishment of schools. Our time there was rewarding but physically and mentally challenging - painting, hammering and teaching in the heat and humidity combined with frequent stomach upsets laid different team members low for days at a time. We were saddened by the suffering of Cambodians under Pol Pot. This was made real to us by visits to Toul Sleng S21 Prison and the Killing Fields near Phnom Penh. Highlights included taking medical supplies to the Hospital of Hope in Phnom Penh and seeing firsthand the medical and surgical care given to the poorest people. Another highlight was taking toys to an orphanage in Kandal province which looks after ninety-three unaccompanied persons. I thank the ACMAV for the generous contribution to this project.

~ *Andrew Bui* ~

Top: the completed product - simple but functional

Left: a roof above their heads



ACCMA Conference, New Zealand, April 3-5 2010

The Committee of the Australasian Council of Chinese Medical Associations (ACCMA) meets on an annual basis, and this year's gathering was hosted by the Auckland CMA, coinciding with their Annual Conference. Theong Low and I were the ACMAV representatives, and much of the Committee meeting centred around a discussion of the report I had prepared for the ACCMA on the options for moving forward towards a more active federal body. The Committee agreed to consider reincorporating the ACCMA (which was disincorporated

several years ago) and to set up a website to promote the various activities held by each of the state and NZ branches. I have been charged with the task of establishing the website and I will continue to be involved in the activities of the ACCMA. My hope is that by pooling resources and experience from the member states, the federal body may eventually be able to coordinate larger projects under its own banner. The Auckland CMA Conference itself was a very enjoyable affair. The program and mix of speak-

ers was excellent, and ranged from eye diseases amongst the Chinese to cosmetic laser and non-surgical rejuvenation methods, again with an emphasis on the Asian patient. The Young ACMA in Auckland are an active and enthusiastic group, and they provided an insight into the training program for medical students in New Zealand. As per usual at these "national" events, the most memorable part of the Conference was the hospitality offered by our NZ hosts and the chance to mix with our ACMA counterparts from across Australia and the Tasman.

From the ACMAV Building Committee Chairman...

After many years of consultation, discussion and feasibility studies regarding the future of our Association building at 862A Canterbury Rd., Box Hill, the members were finally given the resolution of whether we should proceed with the redevelopment of the building. The inexorable decline of the building would eventually have forced us to address this issue. Essentially there would be three options:

- 1) To leave the building in its current decaying state
- 2) To sell the property and buy another
- 3) To redevelop the existing site

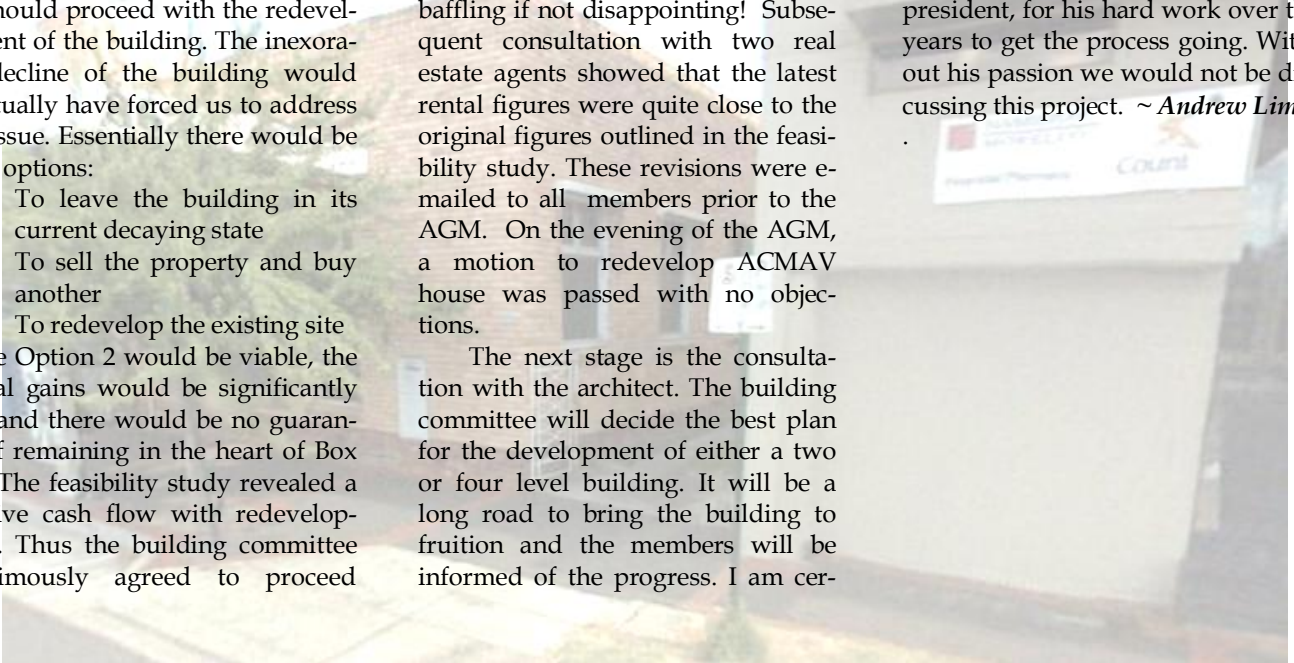
While Option 2 would be viable, the capital gains would be significantly less, and there would be no guarantee of remaining in the heart of Box Hill. The feasibility study revealed a positive cash flow with redevelopment. Thus the building committee unanimously agreed to proceed

down this path. An information evening took place at the ACMAV House earlier in the year to facilitate detailed discussion with the membership. However, the turnout of only three members was somewhat baffling if not disappointing! Subsequent consultation with two real estate agents showed that the latest rental figures were quite close to the original figures outlined in the feasibility study. These revisions were e-mailed to all members prior to the AGM. On the evening of the AGM, a motion to redevelop ACMAV house was passed with no objections.

The next stage is the consultation with the architect. The building committee will decide the best plan for the development of either a two or four level building. It will be a long road to bring the building to fruition and the members will be informed of the progress. I am cer-

tain that at the end, we will be proud owners of a beautiful building that caters for and facilitates the work of the ACMAV and Foundation.

I would like to thank Dr. Theong Ho Low, our in-coming president, for his hard work over the years to get the process going. Without his passion we would not be discussing this project. ~ Andrew Lim ~



Clockwise from L: With New Zealand Chinese Medical Association President Dr Gee Hing Wong; "just chilling" in the Ice Bar, Auckland; with ACMAV members Cliff and Vivienne Choong



At the sumptuous Conference dinner, the ACCMA President's medallion was handed over to Theong Low, as it is the convention that the President of the local branch hosting the next ACCMA meeting will then become ACCMA President for that year. It was great to see a strong contingent of ACMAV members in Auckland, and I hope to renew friendships from our sister associations at the next ACCMA meeting to be held on our own turf next year.

~ Adrian Mar ~



Leisure & Indulgence

Golf day—20 March 2010



Mercedes E-class Cabriolet



Calendar & Classifieds

>events<

DATE	TOPIC	VENUE
May 26	Chronic pain management	Wealth Garden
June 29	Pancreatic dysfunction & malabsorption	tbc
July 28	Hepatitis B	tbc
Oct 24	ACMAV Tennis Tournament	tbc
Nov 13	ACMAV Charity Ball	Crown Casino



Congratulations to Adrian Mar and Jun Yang! Lachlan Mar was born on April 28 2010 at a healthy 3.75kg; a brother to Ethan. ~



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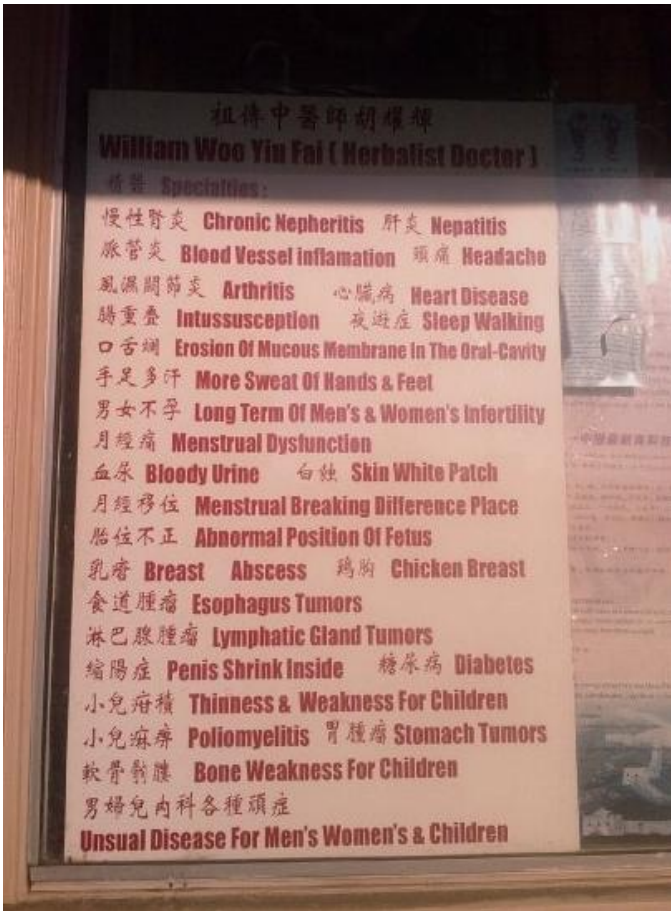
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