



Meridian

Newsletter of the Australian Chinese Medical Association of Victoria

澳洲維省中華醫學會

May 2011, Volume 8 Number 2

From the president ...

Time has passed us by rather quickly and we are into the 2011, the Year of the Rabbit. In these 3 months, we have already seen huge changes in the world, the devastating floods in Queensland and Victoria, bush fires in Western Australia, earthquake in Christchurch, the ongoing and nuclear crisis in Japan following earthquake, the continuing financial crisis gripping Europe and the spreading demonstrations in the Middle East.

For the ACMAV, it was certainly a less tumultuous start. The annual Chinese New Year yum cha was held at Wealth Garden Restaurant in Doncaster. It was sponsored by Central Equity, who also kindly donated a beautiful Swarovski rabbit as a door prize. There was plenty to eat and we all enjoyed the occasion.

Straight after the yum cha, we had another meeting to plan for the main event for the year, the National conference for ACCMA, which will be hosted by us at the Park Hyatt. The sub-committee have already done a tremendous amount of work, including a fantastic web-site created by Dr. Jason Oh, the conference convenor. Registrations are streaming in, particularly from our interstate colleagues., so I encourage all of you to register soon for

the ACMAV's main educational event of the year.

The first seminar of the year was held at Sunkee Restaurant, sponsored by Abbott Pharmaceuticals. Associate Professors Merlin Thomas and Marcus Schlaich delivered engaging presentations on Diabetes—an update, and Renal Nerve Ablation for the treatment of hypertension.

With ACMAV House re-development, we have put in an application for a planning permit, but due to the traffic situations at the corner of Canterbury Rd and Station St., we are required to do a traffic study. We have now engaged the services of the Traffix Group of engineers from Glen Iris to perform this survey.

Another exciting project that we are supporting is the Starfish foster home in Xian. Dr. Siew Keng Chan, our ex-treasurer has travelled there on many occasions to help with the medical need of the children. The Committee is now investigating more substantial assistance for the orphans at Starfish.

Lastly, the AGM was held on 19th April at Malaya Inn Restaurant in Doncaster, where we ushered in the 2011 Committee. Please see page 4 for details.

~Theong Low~





Seminar program 2011

Update: diabetes and hypertension

The March Dinner Seminar was given by Associate Professors Merlin Thomas and Markus Schlaich from the Baker Institute, covering recent developments in the prevention of diabetic complications, and the preliminary results of endovascular renal sympathetic nerve ablation therapy.

The talk was accompanied by a sumptuous meal of steamed oyster, crab, braised beef and fried rice from the culinary team at Sun Kee Restaurant on Chapel Street in South Yarra. The new management at Sun Kee has preserved much of the atmosphere of what used to be San Choi in South Yarra. The food was enough to play havoc with any diabetics in the audience, as its quality challenged any attendee's ability to control their portion size. The only blot on the menu were some rather dry noodles, but the freshness of the seafood more than made up for this.

Entertaining and engaging as ever, Merlin covered results from the ACCORD (Action to Control Cardiovascular Risk in Diabetes) Trial and highlighted the issue that aggressively trying to meet current target levels for blood pressure, glycaemic control, and cholesterol in diabetics came with the price of increased complications in other aspects of diabetic disease.

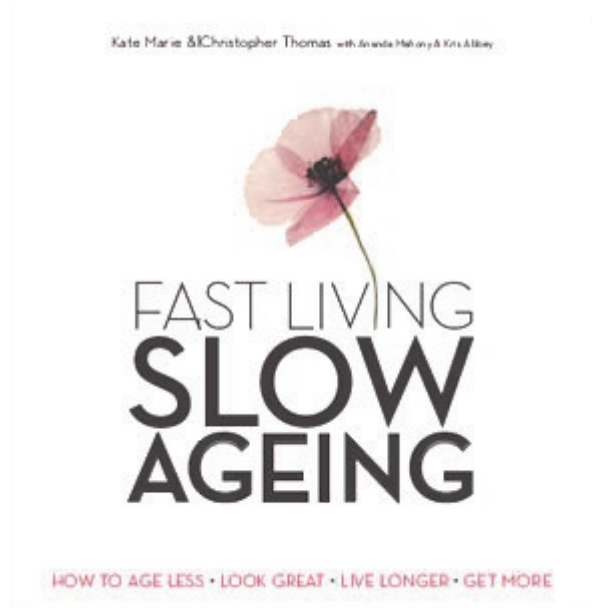
For example, intensive glycaemic control (HbA1C of <6% vs 7.0-7.9%) was associated with increased mortality and led to termination of this arm of the trial. Half of these deaths were cardiovascular (myocardial infarct, stroke or peripheral vascular disease). Interestingly, while the overall rate of AMI was reduced with intensive control, each event was more likely to be fatal. In the intensive blood pressure reduction arm, there was some decrease in stroke, but reduction in other cardiovascular events and diabetic retinopathy were mild. In comparison, more patients experienced significant hypotension, orthostatic symptoms, and bradycardia, but not renal failure.

The most impressive results from the ACCORD trial were in aggressive lipid lowering, where patients were assigned statins alone vs statin plus fenofibrate. Regardless of lipid levels, patients assigned to the combination arm developed significantly less diabetic eye disease, with only modest reductions in cardiovascular events. Thus Merlin's argument was that adding fenofibrate was related to few adverse events (such as statin myopathy) but significant reduction in diabetic eye disease.

The second talk from Markus Schlaich covered the new renal sympathetic nerve ablation procedure developed by Ardian Technologies. This involves angiographic cannulation of the renal arteries and introduction of a radiofrequency (RF) ablation catheter. Helical thermal ablation of the renal arterial wall destroys sympathetic nerve fibres supplying the kidney. The underlying theory is that severe, refractory hypertension may be due to increased intrinsic sympathetic activity. The same rationale applies in using oral sympathetic antagonists such as moxonidine.

The Symplicity HTN-1 trial was a first-in-man trial of the technology over multiple centres including Australia, involving 45 patients with resistant hypertension (BP160 on 3 antihypertensive agents), eGFR = 45ml/min and no significant renal artery pathology on preoperative CTA or MRA. →

FMIG Future Medical Imaging Group
109 Burwood Rd
Hawthorn
9818 7833
www.fmig.com.au/haw



To date, patients have been followed up to 24 months and have demonstrated mean systolic office-BP reductions of 20-30mmHg over this period from a mean baseline SBP of 180mmHg, in comparison to control patients who did not see any significant change in their SBP. Of note, only 20-25% of patients reduced the number of agents they were taking, mainly due to orthostatic or hypotensive symptoms, but this was not the aim of the trial or one of the outcome measures. One patient out of 45 sustained a renal artery dissection

which was stented, and another experienced progressive renal artery stenosis during followup, again stented. There were a small number of false aneurysms and access site haematomas related to the severely hypertensive cohort. Concerns remain about the risk of peri-operative and long term renal arterial injury, the efficacy and durability of results, as well as whether the treated cohort experience demonstrable reduction in cardiovascular events. Hopefully the HTN-2 trial currently in progress will answer some of these questions. In any case, this is a promising procedure which is readily performed by experienced endovascular specialists.

Merlin Thomas also took the opportunity to tell us about his book, "Fast Living Slow Ageing" which sounds like a fascinating read on how to make the most of life in a fast-paced world that seems to deny the ageing process rather than embrace it.

With thanks to our sponsors from Abbott Pharmaceuticals we were able to hold a highly productive meeting, satisfying in both educational and gastronomic aspects.

~ Jason Chuen ~

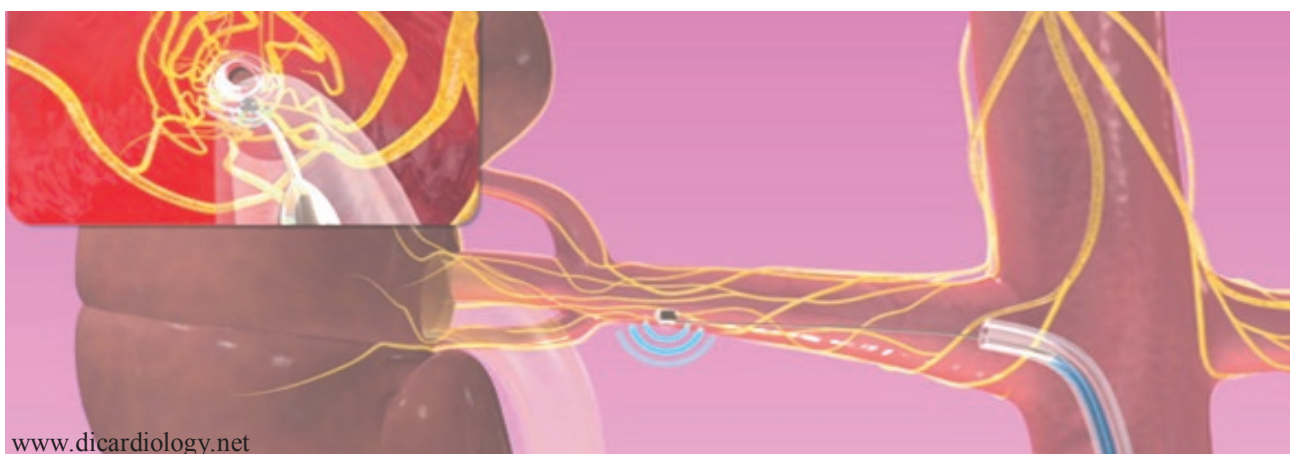
"Fast Living Slow Ageing" is available from <http://www.slowageingbook.com/>



Links available:

<http://www.slowageingbook.com/wp-content/themes/slowagetheme/images/book.jpg>

<http://www.ardian.com/ous/news/mediaKit.php>



AGM and Committee 2011

Thank you to all who attended the ACMAV Annual General Meeting, which was held on April 19th at Malaya Inn, Doncaster. This important event serves to update our members on the financial growth of the Association. We are pleased to report that under the stellar stewardship of our Treasurer, Dr Jun Yang, the ACMAV has a healthy surplus, largely in part to the successful Ball in December 2010 and a generous donation from Dr Benny Foo. The membership numbers have also increased steadily. Malaya Inn provided a satisfying banquet, beginning with tender chicken satay skewers and lombo, followed by a mushroom-stuffed duck, and crispy chilli fish which was particularly flavoursome in an explosion of tangy, sweet, hot and cool (cucumbers). The pan-fried squid and sizzling beef were also well done, as was the dish of vermicelli with mushroom. This evening formally welcomed three new Committee members - Drs Rebecca Nguyen, Sze Mei Yong and Sheng Tie, who bring valuable skills and enthusiasm. They will replace Drs Kevin Chu, Matt Hong and Salena Ward, who have stepped down due to various work commitments. We thank them for their contribution.

The ACMAV has a number of 2011 subcommittee positions open (Editorial, Charity Ball) and interested members are encouraged to contact the President (president@acmav.org).

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Australian Chinese Medical Association of Victoria NATIONAL CONFERENCE 2011



11-12 June 2011
Park Hyatt
Melbourne

Conference Registration

Early-bird conference registrants will be entered into a draw to win a new Apple iPad! Register now for your chance to win!



Delegate details

Title: _____ First name: _____

Surname: _____

Practice: _____

Address _____

Suburb _____ State: _____ Postcode: _____

Tel: () _____ Fac: () _____

Email: _____ RACGP no: _____

- Yes, I would like to attend the **Banquet Dinner** on Saturday night (included in price)
- Yes, I would like to attend **Yum Cha** on Sunday morning (included in price)

Registration fees

Price (incl GST)	Early Bird (by 11 May 2011)	Standard Rate	Total
Medical practitioner Includes: Full education program over 136 days Buffet lunch, morning and afternoon tea Banquet dinner at Dragon Boat on the Yarra Sunday Yum Cha at Shark Fin House	\$99	\$110	\$
Partner (no medical practitioner) Includes: Banquet dinner at Dragon Boat on the Yarra Sunday Yum Cha at Shark Fin House	\$77	\$88	\$
Final year medical student Includes: Full education program over 136 days Buffet lunch, morning and afternoon tea	\$50	\$55	\$
Optional post-conference activity: Melbourne Aquarium			\$
No. of adults _____			\$30pp
No. of children _____			\$15pp
TOTAL PAYMENT DUE:			\$ _____

Payment method

I wish to pay by: VISA Mastercard Cheque

Credit card no: _____

Cardholder's name: _____ Exp date: _____ / _____

Signature: _____ Date: _____

*Ipad competition terms and conditions

1. Entry is only open to medical practitioners who register to attend the ACMAV Annual Conference.
2. Competition opens on 10/01/2011 and closes at 5.00pm AEST on 11/05/2011.
3. Prize winner will be announced during the banquet dinner on 11/06/2011.

Cover photo by Mr David Cheng

How to book:

Mail:

Post your completed registration form to:
Conference Secretary
862A Canterbury Road
Box Hill South VIC 3128

Fax:

Credit card registrations can be faxed to (+613) 9899 6389

Email:

conference@acmav.org

Phone:

(+613) 9899 6380

For more information visit:
acmavconference.org



The 18th ACCMA
NATIONAL CONFERENCE 2011

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Expressions of interest: Be part of a cutting edge hepatitis B program in general practice

In Australia, around 165,000 people have chronic hepatitis B. One third are unaware of their status leading to poor outcomes and ongoing spread of hepatitis B. Those at-risk generally rely on GPs to advise them to test for or protect against hepatitis B. However, studies have shown that for many this never occurs, or occurs too late. Appropriate follow-up and early treatment can significantly improve the health of people with chronic hepatitis B.

What is the program?

We are seeking general practices to be involved in a one-year pilot program funded by the RACGP and Equity Trustees, to provide hepatitis B testing, prevention and monitoring of populations at-risk of chronic hepatitis B infection. This program aims to reduce the proportion of people that are unaware they have chronic hepatitis B by developing a clinical tool to help general practice make the diagnosis.

Could your general practice take part?

1. Does your clinic have three or more doctors?
2. Would all doctors be willing to participate?
3. Does your clinic see at least 500-600 people of Asia-Pacific, Aboriginal or Torres Islander background in one year (any consultation)?
4. Do you use Medical Director (MD) as your patient management system?
5. Are the computers using MD linked to pathology services?

If the answers are yes, you could be involved in this significant health program. In return for your participation, your general practice will receive Category 1 QI&CPD points, \$200 and a share in cutting edge technology.

We know GPs are very busy. Will this take up any of your time?

NO. Data collection will be automatic and electronic and the clinical support tool aims to take up minimal GP time. A project officer from Cancer Council Victoria will visit interested sites and together with a member of your staff (eg. Practice Manager) set up the necessary systems to collect the required data. We will support your practice to set up a recall system to encourage target patients to have liver health checks.

What data do we want to collect?

The clinical tool will collect non-identifiable, routine consultation data on all patients seen at the clinic undergoing hepatitis B testing or vaccinations. We do NOT require you to ask for new information.

How will the system be useful for your practice?

The program will provide practice-specific reports that describe how many individuals were tested or vaccinated, the characteristics of these individuals and the proportion who test positive. This information will provide capacity to observe local hepatitis trends in various demographic groups of your patients and help you to raise awareness about testing and vaccinations.

Collaborating bodies: Burnet Institute, Cancer Council Victoria and the Victorian Infectious Diseases Reference Laboratory

Funding bodies: Supported by the Royal Australian College of General Practitioners and the Cancer Research Trusts as administered by Equity Trustees Limited.

Contact person: Dr Julie Wang, Centre for Population Health, Burnet Institute
Mob: 0404 739 577; Ph: 03 9842 5122; Fax: 03 9282 2138; Email: julie@burnet.edu.au

events

DATE	TOPIC	VENUE
May 18	Dementia	Choi's Hawthorn
June 11-12	Annual Conference	Park Hyatt Melb CBD
July 20	Property investment	Taipan Doncaster
August 24	New treatment in osteoporosis	Shark Fin House Melb CBD

Classifieds

*VR General Practitioner required
Flemington, VIC
Contact Dr Theong Low 0412 330 327*

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