



# Meridian

Newsletter of the Australian Chinese Medical Association of Victoria

澳洲維省中華醫學會

Dec 2012 Volume 9 Number 4

## President's message

The holiday season is fast approaching, and on looking back on the 2012 year, either the globe is spinning faster, or as others have commented, time travels like the speed of light, the older you get! I prefer the former explanation to describe the successful whirlwind of events that my team has put together for the Year of the Dragon.

Since my previous report, we have had a couple of events to conclude the year. Urologist, Raymond Tong (*right*), gave us a succinct update on diseases of the Prostate. Prostate pathology causes much morbidity amongst 50% of the male population, and therefore a popular topic, as was witnessed by the large number of attendees. Golden Dragon Palace, as usual, turned on a great banquet. Everyone went home overly satiated, but sure to have their "plumbing" checked in due course.

November marked our last event prior to the festive season. HSBC dropped some pearls of wisdom as we feasted on the scrumptious Red Emperor menu at Southbank. On a warm balmy night on the balcony overlooking the Yarra river, with the city nightscape as our backdrop, we heard from HSBC's keynote speakers, regarding the state of the global economy and how it will affect Australian investors. The focus was not just on investing in financial institutions but also in "bricks and mortar". A lively question and answer session followed, which hopefully set some of us for a prosperous New Year.

Now is a time for a much needed rest and recuperation. We need to be fresh to deal with the New Year's challenges. I wish you all much joy for the festive season, and safe travels till we meet again for Yum Cha, at Wealth Garden, Doncaster, to celebrate the Year of the Snake.

*The gem cannot be polished without friction, nor man perfected without trials. Do not pray for an easy life, pray for the strength to endure a difficult one.*

"Bruce Lee"

~Nicole Yap FRACS~



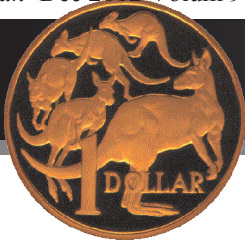
## ACMAV BUBS

CONGRATULATIONS to:

**Our vice-president Dr Chris Leung and wife Christine on the arrival of their baby boy, James Leung!**

**Dr Salena Ward and Stefan Harding on the birth of their daughter, Olivia Louise Harding**

**ACMAV wishes both families the very best and hope to see young James and Olivia at one of the ACMAV meetings!**



# ACMAV Seminar program

## Wealth Seminar

Whether you want to believe it or not, money does make the world go round. With that in mind, for the final 2012 ACMAV meeting, the Membership gathered at the refurbished Red Emperor, Southgate. This evening was made possible with the generous support from HSBC and WPB Property Group.

We were most fortunate to have the Chief Economist of HSBC Australia and New Zealand, Mr Paul Bloxham, as one of the keynote speakers. He presented an overview of the world economy, as well as the local state of affairs. Globally, the United States of America continues as the superpower. However, the epicentre of growth is certain to shift, and by the middle of this century, it is projected to land squarely in China. It was also interesting to see how consumption trends of metals, such as copper, closely correlate with the velocity of a country's economic growth. Closer to our backyard, despite fears of an imminent downturn in the mining industry, at this point in time we are assured it is not the case. There is still money in the dirt.

Mr Greville Pabst from WPB Property Group then gave a most practical guide for home-buying, particular those looking for their first property. Melbourne's real estate bubble never truly seems to pop. So the idea of capitalising on a sales slump is not a reliable approach. A good inner location is the perennial understatement, while those looking into extended term investment could consider the fast-populating outer suburbs.

It was a perfect evening to absorb both the presentations and the pickings from the Red Emperor kitchen.





## Prostate update

Just like bowel cancer, prostate afflictions are not the most comfortable topic to discuss over tea and scones. Prostate cancer is newly diagnosed in over 5000 Victorians per annum with about 700 deaths each year from it. It is important to identify patients with known family history and other risk factors who will benefit from early detection before symptoms occur as this usually indicates advanced incurable disease. PSA and digital rectal examination should be used after careful discussion with patients. They are only risk indicators for having prostate cancer. Depending on the PSA trend, prostate exam, patient factors such as age and related co-morbidities - a man who is at risk of prostate cancer and has a greater than 10 year life expectancy should under go a prostate biopsy to accurately assess the grade and extent of disease.

Patients who have moderate to high risk cancers confirmed on biopsy will need treatment. Where as low risk cancers, which are low in grade and small in volume can be managed with close surveillance in order to prevent overtreatment. This ultimately is to delay the side effects of treatment until the cancer has progressed to a clinically significant but still curable stage.



Treatments are improving with new technologies and better research. Surgery with robotic radical prostatectomy are generally used for treating younger healthier patients where as radiotherapy can be used for older patients or those with co-morbidities.

~ Raymond Tong FRACS ~



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## ~Events 2013~



**Chinese New Year Yum Cha  
Year of the Snake**



**Bowel Cancer Screening  
Dr Elizabeth Chow  
@ Old Kingdom, Surrey Hills**

### ACMAV

- President:** Dr Nicole Yap  
president@acmav.org
- Vice-President:** Dr Chris Leung  
vicepresident@acmav.org
- Secretary:** Dr Jason Oh  
secretary@acmav.org
- Treasurer:** Dr Helena Ng  
treasurer@acmav.org
- Past-President:** Dr Theong Low  
pastpresident@acmav.org

### Committee Members:

- Dr Jason Chuen    Dr Lilia Iina  
Dr Adrian Mar    Dr Nora Lee  
Dr Ken Leong    Dr Sally Ng  
Dr Bec Nguyen    Dr Cheryl Oh

### Newsletter Editors:

Dr Nora Lee & Dr Chris Leung  
meridian@acmav.org

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### 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

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### OBITUARY Dr Allen Peng YUNG OAM

It is with profound sadness the death is announced of Dr Allen Peng Yung OAM on October 8, 2012, at home.

Dearly loved and loving husband of Gillian, loved father of Michael, Alison and Simon, loved father-in-law of Kathryn and Greg, proud and loving grand-father of Ronan, Conor, Kieran, Declan and Eden.

Adapted from notice published in *The Age on October 9, 2012*

*The ACMAV sends its deepest condolences to the Yung family.*

### COMMENCEMENT OF PRACTICE

**Dr Joanne Chionh** (Breast and Endocrine Surgeon) is now consulting at UNIHILL SPECIALIST CENTRE-Suite 32, 240 Plenty Rd, Bundoora 3083 and EPWORTH EASTERN Suite 1, 1 Arnold St, Box Hill 3128  
Appointments Welcome  
Phone: 9466 7338 Fax: 9466 7330

### COMMENCEMENT OF PRACTICE

**Mr Ernest Lim** (Bariatric, Endocrine and General Surgeon) is now consulting at UNIHILL SPECIALIST CENTRE Suite 32, 240 Plenty Rd, Bundoora 3083  
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