



Meridian

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

October 2013, Volume 10 Number 3

*Current Controversies
in Clinical Medicine.*



President's Message

I hope you all enjoy our Meridian tribute to our penultimate event of the year- ACMAV 19th Conference, 2013. This year we aimed to present the frontiers of modern medicine and the controversies that surround them. This was held at the auspicious ball room of the Park Hyatt on 17 th August.

Thanks to our subcommittee lead by Chris Leung, and comprising of Helena Ng, Edwin Luk, Jason Oh, Jason Chuen, Jenny Cui, Sean Huang and James Chiu, we presented on a range of topics , using a distinguished faculty from diverse fields. On this occasion, we elected to provide case based panel discussions, as well as individual presenters.

There was much interaction with the the 130 delegates who attended, and we hope that all walked away having achieved a great learning experience. The wide range of topics were current and common, varying from gastrointestinal complaints, cardiac issues, travel medicine, and breast and prostate cancer.

Of course with all our events , it was not work without play. Morning, lunch and afternoon tea was provided by the Hyatt with their usual aplomb and devoured with gusto, whilst delegates mingled with our sponsors from Bristol-Myers Squibb, HSBC, Investec and Dorevitch. Without their support such events would not be possible and we are very grateful to them.

The evening culminated with a ten course banquet at Shanghai Dynasty, whilst being serenaded by La Chaconne trio. HSBC kindly donated the prize for our raffle. It was a great way to conclude a highly successful day of learning, networking, and eating!

What more could you ask for?

The year is fast coming to an end, and the speed of this was hastened when we recently lost an hour for day light saving!

We recently were educated on orthopedic updates of shoulder and knee issues, by Dr James Chiu , who has returned from gaining further experience in North America. This was well attended at Shark Fin Inn and we experienced first hand the new robot assisted knee surgical device.

Later in the month are our remaining activities for the year. Our annual tennis tournament is being held at the Tennis Centre on the 20 th October, and interested participants need to contact Dr Douglas Gin. Following this is our AGM at Tea Garden, on the 21 st October, and the final HSBC seminar is at Quan Jude on the 27 th November.

I hope you enjoy this edition, and see you all soon at our final events.

*"Live as though you were to die tomorrow
Learn as if you were to live forever."*

Mahatma Gandhi

Dr Nicole Yap FRACS



ACMAV Committee nominations now open

The ACMAV Committee is looking to fill positions recently vacated.

It is an ideal opportunity to learn about the ACMAV and its future directions, and to contribute to the discussion.

For those who are enthusiastic about community work and enjoy being part of a dynamic team, there may be a committee position waiting for you.'

Nominations extended to October 16th 2013.

For further enquiries: secretary@acmav.org

Nomination forms are available from acmav.org



ACMAV Charitable Grants Program

The ACMAV Foundation was established to enable people disadvantaged for cultural or socioeconomic reasons a greater access to healthcare services through the implementation of educational and medical aid projects.

The vision is to offer assistance to the broader Australian and international community while being attentive to the needs of the ethnic Chinese population. Through the Charitable Grants Program, the Foundation aims to promote the humanitarian efforts of its members.

All members who perform charitable work will be eligible to apply. The amount made available for funds may vary from year to year and shall be determined by the ACMAV Committee. Grants will be awarded based on review of the applications in March and September of each year.

For further information or to download an application form, visit www.acmav.org.

Conference Committee
2013





The 19th ACMAV Medical Conference

The ACMAV's Conference is a biennial event, and this year it was yet another successful event. A very hearty congratulations to the Organising Committee comprising: Dr Chris Leung (convenor), Dr Nicole Yap, Dr Helena Ng, Dr Jason Oh, Dr Edwin Luk, Dr Jason Chuen, Dr Sean Huang, Dr Jenny Cui and Dr James Chiu. This team has invested much time and effort to compile a relevant, interesting and thought-provoking program. Each speaker was carefully selected to match the topics. Regardless of which speciality you were from, there was something useful to be found in the presentations. The morning started with a big issue of modern society—obesity, and how to combat it from the medical, surgical and dietetic perspectives. This was followed by a discussion on prostate cancer treatment, and management of atrial fibrillation. After morning tea, the role of prophylactic mastectomies was discussed for patients genetically harbouring a high risk of breast cancer, followed by fever in the returned traveller and a panel discussion in the management of arthritis. After lunch, a dynamic and entertaining panel of gastroenterologists took the audience through irritable bowel syndrome, celiac disease and functional gut disorders. The remainder of the afternoon explored the uses and pitfalls of novel anticoagulants, and also the finer points of psychiatry for patients with relationship problems.

With a full day of education in the bag, many registrants then proceeded to dine at Shanghai Dynasty Restaurant. A full menu of northern delights awaited, accompanied by the sound of music trio La Chaconne. There was one final morsel of education from Dr Chris Leung and the push for better awareness and treatment of hepatitis B.

Because education is one of the ACMAV's priorities, conferences like this will hopefully be an ongoing feature of this organisation. We are most grateful to our sponsors this year, without whom this event would not be possible.



Bristol-Myers Squibb

HSBC 



Investec
Specialist Bank



Dorevitch
PATHOLOGY



Bristol-Myers Squibb

Ivy Printing

Conference August 2013, Park Hyatt, Melbourne



Arthritis Panel

When is an ache and a pain a bit more than just a nuisance? How often do seemingly unrelated sporting injuries unmask something far more significant? The multidisciplinary session focussed on inflammatory arthropathies including ankylosing spondylitis and calcium pyrophosphate disease. For those who don't manage joint problems every day, it was a brain scramble to remember the modified Schober's Test and which crystals appear negatively or positively birefringent under polarised light. In the case of ankylosing spondylitis/spondyloarthropathy (SpA), symptoms suggesting recurrent enthesopathy should always be investigated further. In those aged <45 year old with back pain for 3 months or more, the diagnosis may be made with a combination of imaging with 1 or more listed SpA features, or HLA B27 positivity with 2 or more listed SpA features. Calcium pyrophosphate disease is more common in the older population, but may also occur in younger patients as a secondary disease. As an acute presentation, it may be difficult clinically to distinguish from a septic arthritis. Synovial fluid analysis together with Xray features are usually sufficient for diagnosis. Whilst the arthropathies may respond to particular medications, maintenance of joint function and strengthening of supporting muscles is a key principle. This can be optimised with input from physiotherapy and rehabilitation specialists. Many thanks to the panel: Dr Edwin Luk, Mr Adam Dascal, Mr James Chiu and Dr Alberta Hoi (below L→R).



ACMAV Conference 2013 continued

We've designed the perfect home loan. Low rate. Plenty of options.

HSBC's Premier Home Loan for ACMA members.

4.90% p.a. HSBC Premier Home Loan Discounted Standard Variable Rate*	4.92% p.a. Comparison rate
<small>The comparison rate is based on a secured loan of \$150,000 over the term of 25 years. WARNING: this comparison rate is true only for the examples given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate.</small>	

As an ACMA member you're entitled to:

- **No monthly service fees (saving \$420 p.a.)*** for loans over \$500,000. Other fees and charges apply including loan settlement and valuation fees.
- A 1.05% discount off our Standard Variable Rate* for the life of your Premier Home Loan.
- 100% Balance Offset account available on this home loan.

Available on new HSBC Premier borrowings of \$500,000 or more. To be eligible for this offer, make sure you apply by 31st December 2013.

For further information contact

Vivienne Trinh (03) 9981 7550 viviennetrinh@hsbc.com.au
Karen Le (03) 9981 7512 karenle@hsbc.com.au



Credit provided by HSBC Bank Australia Limited ABN 48 006 434 162. AFSL/Australian Credit Licence 232595. Terms, conditions, fees, charges and HSBC lending criteria apply. Excludes refinancing of existing loans or funds. HSBC Premier eligibility criteria applies and is set out in the Premier Service Guide available at hsbc.com.au/premier. This advertisement provides general advice only and doesn't take into account your objectives, financial situation or needs. Please consider the relevant Product Disclosure Statement available at hsbc.com.au or by calling 1300 308 008 before making a decision about this product. Low variable rate is based on comparing HSBC's advertised rate against the average standard variable rate for comparable home loans for 15 of the top mortgage lenders within Australia. *Standard Variable Rate is currently 5.95% p.a. and is subject to change. Visit hsbc.com.au for details of the Standard Variable rate at the time of application. *As long as you remain a member of your organisation and it is a Corporate Partner.

Gastroenterology panel

Aptly following the midday degustation, the afternoon kicked off with the irritable side of gut disorders, celiac disease and psychological interventions for patients with bowel disorders. Patients with irritable bowel syndrome benefit from adopting the low FODMAP diet. This reduces the amount of fermentable gas-producing sugars and thus relieves the bloating, flatulence and discomfort.

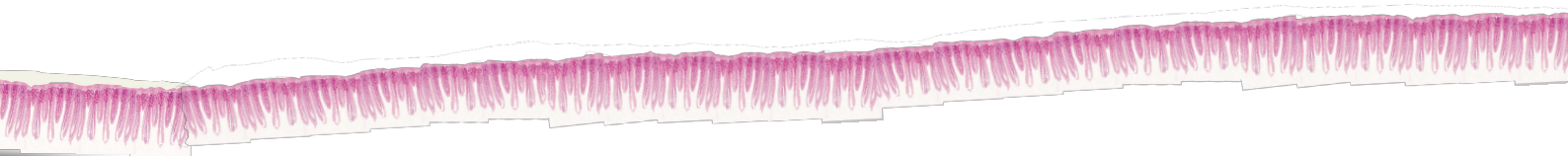
Then the focus moved to looking at colitis and cancer in the Chinese population. The prevalence of inflammatory bowel disease seems to be on the rise in China, with precise reasons unclear. It is noted, however, that the gut microbiota is different to those in western countries. Lynch Syndrome (also known as HNPCC) was also discussed in detail, with the aim of raising awareness of it in the Chinese community. Many thanks to the panel for providing an entertaining yet informative presentation.





Novel anticoagulants

Is warfarin dead yet? No, and probably not for a long while yet. Since the novel anticoagulants arrived on the scene, the options are greater but decisions not so easy. The new anticoagulants available in Australia currently are: dabigatran, rivaroxaban, and apixaban. Their respective PBS indications include prevention of stroke in AF, treatment of acute DVT and/or PE and VTE prophylaxis post-operatively. The convenience factor has been a major selling point for these agents, with no need to measure INRs or periodically adjust dosing. However, many of the trials have excluded or had few patients in the precise patient groups that need more data—extremes of age, those with significant renal impairment and those with cancer. In using these drugs one must also consider the lack of a reversal agent, missed doses and difficulty in determining the degree of anticoagulation using conventional laboratory parameters. Nevertheless, select patients will fare well and the option should be made available to them.



Events calendar

ACMAV

President: Dr Nicole Yap
president@acmav.org

Vice-President: Dr Chris Leung
vicepresident@acmav.org

Secretary: Dr Rebecca Nguyen
secretary@acmav.org

Treasurer: Dr Helena Ng
treasurer@acmav.org

Committee Members:

Dr Jason Chuen Dr Lilia Ilina
Dr Adrian Mar Dr Nora Lee
Dr Ken Leong Dr Sally Ng
Dr Cheryl Oh

Newsletter Editors:

Dr Nora Lee & Dr Chris Leung
meridian@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

19 March 2013 17 June 2013
27 Sept 2013 16 Dec 2013

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.

2013

October

Orthopaedics update
1 October
Shark Fin Inn

October

ACMAV Annual General Meeting
21 Oct
Tea Garden , Oakleigh

NOVEMBER

HSBC Wealth Seminar
27 Nov
Venue TBC



Get your racquets out!
ACMAV Tennis Tournament
Playing on *20th October 2013*
Contact: Douglas Gin
doctor@dermatologyclinic.com.au

est 1993
ivy printing
commerical • digital • design

Richmond 412 church st richmond vic 3121
t 03 9428 2215 f 03 9428 2235
e richprint@ivyprinting.com.au

Brunswick 4 west st brunswick vic 3056
t 03 9383 6833 f 03 9383 5833
e print@ivyprinting.com.au

business card standard size 90x55mm
offset print 2 side on art gloss 360gsm high-bulk
with options of finish (see below or call)

\$44/250	\$66/500	\$88/500
\$99/1000	\$77/1000	\$99/1000
digital plain finish	gloss cello 1 side	matt cello 2 side

options: ■ non-standard size (offset) - extra \$11.00
■ round corner - \$33.00/1K (min charge)
■ discount on bulk orders

For a full range of price list,
please check our website

www.ivyprinting.com.au