



Meridian

Newsletter of the Australian Chinese Medical Association of Victoria

澳洲維省中華西醫協會

April 2014 Volume 11 Number 1

President's message

The end of day light savings, heralds the upcoming cooler months. On reflection of the current year, we have managed to host a number of interesting events.

Following Chinese New Year Yum Cha, the biggest event has been launching the Jade Ribbon Campaign, at Federation Square. This event was held to mark the beginning of our campaign to raise awareness of Hepatitis B especially in the Asian community. We were supported by HSBC, the Melbourne City council, AMA Victoria, Hepatitis B Victoria, Chinese cancer Society, SBS Radio, and the Austin hepatitis unit. Chris Leung and Theong Lo provided information to the general public, in conjunction with hepatitis B patients, using a bilingual approach (English and Chinese)!

Crowds were drawn to the centre stage by the colors and sounds of a lion dance, surrounded by eight lions! The Integrated Yang style Tai Chi group, delivered their precise style with Michael Hong producing an impressive sword performance. The speakers were interspersed, with wonderful swirling attitudes from the Sabrina dance troupe, and the delightful harmonies of the Chao Feng Orchestra. The crowds were enthralled and it was obvious our simple message got across. I was so taken in with the action that it was just as well that Hepatitis B Victoria, had a roving liver amongst the crowd, to bring us back to the purpose of the day!

Many thanks to Helena Ng who was the backbone organizer of the logistics, and our team of helpers from the committee, ball subcommittee, and medical students, who proudly wore custom-designed jade T-shirts.

In April, we were fortunate to have our first official seminar speaker, Dr Gary Liew, present on updates on cardiology. Many thanks to our sponsors Imaging Associates Cardiology and Merck Sharp & Dohme, who allowed this event to take place at the scrumptious Shanghai Dynasty. I truly believe that after that meal, my assessable cardiac risks rose. Fortunately I can relax as we have cardiologists like Gary to sort out those problems!

We are currently organizing another seminar for early June. In the meantime, we are desperately busy organiz-



Above: Dr Chris Leung, Dr Nicole Yap, Cr Ken Ong

ing the penultimate event, Jade Moon Ball, being held at the Park Hyatt, on Saturday 6th September 2014. We are hoping to have a few surprises in store for our guests!!

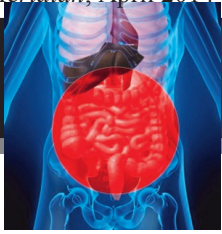
A last minute reminder, for those of you who may have an organization which may benefit from our charitable fund. Applications are closing on the 12th of May. Please see inside for further details.

Looking forward to seeing you all at our next event. Be safe, and be healthy.

"The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark."

— Michelangelo

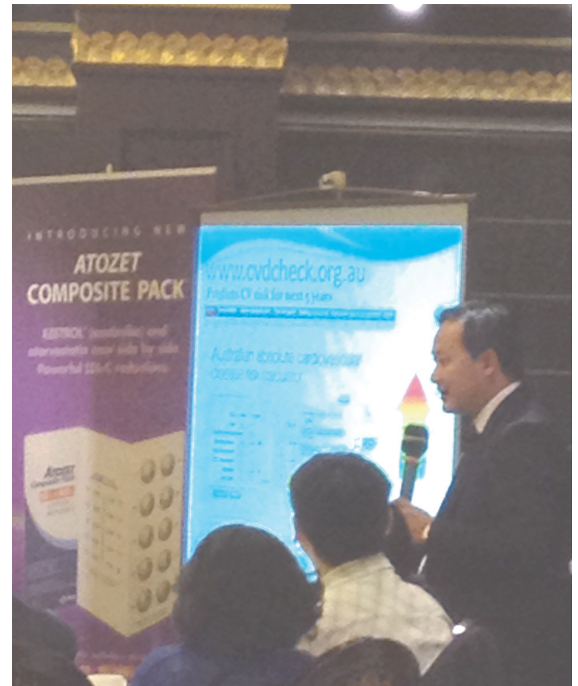
Dr Nicole Yap FRACS



ACMAV Seminar program

C is for Calcium, Coronary Calcium

On 2 April 2014, the ACMAV gathered at Shanghai Dynasty Restaurant, Melbourne CBD to hear Dr Gary Liew (**below**) expound the latest on coronary calcium scoring and lipid management. In spite of a more educated and affluent society with greater technological advancement, cardiovascular disease firmly retains its spot as a leading cause of morbidity and mortality in Australia. The traditional risk factors for coronary disease are well known. The use of coronary calcium scores can further refine risk stratification, and is particularly useful in asymptomatic patients. The score is derived from volumetric plaque volume measurement acquired by computed tomography imaging of the coronary vessels. This is both quick and non-invasive. Calcium scores of 1-10 suggest low cardiovascular risk, 11-100 moderate risk, 101-400 high risk, and <400 extremely high risk. Patients at this extreme end of risk often undergo further testing eg stress echocardiography. Cardiac CT is another rapid assessment tool for patients with few cardiac risk factors presenting with chest pain for investigation. Dr Liew's talk also touched on lipid management, a key part of cardiovascular health, and emphasised that *any* reduction in low density lipoprotein (LDL) is beneficial. The evening was a timely refresher for all. Thank you to our event sponsors **Imaging Associates Cardiology** and **Merck Sharp and Dohme**. Our appreciation also to Shanghai Dynasty for an excellent menu.



Chinese New Year Yum Cha

It was great to see a large attendance at our annual Chinese New Year Yum Cha. Many braved the car parking issues and 40 C temperature, to share the ACMAV celebrations, of the Year of the Horse at Dragon Boat Palace. Despite a problem with air conditioning and therefore eating in sauna like conditions, no one left till the last morsel was doled out, only proving that Asians are dedicated to their food!!

The ACMAV wishes all their members a prosperous year.

ACMAV Committee Positions

Opportunity exists for enthusiastic and committed members to be part of the organising committee.

Bring your ideas, experience and energy!

Please contact the office (office@acmav.org) if interested or if you have any queries.

Jade Ribbon Campaign 2014

Hepatitis B is a silent epidemic, catching many people unawares until it is too late. The jade ribbon campaign originated almost 14 years ago in Stanford University, California. The aims of the campaign are to eradicate Hepatitis B worldwide, and to reduce the incidence and mortality of hepatitis-B –associated liver cancer. Statistics indicate that 1 in 10 people in Australia of Asian origin will be carriers of chronic hepatitis B infection. 1 in 4 individuals with chronic hepatitis B will eventually succumb to liver cancer. More frightening is that Asian Australians (predominantly Chinese) make up 60-70% of all hepatitis-B-associated liver cancers¹.

With this firmly in mind, Dr Chris Leung, the ACMAV Vice-President and also a practising hepatologist, launched the inaugural Australian Jade Ribbon Campaign. This event took place on Sunday 2 March 2014 at Federation Square in Melbourne CBD. The packed 4-hour program ensured that plenty of entertainment interspersed the hard-hitting messages from liver experts around town. It was a great crowd in attendance, and whilst the HepB Free message will take time to disseminate, it was at least a fantastic kick-off. Many thanks again to all who were involved.

Go out, spread the word and save a life.

¹ http://www.ashm.org.au/images/publications/monographs/b%20positive/b_positive-chapter_1.pdf

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Australian Chinese Medical Association (Victoria) Inc.
澳洲維省中华西医协会

JADE MOON NIGHT

CHARITY BALL

Saturday, September 6th, 2014
Park Hyatt Melbourne

**Raising funds for the ACMAV Foundation,
Hepatitis B Foundation
and the Chinese Cancer Society of Victoria**

The back page

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Charitable grants

The ACMAV Foundation was established to enable people disadvantaged for cultural or socioeconomic reasons a greater access to health-care 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 grant value shall be determined by the ACMAV Committee. Grants will be awarded based on review of the applications in March and September of each year. Please note that the early round for 2014 has an **extended closing submission date of May 12, 2014**. For further information or to download an application form, visit www.acmav.org.

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2. Practise also for sale

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