



Meridian

Newsletter of the Australian Chinese Medical Association of Victoria

澳洲维省中华西医协会

May 2015 Volume 12 Number 1

President's Message



Welcome back to Meridian, as we steadily work our way through the year of the Sheep. It is to be a year of promise and prosperity. I hope you are all benefitting from this auspicious animal!

ACMAV celebrated with our usual annual Yum Cha event, on this occasion at Wealth Garden, Doncaster. Helena Ng and I, represented the association at the HSBC Chinese New Year function at Crown Palladium (*left*). We were treated to a lion dance, where Helena once again tried to improve the society's fortune by almost being swallowed by the lion as he was manipulating the "red packet (hongbao)" from her hand!

This was a great preamble to our series of seminars, where we have changed the format to make them slightly more interesting and interactive. The first of these was on the topic of Occupational Respiratory Medicine Update, with a panel consisting of respiratory

physician expert, Dr Ryan Hoy, and a team from Adviceline Injury Lawyers, who also kindly sponsored us. This was held at the consistently delicious cuisine of Shark Fin Inn.

Response to this format was so positive that we decided to hold a similar event at Shanghai Dynasty. On this occasion, the topic was continuing updates on Hepatitis B with insights to the latest studies and health pathways. This was assisted by an expert panel of gastroenterologists, general practitioner, and liver care nurse. To spice up the night, we had a live demonstration of the Fibroscan, whilst munching on main course. Needless to say that a few participants were very wary of receiving the results of a fatty liver by this scan, and eating and drinking became slightly circumspect! Our gratitude extends to our bevy of sponsors who helped make this event happen—Networking Health Victoria, and Melbourne Medicare Locals (South East/ Inner North West/ Inner East).



On a separate topic, ACMAV grants for 2014-2015 year have been finalised. Congratulations to International China Concern, Melbourne Home for Elderly Chinese, Project Cambodia (Dr Andrew Bui), development of 3D printer to assist management of vascular disease (Dr Jason Chuen), and Project Nepal. Details of how our funds are assisting these projects are being reviewed episodically in the Meridian, and planned to also feature on our website.

I have recently returned from the national ACCMA conference, which was held in Double Bay, Sydney. The topic this year, "Lifestyle Medicine" was very interesting with entertaining and informative speakers. Not only did I meet with old friends, but made new ones in Sydney's conducive warmer climate whilst overlooking the marina. The executive meeting confirmed that all active states are fairly similar to us. Next year the conference will be held in Auckland, New Zealand.

Stay tuned for activities planned for the rest of the year of which Movie Day and Self Defence class are on the horizon. We also have some further seminars coming up. In the meantime, have a think of who you feel has significantly contributed to the ACMAV, and Chinese community at large. Let us know your nominations for the Tom Tsiang award, prior to our AGM in October.

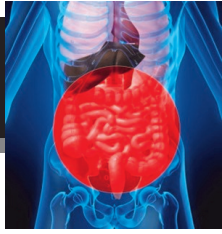
Till the next time.....

"As you walk and eat and travel, be where you are. Otherwise you will miss most of your life"

- Gautama Buddha



Dr Nicole Yap FRACS



ACMAV Events

Respiratory Medicine



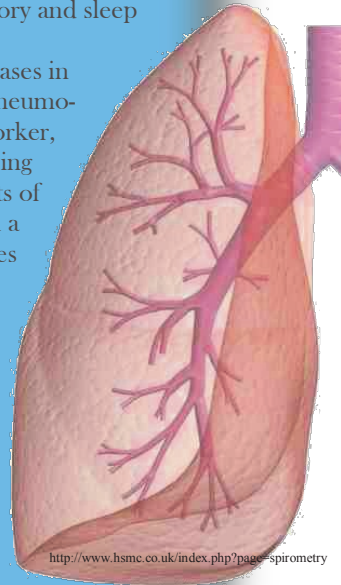
On April 13, the ACMAV Seminar was held at Shark Fin Inn, Melbourne CBD. The topic for the evening focussed on occupational lung disease. This event was generously sponsored by *adviceline injury lawyers*, and headlined by guest speaker Dr Ryan Hoy. Dr Hoy is a respiratory and sleep physician based in Malvern, who also consults on occupational lung disease.

This session provided an overview of the three commonest occupational lung diseases in Australia, namely work-related asthma, cancer (lung cancer, mesothelioma) and pneumoconiosis (asbestosis, silicosis). Whilst these may not apply to the ordinary office worker, plenty of workers in Australia's primary industries are at significant risk of developing these diseases. The respiratory tract is inherently vulnerable to the damaging effects of dusts, carcinogens, and debris due to the large volumes of air that pass through. In a typical working week, the lungs would be exposed to over tens of thousands of litres of air. Compounding this is strenuous work with high exertion that increases the respiratory rate, and hence the total volume of air passing through the lungs in a given time.



adviceline
injury
lawyers

The partners from *adviceline injury lawyers*—Andrea Tsalamandris, Michael Lombard & Bree Knoester—kindly gave up their evening to chair a medicolegal focused segment. *Adviceline injury lawyers* collectively has over 30 years experience in personal injury litigation, and covers areas including TAC claims, Work-Cover, medical negligence, and asbestos related disease. The panel expanded on topics such as requirements for assessing patients, documentation, how to present if called as an expert witness, and other pointers in navigating a highly litigious area. Thank you to all the speakers for an interesting and very helpful educational session.



<http://www.hsme.co.uk/index.php?page=spirometry>

Membership Survey

The committee wishes to thank the members (approximately 50) who responded to the recent survey on improving the quality of your membership and the Association's events and activities. A few key points from the survey are highlighted below:



Over 70% of members reported that seminars, delicious meals and professional networking were the most important aspect of their membership and of greatest value to them.

Suggestions on improving the quality of educational seminars included varying the location, day and time that seminars are held; prompt start and finish times; ensuring speakers and presentations were dynamic, interactive and practical; and a greater variety of medical topics.

On whether the association should be engaged in activities other than educating its members and supporting the work of the ACMAV Foundation, respondents overwhelmingly voted for more involvement in education and health promotion of the local Asian community. Over 70% felt we should offer a mentoring role for younger members. Your input is invaluable and where possible, the committee will endeavour to undertake changes based on your comments and suggestions. office@acmav.org

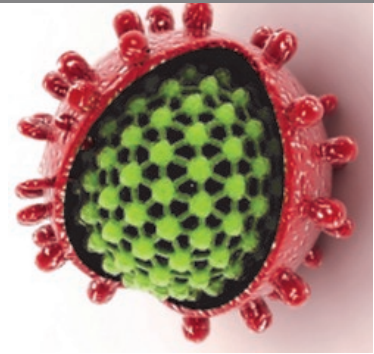
International China Concern

Apart from local interests and activities, the ACMAV assists in a number of international aid projects. In the last edition of *Meridian*, you would have seen the work from Mr Andrew Bui and his team for children in Cambodia. The International China Concern (ICC) Pearl Room is another simmering project aimed at helping orphaned Chinese children. Situated in a number of provinces including Henan and Hunan, these facilities are steadily growing to meet the demands of caring for hundreds of abandoned children.



The dedicated staff nurture these children, with some eventually adopted out to families. It is a huge combined effort from nurses, volunteers and therapists to keep the service running, together with monetary donations. The ACMAV is delighted to see the direct benefit of donations to these children. Opportunities exist for volunteers to work in the ICC facilities. For more, visit <http://www.chinaconcern.org/>

Hepatitis **B**



Does it sound like we have a B in our Bonnet about hepatitis B? You bet. Hepatitis B remains an under-recognised and under-treated condition, particularly in communities where language is a significant barrier.

On May 19, an expert panel of speakers presented on one of the foremost community health problems at Shanghai Dynasty, Melbourne CBD. The speakers covered many aspects of hepatitis B, from detection and screening, to making inroads into communities to heighten awareness. Not to mention the presence of the Fibrosan machine to make it the ultimate interactive session—members of the audience were encouraged to obtain a reading to see how quickly and comfortably a liver fibrosis estimate could be made. Many thanks to the panel consisting of Associate Professor Ben Cowie, Dr Anouk Dev, Dr Julie Wang, Dr Alex Thompson, Dr John Lubel and Jacqui Richmond (below). Thank you also to Networking Health Victoria and Medical Local Inner East Melbourne for the great support. As follow up activities, members may be interested in the following:

Education – funded by State Dept of Health

Further Hep B Education for GPs – RACGP accredited, free to attend and can be tailored to individual practices and can even be offered on site at your clinic.

Further education for practice nurses – encourage your practice nurse to up skill so that they can assist with management

of Chronic Hep B in your practice. Please contact Julie Brock for further information. J.brock@nhv.org.au

IHBS service – Funded by State Dept of Health

The integrated Hepatitis B service is run from Melbourne Health. The specialist nurses work with high case load clinics to build capacity to manage Hep B. Please contact Tracey or Emily on t.carbic@mh.org.au or e.wheeler@mh.org.au for more information on how they may be able to assist your clinic.

If you have patients with chronic hepatitis B, researchers from La Trobe University would like to hear their story. The interview will take between 30 and 60 minutes and involves questions about the patient’s health and well-being, family and community, and how hepatitis B affects their life. Interviews will be conducted in *English, Vietnamese, Chinese or Arabic*. The location of the interview will be at the venue of the patient’s choice. Interviewees will be reimbursed \$100 to cover their costs.

All the information obtained during the interview will be strictly confidential. Please contact:

Roslyn Le | Tel: 03 9489 8720 | Mobile: 0431 377 122 | Email: r.gautier@latrobe.edu.au



Chinese new year yum cha 2015



In February 2015, the traditional Chinese New Year Yum Cha was held at Wealth Garden, Doncaster. This annual event is a chance for members and their families to get together in a casual setting and usher in the Year of the Sheep. The Wealth Garden kitchen kept all bellies satisfied with a variety of dim sum. Until next year...may the coming one be prosperous and happy for all.

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events calendar

June 20: *Movie Night*

July : *Seminar, topic TBC*

Aug 22 : *Self-defence day*

Oct : *ACMAV Annual General Meeting*

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Tom Tsiang Award *Nominations now open*

The Tom Tsiang Award is given to acknowledge a member of the ACMAV who has given exceptional contribution to the local Chinese Community. Nominations will close on 30th August 2015. Forms can be downloaded from acmav.org. All enquiries can be directed to office@acmav.org. The successful nominee will be announced at the Annual General Meeting.



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