



Meridian

Newsletter of the Australian Chinese Medical Association of Victoria

澳洲維省中華西醫協會

September 2016 Volume 13 Number 2

President's message



"Wheresoever you go, go with all your heart. If you always give, you will always have" Confucius

無論哪裡您時髦與所有您的心臟。如果你持續給予，你會持續擁有。孔子

The generosity of the human spirit never ceases to amaze us. One such initiative is that of the Cambodia UNACAS (Unaccompanied Association) orphanage in Cambodia and the generous contributions at the Cambodia Fundraising Dinner. Thanks to ACMAV members, Andrew and Caroline Bui.

On the international front we have supported the International China Concern, an organisation that helps babies and toddlers with disabilities in China. Many thanks to ACMAV committee member, Dr Lilia Ilina for this opportunity.

These and many other touching initiatives brings us back to the core of what ACMAV means and why we all became clinicians in the first place - for the betterment of our patients and the health of our community. It is with some pleasant nostalgia that I read through the 25 years of Qi and Meridian publications which highlight our achievements as a group over the years. Just this month, thanks to Lilia Ilina, ACMAV committee member and President of the Chinese Professional and Business Association, we had our inaugural dinner together accompanied by a rousing talk on obtaining a healthy body and healthy mind.

This year is also another landmark year in that we are hosting our 20th ACMAV conference in partnership with the Austin Clinical Education Unit (of which I am a Clinical Lead) and the Bank of Melbourne (A Bank "For the Makers"). We are always pushing the boundaries of education and interaction and aim to have a riveting junior trainee focused conference. The interdisciplinary presentations will cover important

updates from multiple specialties including cardiology, respiratory, endocrinology, gastroenterology, vascular, infectious diseases, general surgical principles, perioperative care and haematology. Then there will be a series of orations that will give you the edge and refresh your clinical acumen with national experts discussing clinical examinations tips, juggling clinical work, research and life and even a session where we learn from a Rio athletic competitor! With multiple break-out sessions, there will be something for those thinking about FRACP adult and paediatric pathways, FRACS training, FRACGP exams and IMG education. For those who have already finished training, there will be a break-out session on important images in Clinical Medicine as well as a fantastic update on practical point-of-care tools and apps to help you look after the patients in your care.

Finally, thank-you all for your contributions and suggestions. Thank you for the enthusiastic responses in developing workshops for our trainee members and help incorporating these into break-out sessions in our upcoming conference. The strength of our association lies in its members. With our rich and diverse skillset we can enrich ourselves, each other and our communities!

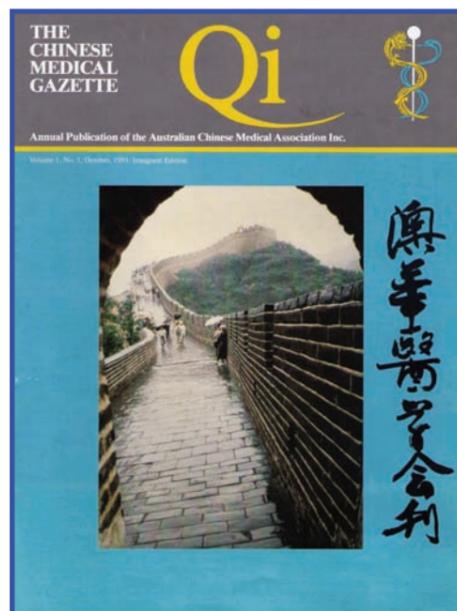
Dr Chris Leung (ACMAV President)



ACMAV and CPBA members networking and sharing ideas

ACMAV activities

A history lesson of Qi and Meridian



Qi Magazine 1991 First Edition

golden dragon and snake coiling around a wooden staff. This gives it a definitive Chinese characteristic that is full of meaning. The dragon represents a mythical animal that is very auspicious to the Chinese way of thinking.

The sister quarterly Meridian publication was started a few years later as it was felt that an annual magazine was insufficient to reach out to the members on a regular basis. Hence the three monthly interval of its sister publication. Meridian represents the channels through which Qi was able to flow throughout the body and energising it. This was most apt as it embodies our concept of cooperation amongst members with the intention of informing and disseminating of knowledge at all times to one and all. Qi and Meridian are so inextricably linked that one cannot exist without the other. We were able to achieve all this in our association magazines.

Both publications have been in continuous publication for 25 years now and we hope to continue their legacy for many more years to come with the Meridian potentially set to evolve to an electronic newsletter—continue reading for more information on this update.

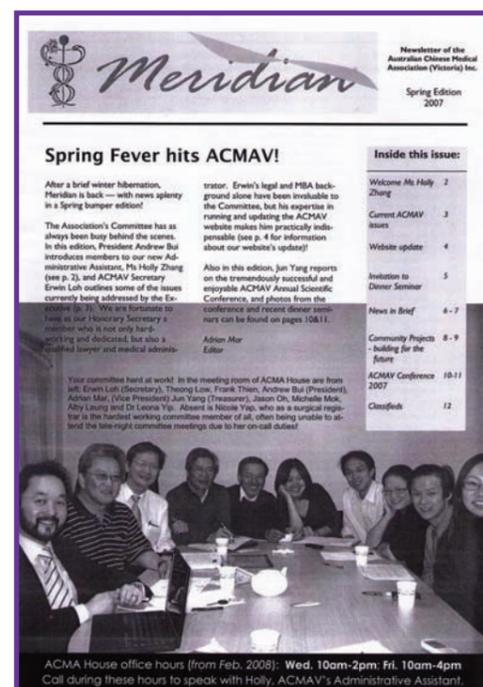
By Dr David Chong

The idea of an annual magazine Qi was spawned in 1991 when the ACMAV committee at that time led by Dr David Chong decided to formalise the activities of the association in a written format to inform a wider audience.

Qi was designed as a platform to

1. Explain to the wider audience the essence of the Chinese Medical Association
 - a. Work amongst the Chinese population non fluent in English to improve their health issues.
 - b. Provide a forum for discussion of medical issues affecting the Chinese population.
 - c. Allow networking amongst doctors to enhance their work in the medical, social, mentoring, guidance and in public health issues.
2. Put on record the education programmes, research papers, medical achievements and notable works by members.
3. Provide a marketing tool in reaching out to a wider population.

The naming of this annual magazine was crucial as it has to reflect the uniqueness of the association it represents. Qi denotes the omnipotent life energy or force that drives all man or woman as understood in the Chinese culture. Qi is deliberately written with no full stop to give it a sense of continuum to infinity. The Logo is of the Rod of Asclepius modified with a



Meridian 2007

Cambodia Fundraising Dinner



This year Andrew Bui and his wife Caroline again organised a dinner for the UNACAS orphanage in Cambodia. The dinner was held at Narai Thai restaurant in Bundoora on 11th August 2016.

They had some very special guests including Ms Petra Snellman—CEO of Warringal Private Hospital; Mr Boon Hong—ACMAV member and Tai Chi Master. Many doctors and nurses from the Austin; Northern; Warringal Private Hospitals and of course ACMAV members attended the event. We appreciate the enormous support.

Everyone enjoyed a delicious banquet dinner and great service by the restaurant. The raffle was a lot of fun with almost 60 prizes on offer and an auction with a variety of weekends on offer. Thanks to everyone who attended—I am happy to report that the night raised \$15,000 AUD and this has already been transmitted to the UNACAS orphanage. So from the simple enjoyment of our dinner we have all made a difference to the young people of Cambodia!

By Mr Andrew Bui and Mrs Caroline Bui



Ms Petra Snellman (seated) with Dr Andrew Bui

The 20th ACMAV Conference: Conundrums in Clinical Medicine



This year is a landmark year of the 20th ACMAV Conference! Come join us on Saturday 5th November 2016 at the Austin Hospital for an outstanding day of education and networking. As doctors we have to constantly upskill and update—this is the perfect way to achieve this.



Topics covered include updates on Asthma; Cardiac failure; Peripheral vascular disease; travel medicine and even clinical exam workshops. Breakout groups allow for individual development. Finally in keeping with ACMAV tradition there will be the option of partaking in a beautiful 10 course dinner at Golden Dragon Palace to relax and digest. Take a look at the wonderful program we have organised for you on the following page!

Interested? Fax, email or post the included registration form - early bird registration is by Friday October 7th

ACMAV activities

ACMAV 2016 CONFERENCE PRELIMINARY PROGRAM

TIME	TOPIC	SPEAKERS	SPEAKER DETAILS
8:30	REGISTRATION		
8:50	Welcome and Introduction	Dr Christopher Leung	President, ACMAV and Medical Lead, Clinical Education Unit
9:00	Calcium Scoring and Risk Assessment Controlling Cardiac Failure with a team approach	Dr Gary Liew	Cardiologist and Cardiac CT expert
		Kim Gray	Cardiac Coach Physiotherapist, Austin Health
9:30	Asthma and COPD - Prevention, Diagnosis and Management	Prof Christopher Worsnop	Respiratory Physician, Austin Health
		Catherine Hill	Respiratory Physiotherapist, Austin Health
10:00	Haematological emergencies	Dr Wai Khoon Ho	Haematologist, Austin Health
		Dr Nora Lee	Haematology Registrar, Eastern Health
10:30	MORNING TEA		
11:00	What's New in the Management of Peripheral Vascular Disease?	Mr Jason Chuen	Director of Vascular Surgery, Austin Health
11:30	Travel Medicine including updates on the Zika virus	Prof Lindsay Grayson	Director of Infectious Diseases, Austin Health
12:00	Managing the Metabolic Syndrome in the 21st Century	Prof Joseph Proietto	Endocrinologist and previous Chair of the National Association of Diabetes Centre
		Dr Christopher Leung	Hepatologist and Researcher in Fatty Liver, Austin Health
12:30	LUNCH		
13:30	Clinical Examination Tips and Tricks	Dr Stephen Warrillow A/Prof Pat Charles	FRACP National Examinations Panel (NEP) Clinical Examiners, Austin Health
14:00	Getting the mix of clinical work, research and life just right	Professor Ingrid Scheffer AO	Director of Paediatrics, Austin Health, Physician Scientist/Epileptologist, Founding Fellow of the Australian Academy of Health and Medical Sciences and recipient of the Prime Minister's Prize for Science
14:30	What can clinicians learn from the athletic mindset?	Dr Elena Galiabovitch	Rio Olympic 10m and 25m pistol competitor and surgical resident at Monash Health
15:00	AFTERNOON TEA		
15:30	General Surgical Principles and Perioperative Care	Mr Kiat Lim	Supervisor of prevocational surgical training
		Dr Suet-Wan Choy	Perioperative Physician, Austin Health

TIME	BREAK-OUT SESSIONS		
16:00	<i>Break-out Session 1:</i> Pathways through the FRACP exams	A/Prof Joseph Tam	Clinical Lead in Paediatrics and Director School of Rural Medicine, Latrobe Regional Hospital. Member of the National Examiners Panel for paediatrics.
		Dr Victoria Hall	Elizabeth Austin Registrar, Austin Health
16:00	<i>Break-out Session 2:</i> Navigating through FRACS training	Mr Kiat Lim	Supervisor of Prevocational Surgical Training, Austin Health
		Dr Lawrence Lau	Hepatobiliary fellow, St Vincent's Health
		Dr Jason Chuen	Member of the Victorian Department of Health Ministerial Advisory Committee on Surgical Services and committee member of the Victorian Audit of Surgical Mortality and an AMA Victorian Councillor
16:00	<i>Break-out Session 5:</i> Important Images in Clinical Medicine Point-of-care tools and Apps to help your Clinical Practice	Dr Jwu Jin Khong	Ophthalmologist, Austin Health
		Dr Anthony Yao	Ophthalmology Educator, Austin Health
		Dr Desmond Gan	Dermatologist, Monash Health and Alfred Health
		Dr Ross Apostolov	HMO and Medical App enthusiast
		Dr Christopher Leung	Medical Lead, Clinical Education Unit and Gastroenterologist
		Michele Gaca	Chief Librarian, Austin Health
		Helen Baxter	Clinical Librarian, Austin Health
17:30	FREE TIME		
19:00	BANQUET DINNER - Golden Dragon Palace, Lower Templestowe		
19:30	Direct Clinical and Research applications of Novel 3D Technologies	Mr Jason Chuen	Founder of the 3D Printing Laboratory, Austin Health
		Jasmine Coles-Black	Research Community Coordinator, Research Platforms, University of Melbourne

CATEGORY 2 GP QI&CPD POINTS WILL BE APPLIED FOR.

LIVE INSTRUMENTAL MUSIC KINDLY PROVIDED BY THE AUSTIN ANDANTE GROUP:

Dr Rui Wu: Violin. Dr Rebecca Tai: Violin

Dr Kimberley Chan: Violin/Piano

Dr Alice Lee: Violin/Piano

ACMAV activities

ACMAV and Bank of Melbourne

2016 Tax Tips Seminar

ACMAV and Bank of Melbourne teamed up to present an educational and useful seminar on how to make the most of our finances.

A quick internet search with the keywords “Doctors” and “Finances” brings up several depressing articles. Often we are investing all our energy into looking after our patients that we neglect to look after our financial health. A false sense of security from our high pre tax income lulls us into complacency. The ease of which we can get loans also puts us at high risk of financial strain.

Thus on a cold winter’s night in June we were proud to host a tax seminar. In order to look after members’ gastronomical health we were presented with an array of dishes—particularly Quan Jude’s famous Peking Duck (*est.* 1864) where each duck comes with its own Certificate of Authenticity.

We had a quick update by Mr Matt Manning on “*Navigating the Budget Super Changes*”. Matt patiently guided us through the differences between concessional and non concessional; planning for retirement and other ways to make the most out of our finances.

Then we had Mr William Lo- Accountant and Tax Therapist. He presented “*Tax Therapy*”. Whilst some things were revision for many—some were new and novel ways of helping us maximise our incomes.

Overall the night was a great success and we endeavour to have more great seminars like it!

If you would like a copy of the seminar powerpoint please email office@acmav.org and we will email one to you.

Thanks to the team at Bank of Melbourne (Irene Yu, David Wheeler) for helping organise speakers for the special night! And of course thanks to Mr Matt Manning and Mr William Lo!



BoM ACMAV Welcome Event

ACMAV members were kindly invited by the Bank of Melbourne team to partake in the Monash Gallery of Arts exhibit—“*China: grain to pixel*” - a photographic timeline of China’s evolution over the last 150 years.

Developed by the Shang Hai Centre of Photography (SCOP) this exhibition will be going around the world including Belgium and Russia.

Not only does it showcase Chinese culture but also the evolution of photography—as a way of documenting life to its uses as propaganda.

We enjoyed an assortment of seemingly never ending trays of hors d’oeuvres—a perfect accompaniment to the fascinating photos on display. A business card raffle found some lucky members with tickets to the National Gallery of Victoria.

Thanks to the team at Bank of Melbourne and the Monash Gallery of Art for a wonderful event!



Opposite Page:

- China Grain to Pixel

From top Left:

- Dr Nicole Yap and Dr Chris Leung—ACMAV former and current President
- BoM make ACMAV feel welcome
- The ACMAV committee with our new BoM family (Credit to IMAGEPLAY)

ACMAV activities

2016 Photo Gallery



- Clockwise from Top Left:
- New recruits to ACMAV enjoying the Welcome event by BoM
 - ACMAV members listening intently at the MGA
 - ACMAV and BoM unite
 - Mr Jason Chuen and Dr Chris Leung at Vascular outpatients at the Austin after another successful day of 3D printing

Clockwise from Top Left

- Dr Andrew Bui at the annual Cambodia Fund-raising Dinner
- Proud ACMAV members at the MGA
- Dr Andrew Lim at Narai Thai
- Bottom Left and Right: Candid shots of some ACMAV members at the MGA

Photo Credit to **IMAGEPLAY** for BoM, MGA event photos



ACMAV activities

The Rising Tide



Ever since we asked for volunteers to mentor or if anyone would be interested in workshops to assist with clinical exams—we have been inundated with responses. It's a tough world out there. No longer can one expect to simply "get onto a program". The title "Doctor" no longer guarantees a career.

I can personally guarantee that at least once a day I get asked for career advice—even simple things like how to get through internship or those first set of night shifts. I joined ACMAV this year for two reasons—because my brother encouraged it and also because I realised how helpful it is to be a part of an association with a variety of members with a wide breadth of experience. We should be proud of our diversity and use it to our advantage.

Come to our conference—**ACMAV—Clinical Conundrums**—where we will have speakers from the GP training program; FRACP and FRACS. Or if you want some quick advice—feel free to email office@acmav.org and we will try to link you up with an appropriate member if we can't help you ourselves.

By Dr. Jamie Cheong

International China Concern

Over the last two years ACMAV has contributed funds to help International China Concern (ICC). We were delighted to hear that our donations could help make a difference. International China Concern is an organisation that help supports babies and toddlers with disabilities in China. In particular our funds were utilised to help children within the ICC Pearl Room, as well as to provide them simple things such as warmth; shelter and food

In Sanmenxia winter can be freezing and heating is a priority especially for new babies. Our support has helped keep these babies warm; living and thriving. In fact there was a recent success story in baby Wang Xiao Qing being adopted



E-Meridian

We live in the techno age—electronic medical records; phone photography as a means of instant transmission of information; video consultations with patients in the country.



We asked ourselves what is the benefit of having an electronic newsletter. Potentially monetary savings which would mean more funds available for seminars? It might benefit the environment. Surveys could be instantaneously done online for more efficient, practical response rates.

There are also cons to any decision—the Meridian is a tradition. Having a physical element might make it easier to read and enjoy—a time out from constantly staring at screens. As always we believe our members should have the opportunity to contribute—either email office@acmav.org or click on the email survey that will be sent around shortly.

Either way you can look forward to quarterly updates from the ACMAV team!

by a foreign volunteer. He is just one of the many babies who has successfully found new loving families with our continued support.

One baby with spina bifida and another with hydrocephalus were able to go to Shang Hai to get much needed medical and surgical treatment . ACMAV's support has meant good, regular, clean food for the children. Carers are now able to ensure each child gets the appropriate nutrition and now the childrens' mean weight are all in the healthy range.

ACMAV means we can make a difference!

(Photos and update kindly provided by the ICC and Dr Lilia Ilina)



3D Printing at the 3D Med Lab

I can't believe it's been six months since the two Makerbot Replicator 2X 3D printers have been up and running at the Vascular Lab!

In the Vascular Lab, 3D printed abdominal aortic aneurysms are now commonplace and are used to add another perspective to difficult cases in addition to standard CTAs. We have also been helping other specialties use 3D printing in their work, for example: Radiation Oncology, Cardiothoracics, and Anaesthetics. The 3D printers have been such a hit that the Department of Anaesthesia at Box Hill Hospital will soon be following suit.

This interest in the 3D printers and their capabilities in the medical field has led to Research Platforms Services at the University of Melbourne running free 3D printing courses at Austin Health, which some of you have attended. Thank you to those of you that have, I hope that you found it both fun and useful! This interest in 3D printing that has been growing at the hospital has also led to The University of Melbourne's Engineering Workshop allowing us to move the Objet30 Scholar, a more advanced 3D printer previously located on Parkville, to Austin Health. We are in the process of relocating this printer, and I can't wait to see what it can do!

Last but not least, the inaugural 3D Med Seminar, founded by ACMAV's AMA Representative, Mr Jason Chuen, and Research Platforms Services, will be held at Austin Health this year. This event is on Wednesday, 5th October, 2-6pm, at the Level 4 Lecture Theatre at Austin Health. We have invited a variety of speakers, including interstate and international, who have prepared talks on the varied and fascinating ways in which they use 3D printing in their practice. We can't thank you enough for all your support so far, and we hope to see you there!

By Jasmine Coles-Black—Research Community Coordinator, University of Melbourne



Mr Jason Chuen demonstrating the uses of 3D printing

Get Involved with ACMAV!

ACMAV

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Published by ACMAV Inc.
ABN 43 721 970 098

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Future edition copy deadlines

11 Dec 2016 17 March 2017
June 2017 September 2017

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UPCOMING EVENTS

3D Printing Seminar 2 Day Workshop (3 Dates):
2-6PM 20-21 Sept, 2016
Level 4 Austin Clinical School
Computer Lab, Heidelberg

ACMAV Movie Night 2016
"The Secret Life of Pets"
Sunday 2 Oct 2016
Kino Cinema CBD

3D Med Seminar
2-6PM Wed 5 Oct, 2016
Level 4 Austin Clinical School
Computer Lab, Heidelberg

ACMAV AGM 2016
7PM, 10 October, 2016

ACMAV Conference 2016
9AM to 9PM, 5 November, 2016
Austin Health, Heidelberg

Tai Chi Saturdays
9.30AM Forest Hill Secondary
College

Tai Chi Sundays
10.30AM Templestowe Secondary
College

Annual Chinese AMA Tennis
11:45AM, 23 October, 2016
National Tennis Centre

Austin Health GP Series—with dinner and free parking!
Paediatric Update
Paediatric ED, 30 August 7-9pm

Diabetes Update
Dr Elif Encini, 5 October, 2016

Gynaecology Update 2
A/Prof Sonia Grover, 13 October, 2016

GP Emergencies
ED Department, November, 2016

Interested? Goto ACMAV website for further details!
<http://www.acmav.org>



Boxhill Eye Surgeons

NEW practice

Dr Janice Thean
(ACMAV member;
Ophthalmologist)

Dr Elaine Wong (Paed
Ophthalm)

Dr Charles Su
(Oculoplastic surgeon)

Dr Daniel Chiu
(Vitroretinal Surgeon)

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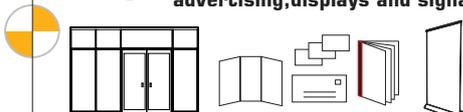
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