



Meridian

澳洲維省中華西醫協會

Newsletter of the Australian Chinese Medical Association of Victoria

Volume 14 Number 3



Monash City Council Chinese Men's Health Forum

MONASH COMMUNITY CONVERSATIONS
HEALTH & WELLBEING SERIES
蒙纳士社区讨论会
身心健康系列



邀请书

华人男性健康日

诚邀蒙纳士说普通话的男性居民及其伴侣参加男性健康及保健服务讨论会。

演讲者:

- Shaojun (Luke) Liu 全科医生 - 演讲内容: 澳大利亚的医疗保健系统
- Paul Ng 精神科医生 - 演讲内容: 焦虑与抑郁症
- Charles Han 泌尿科医生 - 演讲内容: 前列腺癌

演讲结束后三位医生将回答听众的提问。听众可赢取奖品。

免费入场





Connections

child, youth and family services



ACMAV's most recent community health promotion event was held in conjunction with Monash City Council and Connections—Chinese Family Services, in June 2017. The biting cold certainly did not deter a keen and attentive audience of approximately 70 men and their partners from attending. ACMAV was pleased to provide three excellent speakers for this event. Dr Luke Liu (general practitioner), Mr Charles Han (urological surgeon) and Dr Paul Ng (psychiatrist) formed the expert panel. The presentations were delivered entirely in Mandarin Chinese to maximise engagement with the attendees. A swift navigation of the local health care system set the backdrop, followed by an exploration of common mental health issues, and an overview of prostatic disease and treatment. The panel was kept busy with many questions from the audience, continuing well into lunchtime. For future events, ACMAV encourages its Mandarin-fluent members to volunteer as speakers (office@acmav.org).





Andrology and diabetes

facts:

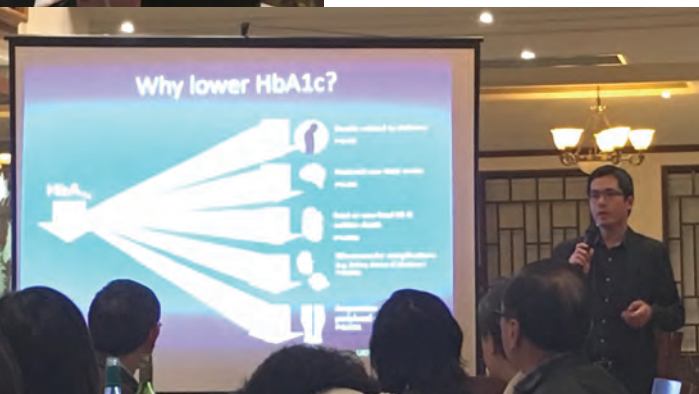
You can never have too much education about diabetes

280 Australians are diagnosed with diabetes every single day

Approximately 1.7 million Australians have diabetes

The total annual cost in Australia is approximately \$14.6 billion

www.diabetesaustralia.com.au/diabetes-in-australia



In June 2017, ACMAV held its regular diabetes update at Golden Dragon Palace, as well as a few snippets on andrology. The guest speaker was Dr Ie-Wen Sim, a consultant endocrinologist who also has a specific interest in managing andrology matters.

The landscape of diabetes treatment continues to evolve. Topics discussed included a rationale for continually improving the HbA1c and its effects on an individual's metabolic profile, appropriate monitoring of blood sugar levels, choosing the right drug for patients, and incorporating exercise and dietary expertise.

The second half of the evening focused on andrology. There appear to be benefits for patients with diagnosed low testosterone levels in regards to increasing the proportion of lean muscle mass, improving cholesterol profile and lowering blood glucose levels, all of which contribute to overall cardiovascular health. However, testosterone has complex interactions with the endothelium, haematological system, and other target organs. Side effects from testosterone replacement include polycythaemia, and interestingly an increased rate of cardiovascular events in those with a history of such. Hence, it is suggested that testosterone replacement be guided by an andrologist/endocrinologist on an individual basis.

Thank you to Steve Harvey and his team from Servier for supporting this educational event.

Palliative care insights



Apart from being born and getting married, death is the final and perhaps the most important event in a person's life.

On August 16 2017, ACMAV Palliative Care Insights was held in conjunction with Menarini Australia at Shark Fin House, Melbourne CBD. Three invited speakers provided key information on the palliative care landscape in Victoria, and how it affects all clinicians irrespective of specialty. **ACMAV thanks Associate Professor Brian Le, Dr Paul Ng and Dr Catherine Brimblecombe** for providing a highly informative and interactive evening.

A/Prof Brian Le is the current director of Palliative Care at Royal Melbourne Hospital and Peter MacCallum Cancer Centre. The evening began with his outline of current services available via palliative care networks in Victoria, and how general practitioners and specialists can utilise these portals. It is yet another area in the health system that is in need of more funding in order to meet increasing demand. The appropriate use of analgesia was also explored, as well as various formulations of opioids and their relative efficacy. Oral fentanyl (Abstral) is now available, and guidance from a palliative care physician for a comprehensive pain management plan is recommended.

Dr Paul Ng practises as a psychiatrist, and offered his insights into the psychological and psychiatric aspects of good palliation. These include identifying patients early for input into anxiety, depression and adjustment disorder—all of which contribute adversely to patients' quality of life. Importantly, benefits also flow on to the patient's carers and immediate family.

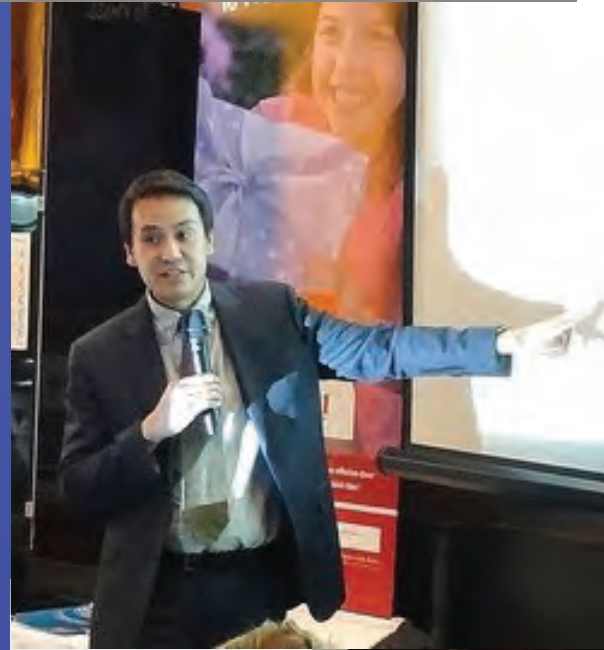
Dr Catherine Brimblecombe is a geriatrician and palliative care physician. In contrast to patients with cancer, it was important to note the different needs for those with terminal chronic diseases such as heart failure, respiratory disorders, degenerative neurological conditions, and specifically dementia. The importance of advanced care planning was also discussed, together with the issue of assisted dying.

Thank you to Elysia Hodge and Sally Clift from Menarini for supporting for this educational event.

Principles of Palliative Care

- Affirms life and regards dying as a normal process
- Neither hastens nor postpones death
- Provides relief from pain and other distressing symptoms
- Integrates the psychological and spiritual aspects of care
- Offers a support system to help patients live as actively as possible until death
- Offers a support system to help patients' families cope during the patient's illness and in their own bereavement

~ BMJ



attention GP members!

Finding Curable Hypertension

General Practices are invited to participate in a project, initiated by a longstanding ACMAV member, Dr Jun Yang, to evaluate the prevalence of a common cause of hypertension – primary aldosteronism (PA), or Conn’s Syndrome.

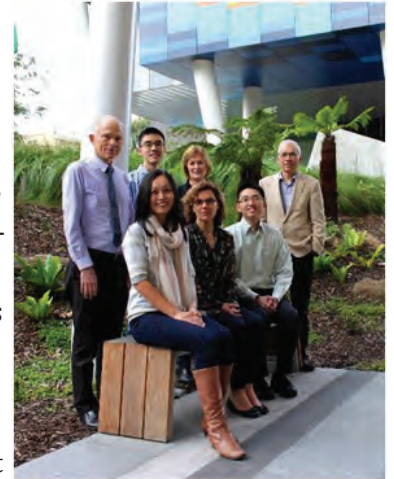
PA causes refractory hypertension, which responds poorly to conventional antihypertensive drugs, and causes adverse cardiovascular outcomes including atrial fibrillation, heart attacks and strokes. PA is easily treatable with spironolactone or eplerenone, and may even be cured with surgery. An early diagnosis can be life-changing for affected patients.

International literature reveal that PA accounts for 5 – 10% of hypertension, but it is only diagnosed in less than 1% of hypertensive patients in Australia.

This project will evaluate the true prevalence of PA in our community, help GPs identify a curable cause of hypertension, and make a timely diagnosis for many patients. Furthermore, Jun has established a NEW Endocrine Hypertension Clinic at Monash to help evaluate and manage patients with PA.

Please contact Jun (Endocrinologist, Monash Health; Senior Research Officer, Hudson Institute of Medical Research) at jun.yang@hudson.org.au to receive further information about this study. Referrals to the new clinic can be emailed to Jun or faxed to (03)9594-3558.

(Photo caption: Members of the PA research team, from left to right: Drs Jim Doery, Nicholas Chee, Jun Yang, Elise Forbe, Morag Young, Kay Weng Choy and Winston Chong).



Everybody needs some light-hearted relief, and ACMAV members were treated to a bucket of laughs during the July school holidays. Over 80 members settled into the ACMAV-only screening at Balwyn Palace Cinemas of Despicable Me 3. Due to the overwhelming response, a larger screening will be organised for future events.

Keep an eye out!

Photo: J Chuen

Happy Mid-Autumn Festival *from the ACMAV Committee*

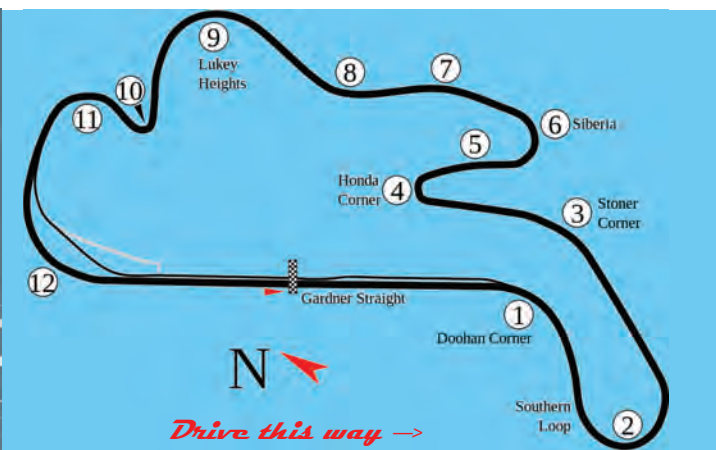
It has been a busy few months, culminating in the recent ACCMA/ACMAV National Conference. A full report will appear in the December Meridian. We continue to extend our community health promotion efforts (Chinese Men's Health Forum), together with educational events including Palliative Care, and an update in Andrology and Diabetes. In between, there has been a hugely popular movie day, and some adrenalin around Phillip Island's Grand Prix Track (see below). We hope you have enjoyed the school holidays and celebrated the Mid-Autumn festival in (mooncake) style. ~



Photo: www.marketing-interactive.com

Ventnor
Rain
13°

Tuesday		Today		14		11	
am	11am	12pm	1pm	2pm	3pm	4pm	
0%	90%	100%	60%				
3°	13°	13°	13°	13°	14°	14°	
Wednesday				13		6	



Avoid obstacles

On September 12 2017, two lucky ACMAV members attended a BMW Phillip Island Driving Experience. These tickets were provided by Waverley BMW as door prizes at the Chinese New Year Yum Cha earlier this year. As expected, it was a great day made all the more challenging by wet weather, a skid-pan that was more of a skid-pond, and two-legged wanderers. A range of vehicles were driven including the M140i, M240i, M3 and M4.

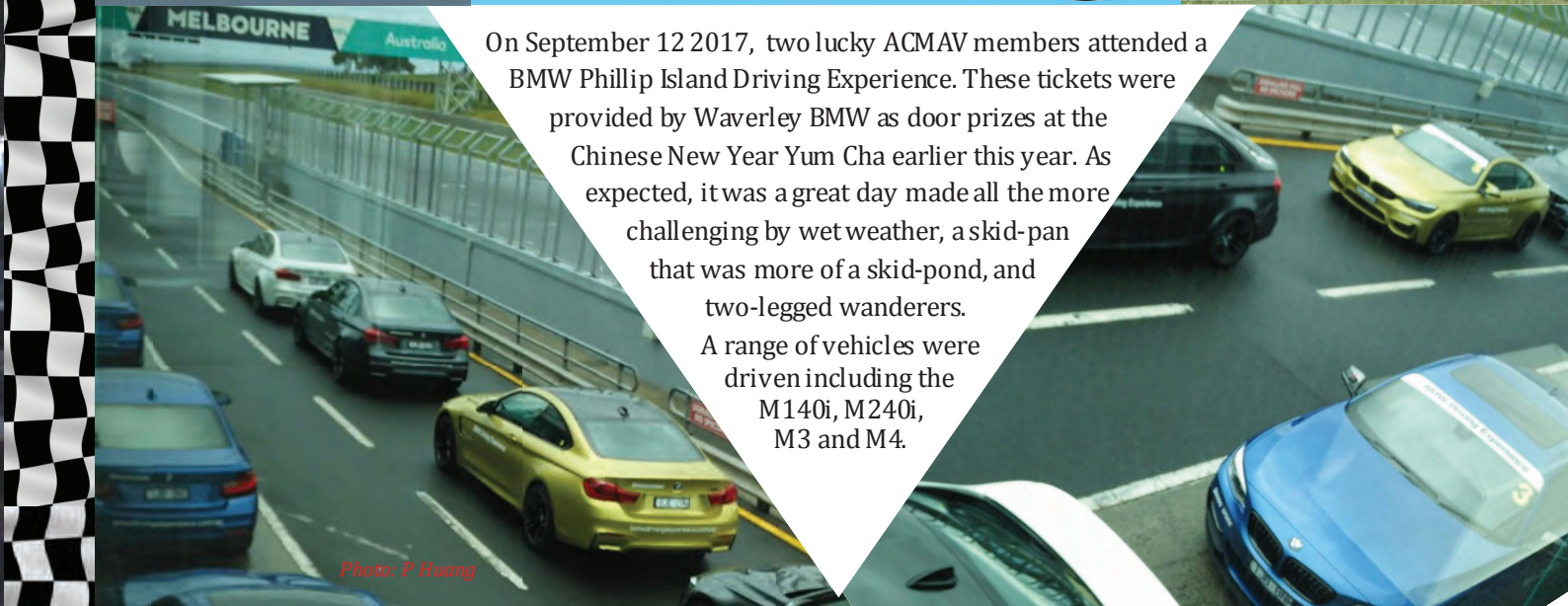


Photo: P Huang

The Back Page

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UPCOMING EVENTS



Annual General Meeting **23 Oct 2017**



Audi

Drive Day to the Yarra Valley **27 Oct 2017**



ACMAV Tennis Tournament **12 Nov 2017**

National Tennis Centre, indoor courts
RSVP doctor@dermatologyclinic.com.au

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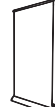
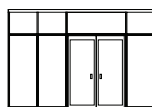
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