



**Meridian**

澳洲维省中华西医协会

Newsletter of the Australian Chinese Medical Association of Victoria

Volume 14 Number 4



# Outgoing President's Message



智慧。To know what you know and what you do not know, that is true knowledge. Confucius

To be human is to always strive to be better. As clinicians, researchers, teachers and life-long learners, we do what is best for the patients and communities under our care.

During our recent AGM, we reflected on our progress over the years in the domains of community service, education, research and networking.

The educational highlight of the year has been the ACMAV/ACCMA/Austin Clinical Education Unit 21<sup>st</sup> Conference – Precision Medicine in Clinical Practice. This was a day of interactive learning led by experts in the field on a range of topics. Our surgical friends spiced things up with fast-paced “Game of Thrones” trauma simulation scenarios, contrasted with physicians who gave live demonstrations of difficult conversations in end of life care.

On the same day, the Australasian Council of Chinese Medical Associations (ACCMA) held its meeting. The main foci were initiatives at a national and international level. With an alliance consisting of ACMAV, South Australia ACMA, Queensland Australasian Doctors Association, New South Wales ACMA and New Zealand Auckland Chinese Medical Association, the seeds of change have been sowed so that broader societies can benefit from a co-ordinated approach.

We have also continued our social and networking events having had two drive days this year, a movie day, and most recently the annual ACMAV tennis Tournament. Please see following pages for details.

At the AGM, we also welcomed Jason Chuen as the incoming President. I have known Jason for almost 15 years and have been inspired by his generous nature and ability to instil a culture of collaboration. As Director of Vascular Surgery at Austin Health and driver of the 3Dmed innovation initiative, he brings with him a wealth of experience and leadership. Joining him as Vice President is Nora Lee, Haematology Fellow at PeterMac and Bendigo Health. Nora has previously been the committee Secretary, and has been industrious in all facets of ACMAV. Yue-Guang Baey adds a youthful zeal to the executive by taking

up the position of Secretary. Formally moving into the Treasurer role is Lisa Ling, a bright resident who has taken over this important role from Cheryl Oh, who we thank not only for her marvellous efforts in the sale of ACMAV House but also in fulfilling our obligations and vision for the Health Promotion Trust. We wish her well with her new baby boy.

We also are appreciative of David Chong's substantial contribution to ACMAV. David has spearheaded the House sale and chaired both the House and Financial subcommittees. Furthermore, he has recently welcomed Oskar, his first grandchild and we congratulate him on this remarkable milestone!

To Melissa Chen, Rebecca Nguyen, Lilia Iliina and Nicole Yap, thank you for the continuing support as committee members. They have had a long association with the committee. For the incoming 2018 committee, we warmly welcome Drs Jasmine Coles-Black, Charlie Wang, Melanie Tan and Michael Hong. I will continue as Immediate Past President. With such a dynamic, multidisciplinary team, there is a healthy optimism for our future endeavours.

Our committee has, for years, worked tirelessly behind the scenes to make what ACMAV is today. It is an Association led by members, for members and for communities we serve. My sincere thanks to all involved. As always, the committee encourages members to provide feedback. Just as Christmas shines on every one of us, we are inspired to be generous in spirit and to boldly go where our dreams take us. After all, courage is contagious...

**Dr Chris Leung**  
ACMAV and ACCMA President for 2017



# Annual General Meeting 23-10-17

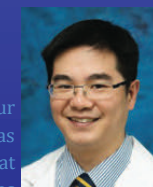


Photo: 1. L-R Drs Jason Chuen, David Chong, Chris Leung 2. Dr Lisa Ling 3. Dr Helena Ng

Thank you to all the members who were able to attend the final business meeting of the year at Jade Kew. ACMAV President, Dr Chris Leung, delivered the 2017 birds-eye-view report, as well as a glimpse into ACMAV's future. Health promotion remains the primary activity for ACMAV, with the aim of forging a stronger community presence with key health organisations. Part of this will stem from increased activity through the ACMAV Grants Program. On the financial front, Treasurer Dr Lisa Ling has done a fantastic job in her first year, stepping up to fill Dr Cheryl Oh's maternity leave. Lisa will also be steering the financial subcommittee in 2018. The financial position of the Association remains strong,

with plans to diversify investment strategies. During the evening, Dr David Chong was acknowledged for his tireless efforts in the House sale. The new committee for 2018 was also ushered in, ready to tackle the year ahead.

# From the incoming ACMAV President



I am very proud to have been elected incoming President of ACMAV at our recent AGM. Our outgoing president, Dr Chris Leung, has done an amazing job at leading this organisation, as have the many ACMAV presidents that have come before him. ACMAV has changed a great deal from its early days of supporting a small group of Chinese doctors who found themselves alone in the Australian medical community. We have grown to a much larger organisation and engaged in a more vigorous health promotion and public health role, as evidenced by the many community health events we have been involved with over the past few years and our close engagement with Hepatitis Victoria. Nevertheless there are some aspects of ACMAV which have and will not change. We continue to provide pastoral care, cultural and emotional support to our medical practitioner members, including overseas-trained doctors assimilating into Australian society. We continue to provide professional and continuing medical education to our members. We continue to represent the interests of our members through our affiliation with AMA Victoria, and also directly to institutions and government where necessary. Over the next year, we have a unique opportunity to revisit the basic principles and functions of ACMAV to create a vision for its long-term role in the Victorian medical landscape, as well as to craft an organisation that is not only financially and organisationally sustainable, but which fosters growth and engagement between doctors and the Chinese community. I thank you all once again for the amazing support that I and the ACMAV Management Committee have received and I look forward to creating a stronger and better ACMAV than we may have imagined possible.



# ACMAV Conference Highlights—16 September 2017

PLATINUM PARTNER



The ACMAV/ACCMA/Austin CEU Clinical Conference was the major educational event on the calendar this year. A great line-up of speakers shared with us their clinical pearls, career experiences and the latest in medical research. Topics ranged from organ systems, dealing with violence in healthcare, choosing wisely when investigating, and more. One such insightful lecture was presented by **Dr Alberta Hoi** who explored commonly encoun-

tered **rheumatological conditions** and their characteristic clinical manifestations. She emphasised the importance of good history taking and thorough examination, followed by selection of relevant investigations. In conjunction with examination results, serology was also looked at as a useful tool in guiding diagnosis in rheumatology, often without the need for extensive imaging. The lecture catered well to the audience members who were comprised of allied health

members, medical students, and junior and senior doctors. **Dr Elif Ekinci** provided a review of effective pharmaceutical management of **diabetes** and shared the latest in **diabetes research**. Diabetes has become a very common chronic medical condition that is encountered amongst patients in virtually all medical and surgical specialties. The complications of diabetes are numerous, however Dr Ekinci explained that they are also avoidable with tightly regulated glycaemic control.

PRINCIPAL PARTNER



A multi-faceted approach involving nutrition, exercise and medical oversight is key to successful diabetes management. Dr Ekinci also shared key points regarding the efficacy of currently available diabetic medications including SGLT-2 inhibitors, GLP-1 agonists, and DPP-4 inhibitors, all supported with relevant, up-to-date literature. ACMAV will continue to deliver diabetes updates in 2018.

*Dr Eda Gungomez*



**Antibiotics** and their widespread usage are a major issue, as rising cases of multi-drug resistant organisms far outpace the development of new agents. Infectious diseases physician **Dr Andrew Mahony** (above) provided a succinct guide to using appropriate antibiotics in common situations, emphasising the important role of antimicrobial stewardship in all prescribers.

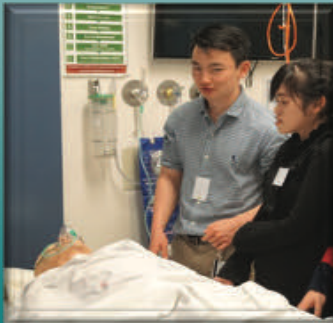


In recent times, **end of life care** has become increasingly important. A previous ACMAV seminar this year outlined the critical aspects, and this conference breakout session provided more in-depth discussion. This was designed to be thoroughly interactive— *Practicing difficult conversations in the end of life care and advance care planning*. The panel consisted of clinicians from the Emergency Department, Geriatrics,



**Oncology and Palliative Care**. With their wealth of experience in this area, they were able to role play two very realistic scenarios, showcasing a mishandled end of life family discussion contrasted with a well conducted one. Workshop participants were engaged in these discussions throughout and were also recommended useful resources for holding difficult conversations and finding advice on end of life care.

*Dr Yue-Guang Baey*



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# ACMAV Conference



Sponsors




The Conference Dinner was held at Golden Dragon Palace, Templestowe. After a full day of educational overload, attendees sat down to a banquet accompanied by the musical talent of the **Austin Andante** group. The theme of the evening was **Clinician Resilience**, approached from a number of angles with personal insight. The speaking panel (right) consisted of **Drs Edward Cliff, Paul Eleftheriou, Jason Chuen and Elena Galiabovitch.**



The **Tai Chi** sessions proved popular at the conference—a chance to stretch out between lectures, to learn about its **health benefits**, and a great opportunity to be taught by **Boon and Michael Hong** - both ACMAV members, both consultant surgeons, and both highly accomplished Tai Chi practitioners. These were held in the Olivia Newton-John Wellness Centre, adjoining the Austin Hospital.






**The Committee thanks all the valued sponsors and supporting partners for making this key educational event possible**



## Audi Drive Day

Photographer— Catherine Meyer, [www.catherinemeyer.com.au](http://www.catherinemeyer.com.au) ; reproduced with permission

On a beautiful spring day in October, **Audi Centre Doncaster/Audi Penfold Burwood** invited a handful of ACMAV members on a cruise through the Yarra Valley. After a stop for morning tea in Sassafras, the drive wound its way to lunch and a comprehensive wine tasting at **SirPaz Estate**. With great wines and cars on tap, it was a thoroughly enjoyable day, bringing out the best in the S3, RS3, S4, Q5, S5 and TTRS. Thank you to Eva di Medio, Tristan Williams, Michael Lai and Nick Anderson-Peters.

## ACMAV Grants Program



As part of ACMAV's health promotion trust activities, the Grants program continues to support projects in the community that directly benefit the Chinese population in Melbourne. There were many worthy applications, of which two were successful. ACMAV is pleased to announce that **Hepatitis Victoria** and **The Elderly Chinese Home** will be the 2017 recipients. Hepatitis Victoria has developed a strong campaign to raise awareness of silent killers such as chronic hepatitis B. This disease is often latent for many years before manifesting as liver cancer. Early screening is essential, and Hepatitis Victoria's work helps to permeate the message through at-risk communities. The Elderly Chinese Home in Parkville is one of few nursing homes in Melbourne catering for largely non-English speaking Chinese residents. This grant will assist in purchasing new equipment and furniture. Grant applications for 2018 will open in the second quarter of next year. Details will be available on the ACMAV website at a later date.

# The Back Page

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## UPCOMING EVENTS



*Chinese New Year  
Yum Cha*                      *24 Feb 2018*

*Let's talk TAVI*                      *June 2018 TBC*

*Fertility Matters*                      *April 2018 TBC*



**Tai Chi Saturdays**  
*9.30AM Forest Hill Secondary College*  
**Tai Chi Sundays**  
*10.30AM Templestowe Secondary College*

*Led by Master Boon Hong*

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