



# Meridian

## 澳洲维省中华西医协会

Newsletter of the Australian Chinese Medical Association of Victoria

June 2018 Volume 15 Number 2

## Winter greetings from the Committee

**A**fter a somewhat unseasonably warm autumn, winter has certainly established itself with little doubt. As usual, influenza will be making the rounds and we hope that your susceptible patients are aware and encouraged to be vaccinated. In the 2017 seasons there were at least 47133 laboratory-confirmed cases of influenza in Victoria alone, an 80% increase over cases from 2016 ([www.doherty.edu.au/news-events/news/victorias-2017-influenza-season](http://www.doherty.edu.au/news-events/news/victorias-2017-influenza-season).)

ACMAV has had a number of events in the past few months. In April, Zaparas Lawyers hosted a dinner seminar for members at Red Emperor Southbank, incorporating Workcover, TAC, medicolegal, orthopaedic and rehabilitation aspects. See right for further details. Later in April, the Hepatitis B bandwagon continued to roll through, this time in the south eastern suburbs. Dr Robert Chen, ACMAV member and gastroenterologist spoke at the launch event of an education book, in conjunction with

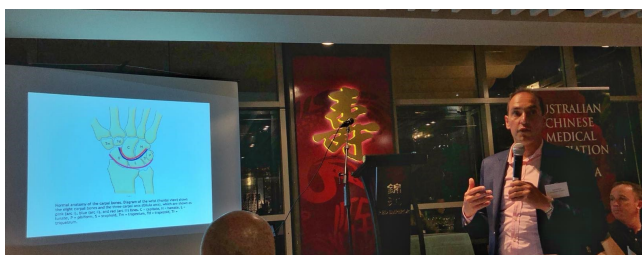
Hepatitis Victoria. This was followed by women's health promotion in May together with City of Monash aimed at Chinese women in the area. Important medical issues were raised including breast cancer, ageing, dementia and Medicare funding. More recently, ACMAV attended a fundraising dinner hosted by Dr Andrew Bui—surgeon and ACMAV member. This has been a long-standing association assisting Cambodian children to gain better access to education.

In the coming months there will be a Movie Night for members and extended family. The *next education seminar* will be held in July, focusing on transcatheter aortic valve implantation (TAVI). Keep an eye out for details—invitations will be issued soon. As spring time approaches, we will pencil in a handful of outdoor activities including a drive day to the picturesque surrounds of Melbourne. Don't forget Tai Chi is also running on Saturdays and Sundays. We look forward to seeing you at the next meeting.



## Working hand in hand to improve patient outcomes

This April seminar featured a number of guest speakers from Zaparas Lawyers, Action Rehabilitation and Dr Ash Chehata (orthopaedic surgeon). Topics covered included navigating TAC and WorkCover claims, understanding public liability, superannuation claims, optimising medical reports, and the importance of seeking sound legal advice. The medical aspects including specific hand injuries were covered by Dr Chehata and as well as colleagues from Action Rehabilitation. Thank you to Zaparas Lawyers for supporting this seminar. ~



# By invitation

## PRE-RELEASE SALES EVENT

A vibrant new inner city community, in the heart of Melbourne's celebrated Arts precinct is coming soon – be first.

As a valued friend of Central Equity, we look forward to seeing you for refreshments, canapés and a sneak peek at our brand new Southbank residences.

Inspect a range of superior Melbourne apartments by distinguished Australian developer Central Equity prior to public launch.

Canapés and refreshments on arrival followed by a short presentation from Ian Carkeek, Central Equity's General Manager - Product Design.

**Thursday, 21<sup>st</sup> June - 6pm**

**Saturday, 23<sup>rd</sup> June - 2pm**

**Sunday, 24<sup>th</sup> June - 2pm**

**Focus Melbourne Apartments Display: 75 City Road, Southbank**

If you are unable to attend a presentation, please call for a private appointment or Inspect 10am to 7pm on Thursday, Saturday & Sunday.

RSVP BY PHONE :

**9278 8888**

Le Yen Boc:

**0419 315 979**

OR RSVP ONLINE:

**FocusApartments.com/vip**



# The travelling Doctor



Meet Dr Nadia Clifton MBBS, a travelling doctor working with 13SICK National Home Doctor Service

Here we are at the start of our travelling journey - We are Nadia and Spencer, a GP and Teacher couple, and this year we quit our jobs, packed up our life and hit the road! We designed and bought a tiny house on wheels (a more homely type of custom caravan), a big ford F250 truck and are destined to travel around Australia.

I decided to work with 13SICK National Home Doctor Service as there was flexible work options and great work/life balance- having the day free and working in the evening is very appealing! The day I had one of my first shifts, we went for a bike ride around the beautiful chittaway bay - and Banjo our fur-child (a cavoodle) even came along for the ride.



“

We are currently parked on an organic farm on the Central Coast of NSW, working evenings visiting sick children, the elderly and patients of all ages helping treat gastro, fever, respiratory tract illnesses, pain and everything in between.

Would you like to join Nadia and travel and work across our 17 locations around Australia?

Contact our Specialist Recruitment Team

T: 1300 643 737

E: [recruitment@homedoctor.com.au](mailto:recruitment@homedoctor.com.au)

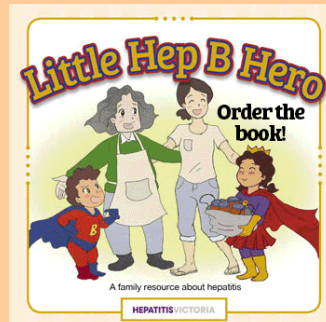
Follow Nadia's adventures:

[www.homedoctor.com.au/doctor-jobs](http://www.homedoctor.com.au/doctor-jobs)



**13SICK**  
NATIONAL HOME  
DOCTOR SERVICE

## Little Hep B Heroes



Ever since the inaugural launch of the Jade Ribbon Campaign in Melbourne in 2014, ACMAV has continued to promote hepatitis awareness campaigns including a recent grant to St Vincent's Hospital to develop multilingual information booklets for GPs. On April 28 2018, Dr Robert Chen was invited as a key speaker to the "Little Hep B Hero" Chinese book launch. This was hosted by Hepatitis Victoria at Mount Waverley Secondary College. The event attracted hundreds of local Chinese students, parents, teachers, who are now well positioned to disseminate this important message regarding hepatitis screening. *Photo courtesy: Aurora Tang*

## Chinese Women's Health Forum



Following on from last year's highly successful event for Chinese men's health, Monash Council hosted a similar day but for Chinese women. This was held at Clayton Community Centre with a packed auditorium of over 150 attendees. ACMAV provided three expert speakers - Dr Suat Ng (plastics and reconstructive surgeon), Dr Ann Nee Lim (geriatrician) and Dr Emily Gong (general practitioner). All presentations were delivered in Mandarin Chinese. Topics covered included breast cancer awareness, ageing and dementia, and how to navigate the Australian health care system. With the interactive nature of the presentations, there were plenty of questions from the audience. The event finished with lunch and further opportunities for attendees to discuss. With a focus on physical wellbeing, generously donated prizes included yoga mats, dumbbells and other fitness equipment.



← L-R  
Dr Ann Nee Lim  
Dr Emily Gong  
Dr Suat Ng  
Councillor Tsoi



# The Back Page

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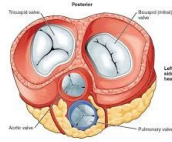
### Future edition copy deadlines

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## UPCOMING EVENTS



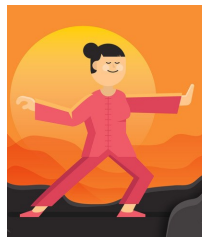
*Let's talk TAVI*

*17 July 2018*



*ACMAV Movie Night*

*July 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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