

Aug 2007



President's Letter

Dear CCMS members:

It is an honor for me to serve as the CCMS President for 2007-08. For those of you who do not know me, I have been a CCMS member since January 2005, and a board member since June 2005. I am a Pediatric Allergist, working both in private practice and at BC Children's hospital.

I would like to thank our past President Dr. Paul Chin for all his hard work and dedication over the past two years. He deserves special mention for doing such an excellent job. Under his leadership, CME events both locally and abroad have been very well received. Events such as the health fair, career night, Cantonese course, Chinese New year celebration, and annual dinner/dance have been very successful, and continue to grow. More recently, we have been in support of initiatives to get Adefovir fully covered by Pharmacare, for our patients with Hepatitis B.

My plans for the coming year begin with continuing all of our current activities and traditions. I am proud of those who laid the foundation for the CCMS(BC), and will endeavor to carry on their legacy. The purpose of our society has not changed over the years, and it will continue to serve as a unique organization, providing fellowship, networking opportunities, and continuing medical education for members. Of equal importance, we must continue to advocate for our patients, and assist in their understanding of health and the Canadian health care system. Please mark your calendars for this year's Health fair on Oct 7, 2007 (theme "Medical Advances 2007"), again held in collaboration with our friends at SUCCESS.

In order for the CCMS to stay strong and focused on its goals, we will need new, young members to bring in fresh ideas, working alongside our wise, experienced members. Thus, one of my visions is to attract as many young students, residents, and graduating physicians as possible to the CCMS, to share in our passion of maintaining a strong society. Together with the board members, we will think of ways to get our young members more involved. One initiative that will help is the creation of a new web site for the CCMS(BC), that will be comprehensive and modern.

In summary, I welcome new ideas for strengthening our society, and look forward to working with the board and the general membership to achieve this purpose. Please introduce our society to student and resident trainees in all your encounters with them, and refer them to (www.ccmsbc.ca) for our membership application form.

Sincerely,
Edmond S. Chan



President's Letter	1
AGM and New Board	2
CCMSBC Foundation Scholarship Report	3
Scenic South America Seminar Report	4
Spring Adriatic Sea CME	5
Turkey/Jordan/Israel Tour	6
Membership News and Application	7-8

Time to Renew your biannual membership, please fill the application (page 8)

Welcome to the New Board!



Left to Right: Dr. Binh Nguyen, Dr. Kwang Yang, Dr. Thomas Wong, Ms Karen Cheng, Ms June Lin, Dr. Hin Hin Ko, Dr. Edmond Chan, Ms Ka Wai Yam, Dr. Paul Chin, Dr. Jessica Chan, Dr. Urbain Ip

Absence : Dr. Howard Liang, Dr. Raymond Tong, Dr. Stephanie Au, Ms Winnie Fu

REPORT OF THE CCMS (BC) GALA 2007

This year's gala was held on Saturday May 19th, 2007 at the Fairmont Waterfront Hotel. 167 guests attended this annual fun-filled event. A hosted cocktail reception, followed by a very delicious 4-course dinner was enjoyed by everyone.

Thanks to the generous support from our sponsors, more than \$6,000's worth of prizes were given out. The grand prize, a pair of return tickets from Vancouver to New York (sponsored by Cathay Pacific) was won by Mr. Eddy Ng.

Entertainment and live music was provided by "Jeneration O", led by Mr. James Ng and his lovely wife Lucy. Many of our members and their guests were able to showcase their dancing skills till the wee hours of the evening.

Hope to see more of you coming to our annual gala event in 2008.

Dr. Thomas Wong & Dr. Tony Wong

CCMS / SUCCESS Health Fair: Medical Advances 2007

This year's Health Fair for public education will be held at the Chinatown SUCCESS Social Service Centre (Dr Dorothy Lam Building, 28 W. Pender Street, Vancouver) on October 7th (Sunday) 9 a.m. to 4 p.m. The theme is "Medical Advances 2007", as we are hoping to empower our Chinese patients with knowledge of recent technological advances that have already made their way into mainstream medicine. We hope to focus on the diagnostic or treatment tools that have already been proven beneficial (and not merely experimental), which are already widely in use or even considered standard of practice - some may already have been incorporated into various practice guidelines. Such knowledge may be readily available in the mainstream media, or in patient hand-outs available in hospitals, or in brochures from patient-support organizations, but the language barrier remains one stubborn obstacle for our Chinese patients who may not be able information of similar quality in their native language.

We hope that by showcasing these new diagnostic tools or treatment options, we can encourage our patients to be more proactive in monitoring their health. They will understand better, for example, the reasons to undergo periodic screening mammograms even when they are not experiencing symptoms. The diabetic and hypertensive patients may understand better the reasoning of regular blood, urine and ophthalmologic checkups, and the importance of reaching strict targets. The program will also feature lectures and workshops on the newest dental advances (implants, bone grafting) sponsored by the CCDS, on falls prevention, on cancer screening (sponsored by CCS and BCCA), and on medication safety. In addition to the lectures and workshops, we are expecting around thirty sponsoring agencies that will host booths and will provide simple counseling, and with the help of our CCMS med student reps, we will also have stations for blood pressure and blood glucose checks.

We would like to extend our gratitude to the numerous physicians and students who have already agreed to give up their private time to participate as speakers, moderators and volunteers, and we would strongly encourage everyone to help spread the word to your patients, or put up a poster in your clinic. If you have any ideas or suggestions for this year's fair, please don't hesitate to contact me at jesschan@shaw.ca. We look forward to hearing from you, or better, to saying hi to you at the Fair on the Sunday of the Thanksgiving long weekend.

Jessica Chan, MD CCFP
Co-Chair, Organizing Committee, CCMS/SUCCESS Health Fair 2007

Chinese Canadian Medical Society Foundation

c/o Suite 120 –5780 Cambie Street, Vancouver, B.C. V5Z 3A7

APPLICATION FOR C.C.M.S. (B.C.) SCHOLARSHIP

(open for family members of CCMS(BC) members only)

Name of Applicant:
(Please Print)

S.I.N.:

Birth Date:

Sex:

Current Address:

Phone:

Mailing Address:

Phone:

CCMS (BC) Sponsor:

Length of Membership:

EDUCATION RECORD: (Use additional sheets for more space, if necessary)

Secondary Education

Year

Post-Secondary Institution

(1)

Year

(2)

Year

Current Program Enrolled:

Extracurricular Interests/Awards:

RETURN THE COMPLETED APPLICATION TO THE FOUNDATION ALONG WITH THE FOLLOWING:

1. Transcript of academic record for the past year.
2. Reference letters from two unrelated individuals.
3. Brief account of yourself and why you should be the recipient of the scholarship (maximum 2 typed double spaced pages).

APPLICATION FOR CCMS FOUNDATION SCHOLARSHIP

It is time again for the application of the CCMS Foundation scholarship. This scholarship is open to children of our members. If you know any youngsters who are in postsecondary years, please encourage them to apply. The application form is in a separate sheet of this newsletter. **The deadline is Nov 26th, 2007 Monday.** Send the application with all accompanying documents to Dr Howard Liang, 120-5780 Cambie Street, Vancouver B.C. V5Z 3A7

Scenic South America Medical Seminars March 09-28, 2007

Our South America trip started at Lima, capital of Peru. Our group consists of 29 participants including one physician from Ontario. Our CME event took place at Sacred Valley, place for us to acclimatize before we reached our high altitude destinations including Cuzco and Lake Titikaka. Machu Picchu remains the highlight of our trip. Although it rained heavily throughout the day, we were all amazed about what the ancient Inca civilization had achieved. With the help of Diamox (acetazolamide) and careful planning, the whole group got through the high altitude successfully (up to 4200m). We were even able to hike at an altitude around 4000m and two of our group members are above 75. We are all proud of what we have achieved.



Argentina is the capital of Tango. We enjoyed a good Tango show in Buenos Aires. Buenos Aires is called the Paris of the South America. We can see that it has numerous European influences but I prefer to call it Paris with a Latin touch. It is quite difficult to be a vegetarian in Argentina with all the excellent beef that the country has offered.

Iguassu Falls are situated between Brazil and Argentina and there are on-going arguments that which country offers the best view of the Falls (similar to the arguments of Niagara Falls). To solve the problem, we had visited both sides but the decision still up in the air. We definitely enjoyed the boat ride through the Falls. Everyone ended up completely soaked but totally elated. If getting wet is not an issue to you, this is a must in visiting the falls.



We spent 3 days in Rio de Janeiro and our hotel was right in front of the famous Copacabana beach. There were numerous opportunities for us to immerse in the beach culture. Statue of Christ and Sugar Loaf Mountain are the highlights of the stay. We also have a wonderful early farewell dinner. Many of our participants ended up singing Chinese opera songs. Afterwards, we then ventured into Amazon jungle. We were able to stay in a jungle lodge. We quickly realized that we were in the middle of the jungle. We had to wrestle with a monkey (named Shakira) every morning, as she would try to steal our breakfast. What an experience!

Time past so fast, we did not think about the length of our trip until it ended. Despite it lasted almost three weeks, we enjoyed every moments and appreciated the unique culture of the South America. Lastly, we have to thank Dr. Thomas Wong for all the works that he has put in before, during and after the trip.

Submitted by Paul Chin

Spring Adriatic seas Cruise CME 29 Apr – 6 May 2007.

The *Spring Adriatic Sea cruise CME* was held in early May, 2007. We travel on the MSC cruise ship, Armonia. The theme for the meetings was on the electronic medical records and how they may affect our daily practice. There were also topics on tips of managing the medical office. Other interesting topics vary from 'Primary Care Reform' to the 'Financial Health of a Practice'.

While learning and sharing information on these important issues, we also visited exciting cities along the coast of the Adriatic Sea. Early May is the best time to visit this area. We had beautiful sunshine every day and the temperature was just right.

Our first stop was Bari, a small town on the east coast of Italy. The highlights were the trullis at Aberobello, a small town with the largest number of these cute cone topped buildings. It is a UNESCO designated heritage site. On the way, we also visited Polignano a Mare, a very interesting little town on the cliff, with hanging balcony and multiple caves.

Next, we visited the Greek islands, Santorini and Mykonos. They are both jewels of the Mediterranean, popular destinations for the rich and famous. The buildings on Santorini have the typical blue tops and white walls. Mykonos is a vibrant town at night with hundred of eateries serving seafood. The sunset at the bay was magnificent.

Athens is a place that everyone has to see. The Acropolis and Parthenon are famous destinations. But seeing the whole city from the top of Lykabetos hill is breathtaking. Don't forget to try the real Gyros while in Athens. The Tomb of The Unknown Soldier and the Changing of The guards, with their unique uniform, is a popular tourist sight.

We then cruised along the coast of Greece and Croatia. Corfu is a small town on one of the many islands on the west coast of Greece. We had a tour of the island including the monastery at Paleocastritsa and the Achilleon Palace, a former residence of Princess Sissy (Elizabeth, the Empress of Austria).

Dubrovnik is said to be the most beautiful city along the Adriatic Sea. In addition to the standard old town tour, we also ventured to the beautiful resort town of Cavtat, a favorite tourist hangout with quiet and pristine scenery.

As the cruise starts and ends at Venice, we have not missed the chance to see this renowned "City of Water and Bridges". However, navigating through the narrow and spidery streets of the city with millions of tourists can be a challenge. If you wonder about the name "Armonia", how it should be pronounced and what it means, you can ask our knowledgeable teammate, Dr Kai Sun Chan or any Italian friend. A tip: it is NOT the gas ammonia!

Submitted by Dr Howard Liang



19 days Turkey/Jordan/Israel tour 20 March 2008 – 07 April 2008

GLORIES OF TURKEY, JORDAN & ISRAEL

Ankara (1) – Cappadocia (2) – Antalya (2) - Pamukkale (1) -Kusadasi (2) – Canakkale (1) Istanbul (2) – Amman (2) – Petra (2) – Jerusalem (3)

Fly Lufthansa Vancouver to Ankara. Return from Tel Aviv – Frankfurt

Visit the famous sites in Turkey: Cappadocia, Ozkonak underground city, ancient cities of Perge and Aspendos, Hierapolis, Aphoridisiyas city of Aphrodite, ruins of Ephesus and St. Mary’s cottage, Troy, Istanbul Full day tour etc

Fly from Istanbul to Amman, Jordan

See Jerash, Ajlun, Pella, Umm Oais, Mt Nebu, Dead sea

Visit the newest SEVEN WONDER OF THE WORLD: Petra

Cross to Israel via Allenby Bridge.

Visit Mt Olives, and Jerusalem : Old City, Ascension Church, Pater Noster, Garden of Gethsemane, Church of all Nations, Mt. Zion, St Peter in Galicuntu, Dormition Abbey.

Visit Bethlehem : Ein Kerem, Visitation Church, St John the Baptist

Limited group size to 20 participants. Further information, please contact Dr Howard Liang at 604-323-2982 after 20 August 2007. Price will be about C\$4000+ including airtickets.



Report of the Membership Committee

1. WELCOME TO OUR NEW MEMBERS.....

We would like to extend a warm welcome to the following colleagues who have recently become members of CCMS (BC):

New Life members:

Dr. Raymond Kwan (Family Physician)
 Dr. Ming Lai (Family Physician)
 Dr. Gilbert Ma (Family Physician)
 Dr. Quang Binh Nguyen (Family Physician)
 Dr. Nim Cho Tang (Radiology – retired)
 Dr. K. Judy Wong (Family Physician)
 Dr. Jen Z. Yu (Internal Medicine)

New Active Members:

Dr. Kevin Shi (Family Physician)

New Resident/Student Members:

Dr. James Woo (Radiology)
 Dr. Benjamin Leung (Internal Medicine)
 Ms. Amy Wang (MD 2009)
 Ms. Gina Tsai (MD 2008)

2. E-MAIL ADDRESSES

Your Society is trying to become environmentally friendlier. If you would like to receive future Newsletter and Notices by electronic format, please ensure that we have your up-to-date e-mail addresses.

Dr. Thomas Wong
 Membership Committee Chair
 June 25, 2007

TO ALL CCMS MEMBERS: HEPATOLOGY CONFERENCE OCT 26-27, 2007 IN VANCOUVER

Dr. Eric Yoshida would like to extend a warm invitation to all CCMSBC members to attend a Hepatology conference he is organizing, together with the BC Centre for Disease Control. Dr. Yoshida is the Head of the UBC Gastroenterology department, and is also a lifetime CCMSBC member.

Various distinguished speakers will speak about Hepatitis B, Hepatitis C, and non-viral hepatitis (including hemochromatosis & fatty liver disease). Keynote speaker is Dr. Morris Sherman from University of Toronto. Dr. Sherman has organized the Fourth Canadian Consensus Conference and is a world leader in viral hepatitis.

There will be CME credits (both CCFP and Royal College MoComp credits). The registration fee will be minimal. It will take place at the Sutton Place Hotel on the first day, and the Gordon and Leslie Diamond Health Care Centre lecture theatre on the second day. If interested in attending, please e-mail Dr. Yoshida's assistant at: joann.ford@vch.ca

Please submit articles or correspondence for the next newsletter to

The Editor, CCMS(BC) Newsletter
 Attn: Dr. Paul Chin

Queen's Park Care Center
 Geriatric Services
 315 McBride Boulevard
 New Westminster, B.C. V3L 5E8

Or e-mail to paulchin@doctor.com

Please also our website www.ccmsbc.ca for new information and events.

Chinese Canadian Medical Society (B.C.) Membership Application



Full \$100 (2 years—January 1,2008 - December 31,2009)
 Associate \$100 (2 years—January 1,2008 - December 31,2009)
 Life \$500
 Student/Resident - Free

Name _____

Office Address _____

Office Tel: ()-_____ Office Fax: ()- _____

E-mail: _____

Home Address: _____
 (optional) _____

Home Tel: ()- _____

Mailing Address (check one) Office Home

Academic

Family Practice: _____

Obstetrics/Special Interest: (pls specify): _____

Specialty: _____

Degree: _____

Medical School: _____

Year of Graduation: _____

Postgraduate: _____

Affiliated Hospitals: _____

Social

Language: _____

Hobbies: _____

Interest in CCMS committee
 Interest in giving lectures/ radio talk

Please make cheque payable to CCMS and return with the completed cheque to:

Dr. Thomas Wong
 #2180 Aberdeen Center
 4151 Hazelbridge Way
 Richmond B.C. V6X 4J7

Ph: 604-233-0068 Fax: 604-233-0078