

CCMS(BC) ANNUAL NEWSLETTER



President's Address

Dear CCMS BC members,

It is a great honour for me to serve you as the president of the Chinese Canadian Medical Society BC. Our board committee is confident that we will work together to help our society for the new year of 2022. In the new year, the CCMS board will plan for more events, and we may be able to start meeting with each other after moving many events and meetings online due to the COVID-19 pandemic. The pandemic teaches us that health should always be the priority, so we hope to organize some outdoor activities such as hiking and biking for our members. We hope more members can join us, and if you are interested in other activities, please let us know.

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President's Address

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In 2022, Our board will arrange our own WhatsApp group and re-structure Facebook, and we hope to be more connected, sharing information and helping each other. In this challenging pandemic time, we need more unity and mutual assistance.

CCMS has been working hard to move the BC Health Fair online to provide health knowledge to our community in the past two years. In the new year, we may get the opportunity to hold the event both in-person and online. Also, we will keep organizing more CMEs to share more information with CCMS members in 2022. Furthermore, we will keep accelerating our mentorship program and try our best to provide mentorship to medical students. Our board committee will continue to support and promote community health awareness, and we would like to thank all your support for the BC Health Fair over the last many years.

On behalf of Board members, I would like to wish you a healthy and fabulous rest of the year!

Best Regards,

Dr. Yuanyuan Chen
CCMS (BC) president

ANNOUNCEMENTS

CME Invitation Via Email Only

Don't miss our CMEs! Please keep your email address up to date by contacting our Executive Assistant Miss Karen Cheng
kchengccms@gmail.com

Anti-Racism Statement

Amidst the hate crimes against Asian Americans over the COVID pandemic, Nature has published an anti-racism open letter signed by many Asian American organizations, including CCMS BC! Click [here](#) for a link to view.

New CCMS BC First Year Representative

To represent our organization to the UBC Medicine class of 2025, we are glad to welcome Charles Li to the student rep team:

I am Charles (Hao Ran) Li from class of 2025 in VFMP. I came to Vancouver at the age of 19 from China. I studied B.Sc. in Microbiology and M.Sc. in Biochemistry at UBC.

It is my pleasure to be part of CCMS year rep team, and I aim to assist my fellow club members to explore their medical school journey in its fullest.





FREE ADMISSION 費用全免
健康網上談
國 / 粵語健康講座
VIRTUAL HEALTH FAIR
CANTONESE/MANDARIN HEALTH LECTURES

Cantonese 廣東話講座: 17 October, 10月17日

Time 時間	Topic 題目	Speaker 講者
2:00	腦部健康和腦退化的護理 Brain Health And Dementia Care	黃耀明醫生 Dr. Roger Wong
2:50	護理認知障礙者的心得 Tips For Family Caregiver Looking After Dementia Patients	劉鄧瑞瑩 註冊精神科護士 Winnie Lau, RPN
3:40	難道咬緊牙關, ...就可以過度疫情? Risks and Management of Accentuated Teeth Clenching and Grinding during the Pandemic	鍾蔭基醫生 Dr. Christopher Chung

Cantonese 廣東話講座: 24 October, 10月24日

Time 時間	Topic 題目	Speaker 講者
2:00	常見心臟疾病: 診斷, 治療, 及預防 Common Cardiac Diseases: Diagnosis, Treatment, and Prevention	陳兆謙醫生 Dr. Siu Him Chan
2:50	了解脂肪肝多一點 Knowing More About Fatty Liver Disease	高軒濤醫生 Dr. Hin Hin Ko
3:40	如何在疫情下, 在家中, 防止勞損和運動創傷 Prevention of Overuse & Sports Injury At Home During Pandemic	Kelvin Tam 物理治療師 Kelvin Tam Physiotherapist

Mandarin 國語講座: 7 November, 11月7日

Time 時間	Topic 題目	Speaker 講者
2:00	靈魂之窗知多少 Common Age Related Eye Diseases	卓盈君醫生 Dr. Jean Chuo
2:50	慢性咳嗽 Chronic Cough	任睿秋醫生 Dr. Rachel Jen
3:40	用于治疗糖尿病的葡萄糖传感器 24 hour Glucose Sensors	李丹妮醫生 Dr. Danni Li

Mandarin 國語講座: 14 November, 11月14日

Time 時間	Topic 題目	Speaker 講者
2:00	小白牙大学问: 你需要知道的儿童口腔护理知识 20 Pearls: What you Need to Know about those Precious Baby Teeth	趙瑞玲醫生 Dr. Raylien Chao
2:50	疫情下的急診室 The Emergency Room During COVID-19: An Insider's Report	黃大晏醫生 Dr. Dayan Huang
3:40	中西医结合治疗慢性腰背痛的体会 Treating Chronic Low Back Pain In Chinese and Western Medicine	蒋曹阳医生, 李荣刚教授, BC注册中医师 Dr. Charles Jiang, M.D., Dr. RongGang Li, PhD, BC registered TCM & Acupuncture Therapist

Health Fair 2021

By Dr. Benny Lau

The Health Fair 2021 was successfully held over four weekends on October 17, 24, November 7, and 14. It is a joint event organized by S.U.C.C.E.S.S., the Chinese Canadian Medical Society (BC), the Chinese Canadian Dental Society of BC, and UBC's InterCultural Online Health Network (iCON)

This annual event is held with the goal of providing the Chinese-speaking community with information about health awareness, disease prevention and management.



Due to the COVID-19 pandemic this past year, the Health Fair was held virtually and featured 12 talks in Cantonese and Mandarin on various topics including brain health, oral health, and injury prevention at home.

The Virtual Health Fair successfully engaged over 800 participants in the live event, over 1900 views on YouTube video archive and more than 2.5 thousand views on LinkTree. For around half of the participants, it was their first time joining the Health Fair, and the feedback has been overwhelmingly positive.

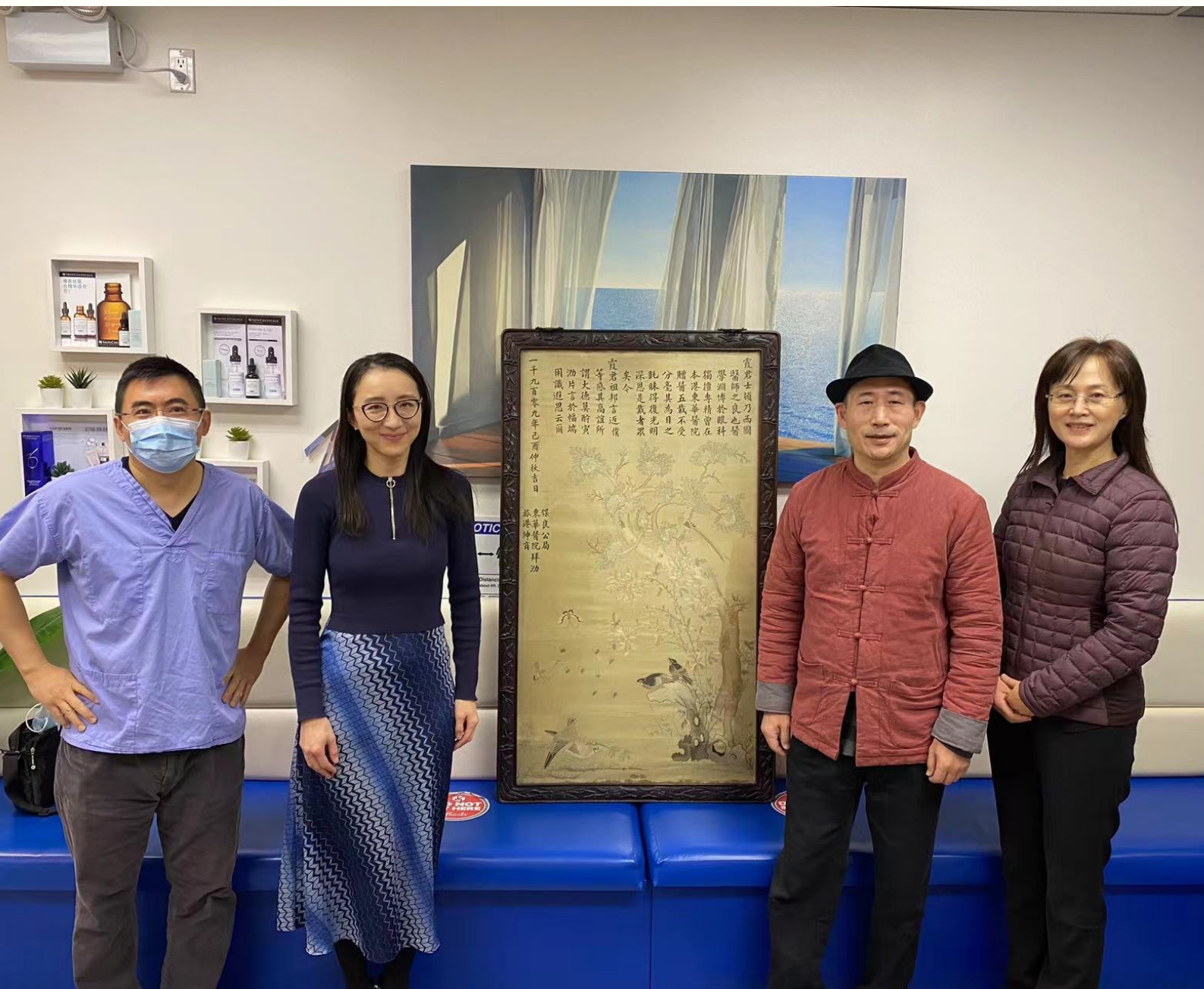
The planning of this year's Health Fair is now underway, and we look forward to another fantastic event in our ongoing endeavour to promote health and wellness among our Chinese community!



Dr. Benny Lau

Records of the Past

by Dr. Joanne Jia



A historical hand embroidery was recently donated to CCMS BC from Mr. Stanley Lee (centre) and received by (left to right) Drs. Brian Wang, Yuanyuan Chen and Joanne Jia. Mr Stanley Lee has collected this embroidery piece that was made more than 100 years ago. The embroidery records a Canadian ophthalmologist (Dr. 霞君士頓) who went to Hong Kong and gave free medical service for 5 years. The embroidery was made in 1909 by the Dong Hua Hospital (東華醫院), the Hong Kong Gentry Merchant (旅港紳商), and Po Leung Kuk of Hong Kong (保良公局). The history and background of the art is remaining to be revealed. Mr. Lee hopes to donate it to a non profit medical organization that may inherit the great loving spirit.

2020-22 CCMS Mentorship Program: Summative Report

by Wendy Song (CCMS BC Class of 2024 Representative)

The CCMS Mentorship Program remains a key highlight that connects our organization with UBC medical students. Over the last two years, we welcomed a myriad of new mentors (both physicians and residents) to the CCMS BC Mentorship program with the help of Dr. Benny Lau and Dr. Jacky Tang. In 2020, we successfully paired 35 students with 25 mentors in a broad spectrum of specialties. Due to the COVID pandemic, the students mainly participated in virtual meetings with their mentor but have also expressed their wishes to move onto in-person shadowing and participating in social events such as hiking and sharing a meal together. In 2021, we paired 23 students with 15 mentors, some of which have already had the chance to participate in in-person activities together! We hope as the pandemic eases, we will soon be able to host more face-to-face events for the mentors and mentees. Below are some comments from the appreciative students:

"Looking back, I'm happy I joined the [CCMS] Mentorship Program and fortunate to be paired with a mentor who shared a lot in common with me. [Dr. Valerie Lai] also helped me navigate through the first few years of med school by offering fantastic tips."

"I really like that I got the chance to meet [Dr. Joseph Ting] so early on because he provided a lot of insight into medicine that I didn't really think about at the time (e.g. family, work-life balance, matching)."

"Meeting a mentor (Dr. Benny Lau) of similar background but much farther in their career provided great insight and advice I never thought I needed."

"My mentor was a very friendly and welcoming person. We found out that we had a common friend as well. He is someone that I feel comfortable reaching out to for career advice if I were to have any questions. I can't wait for the day that COVID is over and we would be able to meet in-person!"

Finally, we would like to express our deepest thanks to the mentors in the CCMS Mentorship Program for providing such amazing experiences for the students! We hope you will continue to support this program in the future.

Chinese Language Workshop for Medical Students

by Alex Cheng and Wendy Song (CCMS Student Representatives)

The CCMS Cantonese and Mandarin Medical Terminology Workshop was held on June 28, 2021, led by Dr. Jacky Tang (R1) and Alex Cheng (MSI3) for the Cantonese Workshop and Andy An (MD/PhD Candidate) and Wendy Song (MSI2) for the Mandarin Workshop.

Due to the challenges of the COVID-19 pandemic, this year's workshop was held virtually over Zoom, with 15 medical students signing up for this workshop. This 1.5 hour workshop was aimed at medical students at all year levels of training who were interested in expanding their history taking and physical exam skillset when treating Cantonese/Mandarin-speaking patients. The 1.5 hour workshop contained a brief 30 minute introduction with a focus on intonations and pronunciations of common Chinese medical terms and cultural considerations for those with less previous knowledge of Cantonese/Mandarin, followed by a 1 hour interactive role-play session where students got to practice using Chinese medical terms and phrases in mock histories and basic physical exams.

CCMS Scholarship Awarded to UBC Students

by Wendy Song (Modified from CCMS BC blog post on ccmsbc.org)

The CCMS Scholarship gives promising students access to a life-changing education, lessening their financial burden and recognizing students for their dedication and accomplishments. Not only can it give students the confidence they need to succeed at UBC, but also enable the university to recruit and retain talented scholars.

In 2020, Mr. Jacky Tang received the CCMSBC Scholarship. Below is a link to a UBC article on how this award can encourage cross-cultural medicine:

<https://www.med.ubc.ca/byline-date-only/award-encourages-cross-cultural-medicine/>

Two UBC Medical students have also received the following scholarships for the 2021 Winter Session:

- Miss Simone Watts, a Year 2 student, received the CCMSBC Scholarship.
- Mr. Ricky Tsang, a Year 3 student, received Dr. Jay Cheng Memorial Scholarship.



Wendy Song (MSI2)



Alex Cheng (MSI3)



Andy An (MD/PhD Candidate)



Jacky Tang (R1)

Upcoming CME

PERSISTENT CV RISK BEYOND LDL-C

Case examples from 2021 CCS Lipid Guidelines

Scientific Planning Committee

André Bélanger

MD CFPC
Shannon, QC

Alice Cheng

MD FRCPC
Toronto, ON

Milan Gupta

MD, FRCPC, FCCS
Brampton, ON

Robert Hegele

MD, FRCPC, Cert Endo,
FACP, FAHA, FCAHS, FCCS
London, ON

Peter Lin

MD, CCFP
Toronto, ON

Laura Reardon

MD
Halifax, NS

This program reviews the latest guideline-based evidence and recommendations regarding lipid markers of risk beyond LDL-cholesterol.

Program Objectives

Upon completion of this program, participants will be able to:

1. Discuss the changes in the management of LDL-C in the 2021 CCS lipid guidelines
2. Determine when to use non-HDL-C, apoB and Lp(a) for risk assessment
3. Utilize triglycerides as a marker of persistent cardiovascular risk beyond LDL-C and implement appropriate management strategies

Program Details and Registration

Speaker Name: Dr. John Mancini

Date: May 12, 2022

Time: 6:30 - 7:30 PM

Location: Red Star Seafood Restaurant - (8298 Granville Street)

RSVP for live the session:

Rep Name: Michelle Wilson

Rep Email: m.wilson@hlstherapeutics.com