

President's Letter



April 12, 2016

Happy Spring! This time of year only brings one thing to mind, the annual CCMS gala on April 30 at the Fairmont Waterfront. The annual event organized by our newest honorary member, Dr. Thomas Wong. This year he had help from Dr. Brian Wang and Dr. Jane Wu. If you do not have your tickets already please do so immediately by contacting any board member as it will be another evening of great food, dancing, prizes, and catching up with friends. This will be an excellent opportunity for you to get to know our incoming president, Dr. Brian Wang. Dr. Wang is a McGill graduate with a very busy primary care with obstetrics practice. He has been active on multiple committees for the CCMS board and has served as co-chair for our annual Health Fair for the last 2 years.

Our society has been very busy. CCMS team members raised hundreds of dollars for the S.U.C.C.E.S.S. Walk with the Dragon event last summer. We had the most successful with record breaking attendance Health Fair last fall with the theme of "Aging Well". The theme this fall will be "Optimum Health, mind and body". We continue to work closely with S.U.C.C.E.S.S., CCDS, and iCON UBC. Members enjoyed the Chinese New Year celebration at Sun Sui Wah this year. Especially the lion dance and games organized by the student board members. The student board members also organized a Chinese Medical Language program for their classmates and were in charge of the CCMS mentorship committee. Student mentees and CCMS mentors alike review this program very positively. Consider getting involved in this worthwhile program. There have been regular CMEs throughout the year. Invitations are only sent out by email.

Our scholarship winner this year is Mr. Donovan Zhao. Hopefully he can make it back from Toronto to accept his award at the gala.

I hand over the CCMS mandate to Dr. Wang with great confidence. It has been an honour to serve the CCMS membership for the last 2 years. I met many nice people and learned so much from the more experienced and sophisticated board members. The incredibly hard working student board members fill me with awe. I cannot remember ever having the tremendous energy and enthusiasm that I see in their faces. Getting to know them has made me certain that our society is in good hands for the long term.

Thanks to Karen Cheng who continues to serve our society as the tireless executive assistant. My thoughts are with Dr. Ray Tong who is on leave from his treasurer position.

Dr. Elinda Ho
CCMS (BC), President

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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

AGM/Gala 2016

The annual CCMS AGM and Gala is happening on **Saturday, April 30, 2016** at the Fairmont Waterfront Hotel. Please contact any one of our board members for tickets.

Membership Committee Report

Please welcome our newest members:

Life Members

Dr. Jia Jia REN (Endocrinology)
Dr. Keith TANG (Emergency Medicine)

Active Members

Dr. Jonathan CHAN (Rheumatology)
Dr. James YEUNG (Rheumatology)

Resident Members

Dr. Evelyn CHAN (Family Medicine)
Dr. Danny LEE (Psychiatry)
Dr. Jay C.C. WANG (Psychiatry)
Dr. Wendy WONG (Rheumatology)

Student Members

| | |
|-----------------------------------|----------------------------------|
| Christopher AU-YEUNG (MD 2018) | David MAK (MD 2019) |
| Cheuk Fung Jeffrey CHAN (MD 2019) | Matthew McADAM (MD 2019) |
| Christie CHAN (MD 2018) | Yuyang Ian MIAO (MD 2019) |
| Rayleigh CHAN (MD 2019) | Jonathan NG (MD 2018) |
| Audrea CHEN (MD 2018) | Kingsley SHIH (MD 2018) |
| Tina CHEN (MD 2018) | Colin TAN (MD 2019) |
| Jasmine CHENG (MD 2019) | Jeffery TONG (MD 2018) |
| Phoebe CHENG (MD 2018) | King Mong Rebecca TONG (MD 2019) |
| Tina CHIANG (MD 2018) | Catherine TSAI (MD 2019) |
| Hua David DENG (MD 2019) | Akie WATANABE(MD 2019) |
| Carol DOU (MD 2019) | Christina WANG (MD 2016) |
| Bo GONG (MD 2019) | Alex WONG (MD 2018) |
| Xiaoning Shirley GUAN (MD 2019) | Bill WONG(MD2019) |
| Vivien HU (MD 2019) | Ying-Chia WONG (MD 2018) |
| Kelly HUANG (MD 2019) | Gary XU (MD 2019) |
| Sujin IM (MD 2019) | Yuhao WU (MD 2019) |
| Timothy KONG (MD 2018) | Anne Xia (MD 2019) |
| Torey LAU (MD 2019) | Honghao XU (MD 2019) |
| John LEE (MD 2018) | Linda YANG (MD 2019) |
| Simran LEHAL (MD 2019) | Robert Ren Jie YAO (MD 2019) |
| Sujin LIU (MD 2019) | Jacques ZHANG (MD 2017) |
| Ada LO (MD 2019) | Jingfei ZHANG (MD 2019) |
| Jasmine LO (MD 2019) | Tony ZHAO (MD 2019) |

Website

Our new and improved website is up and running.
Please visit www.ccmsbc.org for news and upcoming events.

E-Mail Addresses

We are now paperless. We need your current email address in order to keep on touch with you.
Please advise our Executive Assistant Miss Karen Cheng via e-mail kchengccms@gmail.com
or via the Contact Section in our website of your current e-mail address.

Dr. Thomas Wong
Membership Chair

Health Fair 2015



On September 20th, 2015, the annual Health Fair was again held at the Bonsor Recreation Complex in Burnaby. As usual, CCMS, SUCCESS and Chinese Canadian Dental Society were the main organizers of the event.

This year's theme, Healthy Aging, was very well received, and the Health Fair drew a records number of participants. We were honored to have great speakers for both Mandarin and Cantonese lectures, including Dr. Susan Kwan, Dr. Hin Hin Ko, Dr. Simon Huang, Dr. Jenny Wang, Dr. Jen Yu, Dr. Jane Wu, Dr. Tony Wang and Dr. Roger Wong.

Also, together with many high-caliber exhibitors, a demonstration by a team of Tai Chi masters deeply impressed the elected officials and major sponsors who were invited to the Health Fair.

Despite of the difficulties facing the pharmaceutical industry, thanks to the dedicated work by Dr. Ka Wai Yam, the health fair was fully financed by numerous local sponsors.

The Health Fair has become the most important health education platform for the Chinese Canadians in Vancouver. With the support of our members, CCMS aims to continue to be the leader of health promotion for our community.

Walk with Dragon 2015

On Sunday, July 19th, the CCMSBC team comprised of board members as well as their families and friends participated in the annual Walk with the Dragon.

The event is an annual fundraising event hosted by S.U.C.C.E.S.S Foundation. This tradition has been ongoing for more than 30 years. This year, the event took place at Stanley Park. The weather was perfect for a wonderful walk along the scenic seawall. Our team walked with enthusiasm and constant speed during the journey of over seven kilometers. We passed many teams including the team at the front with the dragon and drums.

The CCMSBC team is proud to be at the level of the top 25 fundraisers, and we raised funds to maintain S.U.C.C.E.S.S. services for those in need around the Metro Vancouver area; particularly seniors and youth in need.

*Photos courtesy of Dr. Jen Yu

Dr. Jen Yu
CCMS (BC) Board member



2015/16 Mentorship Program

The CCMS Mentorship Program is a highly valued program that offers UBC medical students the opportunity to be paired with physician mentors in a wide range of specialties from family medicine, emergency medicine, endocrinology, rheumatology to pediatrics. In the past few years, both our mentees and mentors have described the program as tremendously rewarding. For the students, they are given the unique opportunity ask questions regarding their mentors careers and the opportunity ask their mentors for guidance in whichever field of medicine they wish to pursue. For the mentors, they are given the opportunity to give back to the developing medical community and nurture a medical student through their leadership and experiences accumulated through years of clinical practice.

Mentors and mentees often times arrange get-togethers such as dim sum breakfasts and even have shadowing opportunities. Interested and looking for more information? Please email Ian Tin Yue Wong at ian.ty.wong@alumni.ubc.ca with any questions you have. Thank you!

Ian Tin Yue Wong
CCMS (BC) Class of 2018 Representative

*Photo courtesy of Ian Wong



One of our mentors, Dr. Joseph Ting, with some of his mentees are our Chinese New Year Dinner

CCMS Board Christmas Party 2015

Board members and family members gathered on Dec 13, 2015 at Quilchena Golf and Country Club for a night of great company, good food, and enjoying the holiday spirit. Thank you to Dr. Thomas Wong for organizing this fun event! There was a Secret Santa gift exchange where a gift was able to be "stolen" multiple times, making for an exciting gift exchange. All the board members had an amazing time and was thankful to celebrate the holiday season with such a great event.

Yvonne Sin
CCMS (BC) Class of 2016 Representative

*Photos courtesy of Dr. Thomas Wong



Chinese New Year Dinner 2016

At our annual CCMS Chinese New Year dinner celebration held on February 28, 2016, we celebrated the start of the year of the Monkey at the Sun Sui Wah restaurant! Each year our CCMS members and their family members come out and enjoy a fabulous night of games, prizes, delicious food and a lion dance performance. This year was no different! The evening was energetically MCed by two of our medical student CCMS board members, Ian Wong (Second Year) and Rayleigh Chan (First Year). CCMS members and guests left the celebration with a contently filled stomach, fond memories of friendship and happiness for the year! Our board would also like to give special thanks to Ms. Karen Cheng for her help in organizing this event!

Ian Tin Yue Wong
CCMS (BC) Class of 2018 Representative

*Photos courtesy of Ian Wong



Chinese Language Workshop for Medical Students

This year's Chinese Medical Language Workshop was on March 29, 2016 and was offered in Cantonese for medical students. During the workshop, students enjoyed delicious food while learning about basic Chinese medical terminology and interview phases. In addition, a Chinese language booklet was given to all attending students for future references. Students were very engaging and found the workshop very useful, especially for interacting with the large Chinese population in the Lower Mainland.

Rayleigh Chan
CCMS (BC) Class of 2019 Representative

*Photos courtesy of Ian Wong



CME # 1

On May 13, 2015 Dr. Hin Hin Ko presented a CME at La Terrazza Restaurant:

“Dysmystifying Probiotics”

Dr. Ko is a Clinical Assistant Professor, University of British Columbia, Division of Gastroenterology, St. Paul’s Hospital, Vancouver, BC. She is extensively published and has won multiple academic awards since her secondary education. She is an avid educator of all who show interest, from the general public to medical residents. She is a life member and a former director of CCMS BC. Members of CCMS recognize her selfless dedication to community service. This well attended event enabled the participants to review the non-pharmaceutical agents to treat and manage symptoms of IBS-C, recognize the typical IBS patient, and how to select the right fiber and probiotic supplements to treat and manage the IBS patient based on evidence and clinical experience.

Dr. Elinda Ho
CCMS(BC) President

*Photos courtesy of Yvonne Sin



CME # 2

On January 21, 2016 Dr. Hin Hin Ko presented a CME at Sun Sui Wah Restaurant:

“The Role of Probiotics in IBS”

Dr. Ko is a Clinical Assistant Professor, University of British Columbia, Division of Gastroenterology, St. Paul’s Hospital, Vancouver, BC. She is extensively published and has won multiple academic awards since her secondary education. She is an avid educator of all who show interest, from the general public to medical residents. She is a life member and a former director of CCMS BC. Members of CCMS recognize her selfless dedication to community service. This well attended event enabled the participants to review the new options in treating bloating, gas, and abdominal discomfort for IBS patients, recognize the typical IBS patient, and how to select the right fiber and probiotic supplements to treat and manage the IBS patient based on evidence and clinical experience.

Dr. Elinda Ho
CCMS(BC) President



*Photo courtesy of Dr. Edmond Chan

CME # 3

On February 17, 2016 Mr. Jerome So from TD Wealth presented a financially relevant informational event at Sun Sui Wah Restaurant:

“How to make your Corporation or Taxable Portfolio Tax-Efficient”

The guest speaker was Peter Bowen from Fidelity Investments Canada. He is the Vice-President of Tax and Retirement Research and Solutions. Peter advises on complex tax issues that affect Fidelity’s mutual funds and their investors. He also leads Fidelity’s research into issues around planning for and living in retirement. He is frequently interviewed by the media and speaks about both tax and retirement to investors and financial advisors across Canada. Members enjoyed an interactive session learning about retirement strategies in today’s low interest rate and volatile environment.

Dr. Elinda Ho
CCMS(BC) President

CME # 4

On March 9, 2016 Lifelabs presented a CME to our membership at Sun Sui Wah Restaurant:

“Panorama: Non-invasive Prenatal Testing (NIPT)”

Lisa Andres, MBS, MS, CGC (Certified Genetic Counsellor) is experienced in prenatal, cancer, general and pediatric genetics. In addition to practising as a genetic counsellor, she has held clinical and business roles in biotechnology, clinical trials and health technology. She also founded and ran a nutrigenomics company. Currently Lisa is a Senior Territory Manger for Lifelabs genetics. We had an interactive session learning about the what, why, when and how’s of the latest genetic testing technologies for the prenatal patient. There was also an opportunity to review the future of genetic testing and the benefits offered to any patient.

Dr. Elinda Ho
CCMS (BC), President



Upcoming Events

Annual General Meeting/ Gala 2016

In the past, the AGM and Gala is one of our largest and most anticipated event of the year. It will be happening on Saturday April 30, 2016 at The Fairmont Waterfront Hotel. There will be lots of door prizes, musical guests, dance performances and guaranteed an enjoyable time!

If you would like tickets, please contact any one of our board members or Dr. Thomas Wong, Office Tel. 604-233-0068

We look forward to seeing you there!

Here are some highlights from last years AGM:

