

## President's Letter



**Nov 30th, 2014**

Merry Christmas and Happy New Year to everyone. Summer flew by and winter is nearly upon us. Lots has happened since the last newsletter. We participated in SUCCESS's Walk with the Dragon: Walk for the Community, had 3 CME's, had a very successful health fair co-organized with SUCCESS and CCDS, continued on with the mentorship program and plans are underway for the Chinese New Year celebration and the annual gala next spring.

This summer I watched my sons, along with just about everyone on social media, dump buckets of ice water on their heads to raise awareness and funding for ALS. Now there's a much advertised campaign on "just asking". The concept is that people around you are much more likely to give if you ask them to give WITH you. I learned this well from Dr. Thomas Wong. When I admiringly asked how Dr. and Mrs. Wong got so many charitable donations, he said simply "you just have to ask". I have been doing this consistently and successfully since I have been on the board and am pleasantly surprised at how well it works! Most people want to be asked.

This year CCMS(BC) provided majority funding for the Annual Health Fair. Dr. Ka Wai Yam tirelessly and relentlessly asked anyone and everyone for sponsorship for this worthy event, Dr. Xin Wang asked many speakers who readily volunteered their time to speak at the Health Fair, and many CCMS(BC) members have already committed to help at next year's Health Fair.

With so many people willing to give when they're simply asked, I have great optimism for the future. 2015 will be a fantastic year.

**Dr. Elinda Ho**  
CCMS (BC), President

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## Announcements:

### 2015 Scholarship Application

The award is given to family members of CCMSBC members who have demonstrated excellence in academic or non-academic aspects. <http://ccmsbc.org/awards>

### AGM/Gala 2015 Survey!

Please let us know how we can improve this year's Gala by completing this survey. Paste link below in new window:

<http://goo.gl/forms/5w1ixzsmBr>

### 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](mailto:kchengccms@gmail.com)

# Membership Committee Report

**Welcome to the following new members:**

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**Life Member**

Dr. Joseph TING (Pediatrics/ Neonatology)

**Active Member**

Dr. Cynthia CHAN (Family Medicine)

**Student/Resident Member**

Dr. Jonathan CHAN (Rheumatology)

Victor TANG (MD 2016)

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## Website

Our new and improved website is up and running.

Please visit [www.ccmsbc.org](http://www.ccmsbc.org) for news and upcoming events.

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## E-Mail Addresses

We are now paperless.

WE NEED YOUR CURRENT CONTACT E-MAIL ADDRESS in order to keep on touch with you.

Please advise our Executive Assistant Miss Karen Cheng via e-mail [kchengccms@gmail.com](mailto:kchengccms@gmail.com) or via the Contact Section in our website of your current e-mail address.

**Dr. Thomas Wong**  
Membership Chair



Chinese Canadian Medical Society (BC)  
加華醫學會

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

Membership Dues:	<input type="checkbox"/> Active \$100	(2 years—January 1, 2014 - December 31, 2015)
	<input type="checkbox"/> Associate \$100	(2 years—January 1, 2014 - December 31, 2015)
	<input type="checkbox"/> Life \$500	
	<input type="checkbox"/> Student/Resident - Complimentary	

Name:	_____
Office Address:	_____
	_____
Office Tel:	_____ Fax: _____
E-mail:	_____
Home Address: (Optional)	_____
	_____
Home Tel:	_____
Mailing Address: (check one)	<input type="checkbox"/> Office <input type="checkbox"/> Home

### Academic Profile

<input type="checkbox"/> Family Practice:	Special Interest: _____
	New Patients: <input type="checkbox"/> Accepted <input type="checkbox"/> Not Accepted
<input type="checkbox"/> Locum	
<input type="checkbox"/> Specialty:	_____
Degree(s):	_____
Medical School:	_____
Year of Graduation:	_____
Postgraduate:	_____
Affiliated Hospitals:	_____

### Personal Profile

Language: <input type="checkbox"/> Cantonese <input type="checkbox"/> Mandarin <input type="checkbox"/> Others _____
<input type="checkbox"/> Interest in CCMS (BC) committee work
<input type="checkbox"/> Interest in giving lectures / radio talks

Please make cheque payable to CCMS (BC) and return with the completed form to:

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

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



## Health Fair 2014



\*The community engaged in the lectures and educational booths at the Health Fair.



This was another successful year for the Annual Health Fair and we would like to take this opportunity to thank our contributors and our members for participating!

This year, we had over 1000 participants from the Lower Mainland, including Vancouver, Burnaby, Richmond, and other cities. The Health Fair is an annual health promotion event put on by CCMSBC, S.U.C.C.E.S.S., CCDS and other health organizations. This year's theme is on the prevention and treatment of liver diseases. The lectures were well-received and the exhibition booths were also popular. Over 130 participants had their oral screening done, blood pressure checked, and fingers poked for diabetes screening. As part of this year's theme, we were able to screen 116 participants for Hepatitis A, B, and C.

The majority of our participants in their evaluation forms indicated that they found the event to be informative and indicated that they will definitely return next year to learn more about their health.

Hope to see more of our members at the Fair next year. To learn more about the Health Fair, please see <http://www.ccmsbc.org/node/49>.

**Dr. Ka Wai Yam**  
Health Fair Committee





\* CCMSBC booth at the Health Fair 2014.

This booth was staffed by enthusiastic medical students who performed public educations as well as health screening.

## 2014/15 Mentorship Program

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The Mentorship Program has been able to match UBC Medicine students to mentors in different fields such as family medicine, internal medicine, endocrinology and emergency medicine. Mentors and their mentees have participated in activities ranging from hiking to dimsum, or even a chat over coffee. Students find this experience highly valuable and a unique experience outside of class.

We are currently looking for more mentors to become part of our Mentorship program for next year. You will be matched to 1-2 UBC Medicine students for one year. Activities between you and your mentee can vary and it's all up to you. Your guidance is extremely valuable to students.

Interested? Please email Yvonne Sin at [ysin@alumni.ubc.ca](mailto:ysin@alumni.ubc.ca) for more information.

Thanks!

**Yvonne Sin**  
CCMS Year 3 Student Representative

## Walk with Dragon 2014

For the 29th annual Walk with the Dragon, our "CCMSBC TEAM" members finished the 7 km walk around Stanley Park with great team spirit. The event is a fund-raising effort organized by the non-profit organization S.U.C.C.E.S.S.

CCMSBC continued our support of the event this year. General members, board members, friends and families raised over \$600 towards the cause. They also enjoyed the scenic view and energizing exercise among a light drizzle of rain. The event attracted a few thousand participants, and exceeded its fundraising goal of \$450,000.

**Dr. Jen Yu**  
CCMS Board member



\* The CCMS Walk with Dragon



## CME # 1

**On July 23, 2014 Dr. Susan Kwan presented a CME at Imperial Court Restaurant:**

### **“Optimizing the Management of COPD Symptoms”**

Dr. Susan Kwan has a long and extensive history of volunteerism and is greatly admired by CCMS(BC) and the medical community in general. Dr. Kwan is a clinical assistant professor of the faculty of medicine at UBC and consultant respirologist to BC CDC. She was a Commonwealth Scholar in 1983, Burnaby hospital intensive care co-director from 1997-2013, and Burnaby hospital department head of Medicine from 2008-2013. Her extensive local and international efforts to improve the lives of the sick and less fortunate were recognized by her receiving the Queen Elizabeth Diamond Jubilee Medal in 2013. Dr. Kwan continues to single handedly carry out medical training missions in China. Over the last 10 years, she provided training to over 2000 medical professionals and with provided charity donation of medical equipment to 10 hospitals over 15 Chinese provinces. She is well known for her work with Hong Kong Thoracic Society,

CCMS(BC), SUCCESS, palliative care in Vancouver and Burnaby, BC Transplant Give-Life project, and Canadian Liver Foundation. Dr. Kwan reviewed practical tips for diagnosis, management, and optimal treatment of COPD, especially the different clinical characteristics and diagnostic criteria for COPD and asthma. She went over the management strategies for COPD within the context of current CTS guidelines.

Many thanks to Novartis Pharmaceuticals Canada for sponsoring this educational event.

**Dr. Elinda Ho**  
**CCMS(BC) President**

\* Photos courtesy of Benny Lee,  
Fourth year medical student at UBC





## CME # 1. Cont'n



## CME # 2

**On November 6, 2014 Dr. Susan Kwan presented a CME at Sun Sui Wah Seafood Restaurant:**

**“Upgrading knowledge related to sleep disorders: assessment, diagnostic tools, and treatment options”**

Dr. Susan Kwan has a long and extensive history of volunteerism and is greatly admired by CCMS(BC) and the medical community in general. Her presence drew a big crowd. Dr. Kwan is a clinical assistant professor of the faculty of medicine at UBC and consultant respirologist to BC CDC. She was a Commonwealth Scholar in 1983, Burnaby hospital intensive care co-director from 1997-2013, and Burnaby hospital department head of Medicine from 2008-2013. Her extensive local and international efforts to improve the lives of the sick and less fortunate were recognized by her receiving the Queen Elizabeth Diamond Jubilee Medal in 2013. Dr. Kwan continues to single handedly carry out medical training missions in China. Over the last 10 years, she provided training to over 2000 medical professionals and with provided charity donation of medical equipment to 10 hospitals over 15 Chinese provinces. She is well known for her work with Hong Kong Thoracic Society, CCMS(BC), SUCCESS, palliative care in Vancouver and Burnaby, BC Transplant Give-Life project, and Canadian Liver Foundation.

Dr. Kwan reviewed common sleep disorders seen in primary care, including obstructive sleep apnea. We learned who and how to screen for sleep disorders, the types of screening available, and the treatment options. Finally we reviewed which patients would benefit from specialist assessment. This event was accompanied by a show and tell portion that allowed participants to touch and try on the apparatus for testing and treating obstructive sleep apnea.

Many thanks to Clinical Sleep Solutions for sponsoring this educational event.

**Dr. Elinda Ho**  
**CCMS(BC) President**

\* Photos courtesy of Benny Lee, fourth year medical student at UBC

## CME # 2. Cont'n





## CME # 3

On November 25, 2014 Dr. Larry Dian presented a CME at Sun Sui Wah Seafood Restaurant:

**“Herpes Zoster (HZ) and Post Herpetic Neuralgia (PHN) A new approach to treatment and prevention”**

Dr. Dian is a clinical professor at UBC in the division of geriatric medicine. He is the co- director of the Osteoporosis Centre of BC and co-investigator at the Prohealth Clinical Research Centre. He has been the division head of Geriatric Medicine at UBC and VGH. Dr. Dian promotes high quality of care for geriatric patients and works regularly with undergraduate and postgraduate trainees in Medicine, with ongoing research in osteoporosis and falls in the frail elderly.

Dr. Dian reviewed the epidemiology, burden of disease, pathophysiology, and clinical manifestation associated with HZ and PHN. Best practices for acute HZ pain management and PHN treatment was discussed. Finally Dr. Dian presented the recent data and potential benefits of immunization to prevent HZ and PHN and reduce pain severity and duration of HZ.

Many thanks to Merck for sponsoring this educational event.

**Dr. Elinda Ho**  
CCMS(BC) President

\* Photos courtesy of Benny Lee, fourth year medical student at UBC





## CME # 3. Cont'n





## CCMS Board Christmas Party



Board members and family members all gathered on Nov 30th, 2014 to celebrate the season. Christmas is the time for good friends, delicious food, big laughs, and lots of gifts! And this is exactly what the board experienced. Thanks to **Dr. Thomas Wong** who organized this fantastic event, the board enjoyed excellent food and services at Quilchena Golf and Country Club in Richmond. At the end of the night, Secret Santa gifts were exchanged with a twist! Members were allowed to "exchange" previously drawn gifts with their own. An abundance of fun was had by all involved in this new take on a traditional gift exchange.

At the end of the night, our hearts and bellies were warmed, and the team looked forward to the next year of service for our CCMSBC members.

From every CCMS board member, we wish you a  
**Merry Christmas and a very Happy New Year!**

**Dr. Kristy Cho**  
Resident Board Member

\* Photos courtesy of Max Liu, fourth year student representative

## Upcoming Events

### Annual General Meeting/ Gala 2015

In the past, the AGM and Gala is one of our largest and most anticipated event of the year. This year will be even more of a celebration as it is the 30th anniversary since the establishment of the society in 1985. This is a fantastic night for great food, meeting/ reuniting with other CCMS members, and live entertainment. In order to improve our event, we would like YOUR INPUT in planning this year's event.

Please copy the Link below and paste in new browser to complete a survey on how you would like your AGM/Gala this year:

<http://goo.gl/forms/5w1ixzsmBr>

**Dr. Kristy Cho**  
Resident Board Member

Here are some highlights from last years AGM:

