



Jan 2011

President's Letter

.Dear CCMS BC members:

First of all, I wish everyone a happy and prosperous new year. Time passes so fast that without much notice Winter season has arrived and I have entered the last six months of my presidency.

Since the last newsletter in April 2010, we had our Annual Gala which was held on May 15, 2010 at Four Seasons Hotel in Vancouver. As well, for the first time we held a Summer CME event at the Bacchus Bistro at Domaine de Chaberton Estate Winery at Langley. Dr. C.P. Lau gave a most informative talk titled "Is Treating Type II Diabetes just about Glycemic Control? ". The weather co-operated nicely, the food, the wine and the company were excellent. On behalf of the members, I like to thank Dr. Thomas Wong who was the chief organizer/coordinator of this successful Summer CME event.

The annual Health Fair took place at Bonsor Recreation complex in Burnaby on September 18th. With great weather and excellent health topics and presenters, once again there was record breaking attendance.

The pilot Student Mentorship project has now come to an end. Dr. Andy Lo, the project Lead has sent an evaluation survey to all mentors and mentees. The result will be available by year end and will be posted on CCMS BC website for your reference. Once again, I urge those of you who want to participate as mentor to contact our board members. Personally, my experience as student mentor is very positive. I am sure this Student Mentorship program will become a permanent CCMS BC program.

In conclusion, I invite all of you to visit the society website (www.ccmsbc.com).

Sincerely,

Dr. Urbain Ip



CCMSBC Health Fair 2010

The annual Health Fair 2010, held on September 18, 2010 at Bonsor Recreation Centre, was again a great success. This year's topic was "Control the Top 10". Over 3500 attendees took part in the various activities from lectures to workshops to display booths. Both Cantonese and Mandarin lectures were offered, bringing our Chinese community together under one roof. All our physician speakers delivered high caliber presentations. Their donation of their time is much appreciated. Soon we shall be brainstorming for the next Health Fair 2011.

Any comments or changes, please don't hesitate to do so.

Dr. Mervin Lee

CCMSBC Board Members Christmas Gathering



Summer CME event at the Bacchus Bistro at Domaine de Chaberton Estate Winery



CCMSBC Medical Student Mentorship Experience

The CCMSBC Mentorship Program was a new initiative launched in 2009 to further foster relationships between Chinese-Canadian physicians and Chinese-Canadian medical students. I was fortunate to have Dr. Urbain Ip as my mentor. Throughout the Mentorship Program, I had the opportunity to discuss many things both inside and outside of medicine with Dr. Ip. I also enjoyed seeing Dr. Ip in action as an Emergency Doctor at Surrey Memorial Hospital. Aside from introducing me to an efficient approach to Emergency Medicine, Dr. Ip also reminded me that I have to keep in shape to be a good Emergency Doctor because they have to move around a lot! As a wrap-up session to the Mentorship Program, we decided to do the Grouse Grind in mid-October 2010 before it closes.

Around a quarter way into the Grouse Grind, everything was going well until I accidentally mentioned that Dr. Edmond Chan recently gave me a lecture on allergies in my Pediatrics rotation. Dr. Ip promptly turned the hike into an “educational session”. I was lucky that Dr. Chan is a good lecturer and I remembered most of the lecture material so I was able to answer some of Dr. Ip’s questions. Eventually, I was saved by a Grouse Grind enthusiast who decided to huff and puff his way through us making it quite apparent we were in his way. To make ourselves feel better, Dr. Ip went into a second educational session mentioning that it wasn’t any healthier to approach the Grouse Grind like that. As we all have minute amounts of plaque in our coronary arteries, extreme exertion may cause spontaneous plaque rupture and lead to myocardial infarction in a healthy individual. Hiking like that also burns higher amounts of glycogen as opposed to fatty acids. We were apparently going at a good pace and we would burn 1000 calories when we reached the top.

We weren’t originally thinking of discussing any medical topics on the Grouse Grind, but when we reached the top, Dr. Ip thought it would be a great idea to do this with his future mentees. They would cover two topics each time while tackling the Grouse Grind. The CCMSBC Mentorship program will be starting its second round soon. We think this is an excellent event for mentorship groups and we will encourage them to try it. For those of you who are curious, we finished the Grouse Grind in 66 minutes while talking the whole time (12 minutes slower than Dr. Ip’s median time).

Kelvin Kwan
CCMSBC Member
UBC Medicine Class of 2012



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

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- ☐ Full \$100 (2 years—January 1,2010 - December 31,2011)
☐ Associate \$100 (2 years—January 1,2010 - December 31,2011)
☐ 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 CCMSBC committee
☐ Interest in giving lectures

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

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

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

Name of Applicant:

S.I.N.:

(Please Print)

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).

RETURN THE COMPLETED APPLICATION TO CCMSBC (c/o Dr. Urbain Ip, Surrey Memorial Hospital, 13750 - 96th Ave, Surrey, BC, V3V 1Z2) ALONG WITH THE FOLLOWING:

Transcript of academic record for the past year.

Reference letters from two unrelated individuals.

Brief account of yourself and why you should be the recipient of the scholarship (maximum 2 typed double spaced pages).

Deadline for application March 11th. 2011

What follows is a letter the CCMSBC board of directors recently sent to Maclean's magazine, in response to the article "Too Asian" published in the Nov, 2010 issue of Maclean's University Rankings.



Maclean's magazine
Letters to the Editor
<http://www.macleans.ca/letters/>

RE: Original title "Too Asian", Maclean's University Rankings issue Nov, 2010 (re-named "The Enrollment Controversy")

December 7, 2010

We are writing to express our full support of the request from the Chinese Canadian National Council (CCNC), S.U.C.C.E.S.S., and other lay organizations for Maclean's to publish a rebuttal article written by the CCNC; acknowledge that the article contains stereotypes and offer an unqualified public apology to Canadians; and work with university students of various ethnic backgrounds to publish articles on topics of diversity and racism on Canadian university campuses.

We are most upset with the assumption that no matter how long a Chinese Canadian has lived in Canada, they will always be viewed as foreign by the authors of the article. This would include second or third generation Chinese Canadians, who were born in Canada. There is a lack of appreciation that a student who looks Chinese can actually be as Canadian as a student who doesn't look Chinese.

Many members of our society have graduated from the universities identified in the article. Our society encourages members and patients to collaborate with all other cultures to enrich multiculturalism. We feel that the article is inappropriate in its assumptions, and has the potential to be destructive to intra-varsity relations.

Sincerely,

Dr. U. Ip, President, Chinese Canadian Medical Society of B.C.

Board of directors: Dr. E. Chan, Dr. J. Chan, Dr. P. Chin, Dr. M. Lee, Dr. J. Lin, Dr. A. Man, Dr. R. Tong, Dr. A. Wang, Dr. T. Wong, Dr. J. Ye, Dr. J. Yu, Mr. A. Lo, Mr. H. Tran, Ms. F. Wong, Ms. K. Cheng

萬事勝意 兔年進步

CCMS(BC) Chinese New Year Celebration 2011

Gung Hei Fat Choy!

CCMS(BC) cordially invites you to a dinner gathering to celebrate the Chinese New Year (Year of the Rabbit 2011).

This promises to be a fun-filled evening and a time for members to mingle and socialize. Enjoy delicious cuisine, traditional lion dance, and fun games. We look forward to sharing this joyous occasion with you!

The event is complimentary for CCMSBC members. Members are welcome to bring spouse and children with a fee of \$25/person. Space is limited

Date and Time:

Feb 27th, 2011 Sunday 6:00 PM

Location:

Victoria Chinese Seafood Restaurant
1055 West Georgia Street, Vancouver

Registration:

Kindly R.S.V.P. by Feb 18th, 2011

Please indicate number of persons upon registration.

Fax: 604-233-0078 (attn CCMSBC Chinese New Year Celebration)

Or email Ms Karen Cheng kchengccms@gmail.com

Please also send enclosed cheque (guest fee) to
Dr. Raymond Tong (#105- 22838 Lougheed Highway, Maple Ridge, B.C. V2X 2V6)



Offer to New practising physician in BC

As an incentive to join our society, we would like to offer new practising physician in BC a ***free 2 year membership***. We would like every member to pass message to your new practising colleague and introduce our society to them.

CCMSBC Board

NEW PRACTICE ANNOUNCEMENT: GI AND HEPATOLOGY



Dr. Hin Hin Ko, MD, FRCPC is a Gastroenterologist and Hepatologist who will start her practice in Vancouver, BC in March 2011. She will join the group of gastroenterologists at Pacific Gastroenterology Association, affiliated with St. Paul's Hospital. She completed both her Internal Medicine and Gastroenterology training at UBC. In addition, she completed a year of fellowship in Hepatology and Nutrition at the University of Toronto. She has been a CCMSBC member since 2005, serving on the board of directors as a resident representative from 2005 to 2009.

Her main areas of practice will be general gastroenterology (including endoscopy) and viral hepatitis. She is fluent in English and Cantonese. For new patient referrals, please fax to (604) 689-2004. The office is located at Suite 770, 1190 Hornby Street, Vancouver, BC V6Z 2K5.

Our Society has launched the website (***www.ccmsbc.com***). This is our commitment to improve communication and information sharing for our members as well as introduction of our society to the public. All our members are encouraged to visit our website. In order to log on the members only section: our username is ***ccmsbc*** and the password is ***vancouver***.

Please submit articles or correspondence for the next newsletter to

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

Specialized Geriatric Clinic
Victoria Heights
232 Ross Drive
New Westminster, B.C. V3L 0B2

Or e-mail to paulchin@doctor.com