

CCMS(BC) ANNUAL NEWSLETTER



President's Address

Dear Colleagues,

As the new president of CCMS(BC), I am happy to share some of my thoughts with you on what we expect in the New Year 2020. Standing on our previous board committee's shoulder, our new board committee is confident that we are ready to serve our society for the new year of 2020.

In 2020, I see our members' own health and well-being as our top priority. We would like to encourage you to join to our existing sports groups or form a new sports group, including playing tennis and table tennis regularly, such as once a week to force our body physically active and vigorous. There are probably already a choir and dancing group among our members. I would like to see if those groups could be open to accept more members to join. If any of our members are interested to organize those groups or form a new group, please let us know.

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CHRISTMAS DINNER

CCMS(BC) ANNUAL NEWSLETTER

President's Address

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Our new board committee will continue to lead the way to promote community health in our annual Health Fair in September. We would like to thank all of your support for this event for so many years.

In 2020, we will have the overseas opportunity to teach in your profession in ShaoGuan No 1 City Hospital, Guangzhou China for short term. There will be an annual conference in QingDao China on September 21 from the World Association of Chinese Doctors (WACD).

In 2020, I also see the challenges we are facing as a medical doctor in Canada, including aging population, lack of physician support and underpaid for paperwork. That is why we need a survey to advocate as a group of Chinese Canadian medical professionals. The survey is coming soon and I hope you can participate.

Also, I am looking forward to our annual Gala Dinner in May or June 2020. I hope it will be more interactive and entertaining with talents this time.

Finally, I hope you will all join me in looking forward to the coming year. On behalf of our new board members, I wish you and your family a very happy, peaceful and successful New Year 2020.

Best regards,

Dr. Charles Jiang
CCMS (BC) President

ANNOUNCEMENTS

Calling new Mentors!

We are looking for mentors for the 2020 Mentorship program. As a mentor, you will be paired with student mentee(s) to provide guidance and advice in medicine over activities of your choosing. This is a great opportunity to develop mentorship and teaching skills, as well as provide a valuable contribution to student education. If you are interested please email andy.an@alumni.ubc.ca before Feb 5th, 2019.

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

Congratulations to our Newlyweds!

Our long-time Executive Assistant, Karen Cheng, as well as Board Member Dr. Henry Tran in both got married in 2019~

CCMS(BC) Scholarship

Application is open and the deadline is April 30, 2020. Please follow the link for more information:
<http://ccmsbc.org/awards>

WELCOME TO OUR NEW MEMBERS

Life Members

Dr. Charles JIANG (Family Medicine)
Dr. Siu Him CHAN (Cardiology)
Dr. Henry TRAN (Urology)
Dr. Sherry Xia WANG (Physical Medicine)
Dr. Matthew CHOW (Psychiatrist)
Dr. Joanne JIA (Pediatrics)
Dr. Donald YUNG (Family Medicine)
Dr. Kelvin KWAN (Anesthesiology)

Active Members

Dr. Adrian HUANG (Orthopedic Surgery)
Dr. Marco LAU (Family Medicine)
Dr. Josephine LEE (Family Medicine)
Dr. Francis LEE (GYN/Reproductive Endocrinology)
Dr. Yuan Yuan CHEN (Gastroenterology)
Dr. Ming ZHAO (Rheumatology)
Dr. Eliza CHAN (Emergency Medicine)
Dr. Emily CHANG (Family Medicine)
Dr. Christopher WU (Urology)

Resident Members

Dr. Zeng Xuan HU (General Surgery)
Dr. Danny LEE (Psychiatry)
Dr. Xiang (Sean) LI (Psychiatry)
Dr. Susan TRUONG (FP Resident)
Dr. James WANG (Pediatrics)
Dr. Steven WANG (Anesthesiology)

Student Members

CLASS of 2021 - Geoffrey CHING, Simon LIANG,
David JUNG, Edward FANG, Daniel HUI, Ryan
YAN, Vito ZOU, Simone CHIANG, Justin CHAN

CLASS of 2022 – Grace ZHENG, Jonathan CHOI,
Nathan KO, Martin CHEUNG, Andy AN, Jenny
ZHENG, Julia CHEN, Ricky WU, Matthew LUM,
Winston CHEUNG, Jessica QUE, Catherine LIM,
Gabriel CHAN, Michael LAI, Jillian LIN, Max
PANG, Namhee KIM, Shanna YEUNG, Veena LIN,
Kenneth LIN, Wallace YUAN, Jantzen FAN,
Manisha JOGENDRAN, Lianne CHO, Yu Qi WU,
Sophie ZHANG, Jessie ZHANG, Emmanuel TSE,
Kiran MANN, Billy ZHAO, Tammie TEO,

An Qi XIONG (MD 2018)
Julie WONG (MD 2020)

CLASS of 2023 – Alec CHENG, Li Qing WANG,
Erin LONG, Jeffrey TOY, Olivia YAU, Vincent
WAN, Alison FONG, Sophia SHEN, Salina KUNG,
Brian LI, Kathy XU, Judy BAN, Vanessa WONG,
Mark HWANG, Liheng CHEN, Mary ZHAO,
ZhaoKai PANG, Matthew CHEUNG, Sandy WU,
John ZHU, Chau NGUYEN, Vincent HOU, Helia
SHARIATI, Sabrina WEI, Amanda FENG, Alykhan
DEVSI, Jason LI, Kat XIE,

ANNOUNCEMENTS

**Please
visit our website for
news and upcoming
events
www.ccmsbc.org**

**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 email
kchengccms@gmail.com
or via the Contact
Section in our website
of your current email
address.**

**Dr. Thomas Wong
CCMS (BC) Membership Chair**

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

Membership Dues: ☐ Active \$125 (2 years—July 1, 2019 - June 30, 2021)
☐ Associate \$125 (2 years—July 1, 2019 - June 30, 2021)
☐ Life \$625
☐ Student/Resident/First 2 Years in Practice - Complimentary

Name: _____
Office Address: _____

Office Tel: _____ Fax: _____
E-mail: _____
Mailing Address: _____

Home Tel: _____
Year Started Practice: _____

Academic Profile

☐ Family Practice: Special Interest: _____
☐ Specialty: _____
Degree(s): _____
Medical School: _____
Year of Graduation: _____
Postgraduate: _____
Affiliated Hospitals: _____

Personal Profile

Language: ☐ Cantonese ☐ Mandarin ☐ Others _____
☐ Interested in CCMS (BC) committee work
☐ Interested in giving lectures / radio or TV 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

Chinese New Year Dinner 2019

Destiny Lu-Cleary

CCMS(BC) Class of 2021 Representative

This year's CCMS Chinese New Year Dinner was held at Sun Sui Wah Seafood Restaurant on February 26th, 2017. We invited CCMS members and their family to celebrate the Year of the Rooster with us. We started the evening with a traditional lion dance followed by delicious cuisine and fun games throughout the night. Special thanks to our dinner organizers, Karen Cheng & Andy An, as well as our MCs, Destiny Lu-Cleary and Jacky Tang. We hope to see everyone again at our Chinese New Year Dinner next year!



2019 CCMS Mentorship Program: Year Report and Call for New Mentors

by Andy An (CCMS Student Representative)

The 2019 session of the Mentorship program was very successful. Six wonderful physicians with a variety of specialties (family, GI, urology, cardiology, pediatrics, and emergency) were paired with 11 lucky medical students. Activities ranged from career planning and work/life balance discussions, shadowing, and social events such as the CCMS Chinese New Year's Dinner, all of which the students enjoyed greatly and found very valuable. Here are some comments from the appreciative students:

"Our mentor was extremely helpful and gave us incredible tips and resources to prep us for the future. It was a very relaxed, open, low stakes environment to be candid."

"The program itself is great in connecting students with physicians. It allows the opportunity to form connections and network within the medical field and learning in-depth at my own pace about how to approach medicine."

"It was a very valuable experience for a more intimate, relaxed opportunity to interact with a preceptor. It provided valuable insight into not only where I want to go within medicine, but tons of clinical pearls that I'm gonna keep with me throughout my career. It also gave me the opportunity to talk to established doctors about life outside of medicine and how to balance it, an opportunity we rarely get to have within our education, but all the more valuable because of its scarcity."

Special thanks to the mentors who volunteered their valuable time to play an important role in the education of future medical professionals:

Dr. Joseph Ting
Dr. Yuanyuan Chen
Dr. Hilary Hui
Dr. Henry Tran
Dr. Urbain Ip
Dr. Siu Him Chan



We are looking for mentors for the 2020 session of the Mentorship program. As a mentor, you will be paired with student(s) interested in your specialization for a year (or more if you prefer). You and your mentees can discuss events you would like to do, whether it may be shadowing, social activities (coffee, lunch), or providing career guidance and advice. This is a great opportunity to develop mentorship and teaching skills, as well as provide a valuable contribution to student education. **If you are interested or have questions about the program, please email andy.an@alumni.ubc.ca before Feb 5th, 2019.** We hope to work with you to continue this important program of the CCMS!

2019 Annual Dinner and Dance

This year's gala marks the 34th Anniversary of the Chinese Canadian Medical Society (BC). The gala was held on Sunday, June 2, 2019 at the Fairmont Waterfront Hotel, on a beautiful summer evening. There were two hundred guests in attendance. Special guests included Dr. Kathleen Ross (President of the Doctors of BC), Dr. Matthew Chow (President-Elect of the Doctors of BC) and Ms. Queenie Cho (CEO of SUCCESS and SUCCESS Foundation). Our Honorary Members (Dr. Howan Koo and Dr. Thomas Wong) and many of our Past Presidents (Dr. Simon Huang, Dr. Thomas Wong, Dr. Ross Chang, Dr. Kenneth Fung, Dr. Kwan Yang, Dr. Paul Chin, and Dr. Jen Yu) were also in attendance. Mr. Maxwell Holmes, son of Dr. Lucy Wang, entertained the guests during the cocktail reception with his piano performance, which was much appreciated.

The evening's program began with the President's Address by Dr. Xin Wang. The 2019-2020 Board of Directors were introduced to the gathering. Mr. Jacky Tang and Ms. Destiny Lu-Cleary did an excellent job as our Masters of Ceremony.

Following a sumptuous 3-course dinner, Federico provided live music for dancing. Thanks to all the generous sponsors, we had \$6500 worth of door prizes given out to the lucky winners throughout the evening. All the guests had a tremendous time. It was a great occasion to meet old and new colleagues and acquaintances. We look forward to welcoming you back in 2020.

For Gala photos, please see next page.

Chinese Language Workshop for Medical Students

by Destiny Lu-Cleary

Last year's Chinese Medical Language Workshop was held in May 2019 at the Gordon and Leslie Diamond Healthcare Centre, offered in Cantonese and Mandarin for medical students. During the workshop, students enjoyed delicious food while learning about basic Chinese medical terminology and interviewing phrases. In addition, a Chinese language booklet was given to all attending students for future references. Students were very engaged and found the workshop enjoyable and practical, especially for interacting with the large Chinese population in the LowerMainland.

This year's Chinese Medical Language Workshop was held in May 2019 and will be offered in Cantonese and Mandarin for medical students. Stay tuned for more information.



Some shots from Gala 2019. For more photos, please follow the following link: <https://tinyurl.com/suf7g86>



GALA 2020

Details to come soon for our 2020 Annual Dinner & Dance!

CCMS(BC) Physicians on Creating Hope for AIDS Impacted Children

by Dr. Charles Jiang

CCMSBC member physicians, Drs. Hilary Hui, Susan Kwan and Charles Jiang participated in and helped fundraise in an event for Chi Heng Foundation Canada. On September 23, 2019 鳳凰網 “美麗童行”智行慈善晚宴 - the IFRENG.COM “Forever Happiness” CHI HENG Foundation's Splendid Kids' Journey Gala raised over \$900,000 for AIDS impacted children in China.

These physicians also led a group of more than twenty medical professionals - including a team of registered nurses from Burnaby Hospital, BC - in travelling to HIV endemic villages in Henan Province, China in September 2018. The CCMSBC medical group has enthusiastically supported life-changing programs of the Chi Heng foundation including educational programs promoting public health and community assistance services for HIV orphan youth in remote areas of China. In 2018, the CCMSBC also participated in a similar Chi Heng Foundation fundraising gala which raised more than \$250,000 that year.



Walk with Dragon 2019

by Dr. Elinda Ho

On July 21, 2019 CCMSBC members and friends participated in the annual Walk with the Dragon fund raiser organized by S.U.C.C.E.S.S at Concord Pacific Place. It was a festive event enjoyed by all participants. Hundreds of dollars were raised. Thank you.



FREE ADMISSION 免費入場
2019 HEALTH FAIR
Cantonese / Mandarin Health Lectures
Health Screenings • Exhibition Booths
健康一日談
國/粵語健康講座 • 展覽攤位 • 健康測試

SEP. 15 9月15日

星期日上午 9:30am ~ 下午 3:30pm
healthfairbc.com
healthfair@success.bc.ca

Bonsor Recreation Complex 康樂中心
6550 Bonsor Ave., Burnaby
(Beside Metrotown 旁)

粵語講座 CANTONESE LECTURES

| | | |
|-------------------|---|-----------------------------|
| 9:45am - 10:30am | Coronary Artery Disease and Congestive Heart Failure 冠心病和心衰竭 | Dr. Michael Tsang 曾彥彰醫生 |
| 10:30am - 11:15am | Brain Health and Dementia 腦部的健康及退化 | Dr. Roger Wong 黃耀明醫生 |
| 1:30am - 12:30pm | Opening Ceremony 開幕典禮 | |
| 2:30pm - 01:15pm | iCON: Understanding Shingles and Vaccination for Seniors 何為“生蛇”及長者疫苗 | Dr. Thomas Ho 何文威醫生 |
| 1:15pm - 02:00pm | Hepatitis B 乙肝 | Dr. Patrick Wong 黃浩本醫生 |
| 2:00pm - 02:45pm | Arthritis, Rheumatism: Are They the Same? 風濕病、關節炎，是不是同一種病？ | Dr. Simon Huang 黃惠綱醫生 |
| 2:45pm - 03:30pm | The Common Link Between Oral Health and Systemic Health 口腔健康與身體健康互相影響的緊密關係 | Dr. Christopher Chung 鍾陸基牙醫 |

國語講座 MANDARIN LECTURES

| | | |
|-------------------|--|------------------------|
| 9:45am - 10:30am | Gum Disease, Heart Conditions and Diabetes - The Not So Golden Triangle 鮮為人知的疾病金三角：牙周病、糖尿病及心血管疾病 | Dr. Kevin Zhang 張帆醫生 |
| 10:30am - 11:15am | Bridging the Gap in Childbearing Between Two Generations 兩代常見生產育兒誤區 | Sylvia Chang, RN 張希環護士 |
| 1:30am - 12:30pm | Opening Ceremony 開幕典禮 | |
| 2:30pm - 01:15pm | Common Age-related Ocular Conditions 老年常見的眼科疾病 | Dr. Jean Chuo 卓盈君醫生 |
| 1:15pm - 02:00pm | Understanding the Emergency Room 走進急診室 | Dr. Dayan Huang 黃大晏醫生 |
| 2:00pm - 02:45pm | Obstructive Sleep Apnea 睡眠呼吸中止症 | Dr. Rachel Jen 任香秋醫生 |
| 2:45pm - 03:30pm | Common Heart Diseases: Diagnosis and Treatment 常見心臟疾病：診斷及治療 | Dr. Siu Him Chan 陳兆謙醫生 |

中僑互助會、加華醫學會、加華牙醫學會聯合舉辦

ORGANIZED BY: S.U.C.C.E.S.S., CHINESE CANADIAN MEDICAL SOCIETY (BC), CHINESE CANADIAN DENTAL SOCIETY OF BC



Health Fair 2019

By Destiny Lu-Cleary, CCMS Student Representative. Modified from Dr. Jen Yu's blog post on ccmsbc.org

Health Fair 2019 was held on Sunday, September 15th at Bonsor Recreation Complex, Burnaby BC. Many of our Board Members, both family doctors and specialists, volunteered their valuable time to participate in the event, organizing, fund-raising, and speaking at the Health Fair.

We thank Drs. Yuanyuan Chen, Dayan Huang, and Roger Wong for kindly promoting the event on Fairchild Media. Our UBC medical student team, under the leadership of our two student representatives on the Board, organized the Blood Pressure Booth to present important information to the public. Year 2 Student representative created helpful Chinese-language infographics regarding hypertension. The general attendance was overwhelming. All the exhibitions and lectures were well received by the audience, using Mandarin and Cantonese.

Thanks to CCMSBC members, the Board of Directors, Drs. Yuanyuan Chen and Henry Tran (Health Fair 2019 Chairs), and our young budding doctors, the event was another success!



Sino-Canadian Forum for Excellence in Residency Education

Modified from Dr. Joanne Jia's blog post on ccmsbc.org

The inaugural Sino-Canadian Forum for Excellence in Residency Education (SCFERE) is being held in Shanghai, China from November 29–30, 2019.

The conference was hosted by Chinese Medical Doctor Association (CMDA) and Royal College of Physicians and Surgeons of Canada (RC) with the support of Shanghai Municipal Health Commission and the College of Family Physicians of Canada. The conference was organized by Shanghai Medical Doctor Association (SMDA). The main theme of the conference is “To draw on international experience and enhance the competence of medical educators”. There were about 1300 medical education leaders, program directors, and clinic educators from 14 different provinces, districts and municipalities who attended the conference. President Yanling Zhang and VP Xuejin Qi of CMDA, RC CEO Andrew Padmos and VP Asia Pacific Susan Brien, president Shirley Schipper of CFPC, VP Chengdong Yi of Shanghai Health Commission, President Jianguang Xu of SMDA and other leaders attended the opening ceremony. 14 Canadian medical education experts presented at the conference and shared their experience in the Canadian system including Competency Based Medical Education.

Dr. Joanne Jia, who is a board member of CCMSBC, was the principal organizer of the Forum. She played an instrumental role liaising and coordinating the various organizations of the two countries. As the regional director for Asia Pacific of Royal College International, Dr. Jia has been focusing on China over the past decade. Royal College is now involved in many projects in China, including accreditation of residency training sites, faculty development, and the Forum. Dr. Brian Wang, past president of CCMSBC, has also contributed significantly to this conference in the role of vice president of the General Practice Division of the World Chinese Doctors Association and as a consultant of CFPC.



CCMS Board Holiday Dinner

By Destiny Lu-Cleary

Board members and family members gathered on Dec 14th, 2019 at Quilchena Golf and Country Club for a night of warm company, delicious food, and holiday spirit. Thank you to Dr. Thomas Wong for organizing this event. All the board members had an amazing time and were thankful to celebrate the holiday season with such a great event.

PHOTO BY MARTIN R. SMITH



stock photo from canva.com