

March 2006



President's Letter

Gung Hei Fat Choy ! New Year means a new beginning. I would like to wish everyone had good prosperous new year.

Our Society has a great start this year. CCMSBC has already finished two events. We have successfully hosted the medical student career night on February 8th, 2006. We have 100 audiences for the event. As mentioned in previous letter, I think the event is crucial and important. It helps our medical students in familiarize about the process of choosing specialty. This is also a good occasion to introduce our society to new medical students.

To our members, we have hosted Chinese New Year Celebration on February 19th, 2006. It was a successful event. We had 120 members attending the event. The atmosphere throughout the event was fun and intimate. Our members' active participation made the event enjoyable. By the end, everyone received their lucky red pocket. Up to now, I still wonder whether anyone won significant prize (649).

We have decided to host the annual AGM , dinner and dance gala on **March 13th, 2006** at Fairmont Waterfront hotel. I encourage every member to participate and support the society.

Events to be followed later in the year will include Black Sea Cruise in Sept, 2006. Our annual Health Fair will be an ongoing event. Hope to see you soon in our upcoming events.

Paul Chin



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Annual Gala – Saturday May 13, 2006

The CCMS(BC)'s Annual Gala & Dance will be held at the **Fairmont Waterfront Hotel** on Saturday May 13, 2006. This black-tie (optional) event has always been very popular amongst members and their friends. There will be entertainment, live music (Michael Sampson of the Top Notes & Friends) and lots of door prizes. Please mark this date on your calendar. Tickets are available from your Board members.

*Thomas Wong MD
Chair AGM and Gala Committee*

CCMSBC Chinese New Year Celebration 2006

Our Chinese New Year Celebration was hosted on February 19th, 2006 at Victoria Chinese Restaurant. We have 122 participants in the event. The event was started with the traditional Lion dance that brought good luck to the New Year. There was also Chinese music performance including Er-thu and Guzheng during the dinner. Throughout the event, we encourage everyone to come out and deliver various New Year greetings. By the end, we were surprised that it became multicultural (greetings include different Chinese Dialects , East Indian, South African, Philippine , Korean etc). We also had chance to listen to Dr. K.C Li experience in maintain a strong and harmonious marriage. One of our guest had even developed a DSMIV criteria after listening to Dr. Li speech ! The event was ended after Lucky red pocket been distributed. (I hope one of the participant will win 649)

Submitted by Paul Chin



CCMS Medical Student Career Night

Our biannual career night was held on 8 February, 2006 at Pink Pearl Restaurant. This year we have a large audience, probably because of the good reputation from previous events and the larger classes. We have to limit the attendance to 100 students. We have nine speakers from various specialties. They are Dr. T.C. Yang, infectious disease; Dr. P Kwan, gastroenterologist; Dr. G. Arsenault, medical health officer; Dr. John Jue, Drs. Tony Wong / Ari Giligson / Norman Wong, ophthalmologist; Dr. Agnes To, psychiatrist; Dr. Helen Gan, family practice. Dr. Augustine Lam, Ms Stephanie Au and Ms K.W. Yam assisted in organizing this successful event. We had very good feed back.

Submitted by Dr Howard Liang



Chinese Canadian Medical Society Foundation

c/o Suite 120 –5780 Cambie Street, Vancouver, B.C. V5Z 3A7

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

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

Name of Applicant:
(Please Print)

S.I.N.:

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).

Deadline of application for CCMS(BC) Scholarships 2006 is extended.

The CCMS foundation again welcomes applications for the two \$500 annual Scholarships, which are awarded to 2 winners that are children of CCMS members enrolled in their post-secondary education. Please submit the attached application form and necessary documents to Dr Howard Liang at Suite 120- 5780 Cambie Street, Vancouver, B.C. V5Z 3A7 before April 15, 2006.

The winners will be notified and their names announced after the next AGM

Dear CCMS members:

What follows is an article I wrote a few months ago for the Allergy/Asthma Information Association (www.aaia.ca), that parents in your practice might find useful. Please feel free to share it with them...

Kind regards,

Edmond

The First Visit to a Pediatric Allergy & Asthma Office: What Parents Can Expect...

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Parents unfamiliar to the Pediatric Allergy & Asthma office often wonder what they and their children can anticipate at the appointment. My primary objective for this article is to describe what typically happens during a visit to a specialist trained in Pediatric Allergy & Asthma. I will also give an overview of the most common allergic conditions seen in infants and children, and conclude with some comments on the importance of parent and patient education at the visit.

A specialist in Pediatric Allergy & Asthma has undertaken a long training process, starting with medical school. This is followed by a residency in Pediatrics, and concluded with a fellowship in Clinical Immunology & Allergy. The best way for parents to verify the credentials of their child's specialist is by logging onto the web site for their province's medical licensing board (search under "*College of Physicians and Surgeons...*" for the province of residence).

A Pediatric Allergy & Asthma office is set up so that all aspects of the visit are "kid friendly". Every effort is made to ensure that children will enjoy their time in the office. For instance, our office is a bright and cheerful environment for the children. The first item most children will notice is the video game unit, which keeps them occupied while they are in the waiting area. Books, toys, and coloring sheets are also useful for this purpose.

The Pediatric Allergy & Asthma office is dedicated to the care of children only. No adult patients are seen. As a result, the whole approach for the assessment is tailored to the unique needs of a child. The first part of the assessment involves a detailed history, meaning that an exhaustive number of questions about allergies and asthma will be asked by the physician. Parents can prepare for this by bringing items such as medications that the child is currently on, pictures of rashes if possible, and food labels if foods are of concern. Any other items that may be useful in describing the child's clinical condition would be of benefit. A complete history will also involve questions about the past medical history, family history, and environmental history. Following the history, a careful physical examination of the child will be performed.

At this point, a decision will be made as to whether allergy testing is required or not. All decisions are based on the careful history that has been taken. If and only if the history suggests an allergic trigger, testing is indicated. The procedure of choice is generally prick skin testing, but the method of doing this in the Pediatric Allergy & Asthma office must be "kid friendly", causing the least amount of discomfort. The fewest number of

tests possible is the approach that should be adopted for children. Testing only serves to confirm what is already strongly suspected from the history. Deciding what to test for based on the history requires all of the expertise the Pediatric Allergist has acquired from fellowship training in Pediatric Allergy.

Over-testing in children is not useful, causing added pain and anxiety. It may also be harmful, since it may result in positive results that have no clinical significance. A possible scenario is the drastic alteration of a child's diet based on these false positive results, which carries the risk of malnutrition for the child. Additionally, it adds unnecessary confusion to the family's life. Another test that may be considered is blood testing for specific IgE, which is the antibody responsible for the allergic response. In the case of food allergies, an oral challenge (eating in the office) is performed to rule out food allergy in unconvincing cases, or in children who are suspected to have outgrown the allergy. For asthma, breathing tests are done in the office in children old enough to follow the procedure required.

The most common pediatric allergic conditions tend to occur in a predictable sequence, referred to as the "allergic march". Food allergies tend to develop early in life, and a small number of foods account for the vast majority of food allergies (milk, egg, peanuts/nuts, fish/shellfish, soy, and wheat). Atopic dermatitis (eczema) is another common condition in infancy. In the pre-school years, asthma may develop. Once children reach school age, allergic rhinitis (hayfever) becomes more common.

The initial visit is a lengthy one, due to the time required to obtain a complete history and physical examination before any consideration for testing is made. Testing in children is a time consuming procedure, due to their general fear of the procedure. After testing (if indicated), the rest of the visit is dedicated to parent and patient education, which is essential for management of these conditions. Detailed written instructions are reviewed, clearly laying out the importance of avoidance of the allergic triggers that have been identified by the assessment. Instructions are also reviewed for use of medications. For example, use of an EpiPen or Twinject is taught in the case of food allergies, and use of various inhalers is taught in the case of asthma. A team approach is fostered, since the pediatric allergist must work closely with the primary care physician, and other caregivers such as dietitians or certified asthma educators. Follow-up for reassessment of the allergic conditions is also arranged.

In summary, the practice of Pediatric Allergy & Asthma is dedicated to the unique needs of children with these conditions, using a caring, compassionate, and evidence-based approach. These conditions commonly develop in a predictable fashion in infants and children. Each assessment in the office is undertaken in the sequence described above, with the ultimate goal being proper parent and patient education.

Congratulations to Dr. Ian Tsang

It is with much pride that I wish to congratulate Dr. Ian Tsang Kwong-Ying, a distinguished member of CCMSBC, who was acknowledged by the Canadian Rheumatology Association as the Distinguished Rheumatologist Award winner for 2006 (National, Canada). In the history of the award since the mid 1980s, he is the first award recipient that is of Chinese origin.

The award was presented at the Opening Gala on Friday, February 17, 2006 at the Fairmont Acapulco Princess Hotel, Acapulco, Mexico.

We are all proud of Dr. Tsang's achievement, as members of the CCMSBC, and as fellow Chinese Canadians. Please accept our heartfelt congratulations.

Respectfully submitted:
Dr. Paul C. H. Wong

2006 CCMS Ukraine & Black Sea CME

Don't miss the chance of seeing the exciting Dneiper River and Black Sea. This 16 days river cruise, from 9 September to 24 September 2006, will travel along the Dneiper River of Ukraine and reach the resorts of Black Sea. You will have a chance to see the colorful culture and historical sites of Eastern Europe and former USSR. This is going to be a very hot spot for tourists as this is the first year that visa is not required to enter Ukraine. So, do not wait, as the capacity of the boat is limited. Join us in this inspiring tour as soon as possible. CME and visiting to hospitals may be arranged. For more information please see:

<http://www.uniqueworldcruises.com/blacksea-ukraine/blackseaitinerary.html>

or contact Dr. Howard Liang at (604)-323-2982

Hurry up, space is limited by the number of available cabins on the boat!



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

- Full \$100 (2 years—January 1,2006 - December 31,2007)
 Associate \$100 (2 years—January 1,2006 - December 31,2007)
 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 CCMS committee
 Interest in giving lectures/ radio talk

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

Congratulations to Dr. Wallace Chung

On behalf of CCMSBC, I would like to congratulate Dr. Wallace Chung who has been recently appointed as member of the Order of Canada in June 2005. Dr. Wallace Chung is one of the Honorary members of our Society. Dr. Chung finished his undergraduate training in McGill University in 1953 and was among the early Chinese Canadians to embark on a professional career. He was the first Chinese Canadian physician appointed as the professor of surgery in BC. He later became the head of the UBC Division of General Surgery and the Division of Vascular Surgery. He was the pioneer in establishing vascular surgery as the separate specialty in Canada. He is holder of a Canada 125 Medal and received the UBC Honorary Alumnus Award in 2002. He is an Honorary Life Member of the Canadian Association of General Surgeons. Dr. Chung also played a key role in establishing Vancouver's Chinese Cultural Centre and provided leadership as vice-chair of the Canadian Multiculturalism Council. Throughout the years, he participate our Society activities regularly and never hesitates to show his support. It is our honor to have such a distinguished member.



Submitted by Paul Chin

Vancouver Chinese Diabetes Education Centre (VCDEC)

The VCDEC has completed 10 very successful years of services to the Chinese community of the Lower Mainland. This is a joint project, sponsored by CCMS (BC), SUCCESS, and the Vancouver Coastal Health. At VCDEC, individuals with diabetes or "pre-diabetes" and their families learn about diabetes management. Classes are conducted in Cantonese or Mandarin by registered nurse and registered dietitian.

Beginning in September 2005, the Centre has moved to the SUCCESS building at 28 West Pender Street, Vancouver. **Appointments can be made by patients or their physicians through SUCCESS at 604-684-1628.**

*Thomas Wong MD
Medical Director VCDEC*

Please submit articles or correspondence for the next newsletter to

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

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Geriatric Services
315 McBride Boulevard
New Westminster, B.C. V3L 5E8

Or e-mail to paulchin@doctor.com

Please also our website www.ccmsbc.ca for new information and events.

Membership Renewal (2006 – 2008)

It is time to renew your CCMS (BC) bi-annual membership **NOW**. Our Society has just celebrated her 20th Anniversary. Please continue to show your support by renewing your membership, or better still, invite a friend to become a member.

Membership fees have remained the same at **\$100** for the 2 years. Life memberships are available for **\$500**.

Please complete the attached form and renew your membership today!!

For Life Members, please complete the form if you have changed your mailing address. Please update us with your e-mail address at the same time.

*Thomas Wong MD
Chair, Membership Committee*