

Nov 2005



President's Letter

This is my honor to serve as the President of Chinese Canadian Medical Association of British Columbia. To some of the members who do not know me before, I want to introduce myself again. I am Geriatrician working in Fraser Health Authority. I have joined the Board for the last 6-7 years. Throughout last few years, I am also the editor of CCMSBC newsletter.

This is the 20th Anniversary of our society, which means CCMSBC reaches another milestone. Twenty years may not sound a lot but does mean our society enter a consolidate phase in its development. I am glad to see our society continue to receive lots of support from our members, mostly through the participation in the Society activity.

To start this Calendar year, we have organized the International Conference in June, 2005. We have excellent speakers from all over the world, giving us lots of enlightening lectures. Details will be followed in this newsletter.

Thanks for Dr. Thomas Wong's hard work, we are able to have a memorable CME trip in the Silk Road. 16-18 days in Western China, with 44 participants, is not easy task. By the end, we all able to enjoy the culture, visit the local hospital, meeting new friends (and obviously

lots of souvenirs as well).

We have also have hosted a successful Health Fair during the Thanksgiving weekend. As a Chinese Canadian physician, we have responsibility in delivering health education to the public, especially to our Chinese population who may have difficulties in language and communication. I understand we have the most attendance in this year (up to 2500)

In coming year, we will continue to host the Career night for the medical students. Throughout the years, our medical students find the event informative and it has become a regular event to the Society.

Despite all the achievements, the Society will still have to face continue challenge. The challenge is mainly in attracting new members. Our society needs to do better job in making new graduate identify with the Society. In my opinion, this has to be done in the level of medical students year. We need continue activities for the medical students. For the last few years, we have arranged the Cantonese pronunciation class, Career Night. I also encourage the students to participate in our CME dinner events. I will urge our member to introduce the society to your new colleagues, medical students in your work.

To facilitate the communication, we will continue improve our website (www.ccmsbc.ca). We will try to set up a discussion forum for our members to discuss different issues .

I also want to thank all the previous presidents for all their works they have done to the society. Without them, this will be much difficult for to me to take on the job. I am looking forward to the coming year and hope to receive the continue support from you.

Paul Chin



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CCMSBC International Conference 2005

Our International Conference 2005 was held on June 11-12th, 2005 in Terminal City Club, Vancouver. We have invited ten speakers, both overseas and local, for the conference. The speakers include Dr. Rob Roberts from Ottawa, Dr. Guo Jun Huang from China/USA, Dr. Joseph Sung from Hong Kong, Dr. Anna Lok from Ann Arbor, USA, Dr. Tak Mak from Toronto, Dr. Peter Lin from Toronto. We also have local speakers Dr. David Scheifele, Dr. Kiran Rebheru, Dr. Hiram Mok, Dr. Greg Hislop. We have enjoyed two days of excellent and informative conference, covering topics from gene therapy, emerging infections (SARS and avian flu) in Asia, Lung surgeries in China as well as local program in cervical cancer screening, dementia management etc. We have received lots of positive remarks from the participants and give us the continue impetus in arranging our next Conference.



Welcome to the new Board 2005-6

From Left to Right:

Ms Stephanie Au, Ms Ka Wai Yam, Dr. Edmond Chan, Dr. Paul Wong, Dr. Peter Kwan, Dr. Howard Liang, Dr. Paul Chin, Dr. Raymond Tong, Dr. Peter Chung, Dr. Thomas Wong, Dr. Kwang Yang, Dr. Jessica Chan

Absent : Dr. Vincent (Tony) Wong, Dr. Hin Hin Ko



Health Fair 2005

This year's CCMS/SUCCESS Health Fair was held on October 9, 2005 at the SUCCESS Building in Chinatown. The theme for this year's fair was "Medicine: Past, Present and Future". The topics addressed not only current areas in Western medicine and future treatments, but for the first time also covered areas in traditional Chinese medicine that has been practiced for centuries. Like previous years, the range of topics varied from Alzheimer's disease to stomach cancer. New topics included updates in vision problems in the elderly and nutritional effects on health from a traditional Chinese medicine perspective. This year's health fair was the busiest ever in terms of attendance, with all lectures attracting large crowds. There were also many health screening stations which were very popular, including glaucoma checks, blood sugar testing, and blood pressure testing. Many thanks to the volunteers who made this year's health fair run so smoothly, in particular to the Heart and Stroke Foundation, the Canadian Cancer Society, and the Chinese Canadian Dental Society. We hope to continue with the success of our health fair by possibly holding one in Richmond next year.

Vincent Tony Wong, Co-Chair, SUCCESS Health Fair Organizing Committee

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).

APPLICATION FOR CCMS FOUNDATION SCHOLARSHIP

It is time again for the application of the CCMS Foundation scholarship. This scholarship is open to children of our members. If you know any youngsters who are in postsecondary years, please encourage them to apply. The application form is in a separate sheet of this newsletter. **The deadline is February 25, 2006 Saturday.** Send the application with all accompanying documents to Dr Howard Liang, 120-5780 Cambie Street, Vancouver B.C. V5Z 3A7

CCMSBC Scenic China CME – Mystic Silk Road (Part 1)

CCMSBC had successfully hosted the second Scenic China CME from Sept 9th, 2005 to Sept 26th, 2005. The group consisted of 44 participants including two tour guides from Silkway Holiday: Ms Fiona Wu and Mrs. Cathy Ng. The main theme of the trip was through Chinese parts of the Silk Road. This is one of the most historical parts in China and contains diverse cultures. Our trip started in Xian which was one of the oldest capitals in China. The highlight of Xian was obviously to visit the terracotta warriors museum. We were amazed about the delicate nature of the warriors (in fact each individual is different from the other).



Group photo in front of terracotta warrior museum



Our first CME session in Xian

The next leg of our journey was to enter the Xinjiang province. Xinjiang province comprise about one – sixth of China and is a land of different ethnic groups. The main ethnic groups are Uyghurs and Hans Chinese. This was also the start of us experiencing new culture within China. Uyghurs have strong ties with Turks over the history but the relationships with Hans Chinese have been dated back more than 2000 years. The transition and development of the Uyghur is complicated and definitely need lots of reading.

Urumqi was the first city we visited in Xinjiang province. It is also the capital of Xinjiang province and home to 1.5-2 million populations. The favorite tourist spots are Tianchi (Heavenly Lake), Nanshan Mountain etc. With the arrangement of Mrs. Linda Wong, we were able to visit the Xinjiang Medical College Fifth affiliated hospital. We had nice discussions with the hospital staff. We were able to share our Canadian experience with them. By the end, we had better understanding about the medical system in Xinjiang.



Group Photo in Tianchi (Heavenly Lake)



Warmest welcome from Xinjiang hospital

Kasghar was the next city we visited. It is the westernmost city of China and home to 200,000 people (city center). It took about 1-2 hour flight from Urumqi.. It is definitely the city to visit if you want to immerse in Uyghur culture. The city is less developed than Urumqi but we can see lots of traditional building of central Asia style. We were able to visit the biggest mosque in China, Etigar Mosque. Again, this let us more into the Muslim culture.

The next day was one of the biggest challenges of the trip: visiting Karakuli (Black) Lake . It took us 5 hours to reach the Lake. The altitude of the Lake is about 3700m. Unfortunately, few of our members did experience the altitude sickness, mostly dizziness and weakness. No worries, everyone recovered once the altitude down to 3300-3500m. Despite the hardship, everyone still considered this as the best part of our trip. On the way to the Lake, we had the best scenery of the trip: snow mountains, sand dunes, pristine waters and mirror clear reflections. During the brief stay in the Karakuli Lake, some members had the first chance in riding camels. I also had chance to ride horse again without supervision. This was a great feeling of freedom, worth every yuan I spent (it cost 20 yuans for 20 minutes ride).



Tea in traditional Kazakh family tent



Privileges of team leaders in serving the traditional roasted lamb dinner

Our last day in Kasghar was to visit the Sunday Bazaar and livestock market. We had also visited the carpet factory. All this meant the start of the shopping including numerous pashmina, carpets, local hats etc. Visiting livestock market was an eye-opening experience. We might have seen in the Discovery or Outdoorlife channel but this was much different when you yourself were inside the market. All the smells, bargaining, noises made the event real instead of just a TV documentary.

Our next stop was to fly east back to Urumqi and had a coach ride to Turpan. Turpan is an oasis city and also the closest city to visit the several ancient ruins. Before the hectic schedule, we were able to enjoy the mid-autumn festival in Turpan. We were amazed that mooncake were prepared for our tour.

We visited the ruins of two ancient cities in the next two days. Both Gaochang and Jiaohe Ancient cities had been dated back up to 2000 years and documented in Han dynasty. I recommend that we should try to read some of the history in order to fully appreciate the significance of the Ruins.

Visiting the Grape Valley and Karez Irrigation System were the highlight of Turpan. We had tasted lots of grapes in Turpan, probably the best grapes in the world. In the end, many of us bought kilos of raisins, adding additional weight to our overload luggage. Interesting fact to realize that Turpan has the highest incidence of diabetes in China (while we were eating the grapes !). Before the end of the trip, we also experienced raining in Turpan. It was only a drizzle, last for 10-15 minutes. However, this is still a rarity in Turpan as the annual rainfall is less than 20mm.

(To be continued in next newsletter)

Submitted by Paul Chin

2005 Baltic Cruise CME

The 2005 Baltic cruise CME started with everyone arriving safely in Copenhagen. Some had already visited many places in the Danish capital before boarding the Star Princess, which we called home for the next 10 days. The CME opened with a welcome reception at the “Top of the Ship”, the Skywalker Lounge. We got to meet each other and received instructions about meetings and other arrangements. We were lucky that, as a group, we were specially assigned a corner at the restaurant and that became our meeting place everyday for dissemination of information.

The theme of the CME was medical ethics. It was originally thought to be a difficult and hard-to-grasp topic but it turned out that all the participants were quite interested, which sometimes invited heated debate and active participation from all the members. Dr Paul Wong, our education program director, lead the opening of the conference by outlining the different aspects of medical ethics followed by Dr Wendy Lam’s excellent example of controversy of patient autonomy. Dr. William Liang provided his experience and knowledge in risk taking behaviour and the argument of distribution of resources. Dr Eddie Wong talked about stem cell technology and its implication in the meaning of life. Dr Howard Liang shared his experience with premature babies and the difficulties in measuring quality of life. Ms Cecilia Liang, a Barrister, was specially invited to give some legal perspective on the issue. It was a very successful conference with active participation and input from the floor. The response was overwhelmingly positive as demonstrated by the high rating in the evaluation feedback.

Of course, it was not all work! As expected, the cruise ship provided unlimited food at the highest standard. We had a special dinner for our group in the classy Italian restaurant, Sebatini, where we were served all the delicacies in taster portions. The usual Broadway style performance each night was not disappointing. The sport and leisure activities on the ship were also abundant. The golf enthusiasts were not forgotten, having arranged a fun filled “golf tournament” at their simulated course. My impression is that we all won, as everybody was excited and enjoyed it immensely.

With our group buying power, private tours were organized at every port. Contrary to popular belief, weather was on our side and we hardly saw any rain. At our first stop in Oslo, we saw the incredible Vigeland Sculpture Park and the remarkable open air museum where we learned about the life of Norwegians in the Middle Ages. After Norway, we arrived in Poland, one of my favourites with lots of history and beautiful sceneries. The halibut at the seaside restaurant was praised as the best by the many gastronomes among us. Next was Tallinn, a lovely small town. In addition to visiting the gorgeous old town surrounded with churches, we also visited the TV tower and Kradiorg Palace in the outskirts. We were fortunate to be able to join a wedding party because of a short rain shower.

The highlight of the whole trip was the two day visit to Saint Petersburg, Russia. The immigration process turned out to be swift. On the first day, we visited the must-see Peterhof Palace with all the wonderful fountains. After the Peterhof, a hydrofoil took us back to the famous Hermitage Museum. We were admitted without any line up and our tour guide provided a synopsis of the genealogy of the Russian Royal family.

The second day at St Petersburg covered all the well known sites in the city. We entered the Church of Spilt Blood to admire its pretty mosaics, followed by a canal cruise, providing a sea level perspective. The tour concluded after we were given a special opening to enter the St Catherine Palace in Pushkin. With no crowd around, we could examine all the furniture and decoration up close.

Leaving St. Petersburg, we reached Helsinki, a quiet and graceful city, much like Vancouver. The rock church there was unique and we traveled to a small town nearby called Porvoo, with its attractive rows of houses at the riverside and its church. Stockholm was our last stop. We visited a real and functioning palace, the Drottningholm. It was very beautiful and we took many pictures there, including our group photo. Then we went to the City Hall where the Nobel Prize ceremonies take place. We also saw the huge Vasa ship, salvaged after sinking nearly 500 years ago.

The trip was concluded with a farewell party, with a draw and a quiz. A generous souvenir was presented to Dr. Liang by the group. The course was educational, fun, and enjoyable, and everyone had a great time.

Submitted by Dr H. Liang



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

Message from the Membership Committee

WE NEED MORE MEMBERS..... To date, we have a total of 186 members – 2 Honorary Members, 104 Life Members, 54 Active Members, 3 Associate Members, and 23 Student/Resident Members. Our Society is seeking support from all of you in recruiting new members. If you know of any colleagues that are interested in becoming a member, please direct them to our web site www.ccmsbc.ca for a membership application form.

Please join us in welcoming the following colleagues who have recently become members of CCMS (BC):

<p>LIFE Members</p> <p>Dr. Edmond S. Chan (Pediatric Allergy) Dr. Dennis Chin (Family Physician) Dr. Raymond Dong (Cardiology) Dr. A.P. Eng (Family Physician) Dr. York Hsiang (Vascular Surgery) Dr. Robin Hsiung (Neurology) Dr. Joan Kam (Family Physician) Dr. Sui Sang Lam (Nephrology) Dr. Philip Leong (Family Physician) Dr. Frank S. Lim (Family Physician) Dr. Reginald Lo (Family Physician) Dr. Quintin Son-Hing (Plastic Surgery) Dr. Jenise Yue (Obstetrics & Gynecology)</p>	<p>ACTIVE Members</p> <p>Dr. Gillian Arsenault (Family Physician) Dr. Robert Chan (Internal Medicine) Dr. Jesse J.L. Chew (Ophthalmology) Dr. Wendy Lam (Hematology) Dr. Elaine Mah (OB/GYN) Dr. Wai Kon Son (Cardiology) Dr. John Tsang (Critical Care Medicine) Dr. Robert Yong (Urology) Dr. Jen Zhen Yu (Internal Medicine)</p> <p>RESIDENT/STUDENT Members</p> <p>Mr. Jack Chiu (MD 2008) Dr. Hin Hin Ko (Internal Medicine)</p>
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Thomas S. Wong, MD, CCFP, FCFP
 Chair, Membership Committee

Please submit articles or correspondence for the next newsletter to

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

Queen’s Park Care Center
 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.

Physicians Wanted - Aberdeen Health Centre (AHC)

The AHC is a family practice and multi-specialty clinic located at Aberdeen Centre in Richmond. The clinic has extended hours, is fully computerized (training provided) and has in-house ophthalmology, gastroenterology, cardiology, pediatrics, and psychiatry for expedited consultation. We are looking for enthusiastic physicians to complement our team. Locum and part-time positions are available.

For more information, please contact Dr. Thomas Wong at 604-233-0068, or thomaswong@telus.net