

CCMS BC 2023 NEWSLETTER



WHAT'S NEW AT CCMS BC:

Presidential Address

Health Fair 2022

CCMS Gala and AGM
2022

Mentorship Program

Christmas
Celebrations

Chinese Language
Workshop

Scholarships/CME

PRESIDENTIAL ADDRESS

By Dr. Yuanyuan Chen

Dear members of the Chinese Canadian Medical Association,

I am delighted to address you today as we move forward into a new year of progress and growth. In 2023, we have organized our own Whatsapp group, which will serve as a valuable tool for sharing information and fostering collaboration among our members. I encourage all of you to take advantage of this resource and use it to its fullest potential.

As many of you know, CCMSBC has worked tirelessly over the past years to collaborate with other organizations, including S.U.C.C.E.S.S, CCDS, and ICON, to organize Health Fair BC. After two years of online Health Fair, we are excited to announce that the event will be held in person this year. We look forward to re-connecting with colleagues, sharing knowledge and expertise, and making new connections.

PRESIDENTIAL ADDRESS

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In addition to Health Fair BC, CCMSBC will continue to organize more CMEs and provide mentorship to medical students. We also plan to continue teaching medical students medical terminology in Cantonese and Mandarin. Our commitment to the development and advancement of medical professionals in the Chinese-Canadian community remains steadfast.

The CCMSBC 37th AGM GALA was a great success last year, and we are thrilled to announce plans for another enjoyable GALA this year. We believe that such events are essential for bringing our community together, fostering connections, and celebrating our accomplishments.

Finally, I am proud to announce that CCMSBC will continue to provide scholarships to high school and university students. We believe that investing in the next generation of medical professionals is essential for the continued growth and success of our organization and our community.

As we move forward into the new year, I want to thank each one of you for your commitment to CCMSBC. Your hard work, dedication, and passion for our shared mission are what make our organization truly special.

Thank you, and I look forward to seeing all of you soon.

Sincerely,

Yuanyuan Chen



ANNOUNCEMENTS



New WhatsApp Group for CCMS BC Members!

We have a new central WhatsApp group available for all CCMS members to join! It is by email invite only, so please check your email soon for an exclusive invite!

Dr. Benny Lau Stepping Down from CCMS Board

After April, Dr. Lau will be stepping down from his position as board member for CCMS. He has worked with us for many years, with significant contributions such as working tirelessly organizing the annual Health Fair throughout the COVID pandemic, and recruiting new mentors for the CCMS Mentorship Program. We are all very grateful for his work and his presence will be missed. We wish him all the best in his future endeavours!

健康網上談 2022

國 / 粵語健康講座

VIRTUAL HEALTH FAIR

CANTONESE/MANDARIN HEALTH LECTURES

FREE ADMISSION 無需報名 . 費用全免



The annual Health Fair, in collaboration with SUCCESS, Chinese Canadian Dental Society of BC and UBC interCultural Online Health Network, was held virtually over four Sundays in October last year, and it was another successful event with over 800 participants. Similar to the previous year, presentations were held in Mandarin for two days and in Cantonese for the other two days. The topics covered in this year's Health Fair can be found in the schedule below.

Most of our participants (71%) were over 65 years old and a satisfaction survey after the talks showed that 99% of respondents felt that their knowledge on health issues increased after the webinars. We are encouraged that our sessions have had such a positive influence on the community!

Due to the pandemic, the event has been held virtually for the past several years, but we are excited to announce that it will be back as an in-person event this year. The planning for the event is currently underway, and we look forward to seeing everybody again in-person!



Dr. Benny Lau

HEALTH FAIR 2022

Cantonese 廣東話講座 (October 16, 10月16日)

Time 時間	Topic 題目	Speaker 講者
2:00	抑鬱症和季節性情感障礙 Depression and Seasonal affective disorder	莫禮康醫生 Dr. Hiram Mok
3:00	輕輕鬆鬆在家使用電子醫學 Using Technologies for your health at home: it's easy	何建韜醫生 Dr. Kendall Ho
4:00	認知障礙及腦退化 Cognitive Impairment and Dementia	黃耀明醫生 Dr. Roger Wong

Mandarin 國語講座 (October 23, 10月23日)

Time 時間	Topic 題目	Speaker 講者
2:00	糖尿病與飲食習慣 Diabetes and Eating Habits	夏夢迪註冊營養師 Mengdi XIA, RD
3:00	類風濕關節炎VS骨關節炎 Osteoarthritis vs Rheumatoid arthritis	孫牧欣醫生 Dr. Muxin Sun
4:00	糖尿病患者的心血管和腎臟保護 Cardiovascular and renal protection in people with diabetes	李丹妮醫生 Dr. Danni Li

Cantonese 廣東話講座 (October 30, 10月30日)

Time 時間	Topic 題目	Speaker 講者
2:00	健康成長由“齒”起—兒童牙齒保健指南 I am "kidding" you - Healthy Start for Baby Teeth	曾煒茵牙科醫生 Dr. Phoebe Tsang
3:00	中風知多啲! Let's talk about stroke!	謝銘賢醫生 Dr. Dominic Tse
4:00	心臟病知多少 Learning more about coronary artery disease	唐嘉榮醫生 Dr. Calvin Tong

Mandarin 國語講座 (November 6, 11月6日)

Time 時間	Topic 題目	Speaker 講者
2:00	膽固醇：認知與最新治療 Understanding cholesterol and the latest treatment	陳兆謙醫生 Dr. Siu Him Chan
3:00	疫情中如何保護自己 Covid: how to protect yourself	關玉蓮醫生 Dr. Susan Kwan
4:00	刷牙 牙線 常見錯誤 Top Brushing Flossing Mistakes	李醫生 Dr. Teresa Lee

CCMS 2022 GALA & AGM



The CCMSBC 37th AGM GALA was held in person last year – after being on hold for two years due to the pandemic. Once again, the gala was a successful and enjoyable event. At the Royal Vancouver Yacht Club, we hosted one hundred and twenty guests. This included honorary guests from the BC Government, Doctors of BC, SUCCESS, Chinese Canadian Dental Society of BC, as well as friends and families from the community.

Our VIP guests Hon. David Eby, KC (BC Premier), Dr. Ramneek Dosanjh (Doctors of BC President), Dr. Maria Chung (Board Director of SUCCESS), and Dr. Yuanyuan Chen (CCMSBC president) addressed the attendees, expressing the appreciation for CCMSBC's efforts in promoting professionalism as well as fellowship and friendship among our colleagues and community.

Our guests enjoyed wonderful performances by the members of Board of Directors and medical students. We had a delightful three course dinner, exciting prize giveaways, and Karaoke.

Please check out the photos from our gallery (courtesy of our photographer Andy An):
<https://drive.google.com/drive/folders/1NUm4oQxNCSJ-RA9zy5slwUZCb8Gr2Jp->

CCMS 2022 GALA & AGM



CCMS MENTORSHIP PROGRAM 2023

by Chenille Wong (CCMS BC Class of 2026 Representative)

As a first-year student, one of the initiatives I really appreciate are the mentorship programs available to us; they gave me the opportunity to learn more about the specialties I am interested in, see what a day in the life of a doctor is like, and gain insight that I otherwise wouldn't have learned without speaking directly with working physicians and residents. However, spots for these earlier programs were limited due to mentor and specialty availability, which is why I am very excited to launch this year's CCMS Mentorship Program to give the valuable experience of mentorship to more medical students!

But we need your help to make this possible! If you are open to meeting students either virtually, in person for coffee chats, and/or having them shadow you (plus any other activities you may be interested in doing), please sign up to be a mentor by emailing Chenille Wong, our first year student representative, at cwong272@student.ubc.ca! All you need to include is your **specialty**, **how many students** you would be willing to mentor and **what activities you are open to doing**! We appreciate all mentors for generously giving their time to medical undergraduate education and any help goes a long way.

Thank you for your interest in guiding the next generation of physicians!

INTRODUCING CHENILLE WONG

*Hi, my name is Chenille, and I am very excited to be the new **CCMS first year student representative**! Born and raised in Coquitlam, BC, I studied Physiopharmacology and Public Health for three years at UBC. As a multisport athlete, I competed in ice hockey, basketball and nationally represented UBC in Artistic Swimming. I love playing the piano, finding new food spots with friends, and keeping up with my two dogs, Marley and Rosie! In the research field, I have worked in Type 1 Diabetes and infertility, but currently pursue research in cardiology, specifically centred around women's heart health, at the Diamond Leslie Health Care Centre. Since joining the CCMS, I've organized a Cantonese language workshop for medical students to learn basic medical terminology useful for patient interviews, and I am currently planning the 2023 CCMS Mentorship program!*



CCMS 2023 CHRISTMAS CELEBRATION

by Alex Cheng (CCMS BC Class of 2023 Representative)

The CCMS Christmas party was held this year on December 17 2022, graciously hosted by Dr. Yuanyuan Chen, who temporarily transformed her place into an intimate and festive dining setting. With Christmas decorations all around, guests enjoyed mingling over wine and many delicious appetizers prepared by Dr. Chen and her family before partaking in the main hotpot course with fresh seafood and lots of meat! It was an amazing opportunity for staff, residents, and medical students alike to bond and celebrate the holidays together. Dr. Chen really went out of her way to prepare and provide for such a wonderful, cozy night for the members – thank you for all your hard work!



CHINESE LANGUAGE WORKSHOP

by Charles Li (CCMS BC Class of 2025 Representative)

The CCMS Mandarin and Cantonese Medical Terminology Workshops were held on November 24th & 25th, 2022, with the Mandarin Workshop being led by Wendy Song (MSI3) and Charles Li (MSI2), and the Cantonese Workshop being led by Chenille Wong (MSI1), Victor Lee (MSI1), Celeste Ng (MSI1) and Emily Lam (MSI1).

Last year's workshops were held virtually over Zoom to encourage participation and allow students from distributed sites to participate. Collectively, 67 medical students signed up. The **1-hour workshops were suitable for all skill levels** and included **basic medical terminology useful for history taking and performing physical exams**, which can prove to be helpful when treating future Mandarin/Cantonese-speaking patients.

Each workshop was divided into beginner/intermediate and advanced levels to optimize the learning experience of the participants. The first 30 minutes consisted of an introduction to the language with a focus on intonation and pronunciation of common medical terms, as well as several cultural considerations. The last 30 minutes was an interactive role-play session where students were introduced to example patient cases and had the opportunity to use the terms they just learnt to practice history taking and physical exam questions.

Overall, the workshops were very well received, and many students expressed interest in attending future sessions on their feedback forms!

CCMS STUDENT REPS



Charles Li
(2nd Year Rep)



Wendy Song
(3rd Year Rep)



Alex Cheng
(4th Year Rep)



Andy An
(MD/PhD
Candidate)



Jacky Tang
(Resident Rep)

CCMS BC SCHOLARSHIPS



Nicole Wang

(2022 CCMS BC Scholarship Awardee)

by Wendy Song (CCMS BC Class of 2024 Representative)

CCMS BC has a keen interest in fostering the talents of passionate students through a variety of scholarships. Below are the available scholarships and the recent awardees!

CCMS BC Scholarship:

For secondary or post-secondary students demonstrating academic excellence, whose parents are CCMSBC members in good standing.

- 2022: Nicole Wang (Gr. 12)
- Please note the **application deadline for 2023 is April 30, 2023**. Please follow the link at the end to apply!

Scholarships for Medical Students:

- **Jay C. Cheng Memorial Scholarship** (for a 1st year medical student demonstrating interest in cross-cultural medicine) - **\$850**
 - 2021: Ricky (Shing Hon Ricky) Tsang
 - 2022: Raheesa Jina
- **Chinese Canadian Medical Society (B.C.) Scholarship** (for a 2nd year medical student with an interest in rural medicine) - **\$1850**
 - 2021: Simona Madrone Bene Watts
 - 2022: Chelsea Termeunde
- **Jay C. Cheng Memorial Prize in Psychiatry** (for a 4th year medical student demonstrating academic excellence in Psychiatry) - **\$700**
 - 2021: Jake Johnston

UPCOMING CME'S

Don't miss our CMEs!
Please keep your email address up to date by contacting our Executive Assistant, **Miss Karen Cheng**
kchengccms@gmail.com



For more details on how to apply and criterion for application, please refer to our website:

<https://ccmsbc.org/awards>