

# Meridian

Newsletter of the Australian Chinese Medical Association of Victoria  
澳洲維省中華醫學會

15 February 2010, Volume 7 Number 1

## New Year's Message From the President ...

The Year of the Tiger has arrived not so much with a roar but with the scent of red roses, coinciding as it did with Valentine's Day this year. For the ACMAV Committee it is already promising to be a busy and exciting year ahead, with many of the dinner seminars booked in advance and a number of key projects ready to be moved forward.

There is no bigger project at present than that of the ACMAV House and the decision whether or not to proceed with a development of this site. As previously outlined in Meridian, the association's property in Box Hill South is in a progressive state of disrepair, and will at some point need to be renovated, redeveloped or sold. I would encourage all members to engage in this important decision-making process. It is the intention of the ACMAV Committee, through the Building

Subcommittee, to fully inform the membership through printed information and a Question and Answer session of the various options available which need to be considered.

Enclosed with this copy of Meridian is an information flyer which summarises the feasibility study obtained from Herniman & Associates, together with some "Frequently Asked Questions" and an outline of the steps which have already been taken and the processes which will now be put in place for this matter to come to a vote at the upcoming Annual General Meeting.

While this is a crucial issue for the future prosperity of the association, it is our regular activities (and perhaps some new ones) which continue to occupy the attention of the Committee. As ever, the Committee members are working hard behind the scenes to ensure that

our members have an enjoyable and worthwhile experience at ACMAV functions.

The membership continues to expand, including amongst our junior colleagues, and this would seem to indicate that the balance of activities may be right. Our association continues to rely on word-of-mouth to attract new members (although we recently had a presence at the GPCE Expo held at the Melbourne Exhibition Centre) and hopefully the quality of our activities and publications will help to spread the word!

We have an exciting year ahead, and on behalf of the ACMAV Committee I would like to wish everyone a very happy and prosperous Year of the Tiger. Good health is of course key, but so too is good friendship!

*Adrian Mar*  
ACMAV President

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## ACMAV Seminar Program

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To conclude a fantastic 2009, the ACMAV membership descended upon Quanjude, Queen St Melbourne, for a double dose of duck and education.

For those unfamiliar, Quanjude is all about Peking Duck. From its origins in 1864 Beijing of bringing imperial-style duck to the commoners, it has grown into a national institution with international franchises. The traditional preparation imparted a distinctive flavour to the ducks by using aromatic non-smoky



*Dr Boni Chan makes his point.*

hardwood such as Chinese peach or pear. One hundred and forty-six years later, the ducks are still pretty tasty, perhaps even more so, and of course the menu extends a little further.

All the seminars this year have been well attended, and this one was no exception. All guests were greeted twice – first by the solemn, traditionally-dressed front-of-house, then by the boisterous registration desk ladies in silly Christmas hats and all.

On this evening, the discussion centred on managing cardiovascular disease in the elderly. This was led by Dr Boniface Chan, an interventional cardiologist with additional interests in epidemiology and statistics. It is common knowledge that the burden of cardiovascular disease is overwhelming, particularly with longer lifespan and entrenched lifestyle patterns. Any doctor who does not encounter a heart patient is either in denial or in retirement. As such, the management of these patients now is crucial to the trends of the next decade.

The audience was taken systematically through the “three P’s” – namely principles, practice and pitfalls, with key points illustrated through case studies. Any medical student should know the ‘SAAB’ principle, but in the elderly population, deciding between conserva-

tive management and intervention is not necessarily clear-cut. Age is not an automatic exclusion criterion (in an otherwise well person) for revascularisation and significant symptomatic relief. For those whose practice lies remote from the coronary circulation, the excellent dual-screen audiovisual demonstrated the left anterior descending artery in all its post-stenting glory.

As the perfect juxtaposition, all the cholesterol-laden duck disappeared as fast as Dr Chan’s speech did. If this was an indicator of taste and quality, we would not have expected any less. The meal began with a seafood and tofu soup, followed by a platter of cold cuts. For those who attended the Wealth Management seminar and were similarly affronted by duck tongues and the like, no apologies here. The duck itself was superbly roasted, although it was hard to detect any fruity timber overtones. And if a duck ever falls because of its pancake, it did no such thing here. Paper-thin, pliable and warm, it perfectly encased the juicy meat and sauces without leaving a floury taste. By comparison, the remaining dishes were still



*ACMAV Members enjoy the evening.*

commendable productions, but I am waiting for the day that “glass prawns” [玻璃蝦] are obliterated from the menu. If there was still room for a few red beans, you did well.

Thanks to Novartis for their generous sponsorship, and to Dr Boniface Chan for a concise and engaging presentation. Ladies and gents, I hope you took your HMG-coA reductase inhibitors and aminosaliclates.

*Nora Lee*

Dr Boniface Chan  
Interventional Cardiologist  
HeartCare Victoria, Balwyn  
481 Whitehorse Road, Balwyn, VIC, 3103  
T: 03 9888 6855

# Improve Identification and Management of Hepatitis C for Your Patients

As a General Practitioner in the front line of Australia's health care system, you already know that the Hepatitis C virus is one of the major causes of chronic liver disease and hepatocellular carcinoma in the world. But did you know that, of the more than 200,000 people living with Chronic Hepatitis C infection in Australia, **less than 2% receive treatment!**<sup>1</sup>

People infected with Hepatitis C can be asymptomatic yet have serious liver damage. With treatment, **up to 70% of patients** can be cured if treated in the early stages of the disease, before liver damage has occurred.<sup>2-5</sup>

SEEK HEP C is a clinical audit which has been designed to help address this health issue and to provide practical guidance on the identification and management of patients with chronic Hepatitis C.

The Audit has two parts: the educational module (either through attendance at a meeting or self-paced learning) and a patient review and identification component.

**The module** provides practical guidance and review on:

- \* Risk factors
- \* Prevention and treatment strategies
- \* Identifying patients at risk of long-term complications
- \* Assessment and management along the continuum of care
- \* Current recommendations and clinical literature on management of the disease

**The patient review and identification** component aims to identify, review and,

where appropriate, initiate a change in management of patients living with Hepatitis C. Data collected as part of the Audit is de-identified; no individual patient information will be disclosed to the Audit co-ordinator, AESIR PC or to the sponsor of the program.

**The SEEK HEP C Audit offers 40 RACGP QA& CPD Category 1 clinical audit points** in the 2008-2010 triennium and is endorsed by the Australian Liver Association.

You are the front-line of Australia's battle against this disease. The SEEK HEP C Audit can assist you by providing you with practical guidance on the identification, review and management of patients living with Hepatitis C.

**FOR MORE INFORMATION, CALL 1800 733 543.**

## Clinical Audit Registration Form – Fax to 1800 734 989

I have read the description of SEEK HEP C and agree to participate in the audit as outlined.

I understand that:

- Data will be collected by Aesir Pharmaceutical Consultants Pty Ltd (the "Audit Coordinator") who are an independent contract medical education agency and research group for the purposes of generating clinical audit reports, reporting findings and administering RACGP QA&CPD points.
- This clinical audit has been approved by the RACGP QA&CPD Program. Total points: 40 (Category 1).
- No individual patient information will be disclosed to the Audit Coordinator or the sponsor of the program. There is no requirement in this audit to send individual patient information.
- Whilst SEEK HEP C has been supported by Roche Products Pty Limited there is no requirement to prescribe any Roche products in order to participate.
- I agree to maintain confidentiality of collated audit information received or developed during the audit process and prior to the final report.

GP Name: \_\_\_\_\_

Provider No: \_\_\_\_\_ RACGP QA&CPD No: \_\_\_\_\_

E-mail: \_\_\_\_\_

Practice address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

References: 1. HIV/AIDS, viral hepatitis and sexually transmissible infections in Australia. Annual Surveillance Report 2008. Available at [www.nchecr.unsw.edu.au](http://www.nchecr.unsw.edu.au) <<http://www.nchecr.unsw.edu.au/>> 2. Roberts SK et al. Hepatology 2009; 50(9): 1-11 3. Bruno S et al. Presented at 43rd EASL Annual meeting; 23 – 27 April 2008; Milan Italy. Poster 774 4. Pockros PJ et al. Hepatology 2000; 32(4) Part 2 Abstract 1131 5. Strader DB et al. Hepatology 2004; 39: 1147-71. If you would like to withdraw your consent for inclusion in Roche mailings and market research, or would like to request access to your personal information please write to the Privacy Officer, Roche Products Pty Limited, PO Box 255, DEE WHY NSW 2099. 'SEEK HEP C' – Clinical Audit is supported by Roche Products Pty Limited and provided by Aesir Pharmaceutical Consultants (AesirPC). All AesirPC programs are developed and implemented in accordance with the amendments to the National Privacy Act, effective 21 December 2001. You are welcome to contact AesirPC on (03) 9533 5868 for a copy of our privacy statement or to view your respective records. For all enquiries relating to 'SEEK HEP C' please call 1800 SEEK HEPC (1800 733 543).

**For further information call 1800 SEEK HEPC (1800 733 543).**



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# New Year Nuptials

Congratulations to ACMAV members Salena Ward, Sally Ng, and Jason Wong on their recent weddings.

Salena was married on the 12th of December 2009 to Stefan Harding, whilst Sally wed fellow doctor and ACMAV member Jason Wong on the 6th of December 2009 at the Royal Botanical Gardens.



The ACMAV Committee wishes you all a long and happy marriage!

Date	Event	Location
27 Feb	Chinese New Year Yum Cha	Tai Pan Restaurant, Doncaster
28 Feb	Avatar IMAX Movie Day	IMAX Cinemas, Carlton
March	ACMAV Golf Tournament	To be arranged
24 March	Back and Neck Pain	San Choi Restaurant, South Yarra
26 May	Chronic Pain Management	To be arranged
3 – 5 April	ACCMA Conference	Auckland, NZ

## Calendar & Classifieds

Meridian offers free short classifieds to members. For non-members or larger advertisements please refer to our rates card available from the ACMAV Website or the ACMAV Office.

Dr Nicole Yap would like to announce commencement of practice as a General, Breast & Endocrine and Melanoma Surgeon at QV Medical Centre, 55 Level 1 Swanston St Melbourne. T: 03 9662 2256, and also at Cliveden Hill 29 Simpson St East Melbourne T: 9419 7122.



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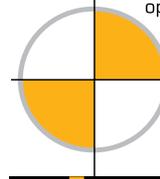
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