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The Chinese University of Hong Kong



香港中文大學醫學院  
Faculty of Medicine  
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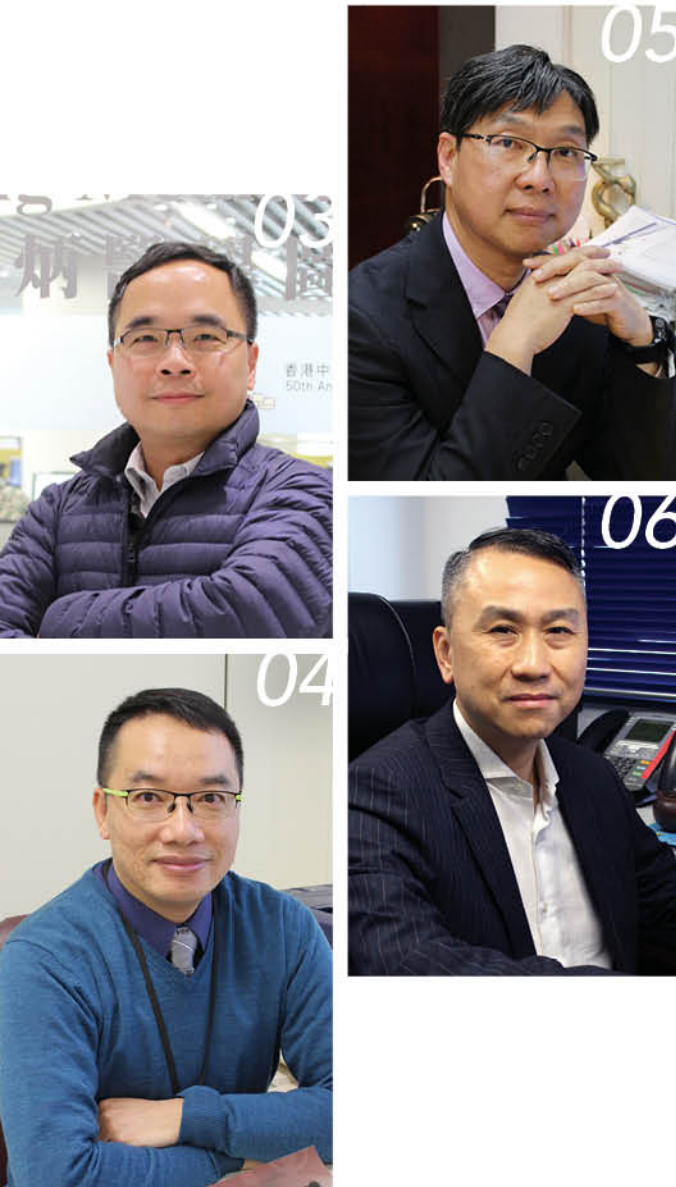
# CUHK MEDICAL ALUMNI newsletter

— NOT YOUR —  
USUAL DOCTOR



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# WELCOME MESSAGE

"The openness and good relationships encouraged the building of a genuine fraternity spirit among CUHK students."

- Professor Wing Yun-kwok

(榮潤國教授, MBChB 1986)

Associate Dean (Student Affairs)



Our Medical Alumni Association was established in 1992 when our medical school was still in its childhood phase. As there were only a few graduates, there was a natural close bonding and affiliation among ourselves, as well as between students and teachers. Being a new medical school, we did not suffer from the choking burden of traditions or become slaves to tradition and "heritage". Instead of the rigid hierarchical system often seen in a number of old medical schools, the openness and good relationships encouraged the building of a genuine fraternity spirit among CUHK students. Being like brothers and sisters did not mean that we did not quarrel. Sibling rivalry is always unavoidable. Yet, a genuine fraternity culture is not collusion or coercion, but rather the joint belief of common good, mutual support, respect and friendship, which helped us to march forward together to become good doctors and ultimately, better persons. It was against this backdrop that our Medical Alumni Association was born with the support and encouragement of the Faculty.

I still remember vividly that on the night to mark the formal establishment of the Association at Hong Kong Club in Central, all our foundation professors were present for the dinner. Back then, all of the students were so young - and so were our teachers. It was one of the rare occasions that all the boys wore black suits and ties and the girls wore evening gowns.

Since its inception more than two decades ago, we have witnessed the transformation of our Faculty from a local medical school, struggling for "survival", to a world-renowned medical institution that has contributed in all aspects of research, education and medical services to both Hong Kong and the rest of the world. The challenge our Association now faces is how to maintain and foster our fraternity spirit, mutual friendship and growth amidst the changing "landscape" of our young graduates. Now that we have our own tradition and heritage, hopefully, it will not turn out to be choking and hierarchical. I sincerely believe the future of our Faculty and Alumni will be bright and optimistic as our fraternity spirit continues to be deeply ingrained in us and bind us all in good shape.

I wish you all a Happy, Prosperous and Fruitful Year ahead and will end with this famous, but oft-forgotten, motto: "United we stand, divided we fall."



Their paths to medical school may have been similar but their career moves have certainly turned out to be quite...“unusual”.

## PERFECT PITCH DURING JOB INTERVIEW LANDS DOCTOR IN PRISON

“Working for the CSD will broaden your exposure... you will be a good GP.”

- Dr Henry Kwong Ngar-ming  
(鄺雅明醫生, MBChB 1997)

In 1997, a medical doctor from The Chinese University of Hong Kong had just completed his final internship at the Prince of Wales Hospital, and was filling up a form for his future posting. When he was called for an interview by the Department of Health, he was asked if he would join the Correctional Services Department (CSD) as a prison doctor if any one of his five options could not be met. The doctor thought for a second and responded: “I will not discriminate against any patient, whether in an institution or in a government clinic. My duty as a doctor is to take care of everyone, regardless of their status.”



After his interview, he told his ward manager what had transpired and he responded: “Ohhh...you are in trouble. You definitely will be chosen to work in a prison because your answer is so perfect.” True enough, the doctor was posted to Lai Chi Kok Reception Centre. That doctor is Dr Henry Kwong and this year marks his 20 years as a Senior Medical Officer of the Centre.

Doctor Kwong's work is different from that of a GP in a hospital or clinic. He is required by law to conduct health assessments for *all* new persons-in-custody (PIC). Together with three other doctors, Dr Kwong services about 1,300 PICs at the Lai Chi Kok Reception Centre. Besides being their GP, he has to promote health education, be their mental health adviser and sometimes, give evidence in court.

Dr Kwong remembers how shocked he was when he first saw the Centre. “The hardware of the medical and nursing setting was different from that of a hospital or even a General Outpatient Clinic.” The social status of the majority of the PICs was low and so were their hygiene standards. Since joining the Centre, he has been able to initiate a number of measures such as improving their personal hygiene through health education and purchasing new equipment to diagnose and treat their health problems.

Dr Kwong insists his job is safe. “During consultations with PICs, there would be at least one CSD officer standing guard. If the officer notices any abnormal or suspicious behaviour, he would stop the examination.”

Working in such an environment does have its rewards. “When a former person-in-custody recognises me on the street and takes a few minutes to talk to me...that’s really rewarding,” he says.

Dr Kwong recounts one particular incident. It was a Sunday morning when he received a call from his nursing officer who wanted advice about a PIC who was suffering from neck pain and numbness to his right upper limb. Initial investigations had shown nothing wrong with his neck. The next morning Dr Kwong saw the PIC, took an X-ray and discovered he had cancer in his right lung. He was immediately referred to Queen Elizabeth Hospital where it was confirmed he had stage 4 cancer. Nothing could be done for him in terms of treatment except for palliative care. He died two months later. After the Coroner’s Court hearing, the man’s younger brother walked up to Dr Kwong to thank him. “He was grateful that I had helped his brother die peacefully.”

There have been “scary” experiences too. Dr Kwong had to be placed on standby twice - once at LCK Reception Centre itself during the rioting at the Hei Ling Chau Correctional Institution in 2000 and the other, during clashes between police and protesters during the 2005 World Trade Organisation conference in Wanchai. At that time, he was on standby at Victoria Prison. “Those times were very tense,” he says.

His advice to young doctors: “Work as a prison doctor if you want to mature fast. In fact, working for the CSD will broaden your exposure so when you go outside to work, you will be a good GP.”





# SPECIALIST SEEKS TO RAISE PUBLIC AWARENESS ABOUT CPR AND AEDs

"I have encountered cases where patients could have survived if somebody had performed cardiopulmonary resuscitation."

- Dr Axel Siu Yuet-chung

(蕭粵中醫生, MBChB 1992)



**D**r Axel Siu is an emergency medicine specialist at Ruttonjee Hospital. As such, his job pits him against all sorts of situations - from seeing the sickest of the sick to stabilising near-fatal accident victims. "We are not concentrated on just one specialty. We need to know basically everything although we don't need to go into the details," he says. But the few minutes that he treats patients needing urgent care at the emergency room (ER) is vital for their survival.



Dr Siu has, however, one other burning passion - to educate Hong Kong people on how to help someone in cardiac arrest. Currently, the survival rate for out-of-hospital cardiac arrests in the city is far from ideal. As Chairman of the Resuscitation Council of Hong Kong, Dr Siu hopes to change that. "In the ER, we can defibrillate cardiac patients. But we want this done a bit earlier so that their chances of survival will be high," he adds.

Ambulance paramedics can help with early interventions. These paramedics are trained by Dr Siu, who is the Medical Director of the Hong Kong Fire Services Department, to use defibrillators or administer drugs and are equipped with the latest technologies. "I have encountered many cases in the ER where patients could have survived if somebody had performed cardiopulmonary resuscitation (CPR) or had used automatic external defibrillators (AEDs) as soon as possible."

He cites an example. While participating in a 10-kilometre distance running event in Science Park in 2013, Dr Siu saw somebody lying on the ground and was told he was in cardiac arrest. Dr Siu immediately started CPR with the help of a paramedic who had also been in the race. The patient survived and today, he and Dr Siu are good friends. This man - coincidentally also a CUHK graduate - was indeed very lucky that Dr Siu was around.

This is one of the reasons why Dr Siu wants to raise awareness about the importance of CPR and AEDs. "We can start with schools. Right now, schools here are not required to conduct CPR courses or teach students how to handle AEDs. In Singapore or Japan, such courses are incorporated in the curriculum."



There are around 5,000 AEDs installed around Hong Kong but many of them can only be accessed through security staff or customer services personnel. "The accessibility of the AEDs will affect the time to first defibrillation and this indirect approach will inevitably delay the time to first defibrillation. If a person suffers from cardiac arrest and the brain does not receive blood for the first four to five minutes, the brain cells begin to die," Dr Siu explains.

In other countries, AEDs can be accessed by anyone - in convenience stores, vending machines and in taxis. "I remember there was even an AED on top of Japan's Mount Fuji when I went hiking there," Dr Siu says. "So we want more AEDs at our public places. They're very simple to use, even simpler to use than a smart phone. Just turn it on and there'll be voice instructions."

But people here are afraid to do CPR or use AEDs in case they are sued if the outcome is unfavourable, Dr Siu explains. There is where he believes a Good Samaritan Law should be in place. There are already such laws in Taiwan and mainland China. Dr Siu says the HK Resuscitation Council has a position statement prepared for a Good Samaritan Law. "We want to advocate that if someone jumps in to help someone in distress, he or she should be exempt from litigation. I am hoping, through a survey we are conducting, many will agree that we need this law. Through this, hopefully, we can generate some noise and get legislators and the Department of Justice to initiate this law."

Dr Siu loves his job at the hospital - "You can't predict what you will encounter the next minute" - and training paramedics. His vision ultimately is to make Hong Kong "a lot more safe" - medically speaking.



## TRAGIC LOSS OF YOUNG PATIENT CATAPULTS PSYCHIATRIST INTO FIELD OF DRUG PROHIBITION

"No one is born to be a drug addict. They become addicted for a reason."

- Dr Ben Cheung Kin-leung

(張建良醫生, MBChB 1988)

Every once in a while, something happens that changes one's perspective on life or career. That was exactly what happened to Dr Ben Cheung, a psychiatrist and current chairman of the government's Action Committee Against Narcotics (ACAN).

Dr Cheung started his career at Kwai Chung Hospital - a large psychiatric facility with more than 1,000 beds. At the time, his daily routine was to look after hardcore psychiatric patients - many of them drug addicts hooked on heroin. "The more severe cases were just stuck in hospitals. Or, because of their disability or stigma, there wasn't any shelter they could go to. We had very little rehab support."

It was a thankless job. Patients were rude, they lied, swore and sometimes would threaten doctors.

Then in the early 1990s, a second wave of drug addiction surfaced among teenagers. The psychotropic drugs were conceptualised as less harmful and associated with the youthful image of being "cool". But that turned out wrong - the effects were a lot worse. The addicts had acute psychiatric problems, were hallucinating and suffered severe depression. Researchers also discovered the drugs could cause permanent brain damage.

The wards were flooded with teenagers, Dr Cheung says. He recalls one particular patient - he was in his early twenties, could not speak, appeared completely detached but brought along his guitar.

To draw him out of his shell, Dr Cheung handed him a piece of blank white

paper. The patient began drawing faces with gibberish writings, which Dr Cheung called "word salad".

"Many of them are not well-to-do or well-educated so drawing is one of the ways to get them to express themselves," Dr Cheung explains.

The patient got better quickly. So when he requested to go home for the weekend, Dr Cheung said ok. "I told him that probably after the weekend, if he continued to show progress, we'll consider discharging him at a later stage." His mother then took him home.

He never returned - he had taken his own life.

His mother, who returned to the hospital to collect his belongings, did not blame Dr Cheung but instead blamed the drug pushers. "I remember crying with her," says Dr Cheung. Then she gave him a small clothes tag that had been attached to a new pair of jeans that her son had bought to wear for a party. On it was written: "PLS HELP ME." He had apparently found some powder in his room, believed to be amphetamine, and jumped to his death under its influence.

"I felt so sad," Dr Cheung says. "I wished I hadn't allowed him to go home. Life shouldn't end like this. I still am being driven by this case...I remember how he used to sing in the ward. After that, I decided this was what I wanted to do."



He took study leave, went to the UK, US and Canada for training in the field of drug prohibition, returned to Kwai Chung Hospital, became the department head and devoted himself to the specialty. He also wrote a song to help patients as part of his treatment plan. He quit after 19 years of public service and went into private practice to serve the community on another platform. "No one is born to be a drug addict," he says. "They become addicted for a reason."

Dr Cheung says he owes his career, in part, to two CUHK lecturers. As a secondary student, he volunteered for a project organised by a young medical student, called Joseph Sung Jao-yiu, to help the underprivileged in Yuen Long. "I was so impressed with his devotion, faith and heart for people," he recalls. The other was Professor Chen Tien-chi, ex-President of United College, whose speech about the importance of expressing oneself, inspired Dr Cheung to become a psychiatrist. "They didn't realise that a small act they had done shaped my life so much."





# BEING FAINT-HEARTED IS CERTAINLY NOT IN THIS FORENSIC PATHOLOGIST'S PSYCHE

"You certainly need to be emotionally detached because sometimes you would see some horrific things."

- *Dr Poon Wai-ming*  
(潘偉明醫生, MBChB 1988)

To do this job, one must not be faint-hearted or squeamish. All that you have ever learned, as a student or intern, about dissecting bodies and studying organs will not prepare you for what you will encounter on the field. This is according to Dr Poon Wai-ming - a forensic pathologist - who has been on the job for 28 years. "You certainly need to be emotionally detached because sometimes you would see some horrific things...some unimaginable injuries."

After graduating in 1988 and completing his internships, Dr Poon was just a fresh medical officer when he was given the position of forensic pathologist with the Department of Health.



Dr Poon works closely with other forensic practitioners - like DNA, clothing and fingerprint experts. "We just collect the bits and pieces and try to build the whole picture with the help of other experts. We try to reach a medical cause of death but not reconstruct the whole event on our own."

"Take for example, the Manila hostage crisis of 2010 - the bodies of the Hong Kong tourists were sent back for examination. We examined their wounds

to determine the direction of the bullets, the points of entry and exit and the weapons that were used. In the end, with our evidence, and those from bloodstain and firearm experts, we concluded that all of them were shot by the Filipino hostage-taker," Dr Poon says. At the time there was controversy that some hostages were killed by friendly fire.

As a forensic pathologist, his work is not always confined to the office. If the police deems a case to be suspicious, Dr Poon will be called to the scene.

When the body of a 20-year-old man was found on Black Hill in 2017 - dubbed the War Games murder - Dr Poon had to make a 30-minute hike up the hill and had to be harnessed down a steep slope to look at the corpse.

Also in 2014, he was called to a flat in Wanchai to examine the body of a woman who was brutally murdered by a British banker. After examining the body for about an hour, Dr Poon went back to the mortuary but minutes later, he was recalled to the scene because they had found another body.

But not all cases are sensational, Dr Poon adds. He elaborates on a case which he personally found very interesting.

There was a gang fight in the New Territories. After the fight, somebody was found lying on the ground, dead with head injuries. On the surface, it looked as if he was beaten on the head with a baseball bat. "During the autopsy, I found severe injuries to his skull and damage to his brain. There were also

injuries to his calves and ligament damage around his ankle. I suspected he might have been hit by car, thrown against the windscreen and broke his skull as a result of the impact. I told the police we had to look for a vehicle with a damaged windscreen."

A few weeks later, as Dr Poon was parking his car at his workplace at Tai Po police station, he noticed the car next to his had a broken windscreen and a dented bonnet. He asked a policeman about the car and was told that it was involved in a murder case. They had even found the victim's hair on the windscreen. "I thought it was such a coincidence. Me parking just next to the suspect's car!" Dr Poon says.

Being a forensic pathologist needs a lot of commitment, Dr Poon says. "Your career pathway is very restricted as you can't join the private practice. You have to work in a small team and you're going to see many horrible things. You're not an advocate for the victims. Your job is just to be a neutral observer."

The upside? "Challenging, interesting, no time pressure... and dead bodies won't complain."





## TEN YEARS ON...AND ORTHOPAEDIC SURGEON STILL WORKING RELENTLESSLY FOR QUAKE VICTIMS

"No matter how good medical technology is, if you don't put in the human factor, it won't work."

- *Dr Law Sheung-wai*  
(羅尚尉醫生, MBChB 1993)



**W**hen orthopaedic surgeon, Dr Law Sheung-Wai, volunteered to help victims of the massive earthquake in Sichuan Province in May 2008 under the StandTALL Project, he was often asked by sceptics just how long would he be able to take care of the patients. His response to one sceptic was: "Just as you're married to your wife, you'll never know how long you'll be with her...despite your marriage vow of being together forever, right?"

Well, it's been nearly 10 years since the earthquake, and the project is still standing tall, and Dr Law is still helping his mainland patients.

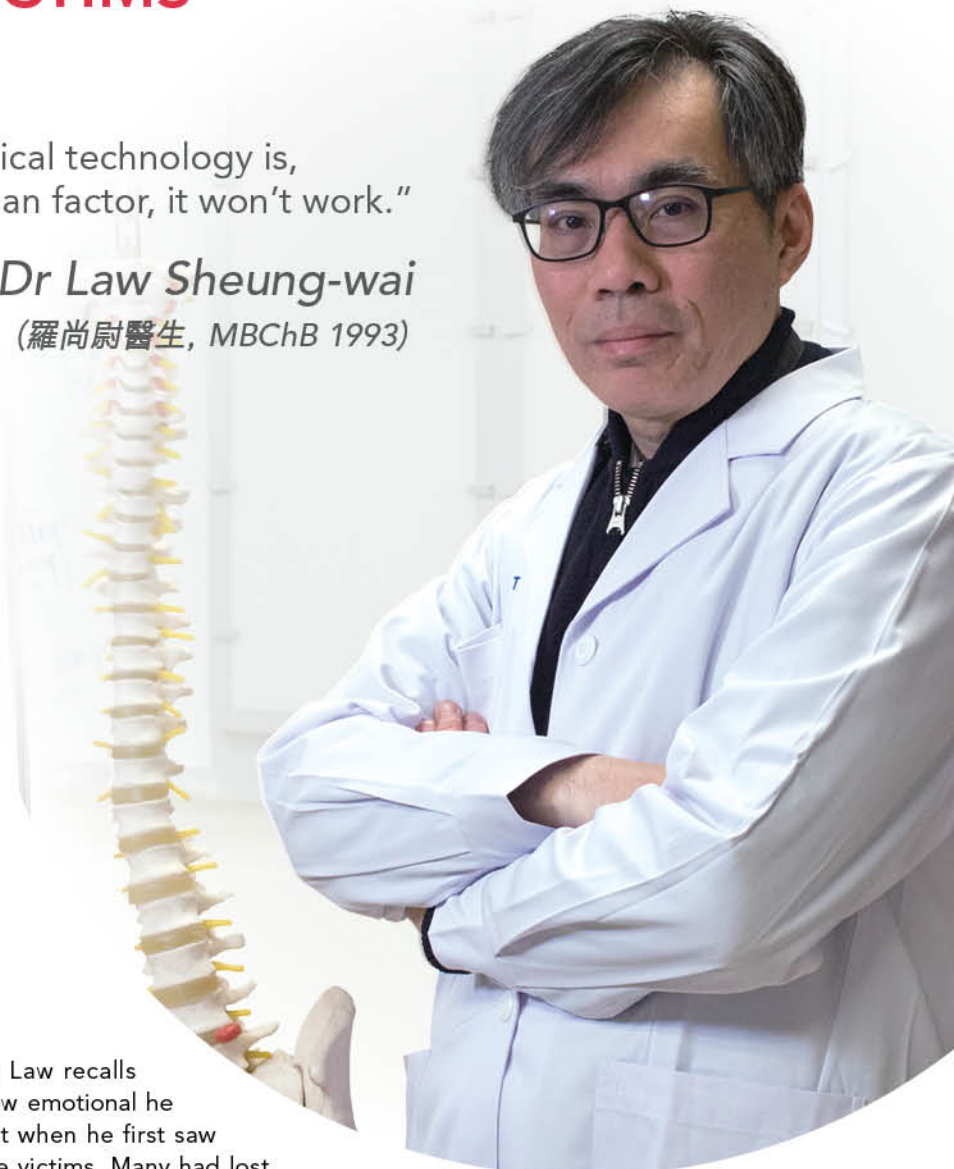
Weeks after the earthquake, Dr Law accompanied Professor Chan Kai-ming, then Chief of Service of the Orthopaedic Department at Prince of Wales Hospital, to visit patients in Guangzhou. Mainland authorities had sent over 1,000 patients to Guangdong province after the tremor killed over 70,000 people and injured hundreds of thousands.

Dr Law recalls how emotional he felt when he first saw the victims. Many had lost their limbs and most of them were children as the earthquake had struck during school hours. "It was the first time I saw a lot of young patients with major trauma resulting in amputation. I remember very clearly a gynaecologist who had both her legs and one arm amputated. She also had spinal cord injuries. I also saw a secondary school student with two limbs amputated."

At this stage all the patients were in critical condition. "So we went back to Hong Kong to plan ahead and to establish an organisation and seek donations."

Under Professor Chan's leadership and together with the Chinese Speaking Orthopaedic Society, the StandTALL project was born and donor response was instantaneous.

After that, because of the generous donations, they were able to travel to Guangzhou every weekend. The project mobilised a large number of volunteers such as physiotherapists, occupational therapists, rehabilitation doctors, nurses and also psychologists. They took with them temporary prosthetics as well as mobile physiotherapy and occupational therapy equipment. "All of







Huang Li

us had full-time jobs so we only went on weekends," Dr Law says.

The volunteers went to more than 10 different hospitals and Dr Law usually visited the children's hospital in Guangzhou. "We were very focused on rehabilitation so we knew how important it was to start our work early. The concept of rehab on the mainland was very different from that in Hong Kong. On the mainland, rehabilitation meant rest and immobilisation. For us, it meant if patients lost their limbs, we need to fit them with temporary prosthetics and ask them to start walking or moving as soon as possible."

Since then, Dr Law has introduced mainland hospitals to smart prosthetics and other advanced technology and has educated staff there on rehabilitation.

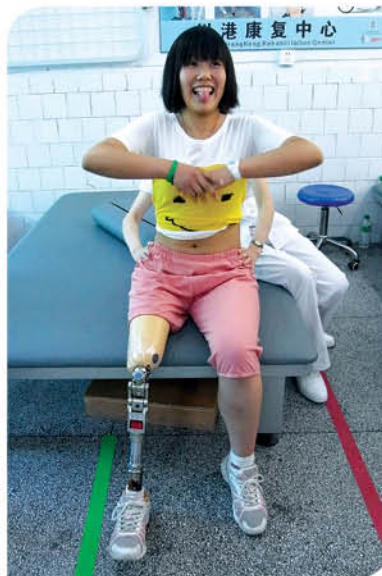
Over the years, Dr Law formed friendships with many of his patients. He says Liu Min, who was 11 years old at the time of the quake and who had her lower right leg amputated, is now a proud graduate of two university degrees in Law and Finance. Liu was one of the patients StandTALL helped arrange surgery in Hong Kong because of a complicated medical problem. "Without the prosthetics, she wouldn't have been able to live close to a normal life. Just seeing her smile is reward enough for me," says Dr Law.

The gynaecologist, Huang Li, who had had two of her lower limbs and upper left forearm amputated, was also brought to Hong Kong for surgery following a bedsore which would not

heal. After surgery, she eventually recovered. "It was really heartwarming to see that despite the loss of her limbs and other complications, her husband stood steadfastly by her." The couple is now running a non-governmental organisation aimed at helping disabled people. Dr Law has a clinic in Chengdu which he visits half-yearly and Huang would help set up the appointments for him.

Then, there is Wang Rui, another patient of Dr Law. Despite having her right leg amputated just above the knee, she is now a well-known paralympic table tennis player.

"A lot of people think these earthquake victims are just after money," says Dr Law. "They are wrong. In fact, some patients have started their own business. They treasure our relationship and like communicating with us. When they know I am in the clinic, some will pop in just to say hello or sometimes hand us some small gifts."



Liu Min

Although work at Prince of Wales Hospital keeps him busy, Dr Law still finds time to keep in touch with his mainland patients through Telemedicine and social media like WeChat.

Dr Law has been helping the underprivileged even before he got involved in the StandTALL project. While a doctor with Tai Po Hospital, he would

also do voluntary work with the Salvation Army Elderly Centre. They made regular home visits to educate the elderly about fall prevention. "We tell them how to make their home environment safer, like how to arrange their furniture and so forth. They usually listen because, you know, the words of doctors are more powerful than relatives."

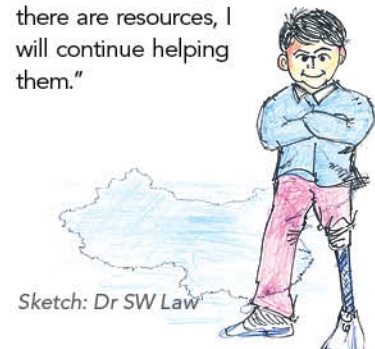


Wang Rui

Volunteering under the StandTALL banner has given him great satisfaction. "I have learned a lot from this group of patients. Despite facing adversity, they have remained strong. I have also learned how to organise large scale voluntary work. I would sometimes take some medical students with me as I believe that it's very important for them to also learn about social responsibility. No matter how good medical technology is, if you don't put in the human factor, it won't work."

Dr Law's devotion to helping the earthquake victims has earned him the 2017 Hong Kong Humanity Award from the Hong Kong Red Cross and RTHK.

Asked if he had any answer yet for his sceptics on just how long he could go on helping the earthquake victims, he laughs: "I still don't have an answer. I tell them as long as there are resources, I will continue helping them."



Sketch: Dr SW Law



## RIGOROUS ICONIC TRAILWALKER RACE TEACHES STUDENTS TRUE MEANING OF FRIENDSHIP, PERSEVERANCE AND COMMITMENT



(From left to right): Wong Kwan, Angus Chan, Lam Lok-ka and Kevin Lam

For four Year-5 medical students, the iconic Oxfam Trailwalker event in November 2017 has been an eye-opener for them - it taught them having commitment, perseverance and team spirit meant almost nothing is impossible.

They called themselves ONCALL32. One of the members, Kevin Lam Ka-fai, explains: "ONCALL represents the tough, long hours ahead of us as future doctors, while the number 32 is our target time of completing the hiking trail. Put together, ONCALL32 symbolises the passion and enthusiasm we have for completing the difficult but satisfying challenge."

The team began their training at a rather late date in October because they had failed in their initial application and had to be put on the waiting list. When they got the green light, they had only a month to prepare.

Getting together to train proved difficult. At the time, the four - Kevin, Lam Lok-ka, Angus Chan Chun-ying and

Wong Kwan were on different specialty rosters. "Being Year-5 medical students, our schedules are hectic. There are lectures, clinical attachments and bi-monthly exams," says team leader, Wong Kwan. "This made it difficult for us to train together. But, we came up with this idea...we would train as long as there were two members present."

The team had to complete the 100km trek, which started in Sai Kung and ended in Tuen Mun, within the required 48 hours. All their hard work paid off - they managed to complete the race in 31 hours and 41 minutes, just shy of 19 minutes of their target of 32 hours. They raised HKD\$8,500 for Oxfam.

The adventure left lasting impressions on the four.

Lok-ka says she took part in the event to challenge herself, and at the end of the race, learned about the "importance of perseverance and that nothing is impossible." There was a time she thought

she would not be able to take part in the walk. She had been suffering from severe tendonitis. "Both my feet were so painful that I couldn't even walk," she recalls.

She consulted a physiotherapist, an occupational therapist and even went for acupuncture for her condition. She swam everyday and did cardio exercises. "Luckily, I recovered in time to join the race," Lok-ka says.

However, being injured was not the worst thing that could have happened to her. "One day before the race, I found out that my hiking shoes were torn. I was so frightened as I had been using the shoes for every hike and had gotten used to them." She was torn between wearing an old pair of sneakers and going ahead with her favourite ones. To play it safe, she decided to also take her sneakers and her support team carried them for her. Mid-way through the competition, her hiking shoes gave out. "I was glad that I prepared for the worst, or else I don't





think I could have finished the race in bare feet," she laughs. When she crossed the finishing line her first thoughts were... "Is that it? It wasn't that tiring after all!"

For Angus Chan, joining the Trailwalker had been on his bucket list... "something I had wanted to do since secondary school," he says. He remembers one memorable scene during the race. "The sky was full of stars, and down below was a night view of Sai Kung on the left and Fo Tan on the right. The stars and the moon lit up the hiking trail into a silvery path. It was beautiful."

Although the trail was harsh, Angus continued to push himself. A couple of times, when he felt really exhausted and sleepy, he kept muttering to himself and slapping himself to keep awake. A helpful candy treat from a teammate soon woke him up. "No matter how tired I felt, I knew I would have definitely regretted it if I had given up."

He recalls a somewhat painful episode. "When we were resting and having some breakfast during a section of the MacLehose trail, a friend massaged my swollen legs. I screamed with pain. But he continued with the massage, saying it would help relax my leg muscles. It was really painful! I took a deep breath, clenched my fists and tried not to scream. After the massage, I felt like my legs were full of energy again, and I was ready to continue with the race." When he finally crossed the finishing line his first thoughts were: "Finally, we did it!"

Kevin Lam had also always wanted to participate in the annual event ever since he was young. He initially worried about muscle cramps and aches. "But all my concerns vanished and I was actually enjoying the whole hike with my teammates. I became very 'high' few hours into hike, probably caused by 'endorphins' and the excellent atmosphere of the event! Despite covering half the 100km trek, I was still fully awake throughout the night and kept chatting with our support team. I didn't feel tired or uncomfortable," he says. More importantly, he adds, besides experiencing the beautiful countryside, "Oxfam Trailwalker taught me the meaning of perseverance and the importance of commitment."

When he reached the finishing line, his first thoughts were filled with gratitude for his teammates, his support team, family, friends and donors for making his dream come true. "Their physical and mental support were pivotal to our success," he says.

Wong Kwan remembers vividly the last one kilometre to the finishing line. "I was so tired that I felt as if the voices of my teammates were drifting far away. They had to keep talking to me to arouse me from my exhaustion. I regained energy and we decided to complete the last one kilometre together. We had 11 people in total but we somehow synchronised our footsteps, making us look just like a line of soldiers, rushing to our destination." When he crossed the finishing line, his first thoughts were: "We had kept our promise to our sponsors...we are really ONCALL32. I also felt like a champion surrounded by a bunch of journalists."

Wong says they are particularly grateful to "a bunch of trustworthy friends" who brought them food, clothes and carried their heavy gear. "It was very touching... after you have walked a whole night, and you see them smiling and waving at you with tasty food."

The four students are already making plans to give the iconic Hong Kong trail walk another go, this time hoping to best their previous time.

Professor Wing Yun-kwok, Associate Dean (Student Affairs) also took part in the Oxfam Trailwalker 2017 and he believes the rigorous trek is good training experience for medical students. "Trailwalking is a team effort, not just for the four walkers, but for the whole supporting team. It requires collaboration, sharing of a common goal, regular team training and support for each other...these are all the essential elements of a future doctor."

He says the 100km race may seem insurmountable. "But if one can just keep taking a small step every time but with a long term goal at heart, one can finally achieve it. It is similar to medical training and career building – we all should have a long term goal, but we need to take every small pragmatic step to achieve it."

Professor Wing confesses that during the race he would grab one or two hours of sleep whenever he could. Being a specialist on sleep issues, he firmly believes in the importance of sleep. "To me, finishing the race on time is important but completing it with intermittent good refreshing sleep is even better."

Professor Wing and his team completed the trailwalk in 44 hours 35 minutes.



Professor Wing (R) and his team



## GERALD CHAO MEMORIAL LECTURE CUM DINNER

The 4th Gerald Choa Memorial Lecture cum Dinner was held on 15 December 2017 at the Happy Valley Clubhouse of the Hong Kong Jockey Club. The theme of the black tie event was "A Time of Fraternity".

The Guest of Honour was the former Vice-Chancellor and President of The Chinese University of Hong Kong, Professor Joseph Sung.

During his speech, Professor Sung highlighted the role of medical professionals in the era of AI and robotics.

A vote of thanks to Professor Sung was given by three students who were awardees of the Gerald Choa Memorial Fund scholarships – Phoebe Nicole Tanner (Medicine Year 5), Judy Chan Ka Wai (Medicine Year 5) and Nelson Kwan Tsz Pui (Medicine Year 4).

In his welcome address, Professor Francis Chan, Dean, Faculty of Medicine, paid tribute to the founding Dean of CUHK's Medical Faculty - the late Professor Gerald Choa, who transformed the Faculty into what it is today...a world-class teaching institution for medicine.

Around 150 guests, including government officials, CUHK Alumni and prominent figures from the medical and business sectors, attended the event.

Since its establishment in 2013, the Gerald Choa Memorial Fund has been supporting numerous Faculty and student activities, including awarding scholarships.



## INTRODUCING THE GERALD CHOA MEMORIAL FUND MINI-WEBSITE

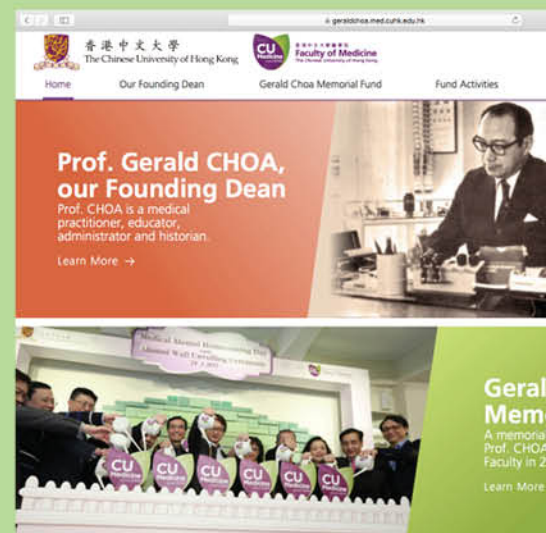
A mini-website of the Gerald Choa Memorial Fund has just been activated to incorporate user-friendly navigation, credit card-enabled donation page and a responsive function to correspond with various mobile devices for web surfing. The web also includes the CUHK Medical Alumni Buddy Programme and the CUHK Medical Alumni Association, and is empowered with the "Share" function via Facebook, YouTube, LinkedIn in social media or copy of hyperlink in WhatsApp, email and Google+. A new initiative, "Leave a Mark", has also been launched whereby Medical Alumni donating HKD\$10,000 or more will have their names and graduation year displayed on a chair in a lecture theatre at the Lui Che Woo Clinical Sciences Building in Prince of Wales Hospital.

Check out the new mini-web at:

[geraldchoa.med.cuhk.edu.hk/](http://geraldchoa.med.cuhk.edu.hk/)



New Donation Initiative  
- "Leave a Mark"



Gerald  
Mem  
A memorial  
Prof. CHOA  
Faculty in 2  
Learn More



# 2018 CUHK Medical Alumni Homecoming Day · 'Unity · Heritage'

## 「凝聚·傳承」中大醫學院校友日

27 JAN · 2018



## MEDICAL ALUMNI HOMECOMING DAY 2018: "UNITY · HERITAGE"

The dreary cold afternoon of January 27, 2018 could not keep away some 200 people who converged on the open piazza facing the Choh-Ming Li Basic Medical Sciences Building and the University Science Centre on CUHK campus for the Medical Alumni Homecoming Day. The atmosphere was a-buzz with excited chatter and laughter as our Alumni and their families mingled around for the "Unity Heritage" Thanksgiving & Pledging Ceremony.

Professor Francis Chan, Dean of CUHK Faculty of Medicine, kicked off the ceremony with his welcome message, followed by a speech by Dr Siu Wing-tai, Convener of the CUHK Medical Alumni Buddy Programme and Professor Enders Ng, Associate Dean (Alumni Affairs), delivered a vote of thanks.

The event highlight was the presentation of souvenirs (car ionic air purifiers) to Buddy Group mentors by representatives of CUHK Medical Society and Medegg, a drama club comprising medical students.

During the pledging ceremony, Dean Francis Chan, Professor Enders Ng, Professor Wing Yun-kwok, Associate Dean (Student Affairs) and the Buddy Group mentors pulled the bar of a gimmick prop to light up the words "CU Medicine" to symbolise the Faculty's determination to remain united, bright and brilliant.

Afterwards there was party of sorts laid out for the attendees - a tea reception plus a carnival with stalls selling knick-knacks and booths for photo printing, souvenir redemption and balloon-twisting. The crowd pleaser were two claw machines filled with Medic Bears and Surgeon Bears. So instead of buying the adorable Faculty mascots, winners were able to take home the snugly bears!

At the "Tomorrow Career" pavilions, children of our Medical Alumni were educated on the essentials needed to become a doctor, astronaut, pilot or firefighter.

Visitors also toured the dissecting laboratory or took a bus tour of CUHK's landmarks and new colleges.





## INTRODUCTION OF FOUNDING PROFESSOR ARTHUR LI KWOK-CHEUNG



**P**rofessor Arthur Li Kwok-cheung is a well-respected academic among the Medical Alumni at CUHK. Being one of the Founding Professors of the Department of Surgery, he has left a strong legacy behind.

Professor Li received his MD from the University of Cambridge, UK. He joined CUHK in 1982 and was twice elected as Dean of Medicine, in 1992 and 1995. He was Vice-Chancellor between 1996 and 2002.

Many of his former students have nothing but utmost respect for Professor Li, describing him as nice and helpful but sometimes strict and demanding because “he strived for excellence and perfection.”

Before Prince of Wales Hospital was built, Professor Li was attached to United Christian Hospital and taught students in a container converted into a classroom. “The container also served as his call-room for surgery at UCH,” recalls Professor Paul Lai (MBChB 1990), academic surgeon at Prince of Wales Hospital and Director of CUHK’s Office of Medical Education. “Professor Li had made selfless sacrifices for the betterment of patient care and the training of doctors. He has also facilitated many young doctors in their surgical careers. In fact, many chiefs of surgery in the Hospital Authority were CUHK graduates taught by Professor Li,” he adds.

Dr Siu Wing-tai (MBChB 1989), Convener of the CUHK Medical Alumni Buddy Programme, echoes the sentiment. “Professor Li was a great and inspiring teacher and a visionary leader. His lectures and tutorials were both educational and entertaining and he was extremely popular among the students and junior surgeons. ..with his exceptional charisma, many juniors like me were inspired to become surgeons. He was also very supportive of departmental staff, often offering career advice and opportunities to junior surgeons and assisting people to develop their full potential.”

Dr Siu also remembers Professor Li to be a caring mentor, helping him overcome “some hurdles” even though he was a

young trainee surgeon then. “This just showed how much he valued his staff, regardless of their seniority.”

Another former student, Professor Enders Ng (MBChB 1989), Associate Dean (Alumni Affairs), Faculty of Medicine, recounts a valuable lesson he had learned from Professor Li. “He taught us to be kind to our patients - in a very unusual way - by asking us to insert a nasogastric tube into our noses. This way, he said, we could feel just how uncomfortable the procedure can be. ‘Never insert an N-G tube into your patient unnecessarily in the future!’ was his advice.” That message of being kind to patients still resonates with Professor Ng.

Professor Philip Chui (MBChB 1994) Assistant Dean (External Affairs), Faculty of Medicine and Director of the Minimally Invasive Surgical Skills Centre had this to say: “When I joined the Department of Surgery, I was truly inspired by Professor Li’s dedication to hard work and the quality and excellence he displayed as a surgeon.”

In a 1983 CUHK bulletin, Professor Li wrote that he wanted the new Faculty of Medicine to be “recognised as an international centre of excellence.” Looks like he got his wish because, more than three decades on, and the Faculty has grown by leaps and bounds, producing highly skilled and brilliant surgeons over the years.

## MEET OUR NEW VICE-CHANCELLOR

**W**e take this opportunity to welcome our new Vice-Chancellor, Professor Rocky Tuan Sung-chi.

Professor Tuan, who was born and raised in Hong Kong, pursued his further studies in the United States and received his PhD in Life Sciences in 1977 from the Rockefeller University in New York.

Professor Tuan is a world-renowned engineer and biomedical scientist, specializing in musculoskeletal biology and tissue regeneration. Besides being CUHK’s VC, he is also President of the Lee Quo Wei and Lee Yick Hoi Lun Professor of Tissue Engineering and Regenerative Medicine at CUHK.

Professor Tuan, who is CUHK’s 8th Vice-Chancellor, replaced Professor Joseph Sung who, luckily for us, is still attached to the Faculty of Medicine and working at Prince of Wales Hospital.





## THE INAUGURAL DISTINGUISHED MEDICAL ALUMNI AWARD THE CHINESE UNIVERSITY OF HONG KONG

The nomination for The Inaugural Distinguished Medical Alumni Award 2018 is now open. The Award is aimed at recognising Alumni who have made outstanding contributions to the community as a whole and will be based on at least three criteria - Global Achievement, Humanitarian Service and Cultural Accomplishment.

Nomination closes on **27 April 2018!**

For more details refer to: [www.med.cuhk.edu.hk](http://www.med.cuhk.edu.hk)

## PRE-CHINESE NEW YEAR DINNER OF CLASS 1995

The MBChB class of 1995 held a pre-Chinese New Year dinner on 28 January 2018. The event was held at the Red Door Chinese Restaurant at Telford Plaza in Kowloon Bay. Some 60 classmates turned up and everyone had a great time.



## 醫生的秘密任務

**作**為醫生，每日要面對各種各樣的壓力，醫生也是人，會有感到吃不消的時候；也會和其他市民一樣會患病，例如是三高、癌症、甚至是情緒病。

四年前的某日，我在醫院如常地工作，我跟一位病人談了半小時，接著跟這病人家屬又談了半小時，下班後，一直坐在我身後的護士突然對我說：莊醫生，我見你很喜欢跟人傾談，有興趣做義工嗎？於是，我便在這位醫院同事的介紹下參加了九龍中聯網的醫院管理局緊急事故支援小組 (critical incident support team)。這是一個不起眼的義工服務，目標是希望透過同一職系的義工提供的朋輩支援，給有情緒困擾的同事一個抒發的地方。求助者甚至不用提供姓名，可說是絕對的保密。

這些年，我們看到醫生的壓力，但可能由於醫學界圈子小，不容易找到合適的傾訴對象，壓力無從宣洩。有時看到一些同事因為各種原因而選擇傷害自己，實在令人心痛。於是我和團隊的有心人自今年起，為每一批新入職的實習醫生舉行簡報會，介紹一些放鬆方法及處理醫院工作壓力的技巧，亦希望能建立

“willing to seek help”的氣氛和文化。然而在實踐的過程中會遇到不少阻礙，因為我們的醫生義工需要用私人時間去支援另一位完全陌生的醫生，也有醫生會擔心責任太沈重。但無論如何，我們相信只要更多有心的同行肯踏出多一步，這份光和熱就能傳承下去，醫療界的精神健康也會更受保障，減少「爆煲」的危機，這同時也間接使病人得益。



by *Dr Chong King-ye* (MBChB 2002)



## ARTICLE AND PHOTO CONTRIBUTION

To all wannabe writers...send us stories about memorable moments in your life or encapsulate your daily activities with us. Articles of approximately 500 words can be in English or Chinese. Photos are welcome.

Only selected stories by the Editorial Board will be published.

Send your articles to: [✉ medical\\_alum@med.cuhk.edu.hk](mailto:medical_alum@med.cuhk.edu.hk)

\*\* Please provide ① your name ② graduation year ③ email ④ contact numbers





# MEDICAL ALUMNI CONTACT UPDATE FORM

Please "✓" the appropriate box(es)

Surname \* :

Given Name \* :

Chinese Name \* :

Year of Graduation \* :

Specialty \* :   
(e.g. internal medicine, surgery, paediatrics)

Private Clinic    Hospital    Others

Please Specify \* :   
(e.g. Prince of Wales Hospital)

Mobile \* :

Email \* :

\* Mandatory

*Providing the following personal information is Optional.*

Tel. No. (Office) :

Fax No. :

Correspondence Address :

If you WISH to receive the *CUHK Medical Alumni Newsletter* from the Faculty, please state your preference below.

- e-copy ONLY    hard-copy ONLY    NO
- I do not wish to be contacted by CUHK Faculty of Medicine for direct marketing purposes relating to solicitation of donations and/or promotion of activities of the Faculty.

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The Chinese University of Hong Kong,  
Shatin, N.T., Hong Kong



Online update:

 [alumni.med.cuhk.edu.hk](http://alumni.med.cuhk.edu.hk) 

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Faculty and Planning Office, Faculty of Medicine, CUHK by

Fax: (852) 3942 0904 or

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