



香港中文大學
The Chinese University of Hong Kong



香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong



CUHK MEDICAL ALUMNI newsletter

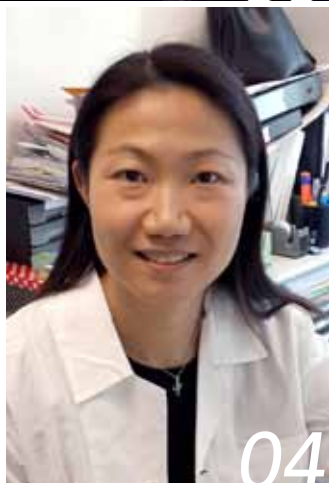


Our Humanitarian Frontiers

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WELCOME MESSAGE



"As an alumnus who truly loves and faithfully supports the Faculty, many, like myself, are willing to repay our mother school."

- *Dr Siu Wing-tai*
(蕭永泰醫生, MBChB 1989)

It gives me great pleasure and honour to address this newsletter. I am fortunate to be one of the people involved in the establishment of The Chinese University of Hong Kong Medical Alumni Association. I really cherish the good old days, when we studied and worked together in the Prince of Wales Hospital and the campus of The Chinese University of Hong Kong (CUHK). The Faculty had sheltered us and provided nourishment for our marvellous student and career developments.



In the past three decades, we witnessed the growth and success of our Faculty. The change from a brand new medical school to a world-class internationally renowned institution which nurtured thousands of medical students, clinicians and scholars. Today, graduates from the CUHK contribute in various fields such as in government and in private Hong Kong institutions; many of them holding key and authoritative positions. Many of our graduate scholars are also international leaders in various medical disciplines.

We are so proud to have our own distinguished graduate as our Dean. Professor Francis Chan is a strong advocate for alumni collaborations. Alumni should be encouraged to take part in various Faculty alumni events like Homecoming Day, Summer Clinical Attachment Programme and Gerald Choa Memorial Lecture cum Dinner. Alumni also take part in medical student recruitment interviews and undergraduate medical student teaching. With our Dean's support, we are going to launch a new mentorship programme to support our medical students and junior graduates.

As an alumnus who truly loves and faithfully supports the Faculty, many, like myself, are willing to repay our mother school. We could provide extra strength to the current capacity and create a great medical school with virtuous traditions to pass on to our younger generation.

PUSHING FRONTIERS...

They could easily find satisfaction within the four walls of their clinics or hospitals - air-conditioning, good working facilities, or delicious food on every street corner...

But these physicians - a plastic surgeon, a gynaecologist and a surgical doctor - are finding work outside their comfort zone totally rewarding.

BECOMING A ROTARIAN FULFILLS SURGEON'S NEED TO EXPAND HIS HORIZON

"If you want to go fast, go by yourself; If you want to go far, go with your team."

- **Dr Peter Pang Chi-wang**
(彭志宏醫生, MBChB 1994)



Dr Peter Pang is a private plastic surgeon but if you think that is all he does - you are mistaken. In fact, he has made sure he has time to offer free medical treatment for cleft lip and palate patients in poverty-stricken areas in China. But his humanitarian work does not stop there - he is also the current Rotary District Governor of Hong Kong, Macau, Guangzhou and Mongolia.

"I joined Rotary because I wanted to expand my horizon to get to know people from different walks of life better." And his need to know other people from other professions stems from his experience while at medical school at The Chinese University of Hong Kong (CUHK).

"When my friends and I gathered socially we always talk-shopped - about work, research and even gossip

centred around medical people." Then he recounted a dinner he had with the then Chairman of the Department of Surgery, Professor Arthur Li, who did not utter a single word about work during the whole evening. "I thought to myself, wow, can I also do it?"

He told his friends about it and they tried not talking about work-related stuff during a social gathering. "But, we all ended silent," he laughingly recalls. "I realised I know everything about nothing. This is one of the reasons why I joined the Rotary."

One of Dr Pang's Rotary projects is geared towards youth and career life planning.

"A lot of students in less prestigious schools do not have the opportunity or help to move up."

"They need to know how to communicate, especially during job interviews. If you are very clever but can't do an interview, well, you won't get a job."

So mock interviews are arranged for them and Dr Pang will get a one week job attachment for them through his vast network of contacts.

Dr Pang is also subsidising accredited mediation courses for some 30 to 40 young professionals. "Mediation can help in their work as well as in their family relationships," he says.

Dr Pang likes using the universal language of music in his Rotary work. Earlier in March, he empowered the Rotaractors to organise a "Peace Concert" with local stars to deliver a peace message.

The surgeon-Rotarian lives by this motto..."If you want to go fast, go by yourself; If you want to go far, go with your team."

Dr Pang attributes his decisiveness and leadership role to his surgical training at CUHK. "And, we were taught by Professor Joseph Lau that we have to do the right thing, at the right time."

He has this advice for medical students: "Life is just not about career. Looking after one's health while young is also important. As a student you enjoy life, you don't sleep and eat well. But after 20 years, you will start to feel the effects. So get yourself prepared."

Maintaining contact with parents, upholding integrity and doing humanitarian work are also crucial, he adds.

Finally, he issues a challenge for budding doctors: "Imagine you are attending your own funeral. What would you like people to say about you?"

With that mind-boggling question, the surgeon rushes out for his lunch before returning to tackle what is left of another busy day.

COMMUNITY WORK WITH UNDERPRIVILEGED WOMEN AND CHILDREN ENRICHES LIFE OF GYNAECOLOGIST



"After one or two years (the Yi children) can sing, write you letters and greeting cards (in Putonghua)...it's really rewarding and satisfying."

*- Dr Mona Lam Wai-cheung
(林慧翔醫生, MBChB 1999)*

Dr Mona Lam had always wanted to do community service. Even though a busy doctor working in the Obstetrics and Gynaecology (O&G) departments at Tseung Kwan O and United Christian hospitals, she devotes whatever time she has to helping underprivileged women, both locally and in mainland China.

Dr Lam first began her charity work in Ruyuan after someone told her about a trip, organised by the Hong Kong Women Doctors' Association (HKWDA), to the county to do body checks on village women. The rest is history.

"Initially, I joined as a participant and then the HKWDA told me if I was interested, I can be an organiser."

She started as a member, then became the vice chairlady of its Community Service Committee and is currently the chairlady.

One event Dr Lam does regularly in Hong Kong is Ripples Action, in collaboration with the International Social Service (Hong Kong) branch and other professional women groups.

Here they offer free cervical screening for women from low income families, new immigrants and ethnic minorities, as well as conduct stress tests, via surveys.

Dr Lam recalls how a Nepali woman had hugged after her cervical screening. "I wasn't actually doing the procedure. I was like a nurse, ushering her in and

trying to make her comfortable. She had never done it before and was feeling anxious and embarrassed."

After the hug, which took Dr Lam by surprise, she got to thinking how something so simple - that she does routinely in hospital as a gynaecologist - could mean so much to women like the Nepali lady.

Dr Lam is also heavily involved in RainLily - an organisation to help sexually abused women - again targeting new immigrants, ethnic minorities and domestic helpers.

"At the very beginning I was their hotline volunteer and then I became a trainer." She is now an executive committee member.

Another project - which started her on the road to community service and one which she holds dear to this day - is helping children of the Yi tribe in Sichuan.

In collaboration with an NGO there, the HKWDA found sponsors for 50 deserving children to go to school.

"In the beginning, these children couldn't communicate," says Dr Lam. "I spoke little Putonghua and they only spoke in their tribal language.

"But after one or two years they could speak fluent Putonghua. They can sing, write you letters and greeting cards...it's really rewarding and satisfying."



Dr Lam and other Hong Kong medical specialists would also train doctors and nurses in Sichuan and Yunnan and help in case analyses during their Morbidity, Mortality Meeting.

Dr Lam says one of the CUHK lecturers inspired her greatly - Professor Allan Chang, who headed the Prince of Wales Hospital's O&G department at one point.

"He said obstetrics is the most gratifying specialty. However, there will be extreme sadness when there's an unfavourable outcome," she recalls.

"I witnessed what he said when I was a student, and I'm 'experiencing' what he meant as a doctor."

But that has not stopped Dr Lam. For her efforts in community work, she was given the 8th Hong Kong Outstanding Women Volunteers Award by the HK YWCA in March last year.

DOCTOR FINDS 'BIGGEST DREAM' ACHIEVED IN WORKING AS SURGEON FOR MSF

"You have to remember why you chose to be a doctor."

- Dr Akin Chan Kin-wah

(陳健華醫生, MBChB 2004)



How many of us can say that we are living our dream job while still young?

Well, Dr Akin Chan can. Only in his thirties and he has achieved what has been his biggest dream - to work as a surgeon with the non-profit making organisation, Medecins Sans Frontieres (MSF).

"Ever since I was a teenager I had longed to be surgeon so that I could become an MSF volunteer," Dr Chan recalls.

"I believe in their principles of offering assistance to people irrespective of race, religion, gender or political affiliation."

After finishing his specialist surgical training in 2011, he joined MSF and has been out in the field four times - three in Pakistan and one in South Sudan.

Dr Chan has had many memorable moments but one in particular stands out. That was in South Sudan last year involving a 12-year-old Sudanese girl who had fallen from a mango tree.

Relatives took her to the MSF clinic thinking she had suffered a hand fracture.

But Dr Chan thought otherwise.

"She wasn't conscious. Her blood pressure was very, very low and she was in a state of shock. There was no external wound but the tummy was a little bit swollen," he said.

"She looked pale and I guessed there could be internal bleeding."

Operating on her, he discovered she had ruptured her spleen and was losing about 2-3 litres of blood.

She needed blood transfusion but as luck would have it - she was O-negative - a rare blood type. And none of the relatives belonged to the same blood group.

Dr Chan asked for her mother but she was seven hours away looking after her baby.

But after explaining to the father how critical the girl was, the mother was sent for. But unfortunately, although she was O-negative, she was a Hepatitis B carrier.

"I was in a dilemma," said Dr Chan.

After some soul-searching he decided to defer the blood transfusion as the patient was stable.

The next morning he asked the clinic staff if any of them were O-negative. The

answer was "No." Then he received a call saying a staff member who was late for work that day was O-negative and he had already donated blood to the hospital. As it turned out the blood was perfect for transfusion.

"I remember giving him a hug and I almost cried," Dr Chan said.

After the transfusion, the girl recovered very quickly and was dubbed the "miracle girl."

Dr Chan wants to make his career with the MSF life-long. He is not deterred by the poor environment of the countries he has visited or the patients he would be treating.

"In Pakistan, at one time, I treated a son of a Taliban VIP."

Dr Chan says his medical training at The Chinese University of Hong Kong (CUHK) helped him greatly in mastering the basic technique of how to stop a wound from bleeding. "You just need a scalpel, sutures and light source and you can save a life without any fancy equipment...it's just so satisfying."

His advice to medical students: "You have to remember why you chose to be a doctor."

FACULTY OF MEDICINE'S 35TH ANNIVERSARY

This year 2016 marks a milestone in The Chinese University of Hong Kong's Faculty of Medicine.

It will be 35 years old - a time for celebrations. The Faculty was established in 1981 and the late Professor Gerald Choa, the founder and founding Dean, was a key contributor to its success.

Over the years, the Faculty has flourished and grown, adding different schools of various disciplines and churning out groundbreaking medical discoveries as well as graduates of exceptional talents who have put it on par with its international and local counterparts.

And, let us not forget - 2016 also marks the 25th anniversaries of the Nethersole School of Nursing and the School of Pharmacy, and the 15th anniversary of the Jockey Club School of Public Health and Primary Care.

For these reasons, a task force comprising teachers, staff, students and alumni has been set up to come up with a series of programmes. Souvenirs and celebratory collaterals are also on the agenda to commemorate the occasion.

One of the key programmes is the 35th Anniversary Distinguished Scholars Series. So far, more than 70 world-renowned scholars are scheduled to visit the Faculty in 2016-17 to share their insights and experiences in medical research.



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Another highlight not to be missed is the Joint Gala Dinner planned for 25 September 2016 at the Grand Hall, Hong Kong Convention and Exhibition Centre in Wanchai. Do ensure this date is scribbled in your social calendar as this will be a great opportunity to catch up with old friends as well as make new ones.

Also worth noting is that a logo, in the Faculty colours of purple and green, has been chosen to commemorate this special year. It has a leaf embedded in the number "5" to symbolise Growth, Nurturing and Full of Life.

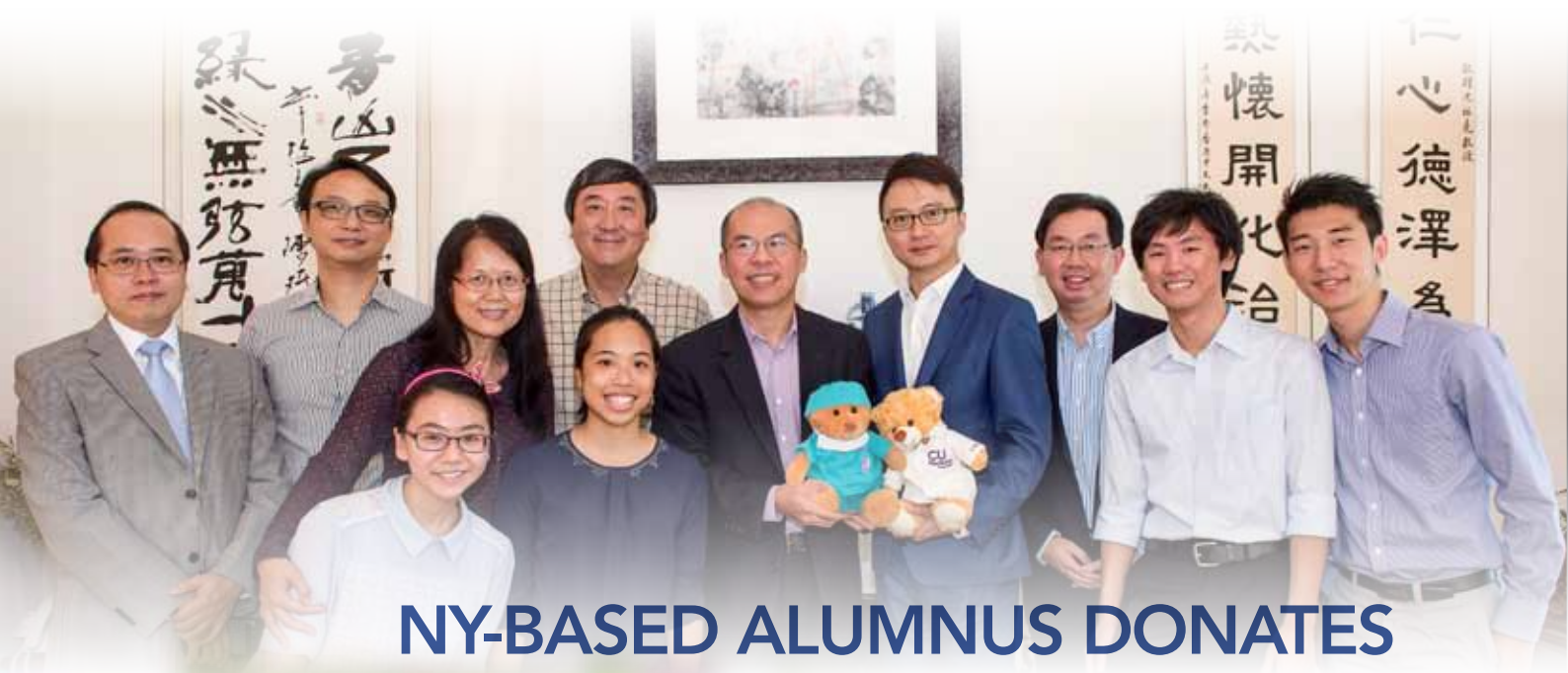
Stay tuned to the Faculty website and Facebook for more updates.

Alumni are also invited to share their old photos which they can submit online or by post.

Online Submission:

 www.med.cuhk.edu.hk/oldphoto | 

By post: Please use the address label on p.15



NY-BASED ALUMNUS DONATES HKD1 MILLION TO SET UP SCHOLARSHIP FOR CUHK SUMMER INTERNS

"This sharing of experience with younger people is a very fulfilling experience."

- *Dr William Cheung*
(蔣威廉醫生, MBChB 1987)

Dr William Cheung may live and work in New York as a private doctor. But his heart and passion to help young medical students remain in Hong Kong.

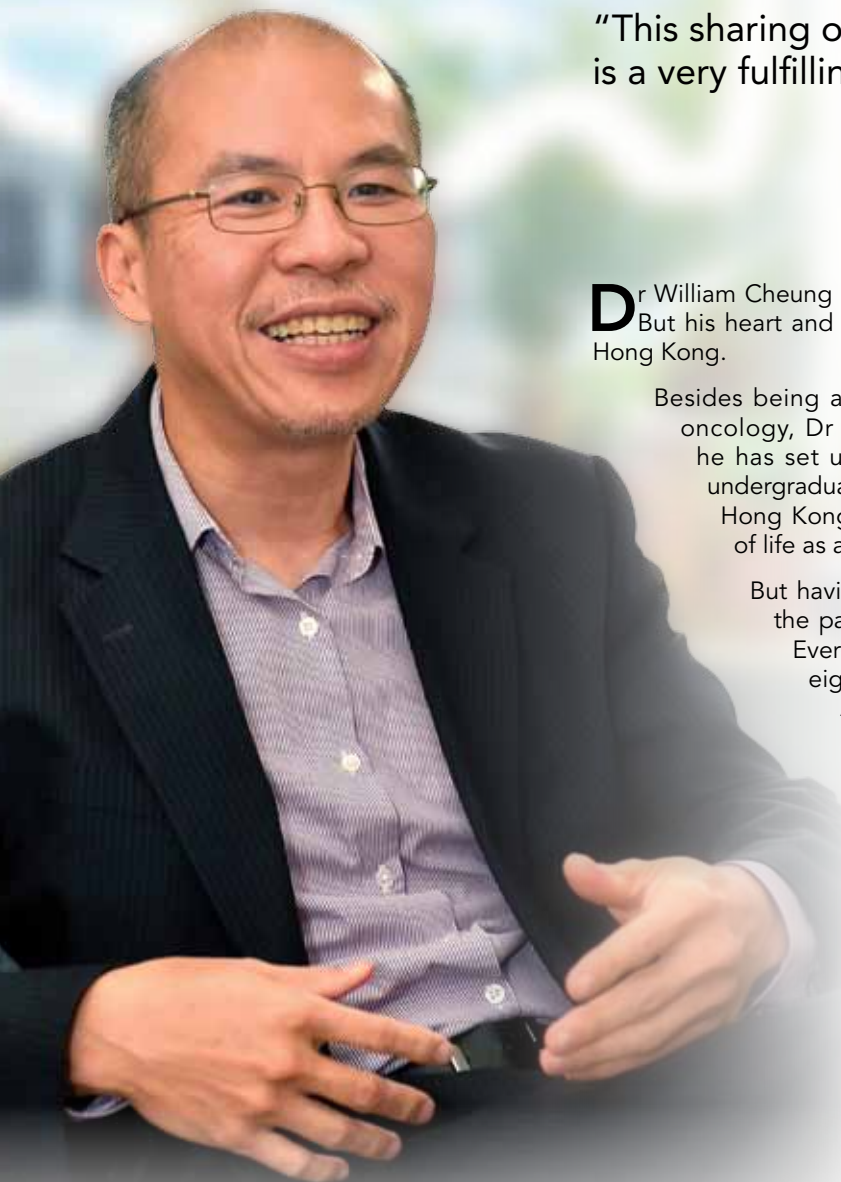
Besides being a specialist in internal medicine, hematology and oncology, Dr Cheung is also very much a philanthropist - for he has set up a HKD1 million dollar scholarship for medical undergraduates from his alma mater, The Chinese University of Hong Kong (CUHK) - who wish to experience the practicality of life as a private doctor in New York.

But having summer interns in his clinic is nothing new. For the past five years, Dr Cheung has been hosting interns. Every summer he took in two to three students for six to eight weeks picked by the New Asia College Alumni Association of Greater New York.

For the first three years he had no medical students. But two years ago he mentioned to the College he would like students from the medical school for a change and got his wish.

He realised that the clinic enjoyed having the interns around and they had a lot of interaction with the staff and also with himself.

"I found I could relate a lot of my clinical experience such as patient interaction to the students. And, as students, they were



able to appreciate and learn a lot from my experience and activities at the clinic," Dr Cheung said.

Then he had a "light bulb" moment when a friend of his - a lawyer specialising in patent rights - recruited four students each year for his office, also in New York.

"He got these students to help do scientific research, publish patent rights papers or help write patent rights laws," Dr Cheung said.

"And this gave me lots of inspiration," he added, "I was thinking if he could do that, how come I can't bring medical students to my office each summer? So that gave me the idea of starting my own scholarship and bringing more medical students to my office to have hands-on experience."

Dr Cheung says any medical student can apply for his scholarship but he reminded potential applicants that his clinic setting is not for academic or institutionalised patient care. "We are in the community...it's like dealing with your private doctor or family doctor."

"From this experience, the student should understand how to interact with patients and also what's involved from a doctor's perspective, not from the patients' perspective."

Dr Cheung pointed that students can experience the workings of the private health insurance system in the US. Most of Hong Kong's experience of private care is limited to internal medicine like cough, fever or children's common colds.

But in New York City, the private setting is more sophisticated and more advanced because of the private insurance payment system. This forces a lot of patients to receive different types of medical care in the private sector.

Dr Cheung hopes his interns will have an idea on what is happening outside and one day become part of the engine for change of Hong Kong's future medical healthcare delivery system.

Two CUHK medical students, Erica Chan (Medicine Year 3) and Winter Fung (Medicine Year 3) have already experienced internship at Dr Cheung's New York clinic and they have nothing but praise and gratitude for Dr Cheung.

Erica was an intern there in 2014 for nearly eight weeks and she says she learnt a lot about how a clinic operated, how a family doctor consulted patients, gave diagnosis and treatment, but more importantly she discovered how the medical system in the US was significantly different from the one in HK.

"Medical insurance plays a crucial part in the whole system," Erica said. "From the moment you enter the clinic, the staff will begin to deal with the insurance."

"They would ask the patient if they have any insurance plan as the plan would affect the drugs prescribed by the doctor, and the staff needed to fill in all the claim forms after each consultation."

Erica says her experience in New York was a valuable lesson on how medical insurance may work in the private sector.

Winter did her summer internship last year and she remembers how she was able to get first hand experience such as checking the vital signs of patients and administering injection for the influenza vaccine.

"Dr Cheung not only teaches but asks you to do research online and present the findings to him. This kind of learning skills is exactly what a medical student needs," Winter says.

She also learnt about how important history-taking was to a doctor.

"Without the medical history of the patients, we would have no idea of the risk factors they face and what to do with them."

Winter says the internship provided her with a vision of how to become a good doctor as well as equipping her with basic clinical knowledge.

Both Erica and Winter are encouraging medical undergraduates who want to experience and learn what they had under Dr Cheung's tutelage to apply for the scholarship.

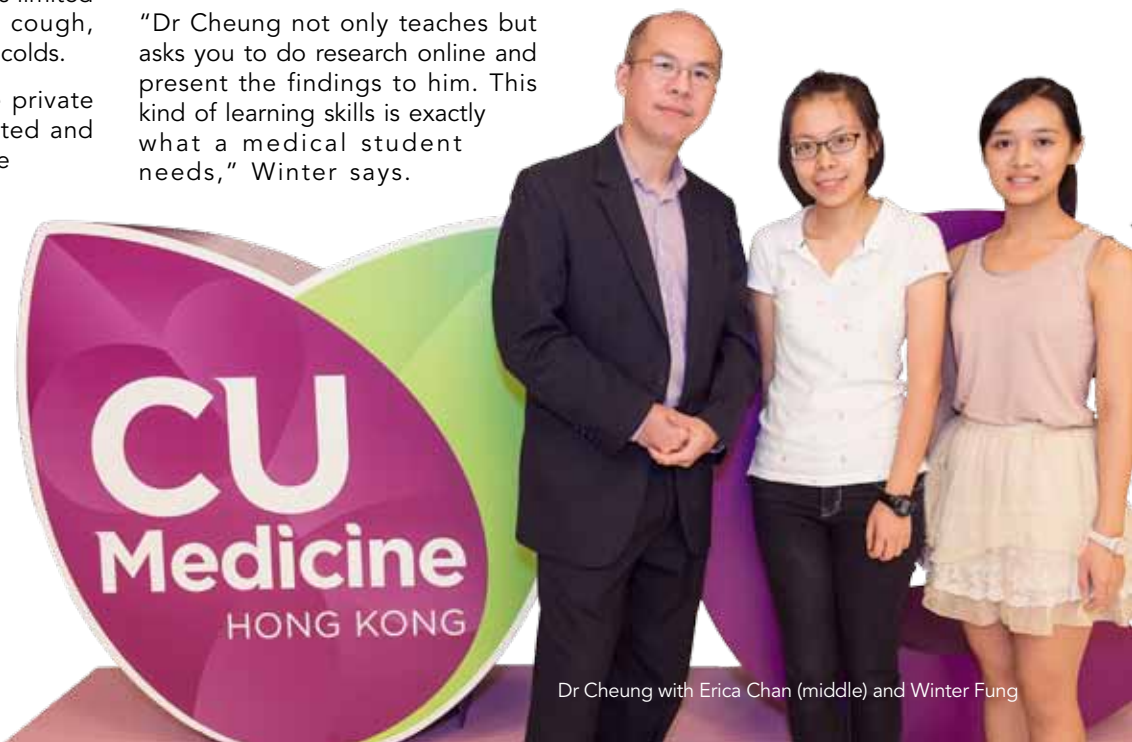
The so-named William Cheung Scholarship Endowment Fund will offer two awards to support MBChB undergraduates to pursue overseas elective studies during the summer at his affiliated medical centres in the US.

Dr Cheung says he set up the scholarship not to gain fame or recognition.

"This sharing of experience with younger people is a very fulfilling experience. It's like the pleasure one feels when receiving a gift."

"The fact that you can be part of their growing up...it's a wonderful feeling."

Dr Cheung says his donation of HKD1 million dollars should last a decade or, hopefully, longer.



Dr Cheung with Erica Chan (middle) and Winter Fung



GERALD CHOA MEMORIAL LECTURE CUM DINNER

The third Gerald Choa Memorial Lecture cum Dinner was held on 27 November 2015 at the Happy Valley Clubhouse of the Hong Kong Jockey Club.

The Guest of Honour at this significant annual event was the former Secretary for Justice of the Hong Kong Special Administrative Region, Mr Wong Yan-lung, SC.

In his welcome address, the Vice-Chancellor, Professor Joseph Sung paid tribute to the founding dean of CUHK's Medical Faculty - the late Professor Choa, who transformed the Faculty into what it is today - a world-class teaching institution for medicine.

Afterwards, the Dean of the Faculty of Medicine, Professor Francis Chan introduced the honourable Mr Wong, who was the first non-medical professional to be a guest speaker at the Dinner.

In his speech, Mr Wong highlighted the importance of the medical profession in healing the sick in society.

He also outlined the importance of the rule of law, stressing that the law is important in mapping out proper boundaries which are crucial to the well-being and harmony of the community.



A vote of thanks to Mr Wong was given by three students who were awardees of the Gerald Choa Memorial Fund scholarships - Landon Chan (Medicine Year 4), Tommy Lai (Medicine Year 4) and Lam Lok-ka (Medicine Year 3).

More than 150 people, including government officials, alumni and guests from the medical and business sectors, attended the event.

The Gerald Choa Memorial Fund - set up in 2013 - has been supporting a variety of faculty and student activities, including awarding scholarships.





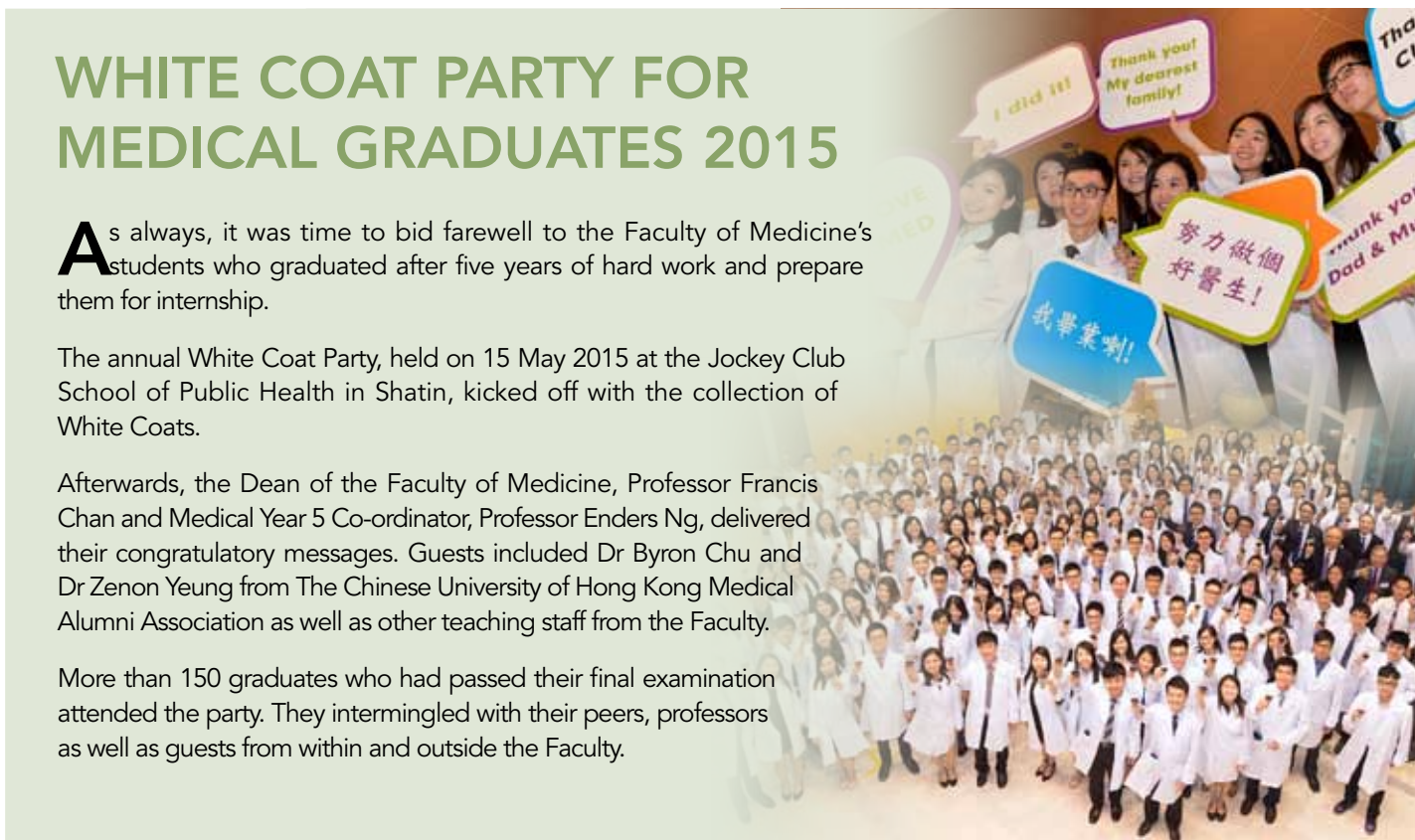
WHITE COAT PARTY FOR MEDICAL GRADUATES 2015

As always, it was time to bid farewell to the Faculty of Medicine's students who graduated after five years of hard work and prepare them for internship.

The annual White Coat Party, held on 15 May 2015 at the Jockey Club School of Public Health in Shatin, kicked off with the collection of White Coats.

Afterwards, the Dean of the Faculty of Medicine, Professor Francis Chan and Medical Year 5 Co-ordinator, Professor Enders Ng, delivered their congratulatory messages. Guests included Dr Byron Chu and Dr Zenon Yeung from The Chinese University of Hong Kong Medical Alumni Association as well as other teaching staff from the Faculty.

More than 150 graduates who had passed their final examination attended the party. They intermingled with their peers, professors as well as guests from within and outside the Faculty.



WHITE COAT INAUGURATION CEREMONY FOR MEDICAL FRESHMEN 2015

The Chinese University of Hong Kong hosted its second White Coat Inauguration Ceremony for medical freshmen on 19 September 2015.

Watched by some 800 proud parents, friends and teachers, 200 new medical undergraduates were conferred the much-coveted traditional White Coat to symbolise their entry into the noble world of medicine.

This year's Guest of Honour, Dr Ko Wing-man, Secretary for Food and Health, urged the students to embrace their chosen career with passion, professionalism and integrity.

The Dean of the Faculty of Medicine, Professor Francis Chan, reminded the fresh recruits that their life as a caring physician and a humble learner was just the beginning.

For their part, the new students pledged to uphold the highest standards of professional conduct and to perform, to the best of their abilities, in caring for the sick.

The oath-taking was led by the Associate Dean (Student Affairs), Professor Wing Yun-kwok.





CAREER DEVELOPMENT FORUM 2016

Around 50 medical students from Medicine Year 5 attended this year's Career Development Forum on 20 February 2016. The Forum was jointly organised by the Faculty of Medicine and The Chinese University of Hong Kong Medical Alumni Association (CUHKMAA).

Speakers included 15 CUHK medical alumni who, despite their busy working schedules in the public and private sectors, took time off to share their valuable advice on different specialties to the future young doctors. Topics covered were wide-ranging, from Anaesthesiology, Radiology, Emergency Medicine to Paediatrics, Family Medicine, General Surgery, Ophthalmology and Psychiatry...to name a few.

The Forum was divided into two main sessions. The first involved a general introduction to the different specialties by the invited speakers. The second session was more interactive, with students and speakers participating in a question and answer session. Besides giving students an insight into the different specialties, the Forum also gave them an opportunity to mingle with their future colleagues.



Surgeon Bear

It is official! Surgeon Bear is here. Just like his cousin, Medic Bear (seated on the left), he is cute and cuddly and is approximately 28 cm tall. He is light brown in colour and is donning his newly conferred green surgeon gown.

Like the time-honoured White Coat, his green coat denotes his highly skilled profession - a surgeon to be reckoned with...!!

Watch out for more details on this handsome bear - for sure he will sweep you off your feet.

HONG KONG-GERMANY CANCER GENOMICS AND PRECISION MEDICINE SUMMIT

More than 100 German and local medical specialists converged on the Jockey Club School of Public Health in Shatin on 2 December 2015 for the first summit on Hong Kong-Germany Cancer Genomics and Precision Medicine.

During the one-day conference, organised by the Faculty of Medicine, experts shared their insights and experience into varied forms of cancer treatment and research.

At his welcome address, the Vice-Chancellor, Professor Joseph Sung expressed the wish that the gathering could become a platform for the exchange of "ideas, similarities and differences."

The Deputy Consul General in Hong Kong, Mr Karsten Tietz; the Vice-Dean of Munich University's Medical Faculty, Professor Thomas Kirchner and the Dean of CUHK's Faculty of Medicine, Professor Francis Chan, were among the guests of honour.

Topics ranged from developments in precision medicine and medical therapy for advanced non-small cell lung cancer to new targets in geriatric oncology.





REUNION GATHERING OF CLASS 1995

The MBChB class of 1995 recently held their 20th Reunion Anniversary at the CUHK's Centre of Sciences Building and a good time was had by all.



ARTICLE CONTRIBUTION

For all those who love to write...here is your chance.

We are looking for alumni and students to share their stories on any topic of their choice.

Words: approx. 500

Photos are welcome.

Only selected articles by the Editorial Board will be published.

Send your articles to:

✉ medical_alum@med.cuhk.edu.hk

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





Medical Alumni Contact Update Form

Surname *	:	
Given Name *	:	
Year of Graduation *	:	
Specialty *	:	
Mobile *	:	
Email *	:	

* Mandatory

Providing the following personal information is Optional.

Pager	:	
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Please "✓" the appropriate box(es)

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