

Med

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Talk

Alumni Flying High Overseas ...Down-to-earth Chats

- Community Interests at Heart of Business Venture
- Paying Homage to Dedicated Teachers
- Words of Wisdom to Live by



Professor Jimmy So



Dr Sarah Choi



Dr Angel Nip



Dr Belinda Siu

CUHK Medical Alumni Newsletter



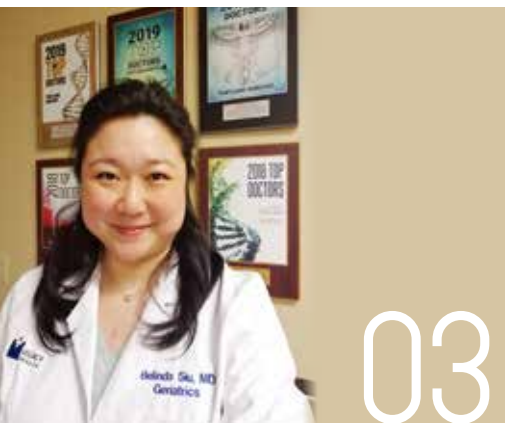


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Med Tolo 吐露港上的醫行者

Since its debut in 2015, the CUHK Medical Alumni newsletter has transformed to its new facelift version **Med Tolo**, with the aim of honouring all medical alumni who have graduated - and will be graduating - from our beautiful CUHK campus overlooking the equally beautiful and breathtaking Tolo Harbour.

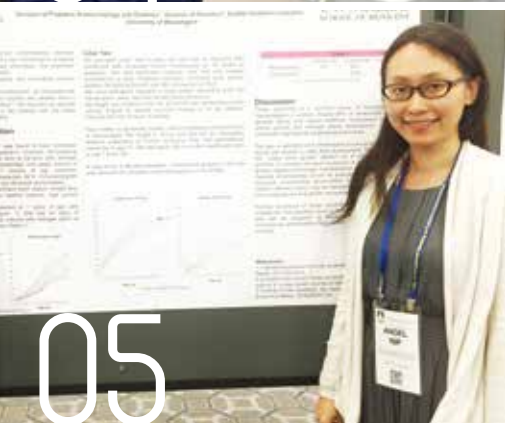
**Photo courtesy: Information Services Office, CUHK*



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WELCOME MESSAGE

Dr Xina Lo

羅秀蘭醫生 (MBChB 2005)
President of CUHK Medical
Alumni Association



“ The help I received formally and informally from the greater alumni circle has been tremendous. ”

I am deeply honoured to be writing this welcome note as President of CUHKMAA. I still vaguely remember that when I was first asked to join the dragon boat team and the CUHKMAA Council, I did not imagine myself becoming the President one day.

The work and events organised by the Association are aimed at upholding the fraternity and fellowship of our alumni. There are workshops for our interns - anything from mentorship programme, work ethics, work-life balance to job hunting and we are moving this more and more towards early student years. Recent years have seen us involving increased social events in terms of homecoming, sports events, volunteer visits and revival of this newsletter with the help of the Medical Faculty and hard work of the Medical Alumni Buddy Programme. With this regard, Dr Siu Wing-tai, the convener of the Buddy group deserves special mention.

From a trainee to now a subspecialty trainer, the help I received formally and informally from the greater alumni circle has been tremendous. It is undeniable that in many specialties, despite all the systems in place to make training systematic and standardised, there is still the element of apprenticeship as a trainee. Your career path depends quite significantly on who you had worked with and the exposure you get. One can easily understand that these influences might well have started when one was still a student. We hope that the Association will provide a platform to strengthen the bond between alumni, staff, current and even future students.

Which leaves me now to pay homage to those many alumni who had left Hong Kong to pursue their careers abroad and share the knowledge and expertise they had picked from CUHK Medicine. The four doctors (in this issue) who are doing good in their respective fields have indeed made us all proud. To those wanting to embark on a career overseas, I say...do so bravely, spread your wings and soar!

To end on another happy note, I am very pleased to report, after a few years not having new blood in the CUHKMAA Council, we have eager interns voicing their wish to help and serve our bigger family. I am also pleased to say two new younger members have formally joined the Council to continue the passion and the work.



Dr Xina Lo (right) and her colleagues



FEATURES

Grit and guts are what these alumni learnt from medical school at CUHK to excel as doctors overseas.



It's through collaborations that doctors can learn about other medical disciplines.

共同合作，是醫生進入更廣闊醫學領域的大門。

Professor Jimmy So Bok-yan
蘇博欣教授 (MChB 1991)
Singapore

Collaboration and Teamwork over the Years Served this Surgeon Well 團隊合作乃成事之道

There was no doubt in the mind of young Jimmy So that, in order to help people, he had to be a doctor. He studied hard, obtained a place in the medical school at CUHK and in year three, he opted to become a surgeon. "I found surgery very exciting," he explains. "Surgeons are like car mechanics - they diagnose the health problem and then 'fix' it with surgery. Secondly, patients will reap the benefits of surgery much faster than when taking medicine. And, I'm a person who likes quick results hence surgery suited me more."

Years later since graduating in 1991, Professor So now heads the Surgical Oncology Division at Singapore's National University Cancer Institute. He is also a Senior Consultant and Head of Upper GI Surgery at the National University Hospital and Professor of Surgery at the National University of Singapore.

Adventurous spirit spurs him on

Why Singapore? "I'm an adventurous person who likes exploring the world. And Singapore is the easiest place to integrate because it has similar characteristics to Hong Kong." However, he faced a major challenge during his early days. "I was once interviewed by a local Mandarin-speaking TV news programme. Even though I was speaking in Mandarin, they had to put Chinese subtitles for my interview," he laughingly recalls. His fluency in the language has since improved, he adds.

Professor So is grateful for his time at

CUHK, adding his passion for research began at medical school. "I was especially inspired by my teachers like Professors Sydney Chung and Joseph Sung who've played a big role in my life." And despite being a famous doctor in the island city-state, he is contributing to his alma mater by fostering many research collaborations which have resulted in joint scientific publications between NUS and CUHK.

Never shy away from teamwork

The surgical oncologist stressed the importance of collaboration and teamwork. "This experience served me well in the past years. Together with gastroenterologists, oncologists and scientists, we established the Singapore Gastric Cancer Consortium - a network of collaboration across various hospitals and research institutes in Singapore for gastric cancer research."

The network has published over 200 scientific papers and received over S\$75 million in grants for research. "It's through collaborations that doctors can learn more about other medical disciplines and then devise treatments," he adds.

HK always in his heart

Professor So's heart undoubtedly still beats for Hong Kong - his parents and many of his good friends live in the city and he often visits them.

He reminds young doctors medicine is a calling. "Make caring for your patients a top priority...regardless of where you work."

蘇博欣教授自小已立志要行醫助人，經多年努力不懈，他順利考進醫學院，至大學三年級，他覺得外科醫生就如汽車維修技工，當身體出現故障時，就可用手術去「修理」，而手術的效果更是立竿見影，因此對於講求速度的蘇教授來說，就順理成章地選取外科。

現時，蘇教授身兼新加坡國立大學癌症中心腫瘤外科部主管、新加坡國立大學醫院上腸胃外科主管及高級顧問、以及新加坡國立大學（國大）外科教授等多職。形容自己愛冒險和發掘世界的他，雖然很容易便適應了與香港相似的新加坡社會，但某次他獲邀到華語電視台接受訪問，節目竟為他的普通話配上了中文字幕，令他不禁莞爾一笑。蘇教授不忘補充道，隨時間他的普通話程度已進步不少了。

中大醫學院讓蘇教授踏上研究之路，他深受鍾尚志教授和沈祖堯教授等老師啟蒙。為回饋母校和老師的栽培，他促成和發表了多項國大與中大的共同研究。期間深感「團隊合作」的重要性，促使他與腸胃科及腫瘤科專科醫生、科研人員等合力成立了「新加坡胃癌聯盟」，建立研究胃癌的合作網絡，聯盟至今已發表逾二百份文獻，並獲批約四億港元的研究撥款。他認為醫生可透過合作，學到其他醫學範疇的知識，有助研發治療。人在他鄉，蘇教授仍心繫香港，不忘提醒師弟妹們穿白袍的使命：「無論你在何地工作，都應以病人為先。」





The major obstacle of working (overseas) is understanding how the medical system works.

在海外工作的最大挑戰是要熟知當地醫療系統。

Dr Belinda Siu Wai-man
蕭慧敏醫生 (MBChB 2004)
USA

Seeing a Diversity of Patients is What Makes This Top Portland Doctor Tick

身兼兩專科 為各式病人診症

Being a family medicine practitioner and geriatric doctor at the same time could pose a challenge for many, but for Dr Belinda Siu, diversity is what she craves for.

She spends roughly half her time at a geriatric consultation clinic and the other half doing family medicine at a primary care clinic. She once saw a 3-day-old patient and a 105-year-old patient on the same day.

Hooked to patient-diversity

Dr Siu was hooked to family medicine ever since, as a fourth-year medical student at CUHK, she worked with a private family physician. "I was very impressed by the diversity of patients, his knowledge and his relationship with them. To me, he was my childhood ideal of what a doctor should be. He really had a great impact on why I chose family medicine."

As for working with the elderly... "I just love seeing older adults! Most of them already have complex medical problems. Adding functionality and quality of life into the mix, the challenge is what attracts me to this specialty."

Dr Siu's family migrated to Portland, Oregon in 1999. She did research to see if she could move to the US to work after graduating and live closer to them. She found out she could.

Understanding different medical systems

Finally, in 2007 she relocated to Portland after completing her basic training in the Hong Kong College of Family Physicians.

She took the US licensing exams, completed a family medicine residency with the University of Pittsburgh Medical Center and a geriatric fellowship with Oregon Health and Science University. Today, Dr Siu is recognised as one of the Top Docs 2019 in Geriatrics in Portland by the Portland Monthly.

"The major obstacle of working in the US is understanding how the American medical system works," she says. "For example, insurance coverage quite often has a huge input on investigation and treatment availability and affordability, and having to advocate for my patients is pretty much a routine."

Adjusting to different cultures

Having lived and worked there for many years, she has adjusted to the differing cultures. She singles out one striking difference - people's level of confidence. Teenagers from age 12 and upwards appear really confident while older adults make their own decisions instead of consulting their children.

She may not have visited Hong Kong or the campus for over a decade but deep down, she is grateful for the "solid education" she received from CUHK.

Dr Siu turns to exercise to de-stress, combining Zumba - an energetic dance - with pilates and Barre. She also hikes and kayaks during the summer.

Her advice: "Anyone interested in working overseas should try getting more information - talk to someone in the medical field, visit that country. And once you are there, assimilate..."

蕭慧敏醫生曾試過同一天為小至三日大的初生嬰兒，老至 105 歲的長者診症，對於身兼家庭醫學和老人醫學兩項專科資格的她來說，這些多樣化的經歷也許正是她所追求的人生。


有這樣的理念，源於當年仍是醫學生時，在家庭醫學診所工作的經歷。她曾目睹家庭醫學運用豐富的醫學知識，為各種各樣的病人診治，更與病人建立緊密關係，此種種都令她對家庭醫學產生濃厚興趣。長者的健康問題往往較為複雜，需同時考慮藥物治療和生活質素等多項因素，箇中挑戰亦正是吸引蕭醫生選擇老年醫學的主要原因。

1999 年，由於家人移民到美國俄勒岡州波特蘭，於是蕭醫生在 2007 年接受香港家庭醫學學院的基礎訓練後，便到美國考取執照，並完成匹茲堡大學醫療中心的家庭醫學駐院訓練，和俄勒岡健康與科學大學的老人醫學院士資格。今天，蕭醫生已被《波特蘭月刊》(Portland Monthly)雜誌評選為 2019 年當地最佳老人醫學專科醫生之一。

她認為在美國工作，最重要是了解當地醫療系統。醫療保險的承保範圍會左右病人接受檢驗和治療的決定，而確保病人獲得所需照顧幾乎成為她的恆常工作。在外多年，她早已適應文化差異，如美國人的「獨立性」：不管是 12 歲少年還是長者，都十分重視維護病人的保密和自主權。

雖已離開母校多年，她仍感激當年中大為她奠下堅實的醫學基礎，她寄語有志到海外工作的醫科朋友：事前要做好功課，多與同業交流和到當地觀摩，到埠後就應努力了解和融入社會。





Throughout this journey, I kept reminding myself to keep my passion and enthusiasm alive.
人生處世應時刻保持熱情和衝勁。

Dr Sarah Choi Ping-shu
蔡秉書醫生 (MBChB 2004)
Australia

A Dream Fulfilled...from Heartbeats of Toys to Heartbeats of Humans

「三歲定八十」以熱情和衝勁成就夢想

Dr Sarah Choi's heart has always been in medicine. Even before she learnt to speak, she would mimic her engineer father - who she has described as a "keen learner with a strong interest in human medicine" - by listening to the heartbeat of her stuffed toys with a stethoscope. So it was a no-brainer that she would take up medicine when the time came.

"During my medical school and internship at CUHK, I discovered my interests and capabilities in emergency management and prompt decision-making, which are crucial in obstetric crises," she says. "I also felt that I could connect to female patients exceptionally well."

Be passionate and enthusiastic

While at the Department of Obstetrics and Gynaecology of the Prince of Wales Hospital, she came across "gifted surgeons" who inspired her to devote herself to laparoscopic pelvic surgery. "Throughout this journey, I kept reminding myself of what the late Professor Leung Sing-fai of CUHK (Oncology) had said...Keep your passion and enthusiasm alive."

Dr Choi moved to Australia in 2011 to pursue a two-year post-specialist fellowship. She was determined to achieve her dream of becoming a laparoscopic gynaecologic surgeon. Pelvic surgery was considered a booming sub-specialty in Europe, America and Australia then, unlike in Hong Kong, where there was no structured training programme. Encouraged by a former CUHK lecturer, Professor Chris Haines, she was accepted

into a much sought-after training fellowship. "This was a life-changing step. After my fellowship, I was fortunate enough - again - to be offered a prestigious job as consultant and surgical trainer in metro Sydney."

Everyday a learning experience

Today, she is a gynaecologic pelvic surgeon, specialising in surgical anatomy, laparoscopic and robotic procedures. As a gynaecologist, she deals with women of different cultural beliefs. "For instance, indigenous women tend to take their placentas home for burial or process them for consumption. This is unheard of in Hong Kong."

Her initial challenge? "Understanding English in different accents," she laughs. Dr Choi works with people from diverse backgrounds.

Learning from the best

She says working and studying in CUHK allowed her to learn from "the best of the best". "I would say the school transformed me to be efficient, meticulous and diligent. It equipped me well for what I am doing today."

She loves it that her chosen path combines work with travel. Last year alone she visited 13 countries! Outside her long working hours, you can find her "sweating from lifting weights in the gym in the evening, or hopping among the weekend markets and vibrant eateries at Sydney Harbour." Her advice - be imaginative, think big, embrace diversity.

受到熱愛醫學的工程師父親影響，當蔡秉書醫生還在牙牙學語，便已模仿醫生用聽筒聆聽毛公仔的心跳。長大後，她毫不猶疑選讀醫科，在中大學習和實習期間，她發現自己具應變能力，往往能當機立斷應付緊急情況，而這些都是處理產科危機的關鍵，加上善於與女病人溝通，理解她們的需要，這些都促使她選擇到威爾斯親王醫院婦產科工作。此期間，因受到不少出色的外科醫生啟發，故有機會培養對腹腔鏡盤腔手術的興趣。在行醫路上，她常記掛著中大已故腫瘤科教授梁承暉醫生的一句話：「人生處世應時刻保持熱情和衝勁」。

在 2011 年時，蔡醫生移居澳洲，其時盤腔手術的發展在歐美和澳洲均較香港迅速，在前中大講師 Chris Haines 教授的鼓勵下，她申請一個競爭激烈的院士培訓計劃，並獲成功取錄，可說是她改變人生的契機。

成為院士後，蔡醫生便留居悉尼擔任外科培訓及顧問一職，而作為婦科醫生的她，專責外科解剖、腹腔鏡和機械臂手術，每日面對的是來自不同文化背景的女性，包括會把胎盤埋在花園、甚至有進食胎盤習慣的原住民。最初，要聽明白不同口音的英文，對蔡醫生而言是挑戰。不過，她說中大讓她在「最頂尖」的環境裡學習，因此培養出勤奮、處事嚴謹和有效率的個性，令她畢生受用。

蔡醫生喜愛寓工作於旅遊，去年她已遊歷 13 個國家！儘管工時長，傍晚她仍到健身房揮汗舉重，周末亦愛踏足悉尼海港不同的市集。「敢想敢創，成為一個有準備、擁抱多元文化且思想開放的人」，這是蔡醫生送上的錦囊。



A good mentor is critical for success.

成功有賴良師的指導。

Dr Angel Nip Siu-ying
聶小瑩醫生 (MBChB 2008)
USA

Case 1

Item (units)	12 years old	12 years old	12 years old
Fol (ng/mL)	4.8	8.5	1.0
LH (mIU/mL)	0.2	0.2	0.2

Discussion

Turner syndrome is a common cause of hypogonadotropic hypogonadism in women. Around 30% of affected women have gonadal failure and require hormone replacement to attain puberty and maintain bone development. Spontaneous abortions may become pregnant spontaneously.

The loss or alteration of X chromosome occurs in early fetal development. In the first trimester, genetic testing on X chromosome (or possibly low level mosaicism in X chromosome) should be considered. Parental chromosome analysis should be considered to identify structural chromosomal abnormalities that may be important for prognosis and genetic counseling.

Familial occurrence of Turner syndrome is rare. Only sporadic cases are reported and can be explained by chromosomal abnormalities (e.g., structural).



Heeding Advice from Her Mentor, She Spread Her Wings and Took Flight to Greater Heights Overseas

聽取導師意見 在海外展翅高飛

The advice that endocrinologist, Dr Angel Nip, would give young doctors wanting to work overseas is...get a good mentor.

She is speaking from experience. She says she is ever so grateful to her CUHK mentor, Professor Gary Wong, who once told her...“Don't limit your vision! It is absolutely good for you to explore how medicine is practised in other parts of the world.” And, of course, she did! “A good mentor is critical for success,” she stresses.

Interest in paediatrics peaks during residency

After graduating from medical school at CUHK, she developed a “huge interest” in paediatric diabetes and endocrinology during her residency. “I took care of and worked with children and families with diabetes,” she explains. She participated in international conferences which she described as “eye-opening and inspiring.” With the support of Professor Wong, she joined the Paediatric Endocrinology Fellowship at the University of Washington in 2015 for further training.

Seattle was the perfect place to further her studies as her husband also worked there. Dr Nip now is a clinical instructor at Seattle Children's Hospital. Again, good mentoring came to play as she attributed her success to her “enthusiastic and great motivating” mentor, Dr Catherine Pihoker.

Overcoming obstacles

Dr Nip faced language and cultural barriers initially when faced with

patients from other ethnic backgrounds. “This made patient counselling more challenging,” she recalls. Sometimes she has to fly over to the satellite clinics on a scheduled basis or conduct telemedicine and phone consultations.

There were also other challenges that tend to add an “extra level of difficulty in patient care and practising medicine” in the US, Dr Nip says. For instance, with dispensing separation, patients usually get their prescription at their local pharmacy, which sometimes does not carry certain brands of medication. “I remember receiving a call from a patient in the middle of the night to request insulin prescription as her pharmacy no longer carried that particular brand. I had to search for the closest available pharmacy and call for the prescription.”

Insurance also poses a headache. Medical investigations or prescriptions usually need pre-authorization from insurance companies. “I had to help a family to pick up an insulin pump device from the pharmacy on a weekend for a temporary loan, as the insurance company refused to process the authorisation on weekends.”

Importance of work-life balance

Dr Nip often holds regular social gatherings or outings with her colleagues. Other times she jogs, does yoga and goes to playgroup with her “little one”. Despite her busy work schedule, she pencils in at least two holiday trips with her family each year.

She says working overseas can be overwhelming but adds: “Never be shy to ask for help and advice.”

內分泌科聶小瑩醫生對海外工作的心得是：成功，需覓一位良師，而中大黃永堅教授便是其中之一。當年黃教授建議她去探索世界，擴闊視野，結果聶醫生做到了。駐院期間，她對兒童糖尿病及內分泌學產生濃厚興趣，由於丈夫在西雅圖工作，故此在 2015 年得黃教授支持下，她接受同樣在西雅圖的華盛頓大學兒童內分泌科院士訓練。現時，聶醫生擔任西雅圖兒童醫院的臨床導師，在這裡她遇到人生第二位出色的老師 Dr Catherine Pihoker，這位前輩樂觀又擅長鼓勵後輩，聶醫生認為自己目前的成就都可歸功於她。

在美國初期，聶醫生也曾遇到語言和文化阻礙，令輔導病人的工作更困難。她還不時要遠赴衛星診所或進行電話診症，為居於偏遠地區的病人提供服務。而更需注意的是，在美國，病人有時可自行購買藥物，部分藥物卻無法在社區藥房購得，聶醫生便曾經在深夜接到病人電話，唯有徹夜替病人搜尋就近仍在營業的藥房，再次處方。還有，病人通常會看病前向保險公司取得核准，預先取得現金來繳付檢查或治療的費用，可惜保險公司周末一般不會處理這些申請，聶醫生便試過在周末為病人以臨時貸款到藥房取藥。

工作以外，聶醫生不時會為同事舉辦聯誼活動，又會緩跑、瑜伽和參加孩子的遊戲小組。工作再忙，她仍每年安排至少兩次家庭旅行。她坦言在海外行醫可以令人喘不過氣來，但最重要是「遇到困難時，千萬別羞於求助和尋求意見」。





Stay Committed as a Doctor Despite Life-changing Roles

人生角色常變 行醫初衷未變

Doctors can gain patients' trust and respect by being humble and treating them with professionalism.

醫生也要常存謙卑之心，只有運用專業的醫學知識和醫術，助己助人，便能真正取得病人的信賴和尊敬。

Dr Pang Lai-sheung
彭麗嫦醫生 (MBChB 1993)

*M*edical practice and commercial operation may seem divergent, but Dr Pang Lai-sheung has proven that the two can be merged successfully. After serving as a public hospital doctor, she set off on her entrepreneurial journey in July 1997, launching her first medical centre in Sau Mau Ping with her partner.

It all began with an opportunity to work in a private community clinic and she found it very fulfilling to be able to know more about patients during consultation. Today, Dr Pang is the Chief Medical Officer and cofounder of a Hong Kong-listed medical group which operates over 70 healthcare centres in Hong Kong and the mainland.

Setting up healthcare centres requires different skills and knowledge from those of being a medical doctor. So it

was very challenging for Dr Pang when she was tasked with the commercial operational side of things involving rental, staff recruitment and resource allocation. But she bit the bullet and achieved them step by step while staying committed to her original motive – to help patients with professional medical ethics.

Patients' interests the motivation for overcoming challenges

Unlike the public healthcare system, private healthcare providers have to ensure they reach break-even point as well as communicate with pharmaceutical suppliers and counterparts within the trade and so forth. They also have to collaborate with social welfare organisations, university research centres, med-tech startups and even insurance companies. All of these explain why it is important for

private healthcare providers to keep abreast with the social changes and medical trends.

Dr Pang thinks that human-centred service is the key to running clinics – one has to step into the shoes of patients and consumers to really understand their needs. It is also crucial to be innovative, attract dedicated medical professionals, adopt the latest medical developments and bring them to the community. The biggest motivation, says Dr Pang, is patients in the community returning to them.

Taking medical researches to the community

Private healthcare providers, according to Dr Pang, can be more flexible in resource deployment therefore allowing doctors to work part-time if they need to. At the same time, both doctors



and private healthcare providers have the responsibility to contribute to the community by applying their medical knowledge. One of which is cross-disciplinary collaboration with universities, technology companies and charity organisations to introduce the latest treatment and screening to the community. By doing so, Dr Pang says, both the cost control and patient affordability have to be taken into consideration, and it is vital to introduce new technology to the public in layman's terms so as to increase patients' understanding and acceptability. In addition to disease treatment, implementing screening tests in the community would contribute to health advocacy, she adds.

Back to basics

For more than 20 years, the role of Dr Pang has been changing - from practising in the public sector to providing private healthcare services. She felt the need to embark on an intellectually stimulating journey when her enterprise was developing from strength to strength. Few years ago, she returned to school and completed an EMBA in 2014, where she learnt all about management – a totally different discipline from her bachelor of medicine studies. At the same time she connected with international classmates from different backgrounds. For Dr Pang, not only was the journey a mind-blowing and rejuvenating experience, it also made her understand the importance about being modest.

A time to give

Dr Pang believes that every doctor has to be socially responsible by engaging in community philanthropy. That is why she dedicates herself to community service, providing charitable institutions with resources to achieve their goals. As an alumna of CUHK's Faculty of Medicine, Dr Pang also shares her experience in career development with medical students from time to time.

In the eyes of Dr Pang, life is about learning and trying if one thinks it's the right fit or right time to do so – and also prepare for the worst. Her philosophy: never forget your intention of being a doctor, no matter how your role in life changes.

商業經營，與醫生行醫的本業看似南轅北轍，但在 1997 年 7 月，彭麗嫦醫生卻與合夥人首次在秀茂坪開設醫務中心，從此踏上創業旅程。這一切，緣於她仍在公立醫院急症室工作時，偶然獲機會在私家診所代診，發現原來在醫院外的世界有更多機會能與病人溝通接觸，那份滿足感驅使她創立為社區提供醫療服務的醫務中心，踏上事業的另一階段。如今，彭醫生已是本港上市的醫療集團始創人之一及首席醫務總監，管理中港兩地逾七十間醫務中心。

病人的回饋是迎難而上的原動力

由醫學院的訓練，以至在公立醫院實習、行醫，彭醫生多年孜孜不倦學習，是如何診症、治理病人；但成立醫務中心卻是另一門學問 – 商業經營：從物色舖位、與業主商談租務、聘請員工、以至應付「燈油火蠟」等開支，對從未涉足商業圈的她卻是荊棘滿途，她直言不諱從不敢抱有太大期望，一切只能抱著彰顯醫德、助人助己的初衷，硬著頭皮一步一步去做。

與公立醫院的體制不同，私營醫療既要顧及本身收支平衡，亦要應付不同病人的要求、處理同業和藥物供應商之間的溝通、以及與其他行業的配合等等，需要面對的是整個社會文化和醫療趨勢的變化。私營醫療亦需與社福機構、大學科研機構、醫療科技初創企業、甚至保險公司等共同合作，當中考慮的已不只是純粹提供醫療服務、醫治病人了。不過只要社區有醫療需求，病人的回饋便成了彭醫生最大的原動力，使她迎難而上。彭醫生指，經營醫療中心應以人心稱身為本，站於不同的角度看人和事，了解病人、更要滿足消費者的需要；此外，需本著求新創新的理念，廣納志同道合的醫療人才，不時採納最新的醫學研究，推廣至社區，才可與時並進。

將醫學科研成果帶進社區

彭醫生認為，私營醫療機構運作較能靈活調配資源，醫生可享有較彈性的工作時間，有助豐富自己的人生；但另一方面，醫生亦有責任運用自己的醫學知識，為社區作出貢獻。

儘管是商業經營的醫務中心，其實也可透過與大學、科研公司及慈善團體等跨領域合作，將最新研發的治療或檢測技術帶進社區。彭醫生明言提供服務時除了考慮成本控制，並要顧及市民對新治療或技術的負擔能力和接受度，故此要殫精竭慮簡化艱深的研究知識，讓普羅大眾認識。她相信醫病以外，若能在預防或及早檢測疾病方面著手，自能可推動社會更加關注個人健康。

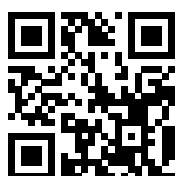
勇於嘗試回到校園

由公立醫院行醫，乃至投身私營醫療行業，逾廿多年來彭醫生的工作不斷轉型，隨著醫務中心的發展，她所接觸的層面愈來愈廣，也漸漸感到自己的商業管理知識不足。幾年前隨著經營漸上軌道，她放下凡塵俗務回到校園，於 2014 年修畢行政人員工商管理碩士（EMBA），既是學習與自己本科完全不同的管理知識，也接觸到來自不同國家和背景的同學，眼界大開之餘，也意識到虛心學習的重要。

工作以外積極回饋社會

工作以外，彭醫生認為每位醫者都有一種社會責任，這種責任應無分國界地域，只有親身體驗參與社區公益事務，與社區接軌，感受才會真切實在。因此她不僅熱心公益，義務借出資源予慈善團體，實踐自己的理念，更不時以校友身份回到母校，與醫學院的師弟妹分享行醫路上的體驗。

彭醫生認為人生是需要不斷學習，她深信學海無涯，唯勤是岸。待人處世，只要凡事審時度勢，未雨綢繆，便可勇往直前向目標邁進。她寄語即使人生角色常變，也勿忘行醫初衷。



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EVENT HIGHLIGHTS

Teachers of the Year Awards 2019 To Inspire...and Be Inspired

These doctors have devoted their personal time to educating students of the medical school of CUHK despite their busy work schedules. For their dedication and sacrifice, they have been presented Teachers of the Year Awards 2019.

Innovative teaching matters

Dr Isaac Bruce Yang 楊鼎基醫生 (MBChB 2006) was given the honour of being the first physician to nab the newly-created Alumni Teaching Award (MBChB). Currently a private orthopaedic surgeon, he has been teaching anatomy and orthopaedics at CUHK since 2014. "When I teach dissection, I would turn those nerves, blood vessels, bones and other body parts of the 'silent teacher' into a story – a patient case that illustrates different symptoms when suffering from a particular disease." To create a fun and clinically-relevant learning experience, he would invite muscular male students for demonstration, he laughingly adds. "It is important for students to feel the 'normal' muscle strength so that in the future, they will be able to examine patients for any abnormalities."

Cater to student needs

Dr Karen Ma Ka-yan 馬家恩醫生 (MBChB 2011) and Dr Bonaventure Ip Yiu-ming 葉耀明醫生 (MBChB 2012), both Resident Specialists at the Prince of Wales Hospital's Department of Medicine & Therapeutics, were the recipients of the Medical Officer Teaching Award (MBChB Year 6).

They say they also value a practical teaching approach. Since graduating, they have become clinical tutors and are now teaching neurology and general medicine.

"With the increased number of medical students as well as increase in doctors' workload, we have to make sure there are ample opportunities for students to practise their hands-on medical skills," Dr Ma says. "Two or three medical students will shadow one resident doctor for a week. This will allow them to experience what it is like to be a doctor and start preparing themselves for their career."



A great teacher inspires

But what makes these doctors tap into education? Apart from the strong teaching culture within the team, both Dr Ma and Dr Ip say they were inspired by the late Professor Leung Sing-fai (Oncology). Dr Ip recalls what Professor Leung had said... 'When the sky is dark enough, you can see the stars'. "I shall always be grateful for his words of enlightenment. They remind me not to give up on my dream – I have to stand up and serve my patients even when I face uncertainties and difficulties." Dr Ma's recollection of Professor Leung was that he was a life coach who taught beyond textbooks. "Before his departure, he gave us all his teaching materials and made sure we would keep teaching no matter what," she says.

The joys of teaching

The fulfillment of teaching is also a motivating factor for the doctors. They say they are impressed by the up-and-coming physicians. "They often ask challenging questions. I see it as 'one teaches, two learn'," Dr Yang explains. He says his first batch of students have now become his colleagues in the ward and operating theatres. Seeing his former students in action makes him feel that all his hard work has paid off as his "teaching has been transformed into real acts of helping patients".

Dr Ma and Dr Ip share the sentiment. And Dr Ip finds a quote by CUHK's former Vice-Chancellor, Professor Joseph Sung, particularly useful when teaching. "Professor Sung had said 'each generation differs', so it's hard to compare. My motto is...treat students the way you would treat your younger self."

MBChB Alumni Awardees of Teachers of the Year Awards 2019

Medicine (Year 4)

Professor Mamie Hui 許明嫻教授 (MBChB 1994)
Dr Joseph Wong Ho-ching 黃河清醫生 (MBChB 1997)

Medicine (Year 6)

Professor Thomas Leung Wai-hong 梁慧康教授 (MBChB 1995)
Professor Simon Ng Siu-man 吳兆文教授 (MBChB 1995)

Public Health

Professor Kwok Kin-on 郭健安教授 (MBChB 1993)

Medical Officer Teaching Award (MBChB Year 6)

Dr Karen Ma Ka-yan 馬家恩醫生 (MBChB 2011)
Dr Bonaventure Ip Yiu-ming 葉耀明醫生 (MBChB 2012)

Medical Officer Teaching Award (MBChB Year 5)

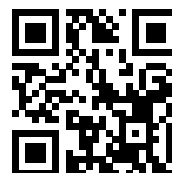
Dr Angel Kwan Hoi-wan 關凱尹醫生 (MBChB 2013)

Alumni Teaching Award (MBChB)

Dr Isaac Bruce Yang 楊鼎基醫生 (MBChB 2006)

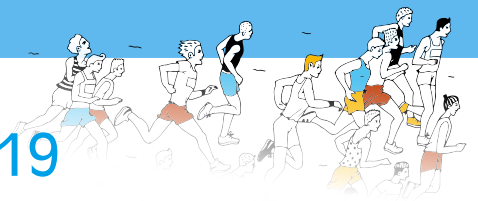
Faculty Education Award

Professor Paul Lai Bo-san 賴寶山教授 (MBChB 1990)



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Fun Run 2019

The annual Fun Run, held on 2 March this year, attracted nearly 450 participants for a healthy and socialising morning.



"I came with my younger sister this year for my second Fun Run. Last time I crossed the finishing line of the 5km run together with my classmate — it was a special moment!"

Dr Law Wing-sze
羅詠詩醫生 (MBChB 2018)



"This year, I ran 10km with my good old friends of CUHK. Fun Run is, to me, like a reunion. That's why I am happy to be part of it and have taken part at least six times."

Dr Axel Siu Yuet-chung
蕭粵中醫生 (MBChB 1992)



"My result of the 10km run this year is the best compared to my 2016 and 2017 Fun Run records. My elder brother also took part in the run this year."

Dr Chan Yip-fai
陳業輝醫生 (MBChB 1991)



"I still have my 2009 Fun Run tee! And I remember there was one year where it rained heavily I had to wear my raincoat during the run...luckily we had nice weather this year."

Dr Leo Poon She-wang
潘仕弘醫生 (MBChB 1995)

Launched in 2001, the event is jointly organised by the Faculty of Medicine and Chung Chi College of The Chinese University of Hong Kong. This year Professor Fong Wing-ping, Head of Chung Chi College and Professor Ng Ho-keung, Associate Dean (Education) were the officiating guests.

The participants were offered a choice of two routes. The 5km-Explorers' route started at Prince of Wales Hospital and ended at Lingnan Stadium of CUHK. The 10km-Challengers' route also began at Prince of Wales Hospital, meandered along Belair Gardens, Lion Rock Tunnel Road, Shatin Park and then through the scenic On King Street Park promenade, and finally ended at Lingnan Stadium.

This health-promoting event is open to alumni, students and staff from both the Faculty and the College.



CU Medical Alumni Buddy Programme



The Medical Alumni Buddy Programme (MABP) kicked off early this year - 4 January 2019 - with a career talk on Oncology, Radiology and Nuclear Medicine.

Some 50 medical students and graduates eagerly soaked up the wisdom and advice dished out by eight specialists from the private and public sectors.

Then a month later, on 15 February 2019, around 260 medical students attended the practical Crash Course on Clinical Exam & OSCE. The speakers from Prince of Wales Hospital - Dr Heyson Chan (MBChB 2007), Associate Consultant, Medicine and Therapeutics, Dr George Law (MBChB 2008), Resident Specialist, Orthopaedics, and Dr Shirley Liu (MBChB 2003), Associate Consultant of Surgery - joined hands with private Orthopaedics Surgeon, Dr Billy Law (MBChB 2001), to give tips and advice on presentation and viva voce skills.

MABP convener Dr Siu Wing-tai (MBChB 1989), Consultant Surgeon from Hong Kong Sanatorium & Hospital, was the moderator for both events.

Since its start-up in May 2016, MABP offers advice and learning opportunities to students and helps them cultivate bonds with their peers and alumni.



Emily Li (MBChB 2019)

"The Crash Course was very well-organised and really helpful. Doctors demonstrated their skills in physical examinations and gave us advice on the delivery of concise presentation. The course is a good preparation for our examination."

Joey Chan (Med Year 6)

"It is a very heart-warming experience when doctors, who were once in our shoes, give us tips and suggestions. The atmosphere during the Crash Course was highly energised, with tight and entertaining interaction between the speakers and students."



Maksim Chan (Med Year 3)

"The Crash Course was very informative and enjoyable. As a preclinical student, it helped me consolidate my understanding of basic medical sciences, and orientate myself better in grasping medical knowledge with an emphasis on clinical significance."



Collegiality and Innovation... A Painting by Surgeons



It's definitely one for the record books - a painting depicting the daily work of surgeons...by surgeons.

Besides being artistically talented, these four doctors have another thing in common - they are world-renowned surgical specialists in minimally invasive surgery – Professors Philip Chiu and Enders Ng specialise in upper GI, Professor Anthony Yim in thoracic surgery and Dr Randolph Wong is a cardiothoracic surgeon. They also all work at the Prince of Wales Hospital except that Professor Yim has since retired.

Their unique art piece offers an incredible peek into two operations in action through a mirror in front of the scrub sink. The reflection of the room at the front shows a surgeon performing endoscopy, while on the right, an aortic stenting procedure is taking place.

Painting conceptualises cycle of life in OT

Professor Yim says the concept behind the painting was to bring the public into the daily working environment of surgeons.

"The reflection of the light, which emanates from the operating theatre on the right, and encompasses the right side of the sink symbolises the cycle of life," he explains. The painting also represents collegiality and innovation - two key elements for success, Professor Yim adds.

Cross-generational artwork symbolises teamwork

For Professor Ng, who did the calligraphy, the artwork signifies collaboration and harmony among several generations of surgeons. "Professor Yim was my teacher; I was the teacher of Dr Wong and Professor Chiu and I are from the same generation. So what I would like to say, especially to young doctors, is that there must always be teamwork."



Innovation in the midst of gruelling career

Dr Wong, who specialises in Western art, says he is proud of the way they had combined Chinese art, calligraphy and Western-style painting. Like the other three surgeons-slash-artists, his love for art is what keeps him going. "We are now facing challenges of long working hours. If you truly treat your career as work, you will suffocate and burn out. But for us, we love our job as well as art."

Combine empathy with science in treatment of patients

Professor Chiu's message is that as a medical doctor, one should not always apply medical knowledge to treat a patient. "We need the skills of interpersonal communication, like combining art with science. The painting is a demonstration of how a surgeon can adopt an art skill and participate in a surgical conference as well."



↑ Painting of Professor Philip Chiu



← Paintings of Professor Anthony Yim

Calligraphy of → Professor Enders Ng



← Paintings of Dr Randolph Wong



“Unconventional” Professor Elevated O&G Department to International Status by Expounding Debate, Not Obedience



In 1982, Professor Allan Chang Mang-zing packed his bags and headed out to Hong Kong from Australia to join the newly established Faculty of Medicine of the Chinese University of Hong Kong as Foundation Chair of the Department of Obstetrics and Gynaecology. By that time, he was already a highly skilled O&G specialist with a number of academic titles under his belt.

Professor Chang received his MBBS degree in 1964 from the University of Sydney and three years later, he set sail for Sheffield, England, for his specialist training at the Jessops Hospital for Women. After obtaining his MRCOG in 1970, he returned to Australia to become a private doctor in the coal mining town of Yallourn, Victoria. However, he quit his practice to pursue his PhD at Monash University. In 1977, he switched to the University of Queensland before deciding to come to Hong Kong five years later.

Under his leadership, Professor Chang elevated the international status of the O&G Department, with many of the students graduating as exceptional O&G specialists. “Allan always maintained that the students and trainees were his greatest pride. He was a very supportive chairman who got the best out of his staff. In the early difficult days of the department, this was critical,” says Professor Tony Chung, Emeritus Professor and former Associate Dean (General Affairs), Faculty of Medicine, CUHK.

In those days when obedience to superiors was demanded he encouraged debate, Professor Chung adds. “He encouraged people to disagree, often forcing them to think laterally by taking positions himself on many matters that were often outrageous. Sometimes, having convinced you that he was right, he’ll then proceed to demolish his own arguments.”

He was truly a rather “unconventional character,” Professor Chung recalls.

Professor Chang left CUHK in 2002 to join the University of Queensland. He was conferred Honorary Fellow of the Hong Kong College of Obstetricians and Gynaecologists in 2006.

Call For Donations

Gerald Choa Memorial Fund - Leave a Mark

Medical alumni contributing HKD\$10,000 or more will be acknowledged with their name, engraved in bronze, on a chair in the Lecture Theatre.



geraldchoa.med.cuhk.edu.hk/make_a_gift



NEWS BRIEF

Alumni Discuss CUHK-Shenzhen Medical School

A forum on the proposed establishment of a new medical school with an affiliated teaching hospital in Shenzhen was held on 26 April 2019 for our alumni.

The proposed medical school is expected to offer undergraduate, postgraduate and PhD degrees.

The affiliated teaching hospital, with a 3A-status (the mainland has a three-tier hospital classification system), is expected to provide 5,000 beds and will be built in Shenzhen's Longgang District.

During the forum, alumni exchanged views on the curriculum, finance and manpower resources of teaching and clinical services, and the vision and mission of the proposed medical school. Some emphasised developing synergies between the existing and proposed medical faculties. There were also suggestions for a site visit to the CUHK(SZ) campus.

Professor Fok Tai-fai, Pro-Vice-Chancellor and Vice-President of CUHK, and Professor Francis Chan, Dean of the Faculty of Medicine, were the moderators.

The CUHK-Shenzhen Medical School initiative is aimed at boosting high-quality medical services as well as strengthening collaboration in medical education, innovation and research in the Greater Bay Area.



Our Very Own 70.3 IRONMAN ... or rather, IRONWOMAN!

Dr Terry Chu Wing-fai 朱穎暉醫生 (MChB 1989) was declared second runner-up of the female 50-54 age group race in the March 2019 Fubon Financial IRONMAN 70.3 Taiwan.

She was among 5,000 triathletes from 37 countries who participated in the event.

It was a remarkable feat for the half-IRONMAN competitor who finished the 70.3-mile triathlon in 6:38:38. The event consisted of a 1.9km-swim in the crystal-clear Flowing Lake, a 90km-bike ride and a 21.1km-run along the beautiful Taitung coastline.

"I'm very thankful that the weather was good that day. I particularly loved the scenic cycling route along the coast although I had to stop my ride several times to clear my runny nose – it usually happens after my swim!", says Dr Chu. The race was her first half-IRONMAN as well as first overseas triathlon.

Working as a medical officer in Family Health Service of the Department of Health, she only started competing in triathlons in 2017. She says she can only train whenever her busy work schedule allows. Nonetheless, she has since competed in three short distance triathlons in Hong Kong and was even ranked third in her age group.

"The last 5km-run in Taitung was really challenging, but I felt no pressure at all because for me, enjoyment is all that matters." Dr Chu recalls the touching moments when competitors spurred each other on and spectators lined the city streets to cheer on the runners. "We are always competing with ourselves, not with others. In fact, I have made some new friends in the race. That's why I love triathlons so much!"



*Photo courtesy
IRONMAN 70.3 Taiwan*



Connecting with MBChB Alumni via CU MAP

Your medical social media platform CU MAP (CU Medical Alumni Platform), now goes LIVE! On becoming members, our alumni can conduct simple or advanced searches for alumni of any graduation year, specialties and sub-specialties, clinical expertise, interests and hobbies.

It allows members to add friends who are also MBChB alumni, upload their business cards, personalise privacy settings to their posts and send private messages. CU MAP supports desktop or mobile devices with automated size responsive function that our alumni can use to log into the system with their smartphones.

Sign up to be a member of the community and when you invite 5 MBChB alumni to also join CU MAP, you'll get a limited edition Medic Bear pen stand or Surgeon Bear name card stand for free!



Scan to register now!

cumap.med.cuhk.edu.hk



Reunion of Class 1996

Never let it be said that “the bigger, the better”... a gathering of 14 alumni of Class 1996 at the Hong Kong Old Restaurant in Tsim Sha Tsui on 10 April 2019, has just proven that as long as there was delicious food and good company, anyone could have a great time.

And that was just what these doctors had - a fabulous time swapping stories, reminiscing and, at the same time, showing comradery and support for each other.

Article and Photo Contribution

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

Send us stories about your memorable experiences such as a new move in your career and life or how joyous you felt when you won a prize or an award - just anything interesting you think is worth sharing with us.

Articles can be in English or Chinese (approx: 500 words). Photos are welcome.

Only selected stories by the Editorial Board will be published.

Send your articles to: medical_alum@med.cuhk.edu.hk

** Please provide ❶ your name ❷ graduation year ❸ email ❹ contact numbers



