

Med

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Tolo

Up to the sky



Dr. Ronald AU

Down to the sea



Dr. Peter KWONG



Dr. Hing Sang CHAN



Dr. Jimmy LI

CUHK Medical Alumni
NEWSLETTER



香港中文大學
The Chinese University of Hong Kong

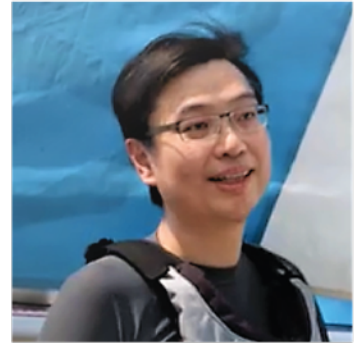


香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong

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WELCOME MESSAGE

*Professor Patrick YUNG
容樹恒教授 (MBChB 1994)
Chairman, Department of
Orthopaedics and Traumatology
Assistant Dean (Alumni Affairs)*

“ We, at CUHK, have always been resilient and strong in overcoming adversities and we will continue to do so... ”

It is my great pleasure to write this welcome message for Med Tolo - the newly minted edition of CUHK Medical Alumni newsletter. As a CUHK medical graduate, I am deeply honoured to be appointed recently as the Assistant Dean (Alumni Affairs). This will allow me to work for my beloved alma mater and hook up with all our medical fellows in the years to come.

Many of us will never forget the good old days that we spent in our beautiful campus and at the Prince of Wales Hospital. Despite the mammoth amount of studies and stress we faced during various examinations, our professors and mentors had always been very supportive and were willing to help us whenever we needed them. It was from these role models that we learnt to serve our patients with patience, love, care and devotion.

In this issue, the four alumni who spread their wings and flippers, are embodiments of our Faculty spirit and passion, that is, to strive for excellence in their careers and interests. We are also introducing two other alumni who have given their unflinching support and expertise in helping to set up the Hong Kong Children’s Hospital. After reading their stories, you will probably understand the challenges and passion that have driven our alumni to strive for excellence and their penchant to reach for the stars, the moon and beyond.

While we are thrilled to read about the wonderful life stories of our alumni, all of us here at CUHK are feeling the deep

loss of our distinguished alumnus, Dr. Wing Tai SIU (MBChB 1989). Dr. SIU had contributed enormously to the Faculty of Medicine over the years by offering invaluable advice, especially to the younger generations of doctors, supporting our alumni community and donating generously for the development of the Faculty. He will always be in our hearts.

We, at CUHK, have always been resilient and strong in overcoming adversities and we will continue to do so, through thick and thin, to strive for the best to benefit our patients and society at large and fulfilling CUHK medicine’s motto of “Transforming Our Passion into Perfection.”

Finally, I would like to wish all our alumni, medical students and Faculty staff... “A Very Happy and Fruitful Year 2020.”





After flying, I always feel refreshed...
the magic of work-life balance.

在天空飛翔，我總是感到煥然一新，
這正是work-life balance的魔力。

Dr. Ronald AU
區家輝醫生 (MBChB 1993)

Soaring to the Skies Keeps this Doctor Firmly Grounded and Balanced 衝上雲霄，讓人頭腦清晰明智

Nearly everyone dreams of flying but for many of us, it remains a pipe dream. But one doctor has proven that it does not have to be. For nearly 25 years, Dr. Ronald AU, has had the pleasure of being both a doctor and a pilot at the same time.

He says medical training and pilot training are “synergistic”. “Whatever elements I carry in my medical practice also apply to flying...discipline, accuracy, good planning, prioritisation of multiple tasks, situation awareness, knowing the limits and staying calm in an emergency.”

Fate led him to fly

Dr. AU works for the Centre for Health Protection's TB and Chest Service as a Senior Medical and Health Officer. His journey of flying began “unintentionally.”

“My father was a tailor on an aircraft carrier with the British Royal Navy. He used to post photos of the aircraft carrier with planes on the deck around my study corner. These photos, with their fascinating stories, aroused my interest in flying.”

And as fate would have it, during his first posting as an intern, he met an aviator who was a nurse. “He became a professional pilot after completing his Private Pilot Licence (PPL) training in the Hong Kong Aviation Club.” His aviator friend proposed that he join the club as a flying member as well, and he did.

Handle aircraft like a girlfriend

A year later, it was his turn to soar. He

could barely contain his excitement when his instructor told him...“You have control.” He was flying a real aircraft - a Cessna 152!

He described the airborne experience as if he was a kid jumping into the sea without floaters for the first time. With his adrenaline pumping, he used excessive force on the controls. “My instructor told me to handle the aircraft like it was my girlfriend...gentle, smooth, and firm,” he laughingly recalls.

The day he was given the green light to fly solo, he felt his heart pounding and his palms getting very sweaty. “I took a deep breath and prayed...may God fly with me.”

The magic of work-life balance

When it was time to land, thoughts like “Can I get down in one piece?” crept in. But he needn't have worried as he managed to land successfully. “I felt such joy and satisfaction. Afterwards, I rang the legendary ‘first solo bell’ and treated my club fellows to a round of drinks!”

Dr. AU takes to the skies around twice a month to keep up with his skills and proficiency, bump up his flight hours for the annual renewal of his licence and more importantly, to satisfy his passion for flying. “Even though it may be the same aircraft type and same airport after more than two decades, I still get very excited every time I go flying. And after flying, I always feel refreshed and balanced. For me, this is the magic of work-life balance.”

許多人只把夢想當作白日夢，偏偏就有一位醫生用行動證明了可將夢想化為現實。

受父親影響愛上飛行

衛生防護中心公共衛生服務處高級醫生(胸肺科)區家輝醫生，由於父親當年曾在英國皇家海軍航空母艦上當裁縫，小時候經常接觸航母甲板上的飛機照片，令他產生了對飛行的興趣。

機緣巧合下，實習期間受到一位有飛行員執照的護士鼓勵，區醫生當上機師，實現了兩個夢想的人生：「其實醫生和機師有許多共通點，都是重視紀律、技術等的要求，也要審時度勢，處變不驚。」

對飛行熱愛永不減退

區醫生還記得第一次全權控制飛機時，他興奮得難以形容，之後跟隨傳統敲響象徵著首次成功單飛的『first solo bell』，與朋友一起喝酒慶祝。區醫生說：「就算二十年後我還開著同一款飛機，用同一個機場，只要每次飛上晴空，都能令我煥然一新，我想這就是 work-life balance 的魔力。」





“When a plane lifts off the ground, all things become so insignificant. 當飛機升離地面時，所有事物都變得微不足道了。”

Dr. Hing Sang CHAN
陳慶生醫生 (MBChB 1998)

Flying Imbues a Sense of Humbleness and Huge Respect for Nature 在天空飛翔，讓人學會謙卑和對大自然的尊敬

Meet Dr. Hing Sang CHAN. Besides being a physician, he also has the privilege and distinction of being one of the first private helicopter graduates in Hong Kong.

Dr. CHAN, an ENT specialist, obtained his fixed-wing aircraft Private Pilot Licence (PPL) from the Hong Kong Aviation Club (HKAC) in 2004. When the Club started helicopter training in 2006, he jumped at the chance.

Many advantages flying a helicopter

“A helicopter can fly low. It can do stationary hovering and does not rely on a runway for take-off and landing. These advantages fit perfectly with Hong Kong’s mountainous terrain, tight airspace and limited availability of runway,” he explains. “It is truly versatile...it can be a car, a boat and aircraft all at the same time.”

Dr. CHAN’s interest in flying started with the old Kai Tak airport. He used to watch with wonderment planes taking off and landing. “I was amazed by the precision, mightiness and the science of flying. I could spend the whole morning or afternoon at the airport, taking photos and studying different types of aircraft.”

He joined the Hong Kong Air Cadet Corps (HKACC) and in 1992, was fortunate to be sent to the Netherlands on an exchange programme. There, he experienced flying in different types of aircraft, ranging from gliders to military jets. “When a plane lifts off the ground, all things, including yourself, become so insignificant. You learn to be humble and to respect Mother Nature.”

Romantic moments in the skies

Being a helicopter pilot does have its memorable, and romantic moments. A year after obtaining his helicopter licence, he got married. On the day of his wedding, two helicopters - one with him and his wife and the other, with their parents - flew from the HKAC grounds to Victoria Harbour and over to Tsing Ma Bridge. He did not fly the copter himself because his instructor felt that he would be too excited to be concentrating. “However, a few days before the wedding, my bride-to-be and I had our photo-shoot and I flew the helicopter myself.”

Asked if he was lucky to have found a life partner who was not aerophobic, he jokingly responds... “I wouldn’t have gone out with a girl who’s afraid of flying.”

Shared traits in flying and medicine

Flying a helicopter and practising medicine have a lot in common, he says. “Both require a solid knowledge foundation and transforming knowledge into practical applications. They also involve risk management. We have to learn about limitations, how to detect problems early on, make correct diagnoses and quickly spring into action in case of emergencies.”

Dr. CHAN only flies on weekends and during his annual leave. “Patients will always be my first priority.”

Being good in science subjects and fluent in English are two important prerequisites for becoming a pilot, he says. “And remember, helicopter flying is not for those who are afraid of heights and the G-force!”

陳慶生醫生，耳鼻喉專科醫生。他除了是位醫者，還是香港首批獲得私人直升機駕駛執照的機師之一。

駕駛直升機的吸引之處

一談到直升機，陳醫生馬上侃侃而談：「直升機非常適合香港的多山地形、狹窄空域和屈指可數的跑道，而且用途很廣泛，具有很高的功能性。」

陳醫生對飛行的興趣，始於小時候經常到啟德機場看飛機升降。現在的他在嘗試了許多不同的飛行體驗後，感受更深：「當飛機升離地面時，所有事物都變得那麼微不足道，這時你便學會謙卑和怎樣尊敬大自然。」

飛行和醫學的共通點

陳醫生說，駕駛直升機和習醫看似風馬牛不相及，其實有著很多共通點：「兩者都需要紮實的基礎知識，正確地運用；以及危機處理，了解技術的局限性；還有迅速處理危機等。」現在陳醫生只會在周末和假期時享受飛翔樂趣：「照顧病人永遠是我的首要任務。」





“I’m addicted to scuba diving. I love the tranquility beneath the waters. 我鍾情潛水，熱愛海底的寧靜。”

Dr. Peter KWONG
鄭國雄醫生 (MBChB 1988)

A Summer Fling with Scuba Diving Unleashes Craving for More 一次難忘體驗，激起對潛水的熱愛

Dr. Peter KWONG’s fascination with scuba diving and the world beneath the water began 17 years ago “I was in Hainan Island in the summer of 2002 to try my hand at scuba diving.” What greeted him below was unforgettable - it was littered with colourful reefs and beautiful fish of different types. “There were so many critters of varying shapes and colours,” he recalls. “I was hooked.”

After returning to Hong Kong, he and his wife took up diving lessons and in that same year, he became a certified diver.

Scuba diving, scuba diving and scuba diving

Dr. KWONG, a surgeon, had been snorkelling since he was eight years old and learnt all about equalising the ear pressure - an important trait for potential divers. “With snorkelling, you are limited to one breath each time you go underwater, and then you have to come up again to catch another breath. But with scuba diving, the oxygen tank on your back gives you almost limitless time to explore the sea.”

Vacations for Dr. KWONG, his wife and daughter, almost always involve scuba diving. They would travel to diving hotspots in the Philippines, Malaysia, Indonesia and Thailand.

“I’m addicted to scuba diving. I love the sun, the sea and the tranquility beneath the waters. Diving is the place to experience weightlessness, that’s why they train astronauts in water.” And he especially loves drift diving, that is when he is transported by water movements caused by tides or ocean currents. “You

feel like superman ‘flying’ in the water.”

Unforgettable underwater occurrences

He has had many memorable, sometimes scary, experiences.

He managed to photograph a huge moray eel with its mouth wide open in Egypt’s Red Sea after pleading... “Don’t bite me, don’t bite me, I just want to take one picture.”

In Bohol, Philippines, there was a close encounter with a whale shark the size of a large school bus...so close that its tail knocked off the scuba fin of one of his friends.

In waters off Malaysian Borneo, some divers got so carried away while chasing an out-of-season hammerhead shark for photos that they lost track of the time and precious oxygen for the ascent to the surface. Fortunately, there were experienced divers around, like Dr. KWONG, who helped them to safety.

A picture worth a million-dollars

His most enduring moment was when his then 18-year-old daughter encountered a giant manta ray in Okinawa two years ago. “The smile on her face, together with the manta rays, was worth a million dollars to me.”

Scuba diving, like medical school, has taught him similar life lessons. “Rules are not meant to be broken,” he says. “We follow rules in the operating room so as not to jeopardise the life of the patient. Similarly, if we don’t follow regulations while diving, we are endangering our lives. Also, one must know one’s mental and physical limitations. Don’t bite off more than you can chew.”

鄭國雄醫生對於潛水的熱愛，始於 17 年前第一次到海南島潛水，色彩繽紛的珊瑚和珊瑚魚令他完全著迷，回港後便馬上和妻子考取了潛水執照。

潛水，潛水，還是潛水

外科專科醫生鄭國雄醫生，從 8 歲起便開始浮潛，但由於浮潛需要上水換氣，而潛水的氧氣瓶能令他無限制地探索大海，從此菲律賓、馬來西亞、印尼和泰國等，都是他們潛水的熱點。

難忘的潛水事件

鄭醫生許多難忘的經歷，當中既有「驚」亦有「喜」。例如在埃及紅海遇到巨大的海鰻，在菲律賓薄荷島與鯨鯊近距離接觸，和在馬來西亞婆羅洲追逐鎚頭鯊等。不過當中最難忘的發生於兩年前，他在沖繩拍攝到正在潛水的 18 歲女兒，後面有魔鬼魚作為背景，這張珍貴的照片對他來說，簡直是無價。

潛水和手術室，都讓鄭醫生學會了許多人生道理：「守則用來遵守的，在手術室裡不能違反守則，潛水時也要遵守在水裡的守則，否則都可能危及生命。」





“ I’m an environmentally-friendly person...
I let the wind do all the work.
我熱愛環保.....就讓風帆隨風而行吧。 ”

Dr. Jimmy LI
李澤民醫生 (MBCbB 1998)

Love for Windsurfing Triggers Opening of Student Sailing Club on Campus 讓滑浪風帆的熱情蔓延校園

For Dr. Jimmy LI, the sea represents many things - it is a place for him to relax, take in the sea breeze and fresh air and organise his thoughts. “I’m basically an environmentally-friendly person...and a bit lazy too, I guess,” he laughs. “I let the wind do all the work.”

When Dr. LI joined CUHK medical school in 1992, he found that the water sports centre only had a staff boat club and a canoe club but no sailing club. So he, together with other sailing enthusiasts, scoured around for old, discarded boats and repaired them and lo and behold, he got himself a sailing club. Needless to say, Dr. LI is the founder of CUHK’s student sailing club.

Windsurfing harder than most sports

Dr. LI’s love affair with the sea started years ago when he took up a summer course in his early teens. These days, he only indulges in sailing and mostly, in windsurfing. With windsurfing, he can take half a day off from work as he only needs three to four hours. “I think windsurfing is harder than any other sports as they don’t have the weather to contend with. Sometimes the day may look nice and sunny but there is no wind,” he explains.

He also scuba dives but not as much as he would like to. His busy schedule as a surgeon does not offer him much time for windsurfing. “I always place my patients first, then my family. My personal interests will have to wait. Until one is truly retired, one has to make sacrifices.”

Best times in campus involved water activities

And he learnt all about sacrifices when he was a medical student. “I used to watch others sailing in Tolo Harbour from the library but I couldn’t go down to join them. I knew I had to make some sacrifices. Besides foregoing my leisure time, I even had to sacrifice spending time with my family because I had to study.”

Still, he describes his water activities during campus days as being his most memorable. “I had the best times during university days because I used to go sailing with students from the other faculties. It was great.”

Important elements: caution and preparedness

Two very valuable lessons he picked up in medicine and sailing is that one has to be very cautious and anticipate difficulties. “For example, before you set sail, you need to estimate the weather conditions. You need to look out for extreme weather and prepare yourself. Just like in clinical practice, we have to be extremely cautious and well-prepared when we are treating patients, especially those with complicated conditions.”

Nowadays if he has time to pry away from work, he would head to the CUHK Water Sports Centre because... “There is plenty of parking space, changing rooms and storage for boats.”

Dr. LI says anyone can take up windsurfing...“It isn’t that difficult but you must take up a training course first.”

對於外科專科醫生李澤民醫生而言，大海是他放鬆身心、享受海風、呼吸新鮮空氣，以及整理思緒的地方。他笑說：「基本上我挺熱愛環保，也許亦有點懶，因此，就讓風帆隨風而行吧。」

沉醉滑浪風帆

李醫生於1992年時，與幾位風帆發燒友以幾隻舊船在中大創立了帆船學會，沉醉於風帆的他現在只要有半天假期、三四個小時，便會去玩風帆。由於滑浪風帆需要考慮天氣因素，相比其他運動難度更高，挑戰性令李醫生更為著迷。外科醫生忙碌的日程，總是令李醫生無法全身投入滑浪風帆，不過他早已懂得要有所選擇及犧牲，因為病人是最重要的。

重中之重

無論是做醫生還是玩風帆，李醫生認為都必須「非常謹慎」及「作最壞準備」：「啟航前，我們要謹慎預測，為極端天氣作好準備；在提供臨床服務以及處理複雜的病例時更應如是！」



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Dr. Michael LEUNG
梁偉業醫生 (MBChB 1991)

Dr. Peter TAM
譚焜謙醫生 (MBChB 1993)

Opportunity of a Lifetime 畢生難得的機會

Hong Kong Children's Hospital taps into experience of two highly qualified CUHK alumni to set up paediatric surgery department.

When two alumni of The CUHK's Faculty of Medicine were asked to be part of the Hong Kong Children's Hospital (HKCH), they did not hesitate. After all, they had the qualifications and expertise to make the new hospital a centre of excellence for the care of children.

Dr. Michael LEUNG had worked for Queen Elizabeth Hospital for nearly three decades and was a Consultant Paediatric Surgeon and Division Head of Paediatric Surgery until his appointment as HKCH's Chief of Service of the Department of Surgery.

Dr. Peter TAM is currently a consultant in paediatric surgery of both Prince of Wales Hospital (PWH) and HKCH. He also heads PWH's Division of Paediatric Surgery & Paediatric Urology. He sits on the Board of Paediatric Surgery and is the Chief Examiner.

HKCH not just a hospital-based project

Given their vast experiences in paediatric surgery, they were invited to participate in workgroups - years before HKCH opened for service in December 2018 - on how to come up with solutions to merge different paediatric surgical centres and to enhance quality care in the field of paediatric surgery.

"It is not just a hospital-based project," says Dr. LEUNG, who had participated

in the commissioning programme on surgical services in HKCH since 2012. "It is the translocation of paediatric surgery services in Hong Kong. We began designing for the operating theatre, gave advice on the setting up of the wards as well as on the purchasing of equipment-like the minimally invasive surgical machines. We needed to centralise complex surgical services like neonatal surgery and oncological surgery to HKCH."

Dr. LEUNG also travelled overseas to study how children's hospitals operated, including a visit to the top-ranking American facility, the Boston Children's Hospital.

Merging different paediatric centres poses immense challenges

Dr. TAM, who sat in the sub-specialty workgroup of paediatric surgery during the commissioning period, says they had to find ways to smoothly merge the existing paediatric centres. "It was a very complicated process, involving many departments from different hospitals. How to work with people from another centre remains a challenge for me."



Prior to the Hong Kong Children's Hospital, there have been three paediatric surgical centres at PWH, Queen Mary Hospital (QMH) and Queen Elizabeth Hospital (QEH). They have worked independently, had their own protocols and their own teams. "So you can imagine the challenges we all faced," he explains. "We are from different centres and obviously, people do things differently and have different opinions."

After meticulous planning and numerous discussions among the paediatric surgical centres on manpower deployment, cases allocation and patient transfer arrangements, the centre at Queen Elizabeth Hospital completed its move to HKCH in July 2019.

Watching HKCH develop likened to watching baby being born

The PWH centre still functions but its paediatric surgeons are also now on the payroll of HKCH, Dr. TAM explains. "My role is to ensure the proper allocation of manpower in order to provide services to HKCH while maintaining services in PWH."

His other major role in HKCH is to provide training and services in the sub-specialty areas. "I have strong clinical and research interests in paediatric urology, minimally invasive surgery and neonatal surgery."

The merging of different paediatric centres also proved challenging for Dr. LEUNG. "I have been working in QEH for 28 years so I know all my colleagues in the different departments quite well. In this current position, I had to 'reboot' and collaborate with new colleagues for my clinical and administrative duties," he says. "Fortunately, we got tremendous support from colleagues in the different paediatric surgical centres."

He describes watching HKCH materialise over the years as "watching a baby, since its conception, being born for the first time".

A lifetime opportunity to leave behind a legacy

He says since HKCH is still in its infant stage, they are focusing on clinical services for now. "Clinical service is the most important area for us right now. After that, we will gradually focus on other areas like training and research in the field of paediatric surgery. And, we can only do this in collaboration with other departments in this hospital as well as stakeholders outside the hospital such as other public doctors, the government and patient groups."

As for Dr. TAM, he hopes to see a well-defined sub-specialisation development among paediatric surgeons in HKCH. He says clinical outcomes would continue to improve only when paediatric surgeons develop their own sub-specialty interests.

"Nowadays, because of the advance in medical technology and concepts and with surgical procedures getting more complicated, outcomes won't be that good if you can't focus on one area. In the old days, it was different. Surgeons could operate on the brain, the toe, the uterus, almost everything. But these days, no!"

He expressed the hope that more time and effort will be spent on elective surgery. "We'll try to identify doctors who can sub-specialise in certain areas so that they can focus on that particular area and accumulate the experience over time."

Despite the challenges, both Dr. LEUNG and Dr. TAM say working with other healthcare professionals towards building up HKCH is a lifetime opportunity for them...something they are very proud of.

早在香港兒童醫院在 2018 年 12 月正式啟用前，擁有豐富小兒外科專科經驗的梁偉業醫生和譚煜謙醫生便已投入參與，商討如何將香港不同醫院的小兒外科中心合併，提高醫療服務質素。

非僅是一個醫院項目

梁偉業醫生解釋，這並非僅是一個醫院項目，更是香港整個小兒外科服務的搬遷整合：「我們不但要設計新病房的設備配置，還要協助購買儀器，並將複雜的外科服務包括新生兒手術和腫瘤手術等通通整合到香港兒童醫院內，計劃十分龐大。」

籌辦小兒外科的莫大挑戰

在籌備香港兒童醫院期間，譚煜謙醫生參與了小兒外科附屬專科工作小組，他回想當時是個非常複雜的歷程：「因為涉及到來自三間分別處於威爾斯親王醫院、瑪麗醫院和伊利沙伯醫院的小兒外科中心，與來自不同醫院的專業人員合作，是個很大的挑戰。」

儘管面對許多困難，梁醫生和譚醫生兩位均表示，能夠與其他醫療專業人員一起創建香港兒童醫院，絕對是為社會留下畢生貢獻的難得機會，也是值得自豪的成就。



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Career Decision & Job Interview Workshop

A workshop, "Career Decision and Job Interview", was held on 14 June 2019. More than 170 medical students and interns were in attendance. The workshop was an integral part of the Medical Alumni Buddy Programme.

There were two speakers from the Hospital Authority – Dr. Fei Chau PANG (MBChB 1994), Head of Human Resources and Dr. Ngai Chuen SIN (MBChB 1994), Chief Manager (Patient Safety & Risk Management). The late Dr. Wing Tai SIU (MBChB 1989), Honorary Fellow of CUHK and Consultant Surgeon, Hong Kong Sanatorium & Hospital, was also one of the speakers. Dr. Bonita LAW (MBChB 1992), Deputy Head, Department of Surgery and Director of the Breast Centre at the Union Hospital, took part in the sharing session.



(Right) Professor Enders NG (MBChB 1989), Associate Dean (Alumni Affairs) was the workshop's special guest.

SFL Intern Survival Workshop



(Seated front right) Dr. Xina LO (MBChB 2005), President of CUHKMAA, attended the workshop to show support for the new interns.

Six days later another session, called the SFL Intern Survival Workshop, was arranged for some 120 new medical interns. They were given tips and advice on what to expect as interns and also how to communicate effectively with other healthcare practitioners. The moderator was Dr. Rutherford SIN (MBChB 2011) from Tuen Mun Hospital's Department of Medicine & Geriatrics.

Speakers included Mr. Wilson CHIANG, APN, Department of M&T, Prince of Wales Hospital; Dr. Hazel WANG (MBChB 2018), Department of Surgery, Tuen Mun Hospital and Dr. Helen KWAN (MBChB 2018), ICU, Queen Elizabeth Hospital; Dr. Stephen WONG (MBChB 2009), Department of Radiology, Princess Margaret Hospital and Kowloon Hospital's Clinical Psychologist, Mr. Ka Tsun TING.

CU Medical Alumni Buddy Programme

The Medical Alumni Buddy Programme was established with the aim of helping students cope with life on campus. It started with only a handful of alumni but the number has grown exponentially since its inception.

As usual, at the start of this 2019/20 academic year, the Pre-O Camp Dinner and the O Camp Gathering for alumni and students were held on 1 and 19 August 2019 respectively. The two events were basically experience-sharing sessions where alumni spoke of their study life on campus and how they coped with challenges. The students, in turn, were given the opportunity to ask their seniors and alumni questions about anything, from different medical specialties to tips about studying for exams. A record 400-plus participants attended the O Camp Gathering.



CUHKMAA AGM & Dinner 2019



The joint Annual General Meeting and Dinner of The Chinese University of Hong Kong Medical Alumni Association (CUHKMAA) was held on 20 December 2019 at the Regal Riverside Hotel in Shatin.

Around 40 medical alumni and their family members attended the event.

Dr. Xina LO (MBChB 2005), President of CUHKMAA, kicked off the event by reporting on the Association's workshops and activities for the year. The briefing was then followed by a sumptuous Chinese dinner with an exciting lucky draw to top it all off.

It was a night to remember for all the participants.

CU Physician Alumni (Internal Medicine) Gathering 2019

The Dean of the Faculty of Medicine, Professor Francis CHAN, was among nearly 50 alumni who attended the biennial CU Physician Alumni (Internal Medicine) gathering on 15 October 2019. The event, organised by the Medical Alumni Buddy Programme, was held in adrenaline at the Hong Kong Jockey Club in Happy Valley. It was an occasion for our physicians to get together in camaraderie - exchanging stories and updating their status.

An intern was also invited to the event and she took the opportunity to extend her heartfelt gratitude, on behalf of other medical students, to the Faculty and alumni for their invaluable support, advice and guidance.



Pre-Clinical Years Survival Workshop



As always, a workshop on how to survive pre-clinical years was held for medical students. The annual workshop had been running for three consecutive years with the aim of helping freshmen acclimatise to life on campus...with the help of their seniors and alumni buddies.

About 40 pre-clinical years medical students turned up for this year's workshop on 29 October. Dr. Wing Yee SO (MBChB 1992) and Dr. Ngai Chuen SIN (MBChB 1994) and two medical students, Maggie LAM (Med 4) and Ocean HO (Med 4), dished out tips on how to study and master examinations. They also gave advice on how to adjust their mindset to living and studying at the university and stressed the importance of establishing life-long friendships.

Dr. Bonita LAW (MBChB 1992), a staunch alumni buddy, was the moderator who gave words of encouragement to students and assured them that alumni buddies would always be there to provide support. Most of the participating students found the workshop very fruitful and inspirational.

Reunion Gathering



Photos of Class 1989 – 30 years before and after

Class 1989

Thirty years on and around 60 alumni of Class '89 have not forgotten the friendships and bonds that still bind them.

They met on 21 September 2019 at Shatin Jockey Club's Oi Suen Restaurant to toast the good old days. Some brought along their family members to participate in the merrymaking.

There was lots of teasing, laughter and fun...and loads to eat.



Class 2009

Nearly 100 alumni from Class of 2009 and their family members have held a reunion dinner - the first time in 10 years - in a restaurant in Tsim Sha Tsui on 17 August 2019.

With many experiencing significant changes in their lives, they have managed to remain the same - a group of noisy medical students deep down - with a continued passion to serve the underprivileged and those in need.

Needless to say, they had a great time catching up and reminiscing.



The CUHK Distinguished Medical Alumni Award 2019



This year's Gerald Choa Oration ceremony was held on 1 November 2019 at the Four Seasons Hotel. Around 200 guests attended the event to commemorate Professor CHOA's contributions to the Medical Faculty as well as to celebrate the achievements of three alumni and present them with the Distinguished Medical Alumni Award 2019.

Dr. Dexter Yu Lung LEUNG (MBChB 1997) was awarded the Distinguished Medical Alumni Award for Global Achievement while Dr. Jennifer Wing Sze TONG (MBChB 2007) and Dr. Maggie Man Chow YEUNG (MBChB 1993) received the Distinguished Medical Alumni Award for Humanitarian Service.

The Distinguished Medical Alumni Award was inaugurated by the Faculty of Medicine in 2018 to recognise alumni who have made outstanding contributions in one of the following three areas – Global Achievement, Humanitarian Service and Cultural Accomplishment. These awards will be presented every year.



Scan to know more details:
www.med.cuhk.edu.hk/alumni/award





Dr. Dexter Yu Lung LEUNG
梁裕龍醫生 (MBChB 1997)

- *FRCOphth (Lond)*
- *FRCS RCPS (Glasg)*
- *MRCS (Ed)*
- *FCOphthHK*
- *FHKAM (Ophthalmology)*
- *Honorary Consultant in Ophthalmology, Hong Kong Sanatorium & Hospital*
- *Immediate Past President of the Hong Kong Ophthalmological Society*



Photo Courtesy: Dr. Dexter LEUNG

Global Achievement

Dr. Dexter LEUNG was a stellar student, often outshining his secondary school classmates. His brilliant streak continued when he joined The Chinese University of Hong Kong where he aced the Bachelor of Medical Sciences degree with first class honours. Three years later, he obtained his MBChB degree from the Faculty of Medicine.

He joined the Hong Kong Eye Hospital as an ophthalmic resident and took up a fellowship training in the prestigious Bascom Palmer Eye Institute in the US, which was ranked as the nation's top ophthalmology institute for 15 straight years (2004-2018). Glaucoma was his major focus and his research into the disease has garnered him many international and local awards. In 2010, he was selected as one of the Ten Outstanding Young Persons of the Year.

As an eye specialist, he wanted very much to spread the message to as many people as he could that blindness is preventable. So he made it his mission to do just that and joined several local and voluntary organisations to offer his expertise.

His charitable projects include Project Vision Charitable Foundation, Lifeline Express and Action for Vision Charitable Foundation. He also assisted in providing affordable high-quality cataract for ORBIS and participated in mainland China programmes which provided free eye surgery for the underprivileged.

As an active member - and immediate past president - of the Hong Kong Ophthalmological Society, he ensures the public is informed of new research findings into glaucoma via news conferences. He also often attends eye health screening events to publicise eye health and is heavily involved in medical education programmes for ophthalmologists.

He was instrumental in establishing the World Glaucoma Day in Hong Kong and was its convener for two years. He served on the Board of Directors of the Lions Eye Bank for nearly five years and remains a strong advocate of eye donation. He is currently the Regional Secretary of the Council of the Asia-Pacific Academy of Ophthalmology.

"Empathetic, kind, professional and brilliant" are just a few of the words used to describe Dr. LEUNG who, to this day, continues to devote his time to his patients and the community.



Dr. Jennifer Wing Sze TONG
唐穎詩醫生 (MBChB 2007)

- FRCSEd (Orth)
- FHKCOS
- FHKAM (Orthopaedic Surgery)
- Specialist in Orthopaedic Surgery
- Field Worker of Médecins Sans Frontières



Photo Courtesy: Médecins Sans Frontières

Humanitarian Service

Dr. Jennifer TONG is not just an orthopaedic surgeon - she is a humanitarian aid worker who boldly travels to far-flung regions, devastated by wars, to help heal the wounded.

She believes that everyone is created equal and war or poverty should not deprive anyone from getting basic medical care. So after working in a public hospital for seven years, she joined Médecins Sans Frontières (MSF) in 2014 to pursue her dream of helping people.

Her passion to serve the wounded and vulnerable has taken her to the Afghan city of Kunduz, Tabarre in the Haitian capital of Port-au-Prince, Mosul in Iraq and Gaza Strip, the occupied Palestinian territory.

Dr. TONG does what she does, not for fame and glory, but for the smiles she sees on the faces of those she helped. There was an orphaned 18-year-old Palestinian man, named "Sunny Boy" who was shot in the leg in July 2018. After his operation, he was nervous about walking unaided. He was always with a walking stick or clinging to friends for support. Dr. TONG, who was one of the surgeons who operated on him, then helped him gain the courage to walk confidently again without any aid.

On the day she saw him walking to the clinic on his own, she described the moment as watching... "The triumphant return of my son!"

Besides administering medical aid, she also trains the local medical personnel and enjoys meeting people of different ethnic backgrounds. Forging friendships with other unsung heroes with whom she works with makes her missions worthwhile.

She does return to Hong Kong periodically, however, to take up locum work. As soon as she feels it is time to move on, she sets out again on her mission with MSF. There is no stopping her indomitable spirit. When most of us would donate to our favourite charity and hope for the best, she wholeheartedly throws herself into her charity work.

Dr. TONG is indeed a role model for alumni and medical students alike. She truly exemplifies what the term "a good doctor" really means - to save lives, respect humanity and selflessly administer medical aid to wherever she may be needed.



Dr. Maggie Man Chow YEUNG
楊文秋醫生 (MBChB 1993)

- FHKAM (Paediatrics)
- Specialist in Paediatrics
- Medical Volunteer of Hong Kong Red Cross



Photo Courtesy: Hong Kong Red Cross

Humanitarian Service

When paediatrics specialist Dr. Maggie YEUNG was very young, she spotted the photo of an African refugee in a newspaper. She made a promise to herself there and then that she would dedicate herself to helping the underprivileged and the needy.

She realised that by becoming a doctor she could volunteer her much-needed medical services, particularly in war zones and disaster-stricken areas. Over the years, she worked hard to achieve her two burning ambitions - to become a physician and to provide humanitarian aid to people who need it the most.

But she knew she had to enhance her capability as a volunteer so she decided to join the Hong Kong Red Cross in 2007. Her first major mission was to help the victims of the massive earthquake that struck Sichuan province in 2008.

After that, she was sent by Hong Kong Red Cross to Japan for training in Basic Healthcare Emergency Response and then to Kenya for a Field School Training Mission.

When Syria was in the middle of its internal strife, Maggie flew to the Azraq refugee camp in Jordan to help the thousands of refugees, including babies, who fled the fighting.

Take the case of Baby Rawan for example. As soon as he was born, Dr. YEUNG noticed that he was turning blue and immediately provided him with much-needed oxygen. Thankfully, he survived. Incidents like these make her missions rewarding...and memorable.

She then turned her attention to Greece to continue helping the Syrian refugees in camps there. In 2017, she went to Bangladesh to work in a mobile clinic in camps for displaced persons from Myanmar's Rakhine State.

In 2013, when a super typhoon struck the Tacloban region of the Philippines, she was there to provide medical and humanitarian aid in its aftermath.

Dr. YEUNG is modest, caring and is not into publicity or vanity. She is most gratified when she is fulfilling her special calling in life to provide humanitarian and medical aid to people caught in the middle of conflicts or natural disasters. She is, without a doubt, an inspirational doctor - someone her peers, as well as students, can look up to... and emulate.

Honouring the Life of Dr. Wing Tai SIU

A doctor extraordinaire,
a steadfast friend of CUHK
medical alumni and an
all – round humanitarian

Dr. Wing Tai SIU was a surgeon of many talents and skills. He had contributed greatly to the development of minimally invasive surgery and his publications on perforated peptic ulcer have made a significant impact on the role of laparoscopy in the management of the disease. Throughout his career, he remained an ardent supporter of his alma mater by offering invaluable advice and through generous donations.

His remarkable journey into the world of medicine began when he was admitted to the newly established Faculty of Medicine of CUHK in 1984. As a medical student, he attracted the attention of his peers and teachers by snatching numerous prizes for distinguished academic performance, including the City Lion Gold Medal for the best overall performance in all professional exams (1989), the Hong Kong Pathology Society Prize (1987) and First Prize and Distinction in Medicine (1989).



In 1996, he obtained his specialist qualification in general surgery and chose to pursue a career specialising in upper gastrointestinal, vascular and minimally invasive surgery. Two years later, he walked away with the Young Clinician Award of the 11th World Congress of Gastroenterology.

Dr. SIU had published over 90 scientific articles in international peer-reviewed journals. In recognition for his academic excellence, he was invited to sit on the International Reviewer Panel of Medical Science Monitor and was a Reviewer of

The Alimentary Pharmacology & Therapeutics and Indian Journal of Surgery.

One of his passions was to train doctors and nurses in various fields of minimal access surgery. With this regard, he set up and organised courses and conferences at the Minimal Access Surgery Training Centre at the Pamela Youde Nethersole Eastern Hospital and the Department of Surgery, CUHK.

Dr. SIU was an Honorary Consultant at Hong Kong Sanatorium & Hospital, Pamela Youde Nethersole Eastern Hospital and Prince of Wales & New Territories East Hospitals. He was also an Honorary Clinical Associate Professor of CUHK's Department of Surgery.



He was not just an accomplished surgeon. He was also endowed with great leadership skills. He helped set up the CUHK Medical Alumni Association and was its President between 2011 and 2014. He founded CU's signature Medical Alumni Buddy Programme (MABP) in 2016, bringing together alumni and students with the aim of forging alliances and bonds between the two. MABP has since seen considerable successes with its many activities and workshops. He always made it a point to attend these events, either as a spectator but mostly, as an active participant.

In 2018, he became the first winner of the CUHK Distinguished Medical Alumni Award for Global Achievement. But the real crowning glory was in



May 2018 when he was conferred Honorary Fellow of The Chinese University of Hong Kong, thus becoming the first CUHK medical graduate to be bestowed the honour. As a medical student, he once said: "I just want to be a good doctor." That motto had resonated throughout his career as a surgeon.



Dr. SIU passed away on 29 September 2019.

In recognition of Dr. SIU's tremendous contributions to the Faculty and remarkable achievements, the Faculty of Medicine has established the Dr. Siu Wing Tai Memorial Scholarship to provide financial aid for students with outstanding performance and with the intention of pursuing surgical training overseas.

Those who wish to contribute to the scholarship, please make cheques payable to "The Chinese University of Hong Kong" and write your name, graduation year and "Donation to Dr. SIU scholarship" on the back.

Mailing address:
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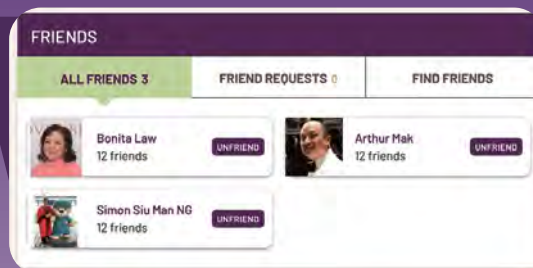
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