

Med

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Told

CUHK Medical Alumni Newsletter

*Connoisseurs
of
Good Food*



Dr. Dylan CHAN
(MBChB 1991)



Dr. Dominic LEE
(MBChB 1991)



Dr. Josephine MAK
(MBChB 2002)



MENU

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Convenor, CU Medical Alumni Buddy Programme

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Welcome Message

Dr. Bonita LAW 羅嘉寶醫生 (MBChB 1992)

Convenor, CU Medical Alumni
Buddy Programme



It has already been 35 years since I joined our medical school as a student.

I had witnessed our development from a young medical school to a renowned one, ranking amongst the top 40 in the world today. Our hardworking graduates have achieved key positions in the profession; they are Deans and Associate Deans of medical schools, professors, major administrative personnel both in private and public healthcare, and prestigious private specialists, just to name a few.

My husband, the late Dr. SIU Wing Tai, and I have been privileged to participate in alumni activities in the past decades, witnessing the growth and maturity of our community.

Our Medical Alumni Association has been serving CU Medicine alumni since 1992, organising various sports and

recreational activities.

In 2016, with the aim of forging a closer connection between our alumni, students and graduates, we initiated the CU Alumni Buddy Programme. I would say this “experimental” project could never come into force without the support of our Dean Professor Francis CHAN, who is himself our alumnus.

We planned to build relationships between new students and our alumni at different stages of their careers and personal development. We envision this as a two-way relationship: students can learn from the sharing and guidance from our alumni, while alumni also gain inspiration from the younger generation, or simply enjoy an opportunity to reunite with fellow alumni. The response to this programme has been overwhelming, and we have been delighted to reconnect

with alumni that we have not seen for a long time at our various activities. We have also received encouraging feedback from our students.

The essence of our Buddy Programme is that both students and alumni enjoy an equal status during programme interactions. This is unique and very different from traditional mentorship programmes in which mentors are viewed as superior for their seniority. In our programme, we strive to enable the heartiest communications, offering students and alumni an experience that they can both value.

The last two years have presented many challenges for arranging Buddy activities. The passing of our Founding Convenor Dr. SIU Wing Tai has also casted a great loss. Nevertheless, we are devoted to working even harder to perpetuate this beautiful mission.



Dr. Dylan CHAN
陳鼎翺醫生



Dr. Dominic LEE
李德誠醫生



Dr. Josephine MAK
麥忻華醫生

Lessons From the Kitchen: Physician-Chefs Share Love for Cooking and Medicine

People love food, but not everyone enjoys preparing it. Three of our CU Medicine graduates, however, find incomparable joy in dishing up a meal. We recently caught up with these doctors to learn how their time in university had nurtured their culinary passions, and how their tasty adventures have influenced their medical careers ever since.

The kitchen may not be the typical place for medical students to hang out. After all, medical schools are notorious for their hardworking students and long study hours. But for CU Medicine alumni Dr. Dominic LEE (MBChB 1991), Dr. Dylan CHAN (MBChB 1991), and Dr. Josephine MAK (MBChB 2002), cooking had been a significant part of their university life, giving them their first taste of independence—a way to cope and connect with their new home away from home.

At CU Medicine, these “doctor-chefs” would come to realise that finding success in the kitchen and in the medical profession is rather similar: both require ingredients that they must constantly seek and season to perfection.

An Acquired Taste

Discovering the joys of cooking is a process different for everyone. At 12 years old, helping his mother through postpartum confinement, Dr. LEE learned to prepare simple comfort dishes like Chinese steamed egg and steamed pork patties. Years later, this essential life skill would come in very handy in medical school.



“I enjoyed different types of foods at CU Medicine, from casual meals at nearby Tai Po food stalls to fancier fare at the Yucca de Lac Restaurant. But the most unforgettable flavour would have to be my curry chicken wings – they were tasty, easy to make, and brought people together whenever I made them in our dormitory,” he said.

Dr. MAK, a plastic surgeon, also received cooking lessons from her mother at a young age, mastering the rice cooker by primary one and experimenting with other dishes the year after. Like Dr. LEE, she was seen cooking chicken wings at the CU Medicine dorms as a student, and today continues to delight friends and families with her flavourful Thai dishes and authentic feel-good Chinese cooking.





"I set up a stove on our dormitory terrace and liked to cook fresh seafood catches from the nearby Yuen Chau Kok market. The smell of fried garlic would always draw a crowd," reminisced Dr. CHAN, currently an ophthalmologist-cum-restaurateur who owns a sushi bar and a teppanyaki restaurant with his friends. To these doctors, the CU Medicine dorms were more than a place for studies and rest – they were a perfect haven for creating memories and strengthening friendships over a delicious bite.

Harnessing Creativity

Dr. MAK believes that cooking is a skill developed over time. "Instead of using a recipe, I usually rely on my instinct to perfect every dish. The steps for preparing dishes like drunken shrimp or drunken abalone, for example, need to be tweaked depending on the season or occasion. These are the experiences and insights that eventually help every chef become more confident in different situations," she said.



Drunken abalone prepared by Dr. MAK

The plastic surgeon compares this journey of experimentation and discovery to her work: "There is always more than one way to cover a surgical wound or repair a scar. We cannot be attached to one standard recipe – we have to evaluate individual needs and create tailored treatment plans based on those needs."

Echoing these thoughts, Dr. LEE said that while following a "recipe" – like prescribing medicine – is a fundamental skill, both chefs and doctors must exercise flexibility and good judgment to get the best outcome.

"Sometimes all you need is 'enough'," he said. "I often prescribe one-eighth of a tranquilizer dose for daytime use; it's just the right amount for the patient. It's the same with seasoning a dish – use just the amount you need based on your best judgment".

Connecting With People

The three doctors agree that in both cooking and the pursuit of medical knowledge, it is imperative to stay focused on what matters most: people.

"Our sushi chef loves talking to customers, finding out what they like, and serving up dishes that satisfy their cravings. Doctors should also treat patients as their most important customers," shared Dr. CHAN, who has lived by these words from the late Dean CHOA since his first day as a CU Medicine student: "Being a doctor is not about treating a person's

sickness. It is about treating a person who is sick."

"Experienced restaurant managers always greet repeat customers by name. Doctors would develop better relationships with their patients if they played by the same book. Simple gestures like recognising a patient's face, even behind a mask, cultivates trust and respect with the very people who are entrusting their health to you," added Dr. CHAN.

Indeed, gaining customer confidence requires work and, according to Dr. LEE, a flair for communication. "I admire the style of French chef Mr. Joël ROBUCHON, who knows how showmanship can elevate the dining experience. I once watched him slice white truffles for guests, while cheerfully saying, "here's more! Let me offer you more!" Beyond impressing people with his culinary skills, Mr. ROBUCHON also makes everyone feel like an esteemed guest. Doctors can certainly do the same. Treat every patient as a VIP, and they will be much more agreeable to their prescribed treatment plan and have a better chance for recovery," he said.

Cultivating Habits of Discipline

Habits used in cooking not only help these doctors connect with others, they also enable them to work more efficiently.

"There is a lot of preparatory work involved in the kitchen, especially for Chinese cuisine. Everything must be planned so that all dishes are served hot. Stewed dishes take longer to cook, so they should be prepared first. Deep-fried dishes should not be served as consecutive courses. You need to plan ahead, and decide if any tasks can be executed simultaneously to save time," shared Dr. MAK.



Five years ago, the plastic surgeon ventured into the private kitchen



Mr. Joël ROBUCHON with Dr. LEE and his family

scene, serving curated meals every weekend at Wan Chai Art Centre. As there were often up to 30 people per dinner event, she would start shopping and preparations the day before.

“Plastic surgery also involves thoughtful planning. Before an operation, you need to get a thorough understanding about the disease, know what skills to apply, and get all the necessary tools ready. All these methodical arrangements spell the difference between a six-hour and a 12-hour operation,” she said.

A Tirelessly Quest for Improvement

Mastering operation pre-work may seem routine, but according to Dr. CHAN, doctors can always aim for some form of progress in even the simplest of tasks.

“Japan’s longtime Michelin-starred Mr. JIRO Ono is famed for his flawless sushi – the sashimi is just the right size, the rice is of the perfect firmness. Every cut is precise, not too deep, too shallow, too long, or too short. His method seems repetitive, but this accumulation of mastery is what makes each sushi better than the last,” the doctor said.

“In parallel, doctors cannot stay at the same level. We must evolve, continue to delve into new methods, or use new ideas,” he added.

Reiterating this quest for excellence, Dr. LEE shared that the hunger for

improvement must always be fed, no matter how hard or time-consuming. “Before recommending any restaurant to my friends and readers of my food column, I always visit it at least six times and make sure the quality is consistent,” he said.

Best Enjoyed with Others

While our doctors can be serious about perfecting their skills, they also take the time to enjoy and reflect on the fruits of their labour.

“It gives me great joy to give people another chance at life, or to see families happy after a baby’s successful cleft lip surgery. It’s the same feeling I get when my dining guests suddenly go quiet—too busy eating to talk! I know that means they’re just blown away by my cooking,” enthused Dr. MAK.

While Dr. MAK had closed her private kitchen practice three years ago, she still cooks for family celebrations and boat trips at least four times a year. Friends love her special dish, “Snow White Emerging from Wintersweet Flower” 「白鱈尋梅」, her version of steamed rice made with pickled vegetables, minced pork, white cod and dried shrimp, mixed with her homemade sauce.

Dr. CHAN added, “Good food, like the medical profession, is a source of energy, comfort, healing, and satisfaction for people. I’m glad that my passion for my job and for food enables me to bring people from a place of hunger to fullness, and from blindness to vision.”

The eye doctor also attributes his success to his restaurant partners,



Snow White Emerging from Wintersweet Flower
「白鱈尋梅」

fellow colleagues and support staff who have trusted him over the years. He hopes to open his third restaurant in Kowloon soon.

Dr. LEE, on the other hand, always looks forward to his monthly gatherings at home with his friends and old classmates.

“I once served home-cooked lard with premium soy sauce over jasmine rice to a group of doctor friends. They knew about the cholesterol, but they just couldn’t help eating it. It was literally a ‘dish to die for,’” Dr. LEE mused. “Good restaurants are not hard to find in Hong Kong; it’s sometimes harder to find time out of everyone’s busy schedules to share a meal together. I am grateful to have my three-decade young friends from CU Medicine to share my love of food,” he added.

From amateur cooks to confident chefs, these doctors have worked hard to become better at their craft every day, inspiring others with their insatiable appetite for serving and delighting others.



灶房學問：大廚醫生的烹飪夢與濟世心

愛美食的人未必愛煮食，恰巧三位中大醫學院校友——李德誠醫生（MBChB 1991）、陳鼎勳醫生（MBChB 1991）及麥忻華醫生（MBChB 2002）都熱愛烹調美食，他們今期與我們分享了許多校園時代的烹飪趣事，以及他們如何在廚藝與醫術方面都貫徹了盡善盡美的精神。



Scan to enjoy interview video:
<https://bit.ly/3ktQ5QO>

宿舍的廚藝高手

人們愛上烹飪總有原因，擔任精神科醫生的李醫生12歲那年為正在「坐月」的媽媽做家務，年少時已學會蒸水蛋、蒸肉餅等簡單菜式，直到他入讀醫學院時大派用場。他說：「讀中大時愛去大埔『波仔記』大排檔，偶爾也會到雍雅山房用膳，但難忘的是我在宿舍煮的咖喱雞翼，令同學們垂涎。」

任職整形外科的麥醫生自幼便跟隨媽媽學習廚藝，她小學一年級時會煲飯，二年級時已懂得煮燴，入讀中大醫學院時也會在宿舍煮雞翼，至今偶爾為親朋戚友炮製中菜和泰菜。

眼科醫生陳醫生和友人聯營一間壽司餐廳和一間鐵板燒餐廳，他憶述：「我在宿舍露台置了一個爐，從宿舍對面的圓洲角街市買海鮮來煮，爆蒜頭時散發的香氣會引來其他同學不請自來。」原來中大醫學院宿舍不單用來溫書和作息，也讓學生以食物編織回憶和鞏固友情。

發揮創造力

麥醫生深信廚藝要經年琢磨，她說：「我很少用食譜，會靠直覺將每道菜力臻至善，以製作醉蝦和醉鮑魚為例，須根據季節和場合調整，漸漸對不同場合、不同菜式應付自如。」

她說烹飪需要發揮創造力這點跟行醫很相似：「整形要視乎不同病人情況決定怎樣遮掩傷口或修補疤痕，做法不可一成不變，要靈活應用才會達至最佳效果。」

李醫生對「食譜」看法不謀而合，他說處方藥物一般有既定份量，但用於不同病人身上不可能一式一樣，要靈活變通，才能做到精益求精，例如，

處方日間用的鎮靜劑，他喜歡用八分之一粒的分量，就像煮燴下調味一樣，剛剛好便夠，效果更好。」

重視與人聯繫

鑽研廚藝和追求醫學知識再重要，終究要以人為本。

陳醫生說：「我們的壽司師傅愛跟顧客聊天，掌握他們的口味，確保他們吃得滿足，這套待客之道，同樣適用於醫生對待病人。」

他憶起已故中大醫學院蔡永業院長在開學日的一席話：「做醫生不是醫治一人之病，而是要醫治病著的人。」

他說餐廳的經理會牢牢記住顧客的名稱，醫生也應了解自己的病人：「單單認得一個戴上口罩的病人，就能跟他們建立互信和尊重，畢竟病人將自己的健康交託給你。」

李醫生則認為醫生還要懂得溝通技巧，「我很仰慕法國名廚Joël ROBUCHON，他會一邊為客人切白松露，一邊話『我俾多啲、多啲、再多啲你！』；他不僅廚藝出類拔萃，同時能讓客人感到賓至如歸。所以醫生跟病人解釋醫療程序和藥物時，如果可以像Mr. ROBUCHON般生動，令每位病人都覺得自己得到VIP級的照顧，病人自然信任醫生願意配合治療，事半功倍。」

力求進步

下廚和行醫都講究細節，麥醫生說：「煮一頓中菜要思慮周全，確保每道菜熱騰騰地上桌，炆製的菜應先煮好，炸的菜式不能連接上桌，還要一心多用以爭取時間。」

她五年前在灣仔藝術中心烹飪私房菜，每星期烹煮最多三十人的飯局，總要在前一天準備妥當。她說：「整

形外科手術也要規劃周全，六小時和十二小時的手術分別極大。」

陳醫生說看似多細微的工作都要力求進步，他舉例：「日本『壽司之神』小野二郎曾連奪多年米芝蓮三星，因為他製作壽司追求完美無瑕，像醫生下手術刀時要恰到好處，看似不斷重複，但每次製成品要比上次更好，醫生也要力求進步，不斷鑽研新方法或新意念。」

李醫生也會不惜時間精力追求完美：「當我推介一間餐廳之前，起碼會去試食六次，確保次次都滿意，才會介紹給朋友和讀者。」

當中的滿足感

努力的成果總是令人回味無窮，麥醫生說：「我為免唇嬰兒做完手術，看見患者家人燦爛的笑容就很快樂，好比食客看見佳餚上桌便安靜下來，細意品嚐我烹調的菜式，這樣給我極大的滿足感。」

陳醫生期望不久將來開設第三間餐廳，他說：「醫學和美食一樣會給人慰藉和滿足，我很自豪可以為失明的病人恢復視力，也為尋覓美食的人帶來喜悅。」



李醫生至今每月在家中宴請朋友和舊同學，他笑說：「有次我煮豉油豬油撈飯，醫生們明知高膽固醇仍『冒死』進食，在香港找好餐廳不難，最難得的反而是一大班好朋友能夠夾到時間，一齊聚聚，我很慶幸有相識三十多年的舊同學跟我分享美食。」

三位醫生多年來鑽研醫術及廚藝，不僅幫助了無數病人，也在餐桌上造福了許多人。



Dr. Arthur MAK
麥敦平醫生



Professor Anthony TEOH
張源斌教授



Dr. Bonaventure IP
葉耀明醫生



Dr. Amy CHAN
陳碧云醫生



The Melodies of Our Time | CU Medicine Alumni and Students to Hold 40th Anniversary Fundraising Musical This December

For 40 years, CU Medicine has been training up some of Hong Kong and the world's most sought-after doctors. This year, these professionals return to the university to celebrate their stories and reconnect with fellow students in grand theatrical fashion. Armed with musical instruments and artistic chops, they take centre stage, this time to refocus the spotlight on their alma mater and to sing of its enduring impact in their lives.

The stage is set, the musical scores are ready, and the doctors are in for an evening of reminiscing and theatrical storytelling in the Lee Hysan Concert Hall of CUHK this December. Themed “In Search of Time”, the musical special for the Gerald Choa Memorial Fund gathers CU Medicine alumni, faculty, and students to celebrate the different milestones in the life of every CU Medicine graduate over the last 40 years.

Behind the curtain are medical students, past and present, each bringing their unique orchestral talents onstage. We spoke to alumni Dr. Arthur MAK (MBChB 2000), Dr. Bonaventure IP (MBChB 2012), Professor Anthony TEOH (MBChB 2001), and Dr. Amy CHAN (MBChB 1999), who are leading this never-before-seen musical production, on what this exciting 40th-anniversary ensemble means to them, to the whole CU Medicine family, and to the wider community.

A Production for Everyone

“How can we celebrate CU Medicine’s 40 years in just one night?” began Dr. MAK, CU Medicine Associate Professor at the Department of Psychiatry.

More than physically bringing fellow alumni together, the pianist and his team envision the audience happily experiencing all the memories of CU Medicine and their years in the medical profession, all over again through music.

“We wanted the show to feature a mix of familiar songs thoughtfully chosen to represent the different stages in our medical careers, all while properly giving tribute to our Faculty’s four-decade history,” said Dr. MAK. “All the songs will be performed by the greatest singers from our faculty, and delivered with refreshing orchestral arrangements that will guarantee a memorable experience”.

As the charity event’s orchestra director, Dr. MAK had channeled his musical interests into arranging the whole programme’s theatrical score, which will follow every doctor’s major life events—from their early challenges to their first small wins, big achievements, family decisions, love, loss, and future dreams.

Event co-producer Professor TEOH, CU Medicine Professor in the Department of Surgery added, “By incorporating multi-era genres in the show—from classical to pop, rock, and contemporary songs—we also hoped to encourage those with different musical talents to join our ambitious yet meaningful production, and let their passion shine.”

Orchestrating Harmonies

Remarkably, an overwhelming number of students and alumni have expressed their interest to join the stage since the casting call was opened, with about



40 alumni and students now expected to perform in the December concert.

Reflecting on this enthusiastic response, the programme's drama director, CU Medicine Clinical Associate Professor (honorary) at the Department of Anatomical and Cellular Pathology Dr. CHAN said, "In my time at CU Medicine, there were much fewer fellow performing arts enthusiasts. I am so glad for this precious opportunity to experience the stage again with these eager performers."

The Prince of Wales Hospital pathologist also acknowledged how such relationships do evolve with the passage of time—a subject that largely makes up the concert's theatrical plot.

"While told in stages echoing a doctor's life events, the entire production is designed to allow the audience to feel, imagine, and fully connect with the recollected memories presented onstage. This narrative experience is inspired by the French novel classic, 'In Search of Lost Time', by Marcel Proust," added Dr. CHAN.

The director will also be using intermedia lighting elements to complement the production's musical crossovers, bringing added vibrancy to the performance.



As preparations for the concert go on, Dr. IP, CU Medicine Clinical Lecturer at the Department of Medicine and Therapeutics and a skilled guitarist since before his CU Medicine days, finds himself in awe of the musicianship brimming among the CU Medicine community. "Every musician here is very accomplished and there is talent across a wide range of genres," he said.

Giving Back

Bringing students from different years and backgrounds—and with distinctive musical abilities—together to sing and play in harmony, the event also seeks to unite everyone in the Gerald Choa Memorial Fund's spirit of dedication to nurturing medical students and helping the community.

Dr. MAK said, "Other than giving an enjoyable performance, the concert also aims to raise funds to facilitate scholarships for students in need."

Established in 2013, the Fund, which honours the legacy of CU Medicine founding dean the late Professor Gerald H. CHOA, has been organising activities for the benefit of students, faculty and the whole community.

According to Dr. IP, proceeds from the concert will not only fund scholarships for those with financial needs, but also overseas exchange experiences and projects to serve the community. "Doctors these days must be able to do more than treat illnesses – they must bring a global mindset to the table. Medical students should take every opportunity to learn from foreign public health and medical systems, and equip themselves to contribute to Hong Kong's continued improvement in these areas."

While organising for a cause provides more than enough inspiration for the team, completing the musical arrangements had been a challenging process, requiring sound technical proficiency and judgment. From the choice of audio equipment to the placement of songs, the team had to carefully evaluate how to deliver an impactful performance worthy of the time and money involved.

"Because time is a relative concept, the concert should resonate with everyone in one way or another. We needed to assess which memories are best left unspoken, and which ones should be represented by our music. The concert has to include various elements, with songs from different times plotted nicely along the musical score," said Dr. MAK.

Delivering an All-Out Performance, Always

With its own share of upbeats and downbeats, the experience of organising the event itself has been a meaningful journey for everyone involved in the production.

Recalling how they pulled off the seemingly impossible feat of forming a 40-person band, Professor TEOH hinted at the team's "can-do" attitude.

"Sometimes, it takes a crazy amount of

faith to achieve something great. All doctors know that," Dr. MAK said.

Professor TEOH, who started playing indie music and making videos as a medical student, reflected on his own artistic journey while sharing the newfound joys he encountered from this experience.



"This project has shown me that art is best enjoyed with others. Everyone has something fresh to offer. Rearranging familiar songs with the aim of evoking new feelings among the audience has been an amazing ride," remarked the Professor, who also brought his DJ and rapping expertise to the production.

"As we worked on bringing different memorable elements to the performance, we found ourselves aspiring to grow artistically as well," said Dr. CHAN.

Dr. IP hopes that the concert will inspire the audience to reflect on their journeys over the last four decades. Indeed, like the memories the concert will showcase in December, every moment in the CU Medicine graduate's life—then and now—is worth celebrating.

Dr. MAK expressed his appreciation for the university that molded them into the doctors they are today, calling the concert a "gift to CU Medicine and to our schoolmates."

"This concert is a labour of love, a reflection of what our alma mater has meant to us in the last 40 years. I hope that this experience reminds everyone that professional excellence always matters, but it can be a melody easily forgotten if it does not touch the lives of those around us," he said.

譜出醫學院40年時光 歷屆校友學生合奏籌款

中大醫學院作育英才至今40載，歷屆校友及學生將攜手以音樂和話劇向母校致敬，將於今年12月，在中大利希慎音樂廳演出「中大醫學院和我的40年」蔡永業紀念基金慈善音樂會，既回顧大家的人生里程碑，亦為基金籌款。

中大醫學院精神科學系副教授麥敦平醫生（MBChB 2000）、中大醫學院內科及藥物治療學系臨床講師葉耀明醫生（MBChB 2012）、中大醫學院外科學系教授張源斌醫生（MBChB 2001）和中大醫學院病理解剖及細胞學系名譽臨床副教授陳碧云醫生（MBChB 1999）這四位籌劃是次音樂會的校友跟我們分享幕後點滴。

為了讓觀眾透過音樂會追憶校園時光與行醫歷練，活動音樂總監麥醫生決定邀請陳醫生擔任舞台總監及導演，以話劇貫穿音樂，他說：「我們挑選了大家耳熟能詳但類型不同的歌曲，以表達醫生經歷的不同階段，也祝賀中大醫學院創院40周年。」

另一位舵手張教授說：「當晚曲目橫跨不同年代，亦有不同類型，包括古典樂、流行曲、搖滾樂等等，讓精於不同類型的音樂人盡展所長。」

共奏和諧

如此盛會自然換來踴躍反應，超過40位校友及現屆學生將攜手演出。



另一位舵手葉醫生在中大時已是結他好手，因為今次表演對一眾校友的才藝更歎為觀止，他說：「大家的音樂造詣高超，對不同音樂類型各擅勝長。」

陳醫生在大學年代已熱愛劇場，她回憶：「以前要找醫科生參與表演藝術不容易，我很慶幸今次跟一班舊同學和前中大醫學院劇社成員攜手演出。」

她以經典法國小說《追憶似水年華》為故事藍本，以跨媒體藝術配合音樂演奏，讓觀眾對台上演繹的醫生經歷有所共鳴。

回饋母校

是次音樂會將為成立於2013年的蔡永業紀念基金籌募經費，以舉辦各種活動造福在學的醫學生。

葉醫生說當晚善款會用於支持獎學金，支援有財政困難的學生，亦資助學生出國交流及籌辦服務社區的計劃，他說：「今時今日，醫生不單



要為病人治病，還要建立世界觀，藉着考察其他地方的醫療體系和公共衛生，將來對香港也會有所貢獻。」

幾位醫生在音樂編排方面花上浩瀚心血，麥醫生說：「為了讓每位觀眾回顧過去，有些回憶需留白，有些需用音樂表達，演繹不同年代的歌曲引發共鳴。」他的另一項挑戰就是要為40多位樂團成員作綵排事宜，他笑說：「偉大的使命都源於瘋狂的構思，做醫生的都很清楚。」

張教授在學時已醉心獨立音樂，這次將寶貴經驗帶上舞台：「藝術最大樂趣是分享，大家互相啟發，將耳熟能詳的歌重新編曲，給觀眾耳目一新的感覺。」

葉醫生期待音樂會讓觀眾思考自己過往多年的磨練，陳醫生則說：「我期望為表演帶來美學元素，在藝術上有所推進。」

從當年快樂的校園生活到這次音樂會的籌備經歷，莫不令這群醫生回味無窮。麥醫生視這次音樂會為向中大醫學院全體的賀禮。他說：「這次音樂會是回顧母校40年來對我們的影響，藉此彰顯中大醫科校友的專業精神。」



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More Details
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2021.12.17 (Fri) 7:00pm

Lee Hysan Concert Hall

Esther Lee Building

The Chinese University of Hong Kong

香港中文大學利黃瑤壁樓利希慎音樂廳



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Event Highlights

Hybrid Career Workshop on Oncology, Radiology and Anaesthesia & Intensive Care

A career workshop was held on 17 June 2021 welcoming all medical students and interns. The workshop was particularly significant and useful for senior students and interns preparing to embark on their careers. The workshop drew approximately 100 participants.

Eight speakers share their valuable advice on different specialties, and shared stories from their own career paths, daily work and challenges in the workplace with the young future doctors.



| Name | Title and Organisation |
|--------------------------------|---|
| <i>Moderator</i> | |
| Dr. Bonita LAW (MBChB1992) | Convenor of CU Medical Alumni Buddy Programme |
| <i>Guest Speakers</i> | |
| Dr. Kenny CHAN (MBChB 1993) | COS (ICU), TMH |
| Dr. Zoe FU (MBChB 2002) | Specialist in Anaesthesia, Private Practice |
| Dr. Anselm HUI (MBChB 2017) | MO, Department of Radiology, PWH |
| Dr. Mimi LEE (MBChB 2000) | Specialist in Clinical Oncology, Private Practice |
| Dr. LUI Chun Ying (MBChB 1996) | Director, Hong Kong Women's Imaging |
| Dr. Jenny TO (MBChB 2018) | Resident, Department of Oncology, PWH |
| Dr. Alan WONG (MBChB 2018) | Resident, Department of Anaesthesia, TMH |
| Dr. WONG Kam Hung (MBChB 1987) | Consultant, Department of Clinical Oncology, QEH |



SFL Intern Survival Workshop 2021

The 5th SFL Intern Survival Workshop was held on 23 Jun 2021 as a Zoom Webinar, with more than 100 participants. The workshop has been well-received by medical interns since its launch in 2017. The workshop offered participants tips and advice on preparing for housemanship, communicating effectively with other healthcare practitioners, and practicing relaxation techniques like mindfulness.

Guest speakers and medical alumni supporting the workshop are as follows:
(By alphabetical order)

| Name | Organisation |
|---------------------------------|--|
| Dr. Joseph CHANG (MBChB 2004) | Orthopaedics & Traumatology, Hong Kong Baptist Hospital |
| Mr. Wilson CHIANG | Advanced Practice Nurse, Department of Medicine & Therapeutics, Prince of Wales Hospital |
| Dr. Sze Ho MA (MBChB 2009) | Department of Medicine & Therapeutics, Prince of Wales Hospital |
| Dr. Rutherford SIN (MBChB 2011) | Department of Medicine & Geriatrics, Tuen Mun Hospital |
| Mr. TING Ka Tsun | Clinical Psychologist, Kowloon East Cluster, Hospital Authority |
| Dr. Alice TSE (MBChB 2020) | Current intern |
| Dr. Stephen WONG (MBChB 2009) | Department of Radiology, Princess Margaret Hospital |
| Dr. Zenon YEUNG (MBChB 2009) | Department of ENT, United Christian Hospital |



Summer Clinical Attachment Programme (SCAP) - Medical Alumni Sharing Session

The medical alumni sharing session was held successfully on 15 July 2021, the final day of the annual SCAP with over 200 secondary school students participating. The sharing was moderated by Professor Enders NG (MBChB 1989), Associate Dean (Alumni Affairs), addressing the topic “Rising to the COVID-19 Challenge”. Speakers and presentations included:

Dr. CHOW Kai Ming (MBChB 1995), Consultant & Chief-of-Service, Department of Medicine & Therapeutics, Prince of Wales Hospital shared on how he led and empowered his team of medical professionals to fight against COVID in the front line while overcoming challenges.

Dr. Aaron HUNG (MBChB 2017), Port Health Officer, Department of Health elaborated his work in the Department. He served in different roles to safeguard the city’s health, including border control at the Hong Kong International Airport as well as overseeing the COVID testing and mandatory quarantine of overseas travellers.

Dr. LUK Che Chung (MBChB 1986), Cluster Chief Executive of Hong Kong East; Hospital Chief Executive of Pamela Youde Nethersole Eastern Hospital, Wong Chuk Hang Hospital & St. John Hospital, explained how to engage staff and the public with effective communications. As an experienced health care executive, Dr. LUK’s invaluable and inspiring advice was very useful to everyone in the audience.

Speakers also shared their views regarding public health and other healthcare topics with the students. The event received an overwhelming response.



O-Camp Gathering with Medic Buddies

With the COVID-19 pandemic ongoing, the 6th O-Camp Gathering with Medic Buddies was held in small groups across 18 venues. The Faculty’s latest incoming class of MBChB students joined the O-Camp as they embarked upon their journey as budding medical practitioners.

With the enthusiastic support from our medical alumni, the Gathering was held successfully with over 340 attendees in total. The participating medical students gained valuable insights from the alumni’s sharing, not only about academics and career development, but also the importance of striking a balance between their study and social lives.



Students and Alumni Celebrate CU Med 40th Anniversary with Community Eye Checks

The CUHK Faculty of Medicine is celebrating its 40th anniversary with a series of volunteer service programmes with the aim of serving the community through professional medical support. First among these initiatives is an eye-screening activity, organised in collaboration with The Lok Sin Tong (LST) Benevolent Society, Kowloon and the Hong Kong Baptist Hospital.

Held on 29 August 2021 at the Lok Sin Tong Wan Lap Keung Neighbourhood Elderly Centre, the inaugural charity event served 40 LST beneficiaries aged 50 years old and above. Organising this first health-check activity was a working group consisting of Professor Philip CHIU 趙偉仁教授 (MBChB 1994), Chair of the Faculty's Community Service Programme; Dr. Peter PANG 彭志宏醫生 (MBChB 1994), Chairman of the Lok Sin Tong Benevolent Society, Kowloon; Dr. Ruby CHING 秦學瑩醫生 (MBChB 1995), Ophthalmologist, Private Practice, and; Dr. Thomas CHIU 趙懿行醫生 (MBChB 1994), Consultant Ophthalmologist, Hong Kong Baptist Hospital Eye Centre.

Since the event, the group has sought to bring this eye-check activity to other local areas where more people can benefit from it.

"With preventive healthcare in mind, the activity will be placed as a recurrent programme under the Outreach



(From left to right) Dr. Peter PANG, Professor Philip CHIU, Dr. Joseph CHANG and Professor Patrick YUNG

Community Service Programme, the Faculty's social engagement platform. This eye check project is envisioned to bring together different generations of staff, alumni and students, in celebration of the Faculty's 40 years of continuing mission and commitment to the community," said Professor CHIU.

Dr. PANG, the incumbent LST Chairman, said, "Eye screening services can be costly, and without any symptoms, people may easily neglect to seek appropriate medical service. While the programme was held on a smaller scale due to COVID restrictions, we are glad to be able to offer high-quality and full ophthalmic check-up to the elderly in need." Being a member of the Faculty's Outreach Community Service Programme Task Force, Dr. PANG had helped identify the venue and the subjects from the elderly homes which LST currently operates. "We also extended more help to those needing further treatment, including one who needed to be referred to the hospital for urgent care."

Led by alumni Dr. CHIU and Dr. CHING, the onsite activity received generous support from medical students and the Hong Kong Baptist Hospital. A total of 13 volunteers, including students, optometrists and nurses, also signed up for the programme.

Believing that community service is every doctor's calling, Dr. CHING acknowledges how these programmes help cultivate a heart of passion, personal integrity, tenderness, love, care, honesty, and devotion among doctors.

"My experience in serving the elderly community started 20 years ago as an ophthalmic trainee at Hong Kong East Cluster. I have since witnessed the value of these programmes for those with limited means to access eye checkups by themselves. While this is my first time participating in the Faculty's outreach event, it was an honour to lead



Dr. Ruby CHING was performing eye check up.

this activity and pass down CUHK's core value of 'Transforming Our Passion into Perfection' to our next generation of doctors," she shared.

Knowing that eye screenings can detect and prevent "silent" eye diseases early, Dr. CHIU also found it rewarding to be part of the charity programme, especially since many of the participants have had no formal eye checks before.

"Thanks to the enthusiastic collaboration of the CU Medicine, LST community, fellow former classmates and all the volunteers, this was one of the most successful eye check activities I have participated in." The ophthalmologist attributes the smooth manpower planning and securing of essential eye-checking equipment to this teamwork as well as the generosity of pharmaceutical companies. "By reaching out to those in need, despite the inclement weather, we were able to show the heart and spirit of CU Medicine. More than helping the elderly, I was also able to share some medical developments with the other students and volunteers during the event," he said.

The team looks forward to engaging more volunteers in the future, as well as to possibly organising similar health checks for diagnosing other medical conditions, offering preventive care for more people across a spectrum of health concerns.

"This activity had certainly brought joy



to the LST beneficiaries and touched the lives of many. On behalf of the organising team and all volunteers, I thank the Faculty for contributing its medical knowledge and efforts towards whole-person care and the community.” said Dr. PANG.

CU Medicine officially kicked off its Ruby Jubilee celebrations and Community Service Programme activities with a Launch Ceremony held last 25 September at the Sir Run Run Shaw

Hall. Themed “Succession, Innovation and Dedication”, the event was attended by around 100 members of the University management, the Faculty’s 40th Anniversary Organising Committee members, deanery, alumni, students and staff.

Over the past 40 years, CU Medicine has thrived to become one of the world’s top 40 medical schools. It has become an institution dedicated to the training of dedicated healthcare professionals and

top scientists, making a positive impact on health services in the community, in the region and in the world.



Dr. Thomas CHIU was performing eye check up.



Launch Ceremony of CU Medicine 40th Anniversary and Community Service Programme.

Come join us in building our 40th Anniversary Memory Wall

Do you have photos of your cherished moments at the Faculty?

Share them with us and reminisce about those glorious times together with your friends, family and fellow alumni.



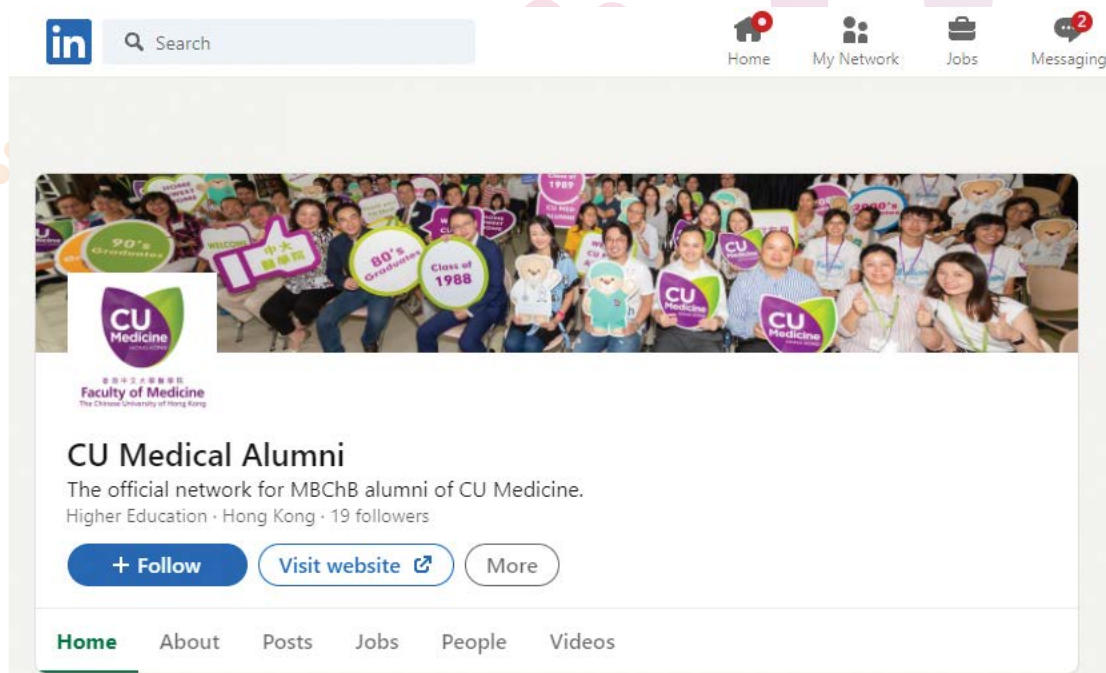
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