

# FOREWORD

James Y. W. Lau

In 2018, Professor Linos visited The Chinese University of Hong Kong as an external examiner for our final-year medical students. Professor Linos studied in Athens and was then trained at the Harvard Medical School and the Mayo Clinic. As a world leading endocrine surgeon and a distinguished academic, Professor Linos has vast experience in guiding many young doctors in their careers. In this book, he provides “food for thought” to young people who are aspiring to become doctors. I have much pleasure in recommending this book and adding these short paragraphs on medicine in Hong Kong.

In 1887, Sir Patrick Manson founded the Hong Kong College of Medicine for Chinese, a forerunner to the School of Medicine of The University of Hong Kong.

Sir Patrick Manson was a Scottish physician renowned for his discoveries in tropical diseases. He was also a visionary with the desire to bring Western medicine to Hong Kong and Greater China. The Faculty of Medicine at The Chinese University of Hong Kong was inaugurated much later in 1982. Together, they represent the only two medical faculties in Hong Kong. Our medical schools are consistently ranked as being in the world's top 50, and admit only the top 1–2% of students based on their scores in public examinations.

At the turn of the century and under the British colonial rule, Hong Kong inherited a British or Commonwealth system of medical education. The city's undergraduate curriculum, residency and specialist training have for decades been very similar to those in the United Kingdom. To date, our specialist examinations continue to be all conjoined with the British and Australasian royal colleges. In anticipation of a change of sovereignty in 1997, the Hong Kong Academy of Medicine was formed with the objective to organize, monitor, assess and accredit specialist training and oversee the provision of continued medical education. Colleges with subspecialties subsequently formed.

People in Hong Kong have enjoyed excellent healthcare provided by our own medical graduates.

Our hospital system is similar to the National Health Service (NHS) of the United Kingdom and Canada. Public hospital services are provided at a minimal cost to our patients and with a high standard. Because Hong Kong is small in its size, patients can easily access hospitals. Our Chinese culture and values mean that the elderly are looked after. Our government ensures good public health measures, including clean water and sanitation. All of the above contribute to the highest life expectancy among Hong Kong people in the world. The United Nations Vital Statistics Summary and Life Expectancy at Birth in 2016 reported an average of 87.3 years for women and 81.3 for men.

The path to becoming a physician is arduous. Medical students are required to assimilate a large wealth of knowledge, which is constantly evolving. At the same time, students learn to listen and be compassionate. Residency and specialist training take many years which demand diligence and dedication. Medical graduates here in Hong Kong, in addition, have the responsibility of maintaining the excellence of medical education under the “one country, two systems” arrangement. Healthcare in China is undergoing reforms, with an emphasis on primary care. With growing affluence, China is making significant strides in

biomedical research. The number of publications from China in top-notch medical journals has been substantially increasing in recent years. Hong Kong medical graduates need to embrace what the two systems can offer, be international in their outlook, and be active in their academic pursuits.

At the inauguration ceremony of the Hong Kong College of Medicine for Chinese, Sir Manson suggested that Hong Kong should become "a center and a distributor, not for merchandise only, but also for science." He went on to suggest that we shall confer a boon on China and that medicine in Hong Kong should continue to contribute to its counterpart in Greater China.

I'm sure that you will find Professor Linos' book enjoyable. His writings will inspire those who want to become physicians and find echoes in the minds of those who have already taken on medicine as a career.

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Brian H. H. Lang

To those fortunate enough to have picked up this book and decided to read it, let me assure you that you are in for a treat. To me, this has to be one of the most honestly written guides in medicine with the simple intention of helping young, enthusiastic individuals wanting to pursue a medical career. This book will, however, appeal to a much wider audience, from high school students, medical students, internists, residents and qualified doctors, to even medical professors. Many of the valuable recommendations and advice made in these pages are extremely relevant and applicable across many different medical disciplines and subspecialties. To put it simply, this book is about helping each and every one of us to become a better medical student or a more effective physician. As one

reads this book, there is a strong, inevitable feeling that this was written by an insider, someone who is clearly familiar with the “dos and don’ts” of how to be admitted into a top medical school, become successful, and become, as the author states in the book, “the best physician in the world.”

However, this should not come as a surprise to anyone because this book was written by Professor Dimitrios Linos, a world-renowned and highly respected professor whose expertise is endocrine surgery. Apart from being a highly skilled and innovative surgeon, he was bestowed the presidency of the International Association of Endocrine Surgeons (IAES), which is one of the most prestigious societies in his surgical subspecialty. Therefore, there is little doubt that he has achieved what many surgeons could only aspire to achieve, and has remained at the pinnacle of his medical career. I am extremely grateful that he has decided to share his vast medical experience and astute observations in this wonderful book. I believe there is no one else who is as qualified as he is when it comes to giving such recommendations and advice to anyone aspiring to be a physician.

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The University of Hong Kong.