

Newsletter (February 2022)

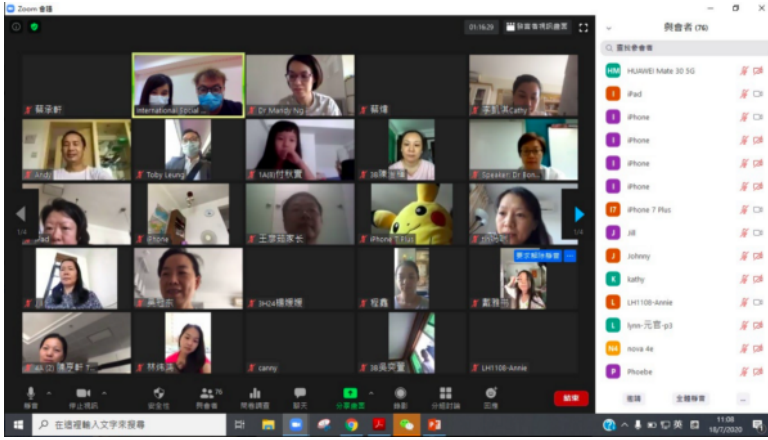


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President's Message

Dr. Cissy Yu

Time flies and we have been living with the COVID-19 pandemic for two years. HKWDA participated in the fight against COVID-19 by giving multiple health talks to the public to encourage them to get vaccinated. Our target audience have been the underprivileged and foreign domestic helpers. We also joined hands with other organizations like Medical Conscience and the Medical School of the University of Hong Kong in delivering COVID-19 educational talks at Community Vaccination Centres.



Online health talk (left); vaccination promotion talk (right)

Hong Kong's economy was hard hit by the COVID-19 pandemic and our poor got poorer. Our HKWDA Charitable Foundation wanted to do something to help these people and so we organized a Virtual Charity Cooking Competition to raise funds. The participants filmed the cooking process in their own home kitchens. Our panel of adjudicators reviewed the films and marked the entries by means of a scoring system. We set up prizes in cooking and prizes in fundraising. Money raised mainly went to buying food for three local food banks. The remaining sum went to funding community projects in promoting women's health. We were so encouraged by the good feedback from our participants that we have decided to organize another Virtual Cooking Competition in 2022.

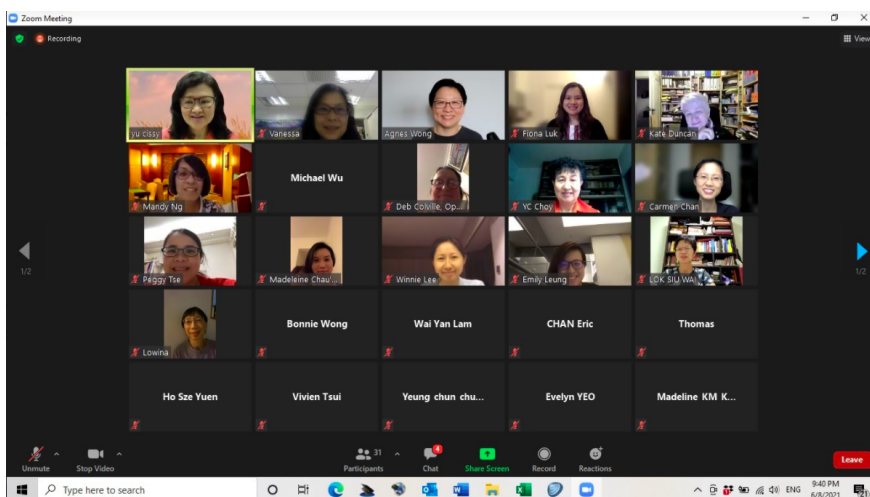


Winners of the Cooking Competition (left); The Champion—Tropical pineapple mini cupcakes (right)



Donation to food banks

Our members' well-being is our priority. In June 2021, we held an online CME accredited symposium on 'Building Inner Resources and System Thinking to Flourish in Medicine'. The speaker was Professor Agnes Wong from Canada. Her talk taught us how to handle stress and build inner strength. The symposium's participants included medical women from Hong Kong, South Korea and Australia.



CME webinar

To manage our growing membership, our Board has appointed Dr. Jenny Fong to lead our Membership Committee. Moreover, a new Information and Communications Technology (ICT) Committee headed by Miss Fanny Tang was formed to help collect information and disseminate news in a timely and efficient manner.

Dr. Loraine Chow and Dr. Sharon Chow stepped down as Co-Chairladies of our Youth Committee in July 2021, and Dr. Jenny Chan was appointed as the new Chairlady of the Youth Committee. I would like to thank Loraine and Sharon for their great contribution to HKWDA. Our Mentor Mentee Student Program and Careers Talk in 2021 have enrolled 69 mentees and 180 young participants respectively.



Dr. Jenny Fong, Miss Fanny Tang and Dr. Jenny Chan (left to right)

In August 2021, the Korean Medical Women Association hosted the Medical Women's International Association (MWIA)—Western Pacific Regional (WPR) Conference. It was a virtual conference. Dr. Winnie Mok was invited to speak on Sarcopenia in Elderly. I was nominated and selected to receive the first Dr. Khung Ah Park Award for my work in international medical women's affairs. At the bi-monthly WPR meeting, Dr. Jenny Chan, Dr. Hei Yee Tse, Dr. Rose Ting and I presented HKWDA to the medical women of Japan, Korea, Taiwan, Australia and Vietnam. They were amazed by the amount of work that we did. Our presentation was recorded and sent to the Executive Committee of MWIA for viewing.



Online talk on Management of Sarcopenia in Elderly (left); Dr. Kyung Ah Park Award (right)

Despite social distancing, HKWDA continued our mission of serving our members and our community. Most of our activities, including our Annual General Meeting, were held online and we adapted well to this work mode. In the coming months, we will organize more online talks on the well-being of medical women. Stay tuned.

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Community Service Committee

Dr. Mandy Ng

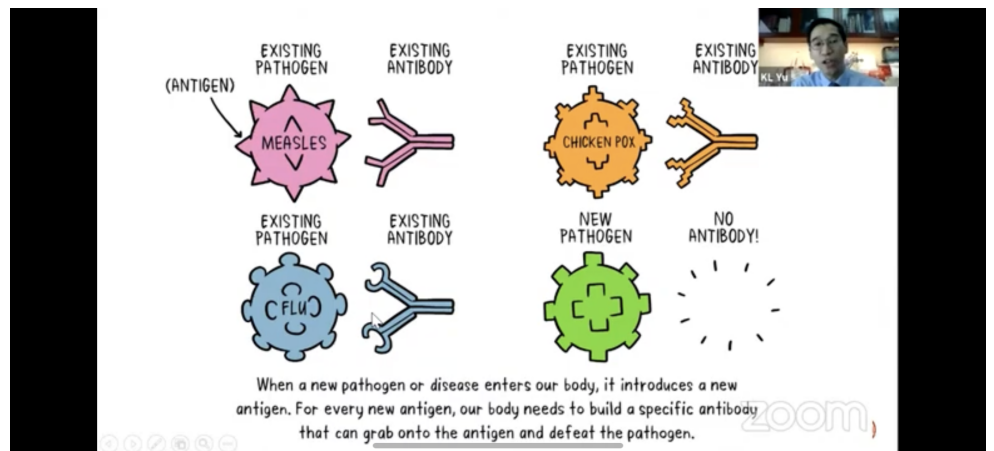
With the endless waves of COVID-19 attacking, we were unable to carry on with our yearly health screening events for the underprivileged and ethnic minority women around us. However, we noticed another emerging need of theirs—the correct information on COVID-19 vaccines and a chance to solve the “myths” about this vaccine. So we have carried out vaccine talks both online and physically in small groups, with a will to encourage vaccination and to rectify the misunderstandings of this brand new vaccine.

The talks were most welcomed by our audiences; many questions were answered by our doctors and the women in the community now feel much more confident to receive the vaccine. The recording of the online talk was also made available online and we have shared this recording with some Filipino helpers’ self-help groups, hoping to help them understand more about the vaccine and to solve their anxiety before getting vaccinated. When the COVID-19 situation becomes alleviated in Hong Kong, we hope our usual health

screening events will soon be resumed and the city's vitality can be restored to its former level!



Question and answer session on vaccines



Online talks on vaccines

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Medical Update

Sarcopenia in Elderly



Dr. Winnie Mok

MBBS (HK), MRCP (UK), FHKCP, FHKAM (Medicine), FRCP (Edinburgh), PDipPD (Cardiff), Specialist in Geriatrics

The concept of Sarcopenia has drawn a lot of attention in the Geriatric field in recent years. It has become one of the new additions to the traditional Geriatric giants—impaired intellect/memory, immobility, incontinence and instability as defined by Dr. Bernard Isaacs in 1965. I was invited to give a talk on the “Management of Sarcopenia in Elderly” at the Western Pacific Regional Conference 2021 of the Medical Women’s International Association (MWIA) in Seoul, Korea on 20th-21st August 2021. This is a brief summary of the talk.

Research has shown that our muscle mass starts to decline at the age of 40 at a rate of on average 1% per year (Figure 1).

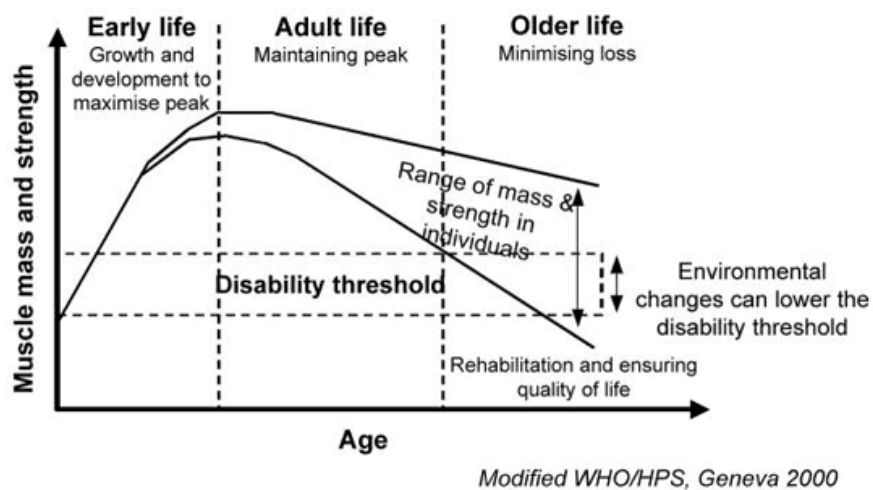


Figure 1

The accumulated loss of muscle mass together with the loss of strength and/or decline in muscle performance is defined as Sarcopenia. It does not include muscle loss related to cachexia and

paralysis. It is one of the key components and contributing factors to frailty in the elderly.

Sarcopenia has been shown to be related to a number of adverse outcomes including falls, fractures, functional decline, frailty and mortality. Apart from older age, risk factors include male sex, poorer dental condition, lower household status, poor nutrition status, alcohol drinking habit and being Asian.

Prevalence ranges from 5–30% in community-dwelling elders to 22–33% in old age home residents. It varies with the defining criteria employed in those studies. The Asian Working Group for Sarcopenia issued a consensus statement in 2019 to help unify the approach to Sarcopenia. It recognizes the differences in accessibility to medical equipment in primary health care or community preventive service settings and acute or chronic healthcare and clinical research settings. In primary health care or community preventive service settings, we could make use of a measuring tape to measure the calf circumference of the elders. A calf circumference of <34cm in males and <33cm in females would be used as the cutoff. We could also employ the simple 5 items questionnaire—SARC-F [1] with cutoff score of >4 or a combined tool SARC-CalF [2] with cutoff score of >11 (in which there is an addition of the calf circumference item to the SARC-F tool) to identify the potential at risk elders in the community. Elders would undergo further evaluation including measurement of muscle strength by the handgrip strength measurement with a dynamometer and muscle performance measurement by the 5-time chair stand test. Handgrip strength of <28kg in males and <18kg in females, and 5-time chair strength test ≥ 12 s would be the cutoff; elders who fulfill the above criteria would be diagnosed with possible Sarcopenia. They could be referred to a secondary health care setting to undergo confirmative study of low muscle mass by Dual-energy X-ray absorptiometry (DEXA) or bioelectrical impedance analysis (BIA) if needed. DEXA findings of <7 kg/m² in males and <5.4 kg/m² in females would be the cutoff while <7 kg/m² in males and <5.7kg/m² in females would be the cutoff in BIA. In acute or chronic health care or clinical research settings, the working group suggests that elders presenting with functional decline or limitation, unintentional weight loss, depressed mood, cognitive impairment, repeated falls, malnutrition or chronic disease such as congestive heart failure, diabetes mellitus, chronic obstructive pulmonary disease or chronic kidney disease, also be referred for evaluation of muscle strength by handgrip strength

measurement, muscle performance by 5-time chair stand test or 6-metre walk or short physical performance battery, in addition to muscle mass measurement by DEXA or BIA. Elders with low muscle mass, low muscle strength together with poor muscle performance would be classified as having severe Sarcopenia. Elders with low muscle mass together with either low muscle strength or poor muscle performance would be classified as having Sarcopenia.

Component	Question	Scoring
Strength	How much difficulty do you have in lifting and carrying 10 lb.?	None = 0 Some = 1 A lot or unable = 2
Assistance in walking	How much difficulty do you have walking across a room?	None = 0 Some = 1 A lot or unable = 2
Rise from a chair	How much difficulty do you have transferring from a chair or bed?	None = 0 Some = 1 A lot or unable = 2
Climbs stairs	How much difficulty do you have climbing a flight of 10 stairs?	None = 0 Some = 1 A lot or unable = 2
Falls	How many times have you fallen in the past year?	None = 0 1-3 falls = 1 >4 falls = 2

SARC—F scale

Elders diagnosed with Sarcopenia should be advised to undergo regular resistance exercise training to build up their muscle mass and muscle strength. Resistance exercise could be exercise training of muscle groups with the help of free weights, their own body weight, a resistance exercise machine or resistance band. Aerobic exercise to improve cardiopulmonary function, gait speed and quality of life together with resistance exercise 20–30 minutes two to three times a week would be the goal. We could advise elders to start at their own level and gradually build up to a target. A warm up and cool down period should be included in the prescription. Building up to a regular exercise habit as early as possible could help maintain their muscle function and reduce risk of falls as well.

In addition to exercise, nutritional intervention should be advised. A balanced healthy diet with adequate calorie and protein content should be advised. The protein requirement for a healthy elder would be 1–1.2g/kg/day and it could be increased to 1.2–1.5g/kg/day in elders with acute or chronic illness or even higher in elders with critical illness. The protein should be of high biological value and include all essential amino acids. A compound named beta-hydroxy beta-methylbutyrate (HMB) has been studied in several studies. It is a metabolite of the amino acid leucine and has been shown to decrease protein degradation, increase protein synthesis and

increase substrate for cell membrane repair. It has been shown in studies to improve muscle mass, muscle strength and muscle function, and reduce mortality. [3,4,5,6,7]

As we age, we are likely to face different challenges, be it related to retirement, change in role at home or more often changes in health condition. Building up a healthy lifestyle is of utmost importance. A habit of eating a balanced healthy diet and doing regular exercise is the foundation of a healthy life and it should be started as soon as possible. We are what we eat, what we do and what we think.

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TK

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Association News

香港女醫生協會參觀“火眼實驗室”

倪建春醫生

2020年是個非常不平靜的年份。新年伊始，一場突發的新型冠狀病毒肺炎（COVID-19）爆發，並在很短的時間內肆虐全球，香港也未能幸免。

2020年9月初，中央政府應香港特區政府的請求，派出“新冠肺炎病毒核酸檢測隊”飛馳香港，幫助香港政府展開“普及社區檢測計劃”進行全民自願檢測，找出隱性患者，儘早隔離，截斷社區傳播鏈。從九月一日至十四日，在短短的14天裏，檢測隊共檢測了約170餘萬份樣本，從中發現出42例無症狀感染者，從而切斷了這部分的社區傳播鏈，從源頭上減少了新冠肺炎病例的發生。

2020年9月19日，我會部分會董和會員應邀參觀了位於中山紀念公園體育館內的“火眼實驗室”。“火眼”寓意“火眼金睛檢測時不漏過一個病毒”。這座符合國際標準的實驗室，由16個像科幻影片一樣的負壓氣膜艙組成。該氣膜艙可壓縮收藏並重複使用，壓縮後體積只為大約四個垃圾桶大小，方便儲存。據介紹，從物資在深圳裝車發送，到16個氣膜艙實驗室組裝建成，用時不到一天！這項科技產品使得核酸檢測工作能夠及時，保質、保量地順利完成。實驗室建成後，檢測人員24小時輪班工作，最高峰一天就檢測了24萬份樣本！

核酸檢測隊的到來，使得原本香港有限的檢測能力如虎添翼，頓時呈幾何級數倍增，保證了所有想做核酸檢測的市民都能做到檢查。為香港市民生活早日恢復正常，社會重拾活力提供了堅實的基礎。

從介紹中得知，檢測隊離港後，所有儀器和氣膜艙都會留在香港，以備不時之需。抗疫之路，依然漫長，有備無患。

我們協會有許多愛心滿滿的會員和協會之友參加了“普及社區檢測計劃”，協助採集樣本。前會董楊珍珍醫生是其中的一位。楊醫生參觀“火眼實驗室”後說：現在我看到完整的故事了！余詩思會長笑道：“你自己正是故事的一部分呢！”

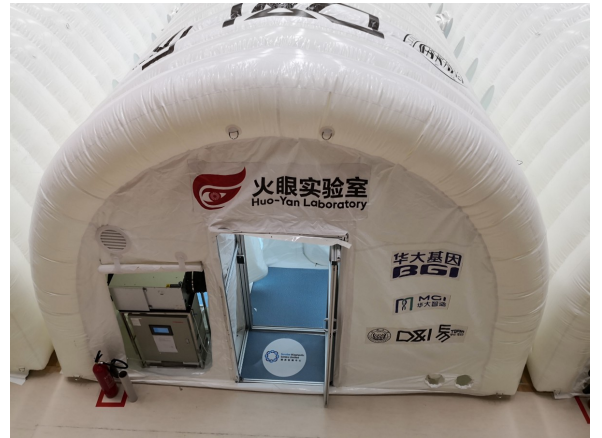
是的，採集樣本，檢測樣本，是一個故事的上，下篇章。本次普查計劃匯集了內地和香港兩地醫護人員的力量，齊心為香港抗疫做出了貢獻。

參觀接近結束時，氣膜艙的LED燈光正漸漸轉為柔和的淡綠色光彩，美麗而祥和。它似乎象徵著這次普檢的成功，正是內地和香港血濃於

水，共同譜就的一曲和諧的樂章。



參觀“火眼實驗室”



16個負壓氣膜實驗室（左）；火眼實驗室入口（右）

HKWDA Charity Virtual Cooking Competition 2021

Dr. Rose Ting

During this pandemic of COVID-19, Hong Kong's economy has been greatly affected with rising unemployment and poverty in our society. While we remain at home, we can still help the poor and contribute to the community VIRTUALLY.

In March 2021, HKWDA organized our first Charity Virtual Cooking Competition. Members and friends of HKWDA submitted their videos on how to prepare a cake, pastry or desserts; both individual

entries and team entries were accepted. Members could contribute by donation to this event, the net proceeds of which went to support Food Angel, Food for Good and St. James' Settlement.

We were pleased to announce that the cooking champions were Joyce Cheng and Jacey Yau; Joyce Cheng was the champion in the Fund-Raising category as well. Awards were presented on 21 June 2021.



Congratulations to the winners of the Charity Virtual Cooking Competition—Special thanks to Dr. Cissy Yu and HKWDA Board Members for sponsoring the prizes



Some of the mouth-watering products made by our participants

HKTDC Jewellery Twin Shows 2021

Dr. Wai Ki Tsoi

HKWDA Members were invited to visit the Hong Kong Trade Development Council (HKTDC) Hong Kong International Jewellery Show and HKTDC Hong Kong International Diamond, Gem & Pearl Show at the Hong Kong Convention and Exhibition Centre on 25th July 2021.

A few special talks were arranged to be given exclusively to our group before we embarked upon our guided tour. Speakers included local gemologists and designers with decades of experience in rare gemstones, semi-precious stones and jade. They shared their expertise on how to determine the value of certain gemstones, changes in demand over time, and the universal and timeless attraction of jewellery.

After the talks, we were taken on a guided tour. We visited various stalls, tried on pieces of jewellery that caught our eye and some of us took advantage of the exclusive discount offers from designated exhibitors! Our group then parted ways after the tour in order to explore the exhibition grounds more thoroughly on our own. Those

who fancied it were welcome to take a refreshment break in the VIP lounge before resuming their explorations. All in all it was a very glittery and fun-filled afternoon.



HKWDA entourage at the HKTDC Jewellery Twin Shows (left); exclusive talks by local gemologists (right)



Our three speakers (left); our guided tour (right)

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Academic and Education Committee

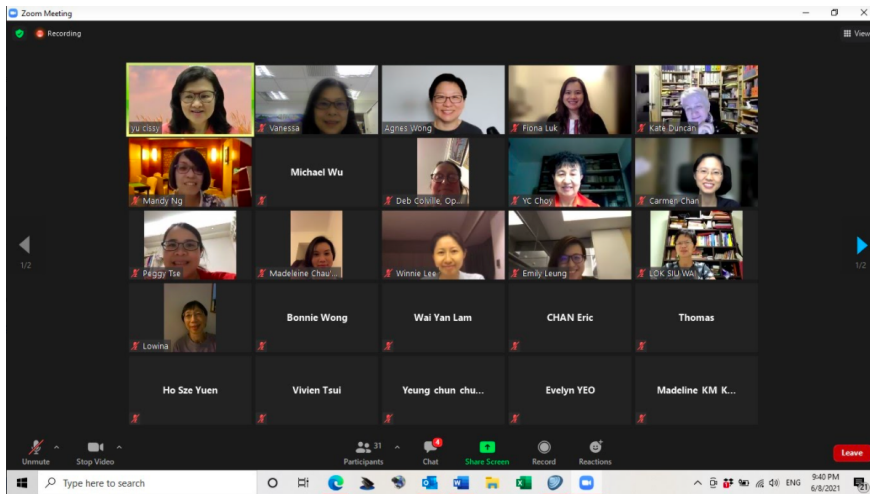
Dr. Irene Wong

The Academic and Education Committee organized an online talk by Professor Agnes Wong on 8 June 2021. Dr. Agnes Wong is a Professor of Ophthalmology, Neurology, and Psychology at the University of Toronto, and an active staff Ophthalmologist at The Hospital For Sick Children in Toronto. Born and raised in Hong Kong, Dr. Wong received her MD degree from McGill University and PhD degree in Neuroscience from the University of Toronto. She is the former Ophthalmologist-in-Chief at The Hospital For Sick Children, as well as the former Vice Chair of Research in Ophthalmology at the University of Toronto, where she held the inaugural John and Melinda Thompson Chair in Vision Neuroscience.

Recently, Dr. Wong received chaplaincy training at the Upaya Zen Center in Santa Fe, USA from Roshi Joan Halifax. Her work currently focuses on physician well-being, integrating mindfulness, compassion, reflective practices, and system thinking as tools for physicians to enhance their own well-being, as well as to improve the healthcare system.

In her talk “Building inner resources and system thinking to flourish in medicine”, Dr. Wong explained the three major scientific principles, namely neuroplasticity, epigenetics, and inborn basic goodness, and their evidence showing that wellbeing is supported by trainable skills. Through cultivating trainable skills, we can develop inner resources that strengthen our resilience in face of adversity. Dr. Wong also guided us to look into the systemic and structural factors contributing to physician distress and the ways to improve the system by building inner resources.

The talk was also open to members of the MWIA Asia Pacific Region and we had a mixed audience from Hong Kong, South Korea and Australia.



CME webinar by Dr. Agnes Wong

Dr. Wong's latest publication is "The Art and Science of Compassion, A Primer—Reflections of a Physician-Chaplain" by Oxford University Press.

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Youth Committee

Dr. Jenny Chan

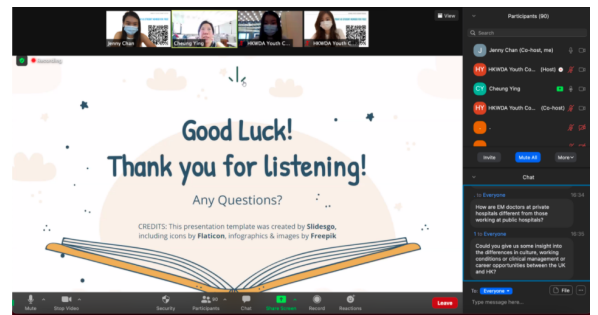
Due to the pandemic, activities organised by the Youth Committee have been put on hold since our Specialty Marathon Career Talks in 2019. In 2021, we brought back our series of careers talks and made it our first ever Zoom activity. By bringing the Careers Talk online, we hope that more students will be able to benefit from the sharing whilst minimizing infectious risks.

We invited members and friends from eight specialties to share with our student members and interns on 18th and 25th September respectively. Our first session included the specialties Surgery, Ophthalmology, Emergency Medicine and Clinical Oncology. It attracted more than 90 students and interns and we recruited more than 30 student members through the event. The 20 minutes of sharing plus 10 minutes of Q&A were clearly not enough as we received overwhelming responses from our enthusiastic participants.


Our second Online Careers Talk featured Medicine, Obstetrics & Gynaecology, Paediatrics and Psychiatry. We hoped that by attending

our careers talks, medical students could gain a better understanding of these specialties, and also have an opportunity to interact with experienced doctors from those specialties directly.

Coming up soon will be our Microsurgical Skills Workshop. Since 2017, we have been hosting the workshop annually at the CUHK Jockey Club Ophthalmic Microsurgical Training Centre for our medical students. This yearly event stemmed from our student members wishing for more surgical exposure and hands-on experience outside of medical school. Through giving participants the opportunity to work under a microscope and perform basic surgical skills like suturing, we hope to pique interest in surgical streams especially those with microsurgeries. Hopefully under the COVID restrictions this year, the event can still be as successful as the previous ones.



Hong Kong Women Doctors Association
Youth Committee



OPEN FOR REGISTRATION!

Online Careers Talk 2021

18th Sept 1500-1530: **Surgery**
1530-1600: **Ophthalmology**
1600-1630: **Emergency Medicine**
1630-1700: **Clinical Oncology**


25th Sept 1500-1530: **Psychiatry**
1530-1600: **Medicine (Endocrinology)**
1600-1630: **Paediatrics**
1630-1700: **Obstetrics & Gynaecology**

All medical students and interns are welcome!

18 AND 25 SEPTEMBER 2021 (SAT)

TIME: 3:00 - 5:00 PM
ON ZOOM

SCAN TO REGISTER HERE:



<https://forms.gle/Rmg4sbiMTmo9wU1AA>



Youth Committee activity snapshots

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Welfare Committee

Dr. Mandy Wong

With our members fighting hard against the COVID-19 pandemic, HKWDA Welfare and Fellowship Committee had been most pleased to collaborate with local organisations and highly popular brand names to support our members' well-being during this difficult time. In particular, collaboration with Hong Kong Trade Development Council has brought about a series of exciting events for our members, with free admissions, guided tours and gift coupons, while offers for our members from La Prairie, Godiva chocolatier and Parfumerie Trésor were equally attractive. Members had an enjoyable time in exploring their interests in jewellery designs, specialised food, niche perfumes and many more.



16 Personalities, 16 Perfumes

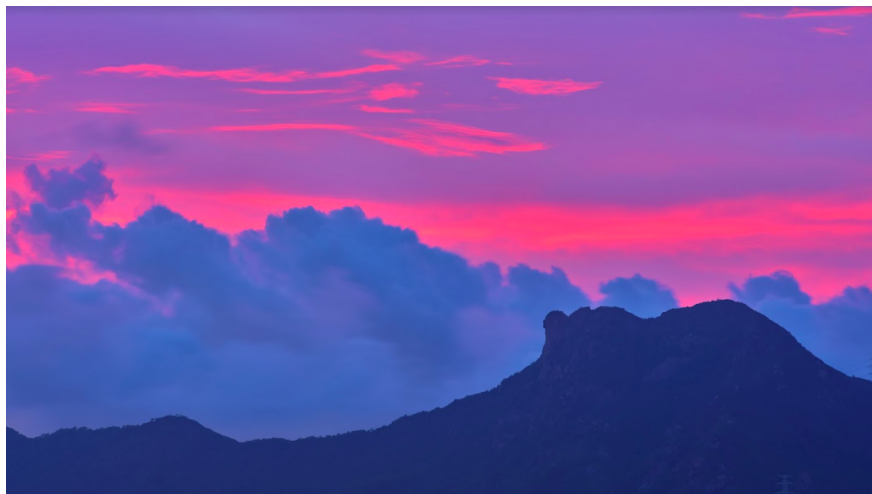
Perfumes don't simply bring us joy and make us smell nice but could act as an invisible accessory to emphasise a hidden personality trait or an existing one. As such, Parfumerie Trésor has come together with a registered psychologist and MBTI assessor to create the first ever perfume and personality pairing test.

Workshop by Parfumerie Trésor

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Artwork Corner

Photography by Dr. Christina Cheuk



Lion Rock, Hong Kong



Byron Bay, Australia



Tai Mo Shan, Hong Kong



Havana, Cuba



Tai O, Hong Kong

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New Members List

Please refer to [this link](#) for our member list

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Past and Upcoming Events

HKWDA Events 2020–2022

5 Jan 2020	Hong Kong Medical Association Organ Donation Promotion Walk
12 Jan 2020	Health Check for Ethnic Minorities at Shatin
Feb - Jun 2020	Care for members during fight against COVID-19 – Encouraging messages (photos and affirmative quotes) broadcast to members and friends
Mar - Apr 2020	Free N95 Masks for HKWDA Members
18 Jul 2020	Ripple Action Zoom Talk on 香港醫療 – 交流分享會
8 Aug 2020	Medical Women's International Association (MWIA), Western Pacific Region Virtual Open Forum: Forging Closer Bonds
23 Aug 2020	First Young Western Pacific MWIA Zoom Meeting
6 Sep 2020	Young Western Pacific Region MWIA Zoom Meeting
19 Sep 2020	參觀火眼實驗室
5 Oct - 13 Dec 2020	Fit for Life Billion Steps Challenge
10 Oct 2020	Virtual Annual Business Meeting and Scientific Symposium of Western Pacific Region, MWIA – Covid-19 Experience Sharing
6 - 15 Nov 2020	Sun Yat Sen University Online Classes - “醫起抗疫 – 粵港澳台醫學生論壇”
16 - 27 Nov 2020	Hong Kong Trade Development Council (HKTDC) – Buyer Invitation for Autumn Sourcing Week ONLINE
5 Dec 2020	Virtual Meeting of Western Pacific Region, MWIA – Meeting with the Philippine Medical Women's Association
Jan 2021	Survey on Covid-19 Vaccines & Intention to Assist in Vaccination Program
17 Jan 2021	中醫和西醫如何有效應對濕疹網上講座
27 Jan 2021	香港賽馬會藥物資訊天地「家長教室」講座 – 培養孩子的解難力
6 Feb 2021	Virtual Meeting of Western Pacific Region, MWIA – Meeting with the Australian Federation of Medical Women
27 Feb 2021	Work Life Balance Webinar of the MWIA
Mar 2021	Hong Kong Women Doctors Association Charitable Foundation Virtual Cooking Competition
8 Mar 2021	深港澳女董事聯盟发布会
17 - 29 Mar 2021	HKTDC International Sourcing Week
21 Mar 2021	Breast Cancer Webinar
4 Apr 2021	COVID-19 Vaccine Talk to Foreign Domestic Helpers in Hong Kong
10 Apr 2021	Virtual Meeting of Western Pacific Region, MWIA – Meeting with Japan and Taiwan Women Doctors
23 Apr 2021	香港賽馬會藥物資訊天地「家長教室」講座 – 讓孩子從他律到自律
24 Apr 2021	全港網上太極氣功日2021
1 May 2021	HKTDC Lifestyle ShoppingFest 2021
5 Jun 2021	Virtual Meeting of Western Pacific Region, MWIA – Meeting with China and Hong Kong Women Doctors
8 Jun 2021	HKWDA CME Webinar – Building Inner Resources and System Thinking to Flourish in Medicine by Professor Agnes Wong
10 Jun 2021	Doctors' Hybrid Forum of Medical Registration (Amendment) Bill 2021
22 Jun 2021	香港賽馬會藥物資訊天地「家長教室」講座 – 有效的管教方法
8 Jul 2021	香港賽馬會藥物資訊天地「家長教室」講座 – 預防青少年電玩成癮
25 Jul 2021	HKTDC Jewellery Twin Shows 2021
29 Jul 2021	香港賽馬會藥物資訊天地「家長教室」講座 – 調、教你仔女
29 Jul - Aug 2021	MSF Webinar series: Overshadowed by COVID-19 – Neglected Diseases in the Spotlight
31 Jul 2021	Mentees and Younger Doctors Webinar of MWIA
15 Aug 2021	HKTDC – Food Expo
20 - 21 Aug 2021	The Western Pacific Regional Virtual Conference 2021 of MWIA at Seoul, South Korea
27 Aug 2021	香港賽馬會藥物資訊天地「家長教室」講座 – 靜觀與教養
4 Sep 2021	醫學論壇：香港醫療界融入大灣區的機遇及挑戰
12 Sep 2021	HKTDC - HK Watch & Clock Fair, Salon de TE and CENTRESTAGE
17 Sep 2021	香港賽馬會藥物資訊天地「家長教室」講座 – 提升父母對子女的影響力
18 Sep 2021	Online Careers Talk on Clinical Oncology, Emergency Medicine, Ophthalmology and Surgery
25 Sep 2021	Online Careers Talk on Psychiatry, Medicine (Endocrinology) and Paediatrics
4 - 10 Oct 2021	Mindfulness Walking for Healthcare Workers
13 Oct 2021	香港賽馬會藥物資訊天地「家長教室」講座 – 發揮孩子的品格特質
22 Oct 2021	HKWDA Annual General Meeting
13 Nov 2021	MWIA Northern Europe Regional Meeting at Stockholm – Environmental Effects on Life – Health of Women and Women Doctors
25 Nov 2021	香港賽馬會藥物資訊天地「家長教室」講座 – 擁抱你的孩子
27 - 30 Nov 2021	HKTDC – Trade Shows
12 Dec 2021	Health Check for Female Migrant Workers
9 Jan 2022	Ripple Action Service at Family Planning Association Yuen Long Clinic
23 Feb 2022	疫情下兒童照顧及護理講座
26 Feb 2022	Virtual Seminar of Western Pacific Region of MWIA – Women in Leadership
24 - 26 Jun 2022	32nd International Congress of MWIA at Taipei, Taiwan
12 - 24 Jul 2022	粵港澳台醫學生暑期聯合夏令營
23 Jul 2022	Celebration of the 15th Anniversary of the Hong Kong Women Doctors Association – Multi-specialties Virtual Conference

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