



HONG KONG WOMEN DOCTORS ASSOCIATION

香港女醫生協會

President's Message

In March 2019, our local newspaper published a story about a foreign domestic helper who was fired by her employer because she had stage 3 cervical cancer. She received a double blow because she was denied treatment without a working visa. HKWDA has been providing free primary care health screening and education to ethnic minorities and new migrant women in Hong Kong for the past 12 years. From the data which we collected, we found this target group to be at high risk of cervical cancer. Many of them also have high body mass index (BMI), high blood pressure and high blood lipids. There are over 370,000 foreign domestic helpers in Hong Kong and their health has been constantly neglected despite their contribution to our local economy. Knowing their healthcare needs, HKWDA joined forces with women lawyers, women accountants and social NGOs in health advocacy. We met with the Director of the Department of Health and representatives from the Food and Health Bureau, we lobbied secretaries of government bureaux and we have been supporting NGOs in charity projects which serve ethnic minority women.

Under the Greater Bay Area national policy, Hong Kong is part of the overall development plan. Hong Kong can continue to build on its strength and contribute to the development of the regional area. HKWDA has over 10 years of exchanges with the medical women in Shenzhen and Guangzhou. In March, I attended the annual conference of the Guangdong Province Medical Women's Association. In June, I took a group of students to Zhongshan School of Medicine of Sun Yat-sen University teaching hospitals for a clinical attachment. And in July, I joined another group of students in an innovation and technology visit to Shenzhen, the highlight of which was the Tencent headquarters. The patient services in Nan Fang Hospital were impressive due to their application of new technology to the patient's journey.



Tbilisi State Medical University



MWIA Central Europe Regional Meeting in Tbilisi, Georgia

广东省女医师协会换届暨第五届第一次会员代表大会 2019.03.28



Annual Conference of the Guangdong Province Medical Women's Association

CONTENTS

President's Message	1
Community Service Update	4
Health Update	6
Association News	8
Youth Committee Update	9
Artwork Corner	13
Board Member on Duty	14
Members List	15
Year Planner	16



真正舒緩眼乾 及促進眼睛瞼板腺健康 (MGD)

有助暢通眼腺，讓內裡油脂滋潤您的眼睛^{1,2}

揮發性眼乾，
主要是淚水
中油脂不足¹

不依靠
藥物¹

86%
乾眼人士
與油脂不足
有關³

1次療程
12個月有效^{1,2}

LipiFlow 治療資訊：

- 在全球和美國已有超過20萬人使用相關治療⁴
- 獨有的向量導溫脈動 (VTP) 治療¹
- 適用於揮發性眼乾人士⁵
- 自2012年獲得美國食品藥物管理局 (FDA) 認證⁵

LipiFlow
向量導溫
脈動治療

請與您的眼科醫生查詢

President's Message

Further from home was the Medical Women's International Association (MWIA)'s Central Europe Regional Meeting held in Tbilisi, Georgia, which I attended in May. Gender medicine and violence against medical women were the two hot topics. Not only do men and women patients tend to have different reactions to drug treatment, patient outcome success rate is higher when treated by female physicians. Besides facing workplace harassment, women surgeons are subject to physical violence from their male colleagues. I admire the courage and determination of these medical women who stand up to these challenges and forge ahead with their careers against all odds.

MWIA turned 100 years old in 2019. A big Centennial Congress was held at its birth place of New York City on 25-28 July. Over 1100 participants from all over the world attended this conference, including HKWDA's delegation which had five members and five students. The students presented posters and Dr. Sarah Chan did an oral presentation on Work-Life Balance which was well-received. We are very delighted that China Medical Women's Association was admitted as a new member into MWIA at the general assembly. Now the Western Pacific Region of MWIA has the largest number of members coming from Australia, China, Hong Kong, Japan, Korea, Mongolia, New Zealand, Philippines and Taiwan. My term as the Western Pacific Region Vice President (VP) also ended in New York. During my three years as VP, HKWDA gave me full support in carrying out my duties in MWIA, and I feel honoured that despite Hong Kong being a small place, we did our share of contributions to the global family of women doctors. Well done HKWDA!



MWIA Centennial Congress in New York



MWIA Centennial Congress Gala Dinner

Dr. Cissy Yu
President of HKWDA



Australian Federation of Medical Women in Brooklyn, during MWIA Centennial Congress

Community Service Update

Since the start of this new term (2018-2020), the Community Service Committee has narrowed its focus on serving ethnic minorities, including foreign domestic helpers. Two health screening projects have recently been carried out successfully with around 150 domestic helpers being served: the first being Ripple Action for Ethnic Minorities at the Family Planning Association in Wanchai, and the second being Health Screening for Domestic Helpers at St. Paul's Cathedral, co-organized with a student organization from CUHK Medicine).

It is noted that these service targets tend to suffer from high levels of mental stress (both from work conditions and from family issues in their countries of origin), a higher-than-average level of cervical abnormalities (about 10% need specialist referrals), and occasional undiagnosed hypertension and suboptimal body mass index (BMI). Those who attend our services have a sense of awareness of their health but face difficulties accessing health services in Hong Kong for a variety of reasons, including language barriers, inflexible opening hours of government clinics, and potential dismissal by employers if they need to have regular follow-up of their diseases.



Health Screening for Domestic Helpers at St. Paul's Cathedral

Community Service Update

Our team has noted this gap and is trying to organize more health screening services for them at weekends, as well as taking a leading role in relaying their health needs to the government. We need support from each and every one of you. If you can spare the time, do come to our events and show your care to those who worked behind-the-scenes, releasing women workforces (such as you and me) back into the community and economy, and helped to build a better Hong Kong!



Dr. Mandy Ng

HKWDA Position Statement on Electronic Cigarettes

Background

Lung cancer was the second commonest cancer in Hong Kong and was the first leading cause of cancer deaths in 2017. Globally, tobacco smoking is responsible for over 71% of all lung cancer deaths ⁽¹⁾.

Electronic cigarettes (ECs) are battery-powered devices that allow inhalation of heated nicotine extracted from tobacco, together with a variety of flavourings and other additives.

Current situation

In 2017, 10.8 % (667,500) of people aged 15 or above were regular smokers in Hong Kong, of which 0.9% (5,700) were regular EC smokers ⁽²⁾.

In a school-based survey commissioned by the Food and Health Bureau during November 2016 to June 2017, 2.5% (8,380) of S1-S6 students were current smokers of which 33% (2,770) were EC users. The latter had significantly increased compared to <1,000 in 2015 ⁽³⁾.

Concerns/questions

Health risks of ECs: Currently, risk of cancer, cardiovascular disease and respiratory diseases due to ECs are estimated to be less than 5% to that from smoking tobacco. The risk of cancer associated with ECs has been calculated to be less than 1%. Passive exposure to EC aerosol is likely to pose a negligible health risk to bystanders ⁽⁴⁾. However, risk of other toxic substances emitted from the flavourings and other additives is unknown. Furthermore, the use of nicotine products among youths is unsafe and can harm brain development. Therefore, further data is required to define long term health risk of ECs.

Role of ECs as aids to smoking cessation: Current data from the UK suggests ECs are associated with higher cessation success rate and a lower smoking prevalence ⁽⁵⁾. A well-designed observational study may be required to show the role of ECs in successful smoking cessation in the longer term.

Effect of experimentation of ECs to youths: Experimental use of ECs has had no detectable effect on youth smoking rates ⁽⁶⁾. Regular use of ECs by young people remains very largely confined to those who have previously smoked in the UK ⁽⁷⁾ and the USA ⁽⁸⁾.

Where should the use of ECs be allowed: In 2016, at least 25 countries had banned the use of ECs in indoor spaces. In countries that have not banned ECs, the use of ECs has been limited by convention.

Do ECs undermine current anti-smoking measures? In general, behavioural therapy combined with recognized medications prescribed by clinicians is the most promising way to quit smoking. ECs have proved to be at least as useful as FDA-approved medications in helping to quit smoking when combined with behavioural therapy ⁽⁵⁾. In patients who refuse to use conventional ways of quitting smoking, the role of ECs as an aid to quit smoking should not be denied.

Recommendations

The HKWDA recommends cessation of tobacco smoking in public in view of the associated health risks.

We support continued efforts by the government to implement policies and public health measures to prevent the initiation and use of all tobacco products and to support smoking cessation.

We strongly recommend that every effort should be made to prevent initiation of e-cigarette use by youths in view of unknown long-term health risks and the risk of brain damage by nicotine.

Dr. Yolanda Lee

Reference

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香港女醫生協會參加

「中華歷史文化研修班」學習

香港女醫生協會內地事務委員會主席倪建春醫生等參加了 2019 年 6 月 7 日至 11 日在中國國家行政學院舉辦的香港專業女性「中華歷史文化研修班」。該學習班由中聯歷協文部委託國家行政學院主辦 0.5 天內容非常豐富。授課教授都是各專業領域的翹楚，大腕。他們風趣，幽默的講解，把一個個深奧的題目講得通俗易懂。許多香港學員對中國近代史是一紙空白。中國「百年滄桑與民族復興歷史」給眾人打開了一扇窗戶，填補了這重要的一課。大家特別興奮的是聽前故宮博物院單院長講述「堅定文化自信，做中華傳統文化忠實守望者」。單院長用年輕人喜聞樂見的方式生動地介紹了怎樣活化北京故宮博物院，重整佈局，讓數以萬計沉睡在黑暗倉庫裡的國寶重見天日，大放異彩。故宮博物院還採用了先進的網上購票方式疏導遊客。最令人雀躍的是可以利用網上軟件隨時查閱故宮文物的詳細介紹！大家都感嘆學習成果豐富，不虛此行。最後一天成員們還拜訪全國婦聯。



倪建春醫生在國家行政學院

倪建春醫生

Zhongshan School of Medicine of Sun Yat-sen University Student Clinical Attachment Programme

The student clinical attachment programme to Zhongshan School of Medicine of Sun Yat-sen University is a breakthrough for the Youth Committee. This is the inaugural year of what is to become an annual student clinical attachment programme to one of the top medical schools in the Mainland. This student clinical attachment programme allows students to exchange medical knowledge in both Chinese and Western medicine, to widen their horizons and to broaden their exposure to different management plans and surgical skills in the Mainland. This year, the Youth Committee has supported 12 students to Zhongshan School of Medicine from 10th – 21st June 2019 and has received strongly positive feedback. The Youth Committee plans to organise this student clinical attachment programme annually, aiming to provide more opportunities to facilitate students' educational and career development.



中山醫學院

余詠恩同學的分享

我是來自香港大學李嘉誠醫學院的余詠恩同學。這次能跟隨香港女醫生協會來到中山大學的中山醫學院交流學習，我感到既榮幸又興奮。

這次的交流為時兩週，我被安排到中山大學附屬第一醫院的血管外科和新生兒科分別進行一週的學習。每天的觀摩學習讓我了解到醫院日常工作的流程，例如每天早上會交班、查房，也接觸到新收病人、病人出院和一些手術的程序，還旁聽了疑難病例討論和學習到撰寫醫囑的要點。

在血管外科，我接觸到的病例包括血栓形成、動脈栓塞、靜脈曲張、腹主動脈瘤和大動脈炎等。這裡常做的檢查有血管造影、心電圖、肺片及血液檢測等。我還有機會看了兩台手術，分別是靜脈曲張血管內雷射治療手術和下肢動脈栓塞血管腔內導管手術。

另一方面，我在新生兒科接觸到一些患有病理性黃疸的新生兒、患有社區性肺炎需要隔離的嬰兒，還有很多臟器發育不完善的早產兒。很巧的事是，在我上個月的大一期末考試中，其中出現的兩個病例就是肺炎和新生兒病理性黃疸。能夠把今年學到的知識應用在臨床診斷和治療上，我真的感到非常滿足。早產兒主要因為呼吸系統和消化系統發育不全，所以容易出現呼吸困難、營養吸收不良的情況，少部分的早產兒更會發生壞死性腸炎。因此，這些早產兒大都需要呼吸機輔助或增強他們的自主呼吸，還有特定的餵養方式來確保營養能夠被吸收。

除此之外，我注意到新生兒科的病房內有條理地劃分了早產室、藍光室（用於治療病理性黃疸）、隔離室、重症室和復康室等。師兄師姐們也教了我怎樣為寶寶們量度不同的指標，例如生命體徵（心率、呼吸、血壓、血氧、體溫），量頭圍，還有使用經皮測膽紅素計於寶寶的額頭、胸骨、恥骨聯合和大腿兩側測量膽紅素值。

一轉眼兩週的時間就過去了，我還真是有點捨不得。雖然我們十二位同學都是大一的學生，對臨床工作沒有太深入的了解，但是多虧了老師們的悉心教導，耐心地將病人的病症一一解釋，我們才能有這樣的學習成果。看到醫護人員用心照顧病人，與病人以及病人家屬詳細解釋手術的程序和風險，讓我體會到建立良好醫患關係的重要性。我們都非常感謝各位中山大學的老師們和行政部的精心安排，讓我們在這裡進行了多元化的學習。如果將來再有這樣的學習機會，我一定會再來中山大學，還要推薦給香港其他的學生。

Youth Committee Careers Talks

This year the Youth Committee has launched the Specialty Marathon in the form of a series of careers talks every three months for our student members and medical students. We aim at choosing specialties that have been popular among students but which they have had fewer opportunities to get in touch with during the medical school years. We hope that by attending our careers talks, medical students can have a better understanding of these specialties, and will also have an opportunity to interact with doctors from those specialties directly.

The first talk was on Radiology and it was held on 23rd March 2019. It was a wonderful opportunity to gather radiologists from different hospitals and different positions to share their experiences with medical students.

The second talk was on Ophthalmology; it was held on 29th June 2019. Six ophthalmologists attended the talk and shared their career advice and experiences with the students. There was an overwhelming response from the students and everyone had a fruitful afternoon.



Radiology careers talk



Ophthalmology careers talk

深圳 聯誼交流

2019年7月12日，香港女醫生協會會長余詩思帶領香港青年學生前往深圳參加聯誼交流，考察深圳科技中心及參觀醫院。團員們參觀了騰訊控股有限公司，深圳灣科技生態園展示大廳，深圳灣科技創新展示中心及南方醫科大學深圳醫院。會長更安排團員乘坐高鐵由福田返回香港西九龍站。參觀的學生覺得眼界開闊了，並感謝女醫生協會組織了這項活動。本活動得到深圳女醫師協會和深圳市婦女聯合會的大力幫助，得以順利完成。

深港青年學生參觀騰訊控股有限公司



深港青年學生參觀南方醫科大學深圳醫院

Dr. Sharon Chow & Dr. Loraine Chow



男人都要 ROLL UP 立即預防HPV!

#RollUpForHPV



男士們
係時候
TAKE ACTION!

#預防HPV行動



hpv.com.hk | Q



Still vs. Motion



冰火山

Artwork Corner



Church of the Holy Sepulchre, Jerusalem



獅子山下

Photography by Dr. Christina Cheuk

Board Member on Duty



Dear Members,

We strive to enhance communication between yourselves and our Board and Committees. Please feel free to contact our Board Member on Duty, Dr. Fiona Luk (hkwda@hkwda.com), with any questions or comments.

Membership Endorsement from January to July 2019

Name in English	Name in Chinese	Specialty
Life Member		
LEUNG Ling	梁凌	Surgery
From Full Member to Life Member		
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KAM Tsoek Man Janice	甘卓敏	Medicine
WONG Cheuk Kei Kathy	黃卓琦	Radiology
Student Member		
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IP Ki Fung Shavonne	葉祈楓	HKU Medical Student - Year 5
LAM Man Ting	林敏婷	CUHK Medical Student - Year 4
PANG Tsz Kar Bernice	彭子珈	CUHK Medical Student - Year 3
SZE Yik Yan	施奕昕	HKU Medical Student - Year 2
TO Yee Ting	涂懿婷	CUHK Medical Student - Year 4
TSUI Yat Yan Larissa	徐溢恩	HKU Medical Student - Year 3
WU Shi Kei	胡仕琦	HKU Medical Student - Year 4
YIP Sin Ki	葉茜淇	CUHK Medical Student - Year 3
YU Hing Ting	余馨庭	HKU Medical Student - Year 5
YU Wing Yan	余詠恩	HKU Medical Student - Year 1
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LEE Ho Lun	李浩綸	
YU Jeffrey Hong Cheung	俞匡祥	

Year Planner

2 Mar 2019	HKTDC Hong Kong International Jewellery Show
3 Mar 2019	香港女醫生協會參與無國界醫生野外定向 2019
17 Mar 2019	Health Screening for Domestic Helpers at St. John's Cathedral
21 Mar 2019	2019 香港各界婦女慶祝三八國際婦女節酒會主席團
23 Mar 2019	Career Talk on Radiology at Queen Mary Hospital
28 Apr 2019	全港太極氣功日
14-16 May 2019	HKTDC Hong Kong International Medical and Healthcare Fair
17-18 May 2019	Central Europe Regional Conference of Medical Women's International Association in Tbilisi, Georgia
7-11 Jun 2019	中華歷史文化研修班
10-21 Jun 2019	中山大學醫學院交流實習
29 Jun 2019	Career Talk on Ophthalmology at Queen Mary Hospital
12 Jul 2019	深港青年學生參觀高科技企業
19 Jul 2019	HKWDA CME Lunch Symposium
20 Jul 2019	Health Check for Ethnic Minorities in Kwai Chung
25-29 Jul 2019	Medical Women's International Association Centennial Congress in New York City, USA
11 Aug 2019	Rainlily Health Check and Cervical Smear Test in Ho Man Tin
25 Aug 2019	Ripple Action Service at Family Planning Association Ma Tau Chung Clinic
29-31 Aug 2019	International Conference on Women, Safety and Health in Asia in Kathmandu, Nepal
10 Sep 2019	香港醫學界慶祝建國七十週年晚會
28 Sep 2019	Visit to Hong Kong Children's Hospital

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